



# The Neebing News

Volume Seventeen, Number Two

February 2022!



First place Women's 8K 2021 - and course record holder Shahrzad Borjian - photo by PICme Photography

2021 8K Mens winner Corporal Isaacson of the LSSR - photo by PICme Photography

## Kakabeka Legion Celebrates 5th Edition of its Half Marathon in 2022!

by Jim Gilbert

Sunday August 21, 2022, at exactly 7 am. the 5th annual Kakabeka Falls Legion Half Marathon takes to the highway. Along with our 8K race that we have run the past 4 years, this year we will be hosting a Full Marathon as well. A full 42.2 kms of sheer delight, these participants will run along with the Half Marathoners for the first 12 miles then break off and head off up Oliver Road to Murillo then back down Pole Line Road, returning to the Finish Line at the Legion.

This being our 5th annual Half Marathon, we will have all what you have come to expect from the Legion, plus a few special plans that we have up our sleeves. The Half Marathon medal will be even better this year – you can expect a special, one-of-a-kind metal celebrating our 5 years.

In addition to the Half Marathon and full marathon, our 8K course will also be offered, and all three races will kick off at the same time. Also, in 2022 we will be running the two-day challenge – the 8K course on the Saturday and the Half Marathon with the field on Sunday.

So, mark you calendars: February 2 – registration opens for all three events at the super early bird price – but that price wont last long.

If not before, then as soon as the snow retreats its time to start considering what your training plan will look like.

Finally race weekend. Saturday August 20 only for the Challenge folks doing the 8k and then Sunday August 21 for those doing the 8K, the Half and Full Marathon.

Follow us on Facebook “Kakabeka Falls Legion Half Marathon” for the registration link, updates and we be posting training plans for all three events that will get your ready for your preferred event for those who want to have a little structure in their training. Don't forget we will also be holding our D-Day to Canada Challenge again this year starting on June 6

## Ontario's Gradual Easing of Covid-19 Restrictions

The Ontario government has announced it will slowly ease public health measures that have been in place to curb the spread of the highly-contagious Omicron variant. Premier Doug Ford announced on Jan. 5 that the province's approach to easing restrictions will be “cautious and gradual.” The province detailed that the reopening will take place over the course of three months with 21 days between each of the three stages.

***The following is a list of what's reopening, at what capacity, and when. See below for a link to updates!***

### Jan. 31

- Social gatherings will be increased to 10 people indoors and 25 people outdoors.
- Sporting events, concert venues and theatres will be able to operate at 50 per cent seated capacity or 500 people, whichever is less.
- Restaurants, bars and other food or drink establishments without dance facilities will be able to operate with 50 per cent capacity indoors.
- Retailers, including grocery stores and pharmacies, as well as shopping malls, can operate with 50 per cent capacity indoors.
- Non-spectator areas of sports and recreational fitness facilities, including gyms, can operate with 50 per cent capacity indoors.
- Movie theatres, meeting rooms and event spaces can operate with 50 per cent capacity indoors.
- Recreational amenities and amusement parks, including water parks, can operate with 50 per cent capacity indoors.
- Museums, galleries, aquariums, zoos and similar attractions, as well as casinos, bingo halls and other gaming establishments can open at 50 per cent capacity indoors.
- Indoor religious services, rites, or ceremonies can take place at 50 per cent capacity.
- The province said enhanced proof of vaccination, and other requirements would continue to apply in existing settings.

### Feb. 21

- Social gathering limits will increase to 25 people indoors and 100 people outdoors.
- Capacity limits will be lifted in indoor public settings where proof of vaccination is required.
- Spectator capacity at sporting events, concert venues, and theatres will increase to 50 per cent capacity.
- Capacity is limited in most remaining indoor public settings where proof of vaccination is not required to the number of people that can maintain two metres of physical distance.
- Indoor religious services, rites or ceremonies are limited to the number of people that can maintain two metres of physical distance, with no limit if proof of vaccination is required.
- Indoor capacity limits will be increased to 25 per cent in the remaining higher-risk settings where proof of vaccination is required, including nightclubs, wedding receptions in meeting or event spaces where there is dancing, as well as bathhouses and sex clubs.
- Enhanced proof of vaccination, and other requirements would continue to apply in existing settings.

### March 14

- Social gathering limits will be increased to 50 people indoors with no limits for outdoor gatherings.
- Capacity limits will be lifted in all indoor public settings. Proof of vaccination will be maintained in existing settings in addition to other regular measures.
- Remaining capacity limits on religious services, rites, or ceremonies will be lifted.

