



The Neebing News

Volume Seventeen, Number Three

March 2022!

2022 Municipal Election

The 2022 Municipal Election will take place on October 24, 2022. Consider serving your community by running for Council.

To be eligible to run for Council, you must be:

- a resident of the municipality or a non-resident owner or tenant of land in the municipality or the spouse of such non-resident owner or tenant;
- a Canadian citizen and at least 18 years old; and
- not legally prohibited from voting; and not disqualified by any legislation from holding municipal office.

A candidate must pay a fee of \$100 (\$200 for mayor) at the time nomination papers are filed. The Nomination Period begins on May 2, 2022 and ends on August 19, 2022 at 2:00 pm.

For more information on running for Council or about the 2022 Election visit:

www.neebing.org/elections or contact the Clerk-Treasurer at clerk@neebing.org or 807-474-5331.

Register to vote – or confirm you are already on the list – at voterlookup.ca.

The Municipal Property Assessment Corporation (MPAC) is responsible for compiling information from eligible Ontario voters to create a Preliminary List of Electors for municipal and school board elections.

To make sure you are on the list and your information is accurate, visit voterlookup.ca to register, confirm details and update any information that may not be current.



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>

NEWS From your Recreation Committee!

by Dawne Kilgour

At last, Neebing is seeing the light at the end of the Covid 19 tunnel,... 'fingers crossed'.

On Feb. 07, the Rec committee held a real meeting, complete with social distancing and masks. So good to see everyone and the following info was discussed.

1 The rinks at Blake Hall and Alf Olsen have been well used and kudos to all who volunteer to upkeep them, especially Alf Olsen Rink with compliments from passers by and motorists as well.

2 Our committee is one member short so if anyone has the time to join us, our next meeting will be May 09, at Blake Hall at 6 pm. Come see if you would make a good fit with our group. You can call Karen at 577- 2475, or Dawne at 964-2750 to volunteer.

3 Karen reminded us that as we approach the spring, we should

be looking to the budget and the items we need to upgrade , replace or consider.

4 The Easter Egg Hunt will NOT be held this year due to the potential covid-19 threat, but Canada Day 2022 will be planned for, so we are looking to begin contacting entertainers, participants, etc, and apply for the government grant to assist with the costs of holding our big event.

5 In 2024, Blake Hall, aka Century Park Hall, will turn 100 years old and a huge celebration will be planned. Our Sept meeting will be advertised so anyone who has ideas can join us for input. This will be an historic event and the more people who have ideas, materials from the past and memorabilia, the more we can arrange to bring honour to this grand old Hall.

Hope to hear from you or see you at the next meeting.

For more info, call Penny at 964-2270, or the members above.



Kakabeka Legion Events

Saturday March 5th Dance with Quest 7-10
 Sunday March 13th Breakfast Buffet 8:30-noon
 Saturday March 26th Dance with Quest 7-10
Check the hotline for any revisions 473-9122

RURAL 60 PLUS IS OPEN!

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

Carving is Monday from 10 am to 3 pm
Disking is Monday from 1:30 to 3:00
Weaving is Tuesday and Thursday from 10 am to 3 pm
Quilting is Wednesday from 10 am to 3 pm
Cribbage is Wednesday from 1 to 3
Carving is Wednesday from 10 am to 3 pm
Yoga Thursdays from 10 am to 11 am and runs to May 5th, except for the 17 of March
Knitting Tuesday and Thursday, 10 am to 3 pm in Library
Craft Room is open Monday to Friday from 10 am to 3 pm
Chess - anyone interested please call the Centre 475-5779 or email rural60@tbaytel.net
 Watercolour Painting Start Date - Pending

VOTE

October 24, 2022 is voting day for the Ontario Municipal and School Board Elections.

Register to vote – or confirm you are already on the list – at voterlookup.ca.



SLATE RIVER BAPTIST CHURCH

80 McCluskey Drive

FAMILY WORSHIP SERVICE Sundays @ 11am

Masks & social distancing required.

A Sunday Sermon Message will continue to be posted on-line each week at 11 am.

Follow us on Facebook or visit our website for updates, or call 475-5140 for more info.