## COVID-19

### Public Health Measures & Advice

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

Visit the Province of Ontario Website:

**LINK FOR UPDATES**  
<https://covid19.ontario.ca/public-health-measures>



# RURAL 60 PLUS

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475-5779, email rural60@tbaytel.net Website: www.rural60plus.ca

**As we await clarification on reopening, we will delay opening until at least February 7th and we will contact everyone by phone or email after the board meeting.**



## Hymers Fair News

by Randy Creighton, President



The Hymers Agricultural Society, at their Annual General Meeting on Saturday, January 15th welcomed two new members to the Board of Directors; Sara Fisher, and Tammy Pollock.

A new executive was elected: Erin Laforest, President; Lawrence Prystanski, 1st Vice President; and Wendy Wright, 2nd Vice President. Randy Creighton was elevated to the position of Past-President. Debbie Hoover is the Society's Secretary, and Oona Szyja is the Treasurer.

Plans are underway for the 2022 Hymers Fall Fair on the Labour Day weekend.

For a full list of the 2022 Board of Directors, visit our website at [www.hymersfair.com](http://www.hymersfair.com), follow us on Facebook and Instagram. To become involved as a volunteer, exhibitor, or vendor email [info@hymers-fair.com](mailto:info@hymers-fair.com).

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<p><b>Septic Tank</b> Septic and holding tank pumping. 4,000 &amp; 3,000 Imp Gas Vacuum Tank Trucks to service customers needs</p>	<p><b>Portable Toilet Rentals</b> We offer a large selection of portable restroom units, MOE approved.</p>

## Kakabeka Legion Events



**Until Government restrictions are modified the Kakabeka Legion remains closed.**

**After the Provincial announcement on Jan 26, the website [www.kakabekalegion.ca](http://www.kakabekalegion.ca) and the hot line will be updated of any changes.**

**Double vaccination QR codes and masks are required to enter the Legion. Take care. Stay safe.**

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



## Slate River Dog Grooming

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## Neebing Municipal Services During COVID-19

Updated February 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.

### Municipal Council Meetings

- Next Meetings are February 2 & 16, 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](http://www.neebing.org/events).

### Blake Hall:

The public Skating Rink at Blake Hall is **OPEN**.

**Blake Community Hall** is **OPEN** subject to a 50% capacity limit and proof of vaccination.

### Municipal Services:

Essential municipal services continue. If you require information or assistance please contact us by telephone 474-5331 or email [neebing@neebing.org](mailto: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 on all service modifications  
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## What's Been Happening at Council Meetings?

Since the January edition, there has been one regular Council meetings on January 19. There has also been two Special Council meetings on January 19 and 26

At the regular Council meeting on January 19, the following matters were considered:

- Council approved the annual Health & Safety Policy.
- Council approved the tax insert and passed the by-law to authorize interim tax billing.
- Council directed Administration to draft a letter related to the regulation of propane pricing.
- Council approved annual contributions to the Heart of the Continent, and Thunder Bay and Area Food Strategy.
- Council passed a new trailer licensing by-law.

At the Special Council meeting on January 19, Council sitting as Committee of the Whole heard a presentation from the Ministry of Municipal Affairs and Housing regarding Neebing's Annual Financial Indicators. The presentation was provided for informational purposes, there were no recommendations to Council for consideration.

At the Special Council meeting on January 26, Council reviewed the first draft of the 2022 budget. These were preliminary discussions intended to provide direction to Administration for refining budget allocations. The budget will be further reviewed at future meetings. Meeting dates will be posted in the Council Calendar on the municipal website once they are scheduled.

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.



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[www.neebing.org](http://www.neebing.org)



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## Neebing Emergency Services by Dale Ashbee, Fire Chief, Neebing February~A Month to Celebrate!



February is a month that usually brings to mind both Hearts (of the Valentine sort) and Ground-hogs (we enjoy the anticipation of waiting to view their 'shadow' forecasts predicting whether winter will 'either stay or will go'). It also brings a promise of the warmth of a coming spring. Although cold and stormy weather could still make itself felt during the month, it is reassuring to note that the sun is beginning to appear higher in the sky every day bringing comforting assurance that winter is in fact on the wane.

As we now look ahead to our third consecutive year of pandemic conditions and their accompanying restrictions, some of our fellow residents are feeling rather pessimistic. However, February 2022 does hold out some reason for optimism. We now have the benefit of two years of experience in managing the pandemic virus situations.



We have learned how to live safely with others (masking, hand washing and physical distancing), and have been blessed with the gift of readily available vaccine therapies, all helping us reduce the risk of becoming a host to the virus, getting sick and sharing it with others. We have adapted and adjusted our lives to make the most of the difficult situations imposed by the arrival the nasty little microbe that has necessitated so many changes to our way of life. We have proven to be resilient, and can all take pride in having done our part in helping to limit the spread of the virus.

While some mornings the outdoor temperature reading just doesn't show it, February is the month when winter starts to show signs of 'cracking'. January, rated to be the coldest month of winter, is now behind us, the days are becoming visibly longer, and the heat of the sun is gradually becoming strong enough to coax us to linger in its warmth (with coats still on, of course), and the Groundhog - the 'brazen harbinger of spring' - bravely sticks it's nose out of it's den early in the month to check on the prospects of an early spring. The good news, is that regardless of the Groundhog's prediction the passage of another six (6) weeks on the calendar will definitely bring a marked weather improvement in terms of temperatures and hours of sunshine.

To take our focus off February's first two weeks of wintery weather, there is the pleasant distraction of an up-

coming Valentines Day. Falling on February 14 every year (smack dab in the middle of the month), it is a time of sharing kind cards and goodies with friends and loved ones. Speaking optimistically, it looks like (on this, the second Valentine's Day of the COVID pandemic), perhaps we may be able to enjoy a real dinner date with special company in one of our favourite eateries (abiding by the 50% capacity of course) to mark the occasion.

I am trying, with some difficulty, not to complain about what seems to be a perpetual need to clear snow from both decks and our rather long driveway this winter. Viewing the mounting snowbanks as precious stored moisture for the spring helps, especially following a summer such as we had in 2021, when lawns turned brown, wells dried up, and the bush became tinder dry. As a bonus the snow is also providing protection for septic fields and water lines, ensuring they don't freeze up during winter's cold snaps, which is good news for all Neebing residents. Maybe I'll just keep shovelling and be grateful for the snow.

While a month for celebration, February, is still a 'winter month', when staying 'fire safe' means focussing on issues related to; **heating, cooking, carbon monoxide** and **electrical** equipment.

Remember these safety tips this month:

- Check both **smoke** and **CO alarms** to make sure they are working,

- Check your **chimney**, and clean if/when necessary,
- Ensure that **snow** is not piling up, and **blocking** heater or furnace vents
- Always **remain in the kitchen** when **cooking** on the stove top,
- **Do not** leave the house with **candles burning**, or appliances running
- Do not **overload electrical circuits** with **space heaters** while trying to warm up that 'cold' spot.

Although Spring may still seem to be along way off, it is not too early to begin thinking about and planning for things you can alter to reduce the vulnerability of your home and property to the hazards of potential wildfire threats. In addition to scouring through the seed catalogs to find the perfect plants for this summer's garden, take some time (while the days are still cold, and the computer is handy) to check out the Ontario FireSmart site <https://www.ontario.ca/page/firesmart#section2>. Give some thought to outside spring chores that, once carried out, will enhance the safety of your person and your property, as well as benefit your peace of mind and don't forget to count the next six (6) weeks off on your calendar as Spring '22 marches ever closer.

**Stay Safe & Stay Well**



## RURAL CUPBOARD FOOD BANK

To all of those very special people, businesses and organizations that provide the much-needed financial support to the Food Bank, All tax receipts will be issued by the end of February 2022

A special Thank You goes to St. James Anglican Church and the Evergreen Pharmacy for your continued support of the Rural Cupboard Food Bank



### RURAL CUPBOARD FOOD BANK

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**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,  
February 17, 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.**



  
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# Chix in the Stix

## Fear & Growth and Creepy Things

by Cindy Harasen

**TRIGGER WARNING** – includes talk of spiders and snakes. It's no big secret that I adore my kids and love being a mom. I embrace it like a sacred calling. I love all that being a mom has taught me. Through the good times and the bad. When I'm doing great and when I'm messing up. I love all the new adventures in learning along the way and opportunities for personal growth. We homeschooled all our kids and honestly it was the best choice ever for us and a blessing for many reasons. The new things I got to discover and was introduced to over they years was one of those gifts. I'm certain I learned just as much as my kids. Maybe more. Without my son I never would have known what a black hole was, or string theory, or what the deal was with Shroedinger's cat. And the list of things my daughters taught me is pretty endless and continues to this