The Junction

in Rosslyn

Providing emergency food & clothing to rural individuals or families in need.

Clothing - Hygiene Products - Pantry

If you or someone you know is in need of food or clothing please contact us. Care pkgs. available. All items are free. Currently open by appt. Find us on Facebook or call 475-5140.

NEW MOMS-We can help with diapers, wipes etc.



Slate River Dog Grooming

a caring hands family

HWY 6L, Neebing

475-9629

Find us on Facebook



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.

LAKEHEAD COMMUNICATIONS

ANYWHERE CONNECTED



CELL BOOSTERS - A STRONGER SIGNAL ANYWHERE YOU NEED IT!

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(for children 0-6 years)

Our Calendar of events can be viewed at:
<https://www.keyon.ca/en/Events/ViewEvents>

* EarlyON Child and Family Centre - Murillo

(Pre-registration on KeyON is required)

For more info, please:

Email: ruralfrcc@tbaytel.net or

Private FB message us or

Call: 935-3009

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



Child and Family Centre

Make sure you're on the Voters List!

Are you registered to vote in the 2022 Ontario Municipal and School Board Elections on October 24?

To make sure you are on the list, and that all your information is accurate, visit www.voterlookup.ca.

2022 ONTARIO MUNICIPAL AND SCHOOL BOARD ELECTIONS
OCTOBER 24, 2022

ON THE LIST TO VOTE? HAVE YOUR SAY!

VISIT VOTERLOOKUP.CA



Register to vote in the 2022 Ontario Municipal and School Board Elections

The upcoming year will be a busy one for Ontario voters, with the Ontario Provincial Election and Municipal and School Board Elections happening just a few months apart.

Make sure you are on the list to vote in the 2022 Municipal and School Board Elections on October 24.

Register at www.voterlookup.ca.

HOME or LAND WANTED

Hello! My name is Amy Carver. My family and I are looking to purchase a home on 5+ acres, or a lot 10+ acres in Oliver Paipoonge (Oliver Road and South of, preferably in Valley Central school district). We want to move to the country as I know the benefits of growing up rural! We have a few ponies boarded waiting for us to find a home!

Please reach out any time, we hope to hear from you soon! Amy 708-4747 (text or call).

Needing Municipal Services During COVID-19

Updated March 1, 2022



Municipal Affairs:

The Municipal Office is OPEN:

- Municipal matters requiring in-person consultations should be scheduled in advance to ensure staff are available to help you. Please call the office at 474-5331 to book an appointment.
- The wearing of face masks is **MANDATORY** upon entry. If you do not have a mask, one will be provided to you.

Municipal Council Meetings

- Next Meetings are March 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.

Blake Hall:

- **Blake Community Hall is OPEN** and available for public rentals. Please contact the Municipal Office to book your next event.

If you require information:

visit our website at www.neebing.org
email us at neebing@neebing.org
call the office at (807) 474-5331

WANTED

Rural Heritage Agricultural Society is looking for VOLUNTEERS and MEMBERS to join our group!

If you have any time at all leading up to the Annual Rural Heritage Days September 9, 10, 2022 and/or the day of the events, we are interested! It is fun, busy, but a great way to see neighbours and friends!

Contact any of our Board members:

- | | |
|-----------------------------------|--------------------------|
| Michelle and Paul Barrie 577-8424 | Bill Bus 627-4712 |
| Diane Borton 627-8067 | Bill Hickman 577-0418 |
| Susan McRury 476-0901 | Larry Boekus 475-8671 |
| Art Blekkenhorst 935-2835 | Carolyn Carlson 475-6975 |
| Leo Blekkenhorst 935-2400 | Tom Loghrin 475-4022 |
| Jason Blekkenhorst 620-4870 | |

AGM - April 4, 2022 at 7 pm
Rural 60 in Kakabeka



Hymers Fair News

by Randy Creighton, President

Announcing the new 2022 Hymers Agricultural Society Board of Directors:

Executive

- President—Erin Laforest
- 1st Vice President—Lawrence Prystanski
- 2nd Vice President—Wendy Wright
- Secretary—Debbie Hoover
- Treasurer—Oona Szyja

Directors

- | | | |
|-----------------------|-------------------|---------------------|
| Randy Creighton | Aury Murray | Teri Treftlin |
| Margaret Duncan | Gerry Murray | Sara Fisher |
| Nadia Myhal | Jeff Glavish | Tammy Pollock |
| Chris Lawrence | Rhonda Prystanski | Mekyla Price |
| Charlene Shuttleworth | Don Shuttleworth | Victoria Prystanski |

The Hymers Fair Board of Directors is excitedly planning for an in-person Fair this year!