day. One of my girls was (and still is) an extreme animal lover. From a very young age her birthday present requests were always some kind of pet. We happily indulged her and so have had a wide variety of critters living under our roof. Hamsters, guinea pigs, rabbits, ducks, birds, fish, rats, hedgehogs, lizards, turtles, giant snails, hermit crabs are on the list. Snakes were always an iffy one but mostly because there were family members (aka Auntie Em) who we might never have seen again if there was a snake in the house. And there were some snakes (shhhhhhh), but nothing permanent. While instilling in my kids a love for nature and encouraging a love for all living things I was somehow able to not pass along to them my own fear of bugs, and especially spiders. This is probably a good thing because living in the country it's pretty hard to avoid them. These deliberate efforts

to assuage their fears, while successful, has come with some downsides. Their acceptance and curiosity of bugs (and did I mention spiders) means I have been forced out of my comfort zone on more than one occasion. I have also been scared to death on more than one occasion. Some of these incidents have been deliberately caught on video. And there will be revenge one day - as soon as I can find what THEY are afraid of. Because it definitely isn't spiders. Which means now I have to deal with THIS - Well, let me start by sharing this little snippet of my text message conversation with my daughter from a few days ago. And yes you may pray for me.

DAUGHTER: I'm going to get a tarantula.

ME: (silence)

DAUGHTER: They are incredibly low maintenance and I would like to own one.

ME: Okay but I am going to be saying #@&%^! A LOT.

DAUGHTER: Understandable.

God has put some pretty incredible creatures on this earth and I get that. But that doesn't mean I have to 'love' and 'hold' them all. Or have

them under my roof even. I know that. I am perfectly capable of saying no sometimes. But here's the thing. Many years ago, motivated by social pressures and parenting goals and wanting to help my kids experience different things...I agreed to hold a tarantula. It was seriously one of the bravest things I have ever done and I still don't know how I did it or how I didn't poop my pants or yeet that thing across the room. Well, my kids were watching and we were in a public place so that helped. But somehow I didn't and not only did I keep my composure but I was actually amazed and a little moved by how sweet and gentle and delicate it was. Don't get me wrong they still creep me out, and there is no way there is going to be a tarantula under THIS roof just yet and I am still going to vacuum up spooders when nobody is looking. BUT who knows. I'm trying to stay open to all possibilities. Because if the past two years (and parenting in general) have taught me anything it's that things rarely go as planned. That life is full of surprises and sometimes the things we are most afraid of today end up being the things that challenge us to be more open and accepting of new things tomorrow. Suddenly and unexpectedly a part of our brain and heart opens up to a whole new world and a whole different perspective and once again we find ourselves growing and stretching in new directions. I love that. And I may or may not hold a tarantula ever again. But I'm not gonna rule it out. Side

note to kids – if you ever want to keep your parents out of your room tell them you have a 'spider jar.' Works like a charm.

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## Neebing Fire/ Rescue Association NFRA News

Respectfully submitted: Joy Harris, President NFRA



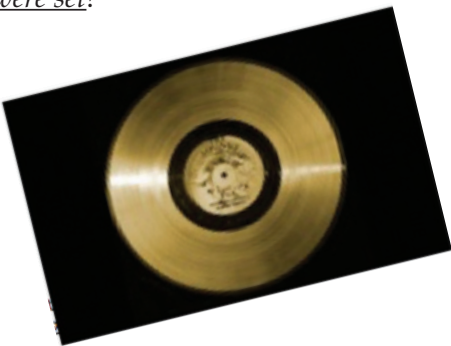
**Question:** Is it true that \$5 can truly make an impact in your community?

**Answer:** YES! If it's used to obtain, or renew, a NFRA membership\*!

As a member of NFRA, you can let your name stand for a position on our Board of Directors, if you desire. You are also eligible to vote at the upcoming AGM if multiple names are submitted, and best of all, be informed of fundraising and other activities you can join in to help us support Neebing Emergency Services!

There is no commitment, just opportunities to give back to your community. How great is that?

What have we been up to? We finished 2021 in a very positive situation with over \$12,600 in charitable donations plus \$9200 from metal sales and the silent auction. With the communities help, new records were set!



Our **Annual General Meeting (AGM)** is set for Monday, February 28 at 7pm via Teleconference. Karen and I will be getting the agenda ready to be sent out to NFRA members soon.

The purpose of the AGM is to elect, or acclaim, the 7 member Board of Directors; accept the financials from 2021 and review and celebrate the activities that took place in the past year.

If you are interested in serving on the Board of Directors please submit your name for election to Dale Ashbee, our returning officer, by **February 7th** to [firechief@neebing.org](mailto:firechief@neebing.org)

At the AGM all names will be reviewed and the Board members will be confirmed. Should there be more than 7 names, an election will be held following this part of the AGM. If that occurs, members may send their votes for the 7 Board members to Dale by email or phone by Wednesday March 2 before 5 pm. The positions will then be communicated to all members.