As long as pandemic regulations cooperate, Labour Day Weekend will see us celebrating rural life and entertainment yet again. To stay up to date, check out our webpage and social media. If you are interested in volunteering to help bring back the fair please email info@hymersfair.com.

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March 8
International Women's Day
Rights. Respect. Equity

March 21
International Day for the Elimination of Racial Discrimination

ONA
Ontario Nurses' Association
Local 73



Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing

Marching (Tentatively) Towards Spring



As I sit here musing today - with the outdoor temperatures continuing to be markedly low and snow continuing to accumulate - I am thinking that perhaps my (and the Groundhog's) previous optimism for an early spring may have been a little premature. However, it is wonderful to see the sun rising earlier, setting later each day and generating some heat and a tangible promise of seasons soon to come. Hopefully our leprechaun friends (above) will spy the first green signs of spring soon! In any event, once all of Neebing's accumulated winter snowfall finally does melt, there should happily be plenty of water for all!

For fire safety, March is considered to still be an 'indoor month' - with heating systems in operation, and indoor stove-cooking still the predominant method of meal preparation. As such fire safety tips for March focus on: ensuring that **electrical systems** aren't overloaded, ensuring that **Smoke and CO alarms** are functioning properly, taking care that the **kitchen stove** is not left unattended while in use, and inspecting house **chimney(s)** (for any need to be cleaned and/or repaired) and **vents** (for any possible snow blockage).

NES responds to a number of CO alarm calls each year. Any time a CO alarm is sounded, all home occupants should **exit the building, Call 911 and wait safely outside** for NES responders to arrive. Fire fighters will don **air breathing-packs (SCBA)** to ensure they do not inhale any CO when they enter the building, and with a **gas monitor** in hand they will move through the house, **checking interior CO levels, opening windows** allowing fresh air to enter, and **searching for the possible CO source(s)** that could be generating CO at levels sufficient to trigger an alarm.

Surprisingly, the causes of CO in a home can be varied and even unexpected, from a faulty or plugged furnace or heater vent, to 'wind drift' pushing exhaust from outdoor equipment into the house through an open door or window, where an indoor CO alarm

is activated by exposure to CO from outside. Fortunately, CO alarms are programmed to trigger an alarm and alert occupants to evacuate at relatively low levels, providing time for occupants to safely **exit the building**, and then **call 911** for assistance.

This past year, NES responded to two (2) CO alarm calls that are worthy of note, as each provides a learning-experience for both responders and residents alike:

- Firstly, a bucket of ashes containing **hot embers**, from a woodstove gave off sufficient CO to trigger a CO alarm in the home. It took some careful checking throughout the home to identify the source of the CO, but once it was identified it was easily managed, with the ash bucket being removed from the house. Open windows and a fan helped clear the air in the house and things quickly returned to normal and the occupants, having heeded the CO alarm warning, were able to safely return to the home and continue with their daily activities. While this was an unusual occurrence, Neebing residents with indoor woodstoves are reminded to either clean the ashes from their stove after they have cooled or to remove the ash bucket to a safe outside location immediately after cleaning hot ashes from the stove.