*A fresh start to the year! Join us! Be safe, be well and be kind.*

**To become a Member and to be able to Vote:**  
 \* To become a member and be able to vote at the AGM, the \$5.00 membership fee must be received by Clara Butikofer before the AGM. If you are familiar with how e-transfer works, e-transfer your fee to [nfraevents@gmail.com](mailto:nfraevents@gmail.com) advising Clara through the same email or by text (807- 620-2922) what your security answer is. In the comment section say that it is for 2022 NFRA membership. Or drop off cash in a marked envelope or mail a cheque made out to Neebing Fire/Rescue Association to the Municipal office at 4766 Hwy 61 Neebing P7L 0B5.  
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 (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.



<p><b>Murillo Library</b> Curbside service Wednesday 10:00 – 7:00 935-2729</p>	<p>Email: <a href="mailto:oplibrary@tbaytel.net">oplibrary@tbaytel.net</a> Website: <a href="http://oliverpaipoonge.olsn.ca">http://oliverpaipoonge.olsn.ca</a></p>	<p><b>Rossllyn Library</b> Curbside service Tuesday 10:00 – 7:00 939-2312</p>
		
<p><b>Launching in early January 2022!</b> 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><b>"Check out" nature at your library!</b> 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 Rossllyn 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>	

**PLEASE Help us Bring**  

**FLETCH**
  
**HOME for the Holidays**





He was last seen on Silver Falls Rd just before the cemetery in Kaministiquia. He hasn't been seen since Wednesday November 3rd. HE **COULD** be ANYWHERE by now. He's never left the area before. **PLEASE HELP!!!!!!**   
**His FAMILY really LOVES and MISSES him!!**  
 If you have any information, please contact **Mike - (807)-632-1484** or **Lisa - (807)-624-8122**

**NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES**  
**February 2022**

Mon	Tues	Wed	Thurs	Fri
	1 <b>ARMSTRONG</b> 8:30–Noon NorWest OHC Clinic	2	3 <b>O'CONNOR—Footcare</b> 10am–4:30pm Community Centre	4
7 <b>NOLALU—Footcare</b> 9:30am–4pm Community Centre	8	9	10 <b>NOLALU - PCare</b> 9:30am–4pm Community Centre <b>O'CONNOR—PCare</b> 10:30am–5pm Community Centre	11
14	15 <b>SHEBANDOWAN—Footcare</b> 9:30am–4pm Community Centre <b>NEEBING—PCare</b> 11am–5pm Blake Hall	16	17 <b>SHEBANDOWAN—PCare</b> 9:30am–4pm Community Centre <b>UPSALA—Footcare</b> 10am–3:30pm Community Centre	18
21 <b>Closed For Family Day</b>	22 <b>KAMINISTIQUIA—PCare</b> 9am–3:30pm Community Centre <b>KAMINISTIQUIA—Footcare</b> 9am–3:30pm Community Centre	23	24 <b>O'CONNOR—PCare</b> 10:30am–5pm Community Centre <b>UPSALA—PCare</b> 10am–3:30pm Community Centre	25
28 <b>ARMSTRONG</b> 1–6 pm NorWest OHC Clinic	For more information or to book an appointment, call <b>807.622.8235</b>			

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 Call: 935-3009

**Play, sing, laugh and we will SEE YOU SOON!**

## Winter Safety Tips – Wendy Ligate

### Remember: NO ICE IS SAFE ICE!

Conditions on all ice can change in an instant. Heed warning messages and stay off frozen waterways if possible. Know the dangers of ice



**Ice Factors** - Many factors affect ice thickness including: type of water, location, the time of year and other environmental factors such as:

- Water depth and size of body of water.
- Currents, tides and other moving water.
- Chemicals including salt.
- Fluctuations in water levels.
- Logs, rocks and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles traveling on the ice.

**Ice Colour** - The colour of ice may be an indication of its strength:

- Clear blue ice is strongest.
- White opaque or snow ice is half as strong as blue ice. Opaque ice is formed by wet snow freezing on the ice.
- Grey ice is unsafe. The grayness indicates the presence of water.

**Ice Thickness** – follow these thickness guides for safe travel on ice:

- 15 cm for walking or skating alone
- 20 cm for skating parties or games
- 25 cm for snowmobiles.

Check with local authorities before heading out. Avoid going out on ice at night

### What to Do if you Fall Through Ice –

**If You Are Alone:**

- Call for help.
- Resist the immediate urge to climb back out where you fell in. The ice is weak in this area.
- Try to relax and catch your breath. Turn yourself toward shore so you are looking at where you entered onto the ice. The ice is more stable close to shore.
- Reach forward onto the broken ice without pushing down. Kick your legs to try to get your body into a horizontal position.
- Continue kicking your legs, and crawl onto the ice.
- When you are back on the ice, crawl on your stomach or roll away from the open area with your arms and legs spread out as far as possible to evenly distribute your body weight. Do not stand up! Look for shore and make sure you are crawling in the right direction.

**If You Are With Others:**

- Rescuing another person from ice can be dangerous. The safest way to perform a rescue is from shore.
- Call for help. Consider whether you can quickly get help from trained professionals (police, fire fighters or ambulance) or bystanders.
- Check if you can reach the person using a long pole or branch from shore – if so, lie down and extend the pole to the person.
- If you go onto ice, wear a PFD and carry a long pole or branch to test the ice in front of you. Bring something to reach or throw to the person (e.g. pole, weighted rope, line or tree branch).
- When near the break, lie down to distribute your weight and slowly crawl toward the hole.
- Remaining low, extend or throw your emergency rescue device (pole, rope, line or branch) to the person.
- Have the person kick while you pull them out. Move the person to a safe position on shore or where you are sure the ice is thick. Signal for help.





## Lakehead Region Conservation Authority

submitted by LRCA Staff

This is a reminder that the LRCA does not monitor ice conditions at any of our Conservation Areas. Make yourself aware of weather conditions before heading out to explore, and always ensure you are dressed appropriately and are wearing appropriate footwear while visiting. There is no winter maintenance on any of our trails. Please be safe when visiting. Stay up to date on the latest news and events information from the LRCA by following us on Facebook, Instagram and Twitter, and by subscribing to our e-newsletter. We have some fun and exciting things

planned for 2022 (COVID-19 restrictions permitting), including guided hikes, workshops and more! Follow us @lakeheadregion and visit us at www.lakeheadca.com.

The 2022 Explore Card Parking Pass is available now, which provides parking at our Conservation Areas for one calendar year at a cost of only \$40.00 +HST instead of the \$5.00 per vehicle parking fee. Visit our webstore at store.lakeheadca.com or give us a call at (807) 344-5857 to purchase yours now!

Get out and Explore!

**NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted)**  
**Deadline for the MARCH issue of The Neebing News is FEBRUARY 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](mailto:designhouse@tbaytel.net). 628-7271

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### **LOOKING FOR: PERSONS LIVING WITH DEMENTIA & THEIR CARE PARTNERS**

To take part in a study about care practices that help improve the physical & cognitive functioning after a hospital stay.

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- ✓ Aged 60+
- ✓ Have a care partner helping them after discharge

Care partners may be eligible if they are:

- ✓ Aged 18+
- ✓ An unpaid relative, partner, or friend and the primary care provider of a patient after discharge



For more information about the study please contact Jeffrey Butler at [jibutler@yorku.ca](mailto:jibutler@yorku.ca) or call 1-604-813-7128

### **HOW TO CONTACT WITH YOUR COUNCIL MEMBERS**

**Erwin Butikofer, Mayor**, [Mayor@neebing.org](mailto:Mayor@neebing.org), 964-1788 (R)

**Gordon Cuthbertson, Councillor at Large**, [Councilatlarge@neebing.org](mailto:Councilatlarge@neebing.org) 708-7548 (C)

**Mark Thibert, Ward 1 (Blake)** [Blake@neebing.org](mailto:Blake@neebing.org) 939-2720 (R)

**Brian Wright, Ward 2 (Crooks)** [Crooks@neebing.org](mailto:Crooks@neebing.org) 964-2365 (R)

**Curtis Coulson, Ward 3 (Pardee)** [Pardee@neebing.org](mailto:Pardee@neebing.org) 577-2475 (R)

**Gary Gardner, Ward 4 (Pearson)** [Pearson@neebing.org](mailto:Pearson@neebing.org) 577-1963 (R)

**Brian Kurikka, Ward 5 (Scoble)** [Scoble@neebing.org](mailto:Scoble@neebing.org) 633-3735 (C)

R-Residence

C-Cell



# WOMEN'S INSTITUTE RECIPES



It is interesting to note that February is best known as the month of romance and that on the 14th day - Valentine's Day - people express their romance by exchanging Valentine cards. People often give to one another flowers, chocolates, foods presented in the shapes of hearts such as pizza or cakes. So, for this month consider these two sweet and versatile recipes, one for cookies and a second - a lemon curd to use in tarts or as a filling.