- The second unusual CO incident involved a resident who, upon returning home at end of day, was greeted by a CO alarm sounding from inside the house. The resident **opened the front door** allowing fresh air into the house, and **called 911 for assistance** from outside the entryway. Upon arrival, fire fighters, confirmed high readings of CO in the home and ventilated the home fully to lower the CO levels to Zero. A search for the CO source followed and turned up something totally unexpected. No CO readings were found in any areas of high probability like the furnace or vents. However, each time the gas monitor passed close to a bank of **charging solar system batteries**, the CO alarm chirped. Upon closer examination the gas monitor 'alarmed' and showed CO readings each time firefighters positioned it close to the solar battery caps. CO is not normally associated with battery charging, however, and in the ab-

sence of any other noted source of CO being identified, the owner was cautioned to leave windows open for ventilation, while additional work was conducted to identify why the CO alarm had triggered. Research indicated that Nitrogen gas, a by product of battery charging, is known to cause the sensors in CO alarms to trigger. Nitrogen similar to Carbon Monoxide is not healthy to breath. With solar-battery systems becoming increasingly common this incident is a reminder to ensure that charging solar battery systems are either well ventilated to the outside, or have special condensing battery caps installed to eliminate the release of off-gasses during charging cycles.

Remember when a **CO alarm sounds**, do not ponder the problem, or search for the cause, the alarm is letting you know that it is time to **exit the building** to a safe place, and

to then **call 911** for Fire Department assistance.

Stay Safe and have a **HAPPY St. Patrick's Day!**

IGNORE the SNOW and the COLD - SPRING is IMMINENT!



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RURAL CUPBOARD FOOD BANK
Neighbours Helping Neighbours
Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls POT1W0
807-285-0836

We sincerely thank all those that continue to support us during COVID-19. Your donations enable the food bank to remain open

Next Food Bank
Wednesday,
March 16, 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.

Hazard Information

Floods are the costliest natural hazard in terms of property damage in Ontario. Floods are typically caused by melting snow, ice jams, high lake levels, and heavy rains and thunderstorms. They can happen at any time of year and in urban and rural areas. Flash flooding can occur in rain storms or when a storm drainage systems are plugged – often with little or no warning.

What you can do

Before a flood

Be prepared for an emergency by creating a 72-hour emergency preparedness plan and kit for you and your family.

Inside your home:

- store any personal belongings in sealed bins
- move documents and keepsakes out of the basement
- test sump pumps regularly and install a back-up system (for example, battery back-up or generator)
- put weather protection sealant around basement windows and ground-level doors
- install check valves in sewer traps to prevent floodwater from backing up into the drains of your home

Outside your home:

- extend downspouts at least 2 metres from your home to move water away from the building
- remove debris that could present danger during flood events
- secure outdoor furniture and items around piers, docks or boat-houses
- regularly maintain water drainage systems, such as weeping tile, culverts and ditches
- Helpful links
- emergency plan and kit
- insurance information
- flood forecasting and warning information



During a flood:

If you are instructed by emergency officials to evacuate, do so immediately. If an evacuation is not in place, consider these safety precautions:

- avoid travelling on roads that are near any bodies of water
- don't drive through, stand or walk in any moving water
- if you must walk, look for still water and use a stick to check the ground in front of you
- keep children and pets away from floodwater
- avoid using the plumbing system if the septic tank or the disposal field is under water

After a flood:

Before returning home, check with your local municipality for any information from local public health units, utilities and other community officials who are working to keep you and your family safe.

- Don't use flooded appliances, electrical outlets, switch boxes or fuse breaker panels until they have been checked by your local authority.
- Follow instructions from your local public health unit when it comes to water in and around your home, which could be heavily contaminated.
- Don't eat food that's come in contact with flood waters.
- Contact your local municipality about debris management programs.
- Report any broken utility lines to the appropriate authorities.
- If your property has been damaged, you may need special permits to rebuild or restore your property and you may be eligible for provincial assistance.

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RURAL CUPBOARD FOOD BANK ANNUAL GENERAL MEETING APRIL 13, 2022

If you would like to attend this meeting, please email Mark Halabecki at mhalabecki@gmail.com by April 8th at 4 pm

Would you like to be a part of our Board?
Love to hear from you!!!!

If you have not received your 2021 tax receipt by mid March please contact us at 285-0836

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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" in 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.



Neebing Fire/Rescue Association FRA News

Respectfully submitted: Joy Harris, 1



NFRA



NFRA is happy to announce that Fire Wood Raffle tickets are now available at these locations:

- ★ Chaschuk Enterprises Ltd., 36 Barrie Drive
- ★ Neebing Municipal Office, Hwy 61
- ★ South Neebing Variety, Hwy 61
- ★ Green Acre Variety, Hwy 595
- ★ Excalibur Motorcycle Works Ltd., 1425 Walsh St. W.
- ★ Northern Turf Equipment, 710B Balmoral St.