## AUNT MARY'S COOKIES

- |                           |                       |
|---------------------------|-----------------------|
| 1 cup white sugar         | 1 cup butter          |
| 1 tsp. vanilla            | 2 eggs beaten         |
| 2 1/2 cups flour          | 1 tsp baking soda     |
| 1 tsp salt                | 2 tsp cream of tartar |
| dash of nutmeg (optional) |                       |

First cream together your butter and sugar. Then add the beaten eggs and vanilla. Sift together the flour, baking soda, salt and cream of tartar. Add this to the creamed mixture. Mix well. Roll out the cookie dough and cut out fancy shapes using cutters such as hearts or circles. Decorate the cookies with a piece of candied cherry, nuts, coloured sprinkles or just a sprinkle of sugar. Bake for ten minutes at 350 degrees.

This first recipe is a favourite for my sons. It can be made ahead to use on Family Day as well. Family Day is on February the 21st and what better thing to do with the children or grandchildren than to roll out the dough, cut using shapes, decorate, then bake. The aroma will fill your home and along with the sounds of the children, it will be a happy day.

## LEMON CURD by Mary Germain and Doreen

- |                   |                 |
|-------------------|-----------------|
| 2 large lemons    | 2 tbsp.. butter |
| 1 cup white sugar | 2 beaten eggs   |
| 1 jar             |                 |

Grate the thin outer layer of two lemons into the top pot of a double boiler. Squeeze the juice out from the two lemons, making sure no seeds are left and add to the rind. Add 2 tbsp. butter and 1 cup sugar. Stir to dissolve the sugar. Set over simmering water until the mixture is hot. Beat the two eggs. Whisk them into the mixture. Cook until the mixture thickens. Place in a covered jar and store in the fridge. Use this as a filling between two layers of cake, or in a jelly roll or tarts.

For Valentines Day bake up a dozen tart shells. Fill each with the lemon curd and just before serving, top each tart with a dollop of whipped cream. When strawberries are sliced vertically you will see the shape of a ♥ heart. Place a slice of strawberry onto the top of the tart and voila! Happy Valentines!

I have sometimes doubled this Lemon Curd recipe. Roll the dough up into log shapes, cover them with plastic wrap and freeze or refrigerate until the children or grandchildren come over to help with the decorating.

*Take care now. Happy Valentine's wishes to all of you from the women of the Slate River Women's Institute. Submitted by Dodie Legassick*

## KENTUCKY BISCUITS

- |                                 |  |
|---------------------------------|--|
| 2 cups all purpose flour        | 2 1/2 tsp baking powder                |
| 1/2 tsp baking soda             | Dash of salt                           |
| 1 Tbsp sugar                    | 1/2 cup butter margarine or shortening |
| 3/4 cup buttermilk or sour milk | 1 Tbsp melted butter                   |

Mix together all dry ingredients in a bowl. Cut in butter or shortening with pastry blender until mixture resembles coarse crumbs. Add buttermilk or sour milk. Mix quickly to make a soft dough. Turn out onto floured surface. Knead only a few times. Roll out to a 6 x 6 inch square place on ungreased baking dish. Cut with sharp knife into 9 even portions, do not separate. Bake @ 400' for about 15 minutes - until golden brown. Brush with melted butter or dust with flour. Serve hot with butter and jam or stew, soup or chili.



Submitted by Sandy Vibert

## PARMESAN CHICKEN DINNER

- |                            |   |
|----------------------------|---|
| 4 boneless chicken breasts | 2-3 unpeeled potatoes,  |
| 1/2 cup mayonnaise.        | 4 - 6 carrots, peeled, cut in 3" lengths then in halves or quarters |
| 1/4 cup Parmesan cheese.   | 3 TBsp Olive oil  |
| 4 Tbsp. Bread crumbs.      | Dash salt and pepper  |

Mix cheese and mayo, spread on chicken breasts that have been put in one side of a greased 9 " x 13 " baking dish. Top with with crumbs. Cut unpeeled potatoes into wedges and carrots cut in halves or quarters - toss in olive oil, place in the other end of baking dish add salt and pepper. Bake at 425 F for 20-25 minutes.

## APPLE ORCHARD CRUMBLE

4 tart apples, peeled and sliced

### Topping

- |                                 |                          |                                    |
|---------------------------------|--------------------------|------------------------------------|
| 1 cup all purpose flour         | 1 cup packed brown sugar | 1 tsp baking powder                |
| 1/2 tsp. Salt 1/2 tsp. Cinnamon | 1 egg beaten             | 1/3 cup melted butter or margarine |

Preheat oven to 375' F. Place apples in greased 8" sq. dish. Mix together all dry ingredients. Add egg, stirring with fork till crumbly. Sprinkle mixture over apples. Drizzle evenly melted butter on top. Bake for 30-35 minutes or until golden brown and apples are fork tender. Serve warm.



# Neebing News Online Editions

– 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](mailto:neebing@neebing.org).



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## NEEBING LANDFILL NEWS



### Winter Landfill Hours

A reminder that winter hours start at the landfill on October 1<sup>st</sup>  
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.

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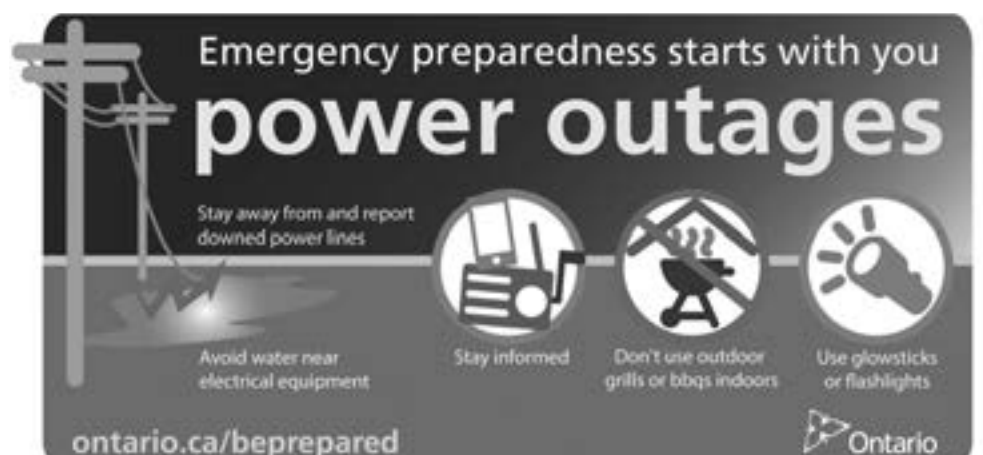
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*The Rural Pharmacist:*  
**Health Canada Approves Medication  
for the Treatment of COVID-19 Infection**

*by Devon Myers, Pharmacist/Owner of Evergreen Pharmacies*

You read that title correctly. However, now is not the time to start playing spin the bottle. On January 18th Health Canada approved the first antiviral medication intended for the treatment of COVID-19 infection. Despite that, it may be some time before you see this medication regularly provided for those suffering with an infection. Without getting into too many nitty-gritty details, I'd like to use this installment of The Rural Pharmacist to discuss our new weapon in the fight against COVID-19, Paxlovid.

Paxlovid is a regimen of two different medications that are used concurrently. The two medications are nirmatrelvir and ritonavir. Don't stress out if you're having trouble pronouncing those. I'm practicing myself. Nirmatrelvir is an antiviral that helps reduce viral replication. The idea here is to stop the COVID-19 virus from expanding freely. Ritonavir works in conjunction with nirmatrelvir by inhibiting the metabolism of nirmatrelvir. This essentially allows the antiviral to stick around longer and to do a better job!

One very important thing to note is that Paxlovid is not intended

for everyone! Health Canada has currently approved its use for the following: the treatment of mild-to-moderate COVID-19 in adults (over the age of 18) with a positive COVID-19 test, and who are at high risk for progression to severe COVID-19, including hospitalization or death. That seems quite specific. However, this is the demographic that that medication has been studied in.

So, what does that mean for the those who test positive on a COVID-19 test? If I had to guess, we won't see this medication at the community level for a while. This is because, in addition to the specific demographic mentioned above, there really isn't that much of this stuff to go around. Nationally we've received a small supply which then must be distributed provincially. Paxlovid will be utilized first in hospitals and in high-risk patients. Perhaps it'll be a similar roll out like what we saw with the COVID-19 vaccines; a trickling of availability until supply meets demand.

Although this hasn't proven yet to be a home run in the eradication

of the COVID-19 virus, it certainly helps in our ability to limit its potentially damaging effects. For example, a study in the USA showed that for nonhospitalized, nonvaccinated adults with COVID-19 infection there was an 88% reduction in hospitalization and death through 28 days after receiving Paxlovid compared to placebo. Again, without getting into nitty gritty details,

that's a significant improvement!

The headline of this article was certainly not intended to work as clickbait. In contrast, I hope that it represents a feel-good chapter in the continuing storyline of this pandemic. Stay tuned to future articles as more information pertaining to Paxlovid use (and other antivirals?) become available.



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