Get yours now for a chance to win one of 3 great prizes.

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.



Snow, Snow, and More Snow!

A question for you: IS YOUR FIRE NUMBER VISIBLE?

Snowbanks are getting higher and higher, please ensure Neebing Emergency Services can find your property! Thank you!

If a trophy existed for **record-breaking** amounts of metal and can collections in NFRA history, **2021** has earned it!

Pop Cans	1,740 #	\$649.00	46,980
Aluminum	533 #	\$115.85	
Batteries	540 #	\$37.80	
Beer Cans	1,232 #	\$3455.90	34,600
Scrap Metal	10,760 #	\$740.80	
	14,855#	\$4999.35	

The previous record was close to 12,000 #s. Thank you Kris for handling this huge amount! And **Thank you Neebing!!!**

NFRA would like to extend our appreciation to the **Sand Hill Landfill Attendants** who make the extra effort of ensuring boxes of beer cans and liquor bottles are placed in the shed out of the snow. This makes collection so much easier for us! Thank you for your kindness in helping us support our Emergency Services.



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

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MURILLO MINOR ATHLETIC ASSOCIATION

2022 SPRING YOUTH SOFTBALL LEAGUE

We are back, and all this snow will melt! Get your kids involved in our popular springtime softball league. Our focus is on FUN, FITNESS and FRIENDSHIP. This year we are adding a Bantam Division, so there will now be five softball divisions:

Division	T-Ball	3-Pitch	Atom	PeeWee	Bantam
Birth	2018	2015	2012	2009	2006
Years	2017	2014	2011	2008	2005
	2016	2013	2010	2007	2004

The season begins Monday May 9th and winds up Saturday June 25th with our Tournament and BBQ Day event! Games are played weeknights at the Murillo ball diamonds. Each team normally plays 2 games per week. T-Ball and 3-Pitch warm-ups start at 6 pm; while Atom, PeeWee and Bantam warm-ups start at 5:50 pm. Game time is 6:30 pm. All equipment is provided except a ball glove.

PLAYER REGISTRATION: Player registration is done well in advance, so we can organize teams, make schedules, find team sponsors and get uniforms in time for season start. Registration is on a first come, first paid basis. The Registration Fee is \$75 per player. A family of 3 or more players (siblings) is a maximum \$225. A Late Registration Fee of \$15 per player applies after March 10th.

In-person registration in compliance with COVID-19 protocols will occur upstairs in the Murillo Community Centre on:

Saturday March 5th
10:30 am – 2:30 pm

Tuesday March 8th
5:30 – 8:30 pm

Thursday March 10th
5:30 – 8:30 pm

If you can't attend these registration dates, and to avoid Late Fees, contact Joe or Karen before Saturday, March 5th to make alternate arrangements.

VOLUNTEERS NEEDED: THANK YOU to all the MMAA volunteers who devote their time and ensure our softball league's continued success! New volunteers are always welcome to help with the following:

- Player Registration
- Coaches, Assistant Coaches, Scorekeepers
- Uniform Distribution
- Field Clean-Up Day & Field Maintenance
- Equipment Supply & Maintenance
- Team Pictures
- Umpire Clinic
- Tournament & BBQ Day Preparation
- Awards

SPONSORS NEEDED: We have several businesses already sponsoring teams from the postponed 2020 season. However there may be need for more. Team sponsors will have their business name / logo printed on team shirts and hats. A 2022 Team Sponsorship is \$325.

FOR MORE INFORMATION:

Visit our website at mmaa.tbay.me;
or email Joe and Karen Ladouceur at mmaa1@tbaytel.net;
or call/text Karen at 621-1140 or Joe at 629-8981.

What's Been Happening at Council Meetings?

Since the February edition, there has been two regular Council meetings on February 2 and 16.

At the regular Council meeting on February 2, the following matters were considered:

- Council directed Administration to make some corrections to the Roads Maintenance Policy.
- Council directed Administration to circulate a letter regarding the regulation of heating fuel pricing.
- Council directed Administration to draft a letter related to the regulation of propane pricing.
- Council passed a resolution in support of provincial funding for a primary care clinic in Kakabeka Falls.
- Council directed Administration to apply for funding to upgrade to accessible portable toilets in various parks.

At the regular Council meeting on February 16, the following matters were considered:

- Council approved the establishment of a Snowmobile Trail Committee.
- Council reviewed proposed legislation regarding firefighter certification.
- Council authorized the purchase of a new plow truck.
- Council approved contributions to Path of the Paddle.

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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Lakehead Region Conservation Authority

submitted by LRCA Staff

Since December 1974, LRCA staff have conducted snow surveys in the following three locations: McVicar Creek (Blanchard Street), Pennock Creek (Vibert Road), and Current River (Hazelwood Lake). Snow depth and equivalent water content were above average compared to the historical averages for February 15th. Average snow depth was 21% above average (between 47 to 64 centimetres), and average equivalent water content was 28% above average (between 99 to 153 millimetres). Lake Superior's beginning of February level was 50 centimetres below its period-of-record (1918-2020) average, and at its lowest since 2013. Believe it or not, but spring is fast approaching, which means that ice conditions will start becoming more unstable. This is a reminder to exercise caution around waterways. The LRCA does not monitor ice conditions in our Conservation Areas; if you plan to go out on the ice, proceed with caution and at your own risk.

Also, be sure to wear appropriate footwear while visiting Conservation Areas. The LRCA does not maintain trails during the winter, so conditions may range from deep snow to ice-covered to muddy and wet. With nicer weather on the horizon, visitation to Conservation Areas is going to increase, so we would like to remind visitors to use caution, as natural trails may be uneven and slippery. It's always a good idea to prepare for how the weather may affect your visit. Be sure to advise others of how long you expect to be in the area, and you should be aware of possible encounters with wildlife. Conservation Areas operate

from dawn until dusk. Pets must be on-leash at all times. Alcohol is prohibited in Conservation Areas. Campfires and overnight camping is also prohibited. Trails are for recreational use only; no bicycles, motorized vehicles, etc. Harvesting of any kind is prohibited. Visitors must adhere to all **Conservation Area Rules & Regulations**. These regulations are in place to ensure that all visitors to Conservation Areas can enjoy them in a safe, sustainable manner. And finally, all rules surrounding COVID-19 must be adhered to, including following Provincial orders regarding outdoor group sizes.

Be sure to Follow, Like and Share the LRCA on social media. Our Facebook, Twitter and Instagram pages endeavor to effectively communicate with residents of the Lakehead Watershed. We share flood messages, up-to-date events information, interesting facts and gorgeous photography with our followers, and we would love it if you would join in on the conversation. We will also be posting information regarding upcoming workshops and events.

The 2022 Explore Card Parking Pass is available now for \$40.00 +HST. Forgo the \$5.00 per vehicle parking fee with an Explore Card. They are valid for one calendar year at all seasonal and year-round Conservation Areas and publicly accessible Forest Management Properties! Visit us at 130 Conservation Road or order online at store.lakeheadca.com.

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Deadline for the APRIL issue of The Neebing News is
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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

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NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES March 2022



Mon	Tues	Wed	Thurs	Fri
	1 ARMSTRONG 8:30—Noon NorWest CHC Clinic	2	3 O'CONNOR—Footcare 10am-4:30pm Community Centre	4
7 NOLALU -Footcare 9:30am-4pm Community Centre	8 NOLALU -Footcare 9:30am-4pm Community Centre	9	10 NOLALU - PCare 9:30am-4pm Community Centre O'CONNOR—PCare 10:30am-5pm Community Centre	11
14 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre	15 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre NEEBING—PCare 11am-5pm Blake Hall	16	17 UPSALA -Footcare 10am-3:30pm Community Centre	18
21 KAMINISTIQUIA-PCare 9am-3:30pm Community Centre KAMINISTIQUIA-Footcare 9am-3:30pm Community Centre	22 NEEBING - Footcare 10:00am—4:00pm Blake Hall	23	24 O'CONNOR—PCare 10:30am-5pm Community Centre UPSALA -PCare 10am-3:30pm Community Centre	25
28 ARMSTRONG 1-6pm NorWest CHC Clinic	29 ARMSTRONG 8:30—Noon NorWest CHC Clinic	30	31 O'CONNOR—Footcare 10am-4:30pm Community Centre	

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WOMEN'S INSTITUTE RECIPES

Submitted by
Dodie Legassick

Traditionally, during the month of March many families take a trip to warmer southern climates during their March spring break. Many seniors spend holidays in countries like Mexico. However, since Covid began many have opted to stay at home. So, why not imagine a holiday south while eating some fresh, tasty salsa as an appetizer or as an accompaniment. Here is Doreen Rogers' favourite salsa recipe straight from Mexico.



SALSA

- 1 clove garlic minced
- 2 cups of fresh, chopped tomatoes
- 1 cup of diced white or red onions
- 1 cup of chopped cucumbers
- 1/2 cup of chopped radishes
- freshly chopped cilantro
- freshly squeezed lime juice (may use lemon juice or vinegar)
- freshly ground salt to taste
- chopped jalapeño peppers (optional)

Toss all of the above ingredients in a non metal bowl and cover. Note that you can vary the amounts and even add freshly chopped sweet red or yellow peppers. If you don't have cilantro try some freshly chopped parsley. Now, let the salsa chill. Serve the salsa with taco chips or scoops. This salsa is also delicious served as a topping or accompaniment with chicken or chops.

What I find interesting is that the salsa ingredients are the same ingredients used to make a Middle Eastern dish called TABOULEH with one exception. To make tabouleh you will need to prepare bulgur first. Bulgur is actually parboiled wheat known historically in the Middle East as the first processed food. It has a very long shelf life and is high in fibre. It literally takes minutes to make. Put one cup of bulgur in a medium sized bowl. Cover the bulgur with boiling water and let it soak until softened. Once the bulgur has softened drain off any excess water. Add the salsa ingredients and toss. TABOULEH also calls for the addition of some olive oil mixed in. Try 1/4 cup of olive oil. Toss again. Chill for about an hour. This makes a delicious light lunch or side dish and will remind you of summer.

Here is another easy dish to make. Think about serving this on St. Patrick's Day, March the 17th. Colcannon simply means white headed cabbage and is a very popular Irish dish. Make it from scratch or from leftovers.



COLCANNON

- 3 or 4 cups of mashed potatoes
- 3 or 4 cups of cooked cabbage or kale
- bacon (optional)
- butter
- 1 chopped onion or three green onions chopped
- sausages such as smokies or leftover ham roast

To make the mashed potatoes peel and cut 2/3 of a medium pot of potatoes. Cover with cold water. Add a few pinches of salt and boil till potatoes are cooked. To mash use a potato masher and add about 3/4 cup of hot milk. Mash together. Season with salt and some butter. To make the cabbage, cut up half a cabbage head, place in medium pot, cover with cold water and bring to a boil. Reduce to medium until cabbage is cooked. Drain and chop. Chop up the bacon and fry it with the chopped onion or just fry the onion in butter until it's translucent. Spoon out any extra fat. Add the mashed potatoes, the cabbage and the bacon and onion mixture together in the pan. Heat everything together and serve in a large bowl or keep warm in a heated oven. To serve add a half teaspoon of melted butter into the middle of each individual mound of hot colcannon. Serve with sausages or ham. *Happy St. Patrick's Day!*

The ladies of the Slate River Women's Institute want to remind everyone to stay safe and healthy. Spring is on its way!

Neebing News Online Editions

– Get to the Links
with a Click!



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.

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.

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

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R-Residence

C-Cell

The Rural Pharmacist: Free Rapid Antigen Tests and Travelling!

by Henry Tempelman, Pharmacist/Owner of Evergreen Pharmacies

Already March?! We can get excited about the warmer weather so we can enjoy more outdoor activities that we have been frozen out of for the last couple months. With the amount of snow we've received this winter we have lots of time left for winter activities. The abundance of snow might take so long to melt that we can go straight from cross country skiing to water skiing in the same day! A new month also means that we are another month closer to moving into our new building in Kakabeka Falls. If you've been driving by it might not look like there has been much progress over the last month, but the crew has been transforming the inside every week! Electrical, plumbing, walls going up – starting to look like a place where we can do pharmacy things (and more!) very soon!

What's new with us? We are giving out free rapid antigen test kits for COVID-19 at both Kakabeka and Rosslyn locations. There are 5 tests in a kit and we are able to provide 1 per household at a time. These are helpful for self-monitoring at home; for anyone who might be experiencing any COVID symptoms, if you are going to a gathering of family or friends to make sure you are negative for COVID-19 (even if you are asymptomatic) or if you are visiting a senior or immunocompromised person.

These tests are available while

supplies last, and we cannot reserve them. These tests are funded by the government, and we will continue to order and replenish our inventory as long as there is government stock available.

We are continuing to offer rapid antigen testing for travel purposes in the pharmacy as well. This service is \$40 per test, where we will perform the test and provide documentation of the positive or negative result. The documentation may be required to upload for airlines or countries prior to departure. Countries are changing their entry requirements, whether they require rapid antigen or PCR, so I always recommend checking the latest updates on what the country you are travelling to requires for entry. **The in-store rapid antigen tests are not for symptomatic persons or to confirm a home positive test.**

Speaking of travelling... TRAVELLING! It's exciting that the opportunity is coming back to get out and explore new cultures and experiences, or even drive a couple hours across the border for a weekend getaway.

If you are looking to travel to more exotic countries, it's important to check in on the recommended travel vaccines for that area and to make sure you are up to date. Vaccines for hepatitis A and B, Typhoid, etc. Just like COVID vaccines, it's

much better to prevent the disease with a vaccine than treat the illness after the fact. (Sorry, but not sorry, to bring up vaccine talk again! At least we got a few paragraphs in before I brought it up.)

Check with our pharmacists about what immunizations you may need to protect you and your family. You should be looking to complete your immunizations at least 2 weeks before you depart. Our pharmacists can provide assistance in determining what vaccines are required, providing assistance in attaining a prescription in a timely manner and also

having the vaccine injected by a pharmacist, conveniently on your own time during all open hours. We also set up reminders on our system so that you don't miss your booster doses to allow for vaccine longevity. Our pharmacists can also help in selecting a variety of over the counter items that are handy to have in a foreign country, and right for you. Medications such as diarrhea relief, anti-inflammatories, antihistamines or heartburn relief (I'm looking at you with the cold beer by the beach bar before noon!).

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Rosslyn 202 Highway 130 (807) 939-2007 Mon-Fri 9am-6pm Sat 10am-2pm	Kakabeka Falls 4781 Highway 11/17 (807) 577-2435 Mon-Fri 9am-6pm Sat 10am-4pm
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Société Alzheimer Society
THUNDER BAY

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<p>Murillo Library Wednesday 10:00 - 7:00 935-2729 Limited capacity, masks required</p>	<p>Email: opllibrary@thaytel.net Website: http://oliverpaipoonge.olsn.ca</p>	<p>Rosslyn Library Tuesday 10:00 - 7:00 939-2312 Limited capacity, masks required</p>
	<p>Radon testers available for loan! Use your library card to borrow a radon tester for three weeks. The best time of year to test is when you are still using your furnace. We have 3 testers available at each branch!</p>	
<p>What does the lifting of Covid Restrictions mean for the library? While we are waiting to hear if the Municipality of Oliver Paipoonge will also be lifting their restrictions on March 1, 2022, we are anticipating and increase in library hours in March. Capacity limits and masking will still continue for the time being. Please watch our Facebook page and webpage for updates.</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 Rosslyn 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>	

Canada Reads Contenders available at Oliver Paipoonge Library!

CBC Canada Reads have announced their short list, and it is rich with an intriguing variety of books! This year's theme is: "One Book to Connect Us." Follow host Ali Hassan and guests as they debate the books; the debates will be broadcast on [CBC Radio One](#), [CBC TV](#), [CBC Gem](#) and on [CBC Books](#). The debates will take place March 28-31, 2022.



Our sincerest 'Thanks' to Carole Klapprat for once again sponsoring the purchase of the CBC Canada Reads Shortlist books!