

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. The website will be updated as more information becomes available.

Half Load Restrictions in Effect on Neebing Roadways

Effective March 15, 2022

The Municipality of Neebing has restrictions in place prohibiting heavy vehicles on municipal roadways. Effective immediately, half load restrictions have been placed on all municipal roads.

It is normal for spring thaw conditions to warrant weight restrictions on municipal roads. Such restrictions may be imposed at any time when the thaw starts and will continue to be in place until the frost has left the roadbed. Historically, restrictions are in place from approximately mid-March to mid-June annually. Changes in the freeze/thaw patterns may lengthen or shorten this time frame. It is the Working Roads Foreman who will make the call on the duration of the load restrictions. Monitor the Neebing website and Neebing's Facebook page for updates and information on load restrictions.

Except as otherwise permitted under Section 122 of the Highway Traffic Act no person shall operate, or cause to be operated, a vehicle having a weight of greater than 5,000 kilograms per axel on all municipal roads. A link to the Act is available on the Neebing website.

Exemptions to the load restrictions include:

- a) vehicles operated by or on behalf of a municipality or other authority having jurisdiction and control of a highway, where the vehicles are engaged in highway maintenance, including the carriage and application of abrasives or chemicals to the highway, the stockpiling of abrasives or chemicals for use on a highway, or the removal of snow from a highway;
- b) vehicles used exclusively for the transportation of milk;
- c) fire apparatus;
- d) vehicles operated by or on behalf of a municipality transporting waste; or
- e) public utility emergency vehicles.



Work with your neighbours in any overlapping priority zones!

Non-combustible extend around the entire home and any attachments, such as decks. Creating a non-combustible surface can be as easy clearing vegetation and combustible material down to mineral soil. To add to your landscape design, use Zone nbustible materials such as gravel, brick, or concrete in this critical area adjacent to your home. W (0-1.5 metres) shrubs, trees or tree branches should be avoided in this zone, any that are present should be properly mitigated Create a landscape that will not easily transmit fire to the home. A FireSmart yard includes making smart choices for your plants, shrubs, grass and mulch. Selecting fire-resistant plants and materials can incre the likelihood of your home surviving a wildfire. Plant a low density of fire-resistant plants and shrubs. Audi having any woody debris, including mulch, as it provides potential places for fires to start. Storing items such Zone 1 as firewood piles, construction materials, patio furniture, tools and decorative pieces against or near a house is (1.5-10 metres) a major fire hazard. Move firewood piles, trailers/ recreational vehicles, storage sheds and other combustiti structures out of this zone and into Zone 2. If unable to move, store firewood inside your mitigated garage, shed or other ember resistant structures, create a non-combustible zone underneath and for 1.5 metres around trailers/ vehicles and mitigate sheds and other structures to the same standards as those of your home. If your property extends out to this zone, thin and prune evergreen trees to reduce hazard in this area. Within 30 metres of your home, selectively remove evergreen trees to create at least 3 metres of horizontal space between the single or grouped tree crowns and remove all branches to a height of 2 metres from the ground Zone 2 on the remaining evergreen trees. If possible, pruning trees up to 100 metres from your home (Zone 3) is (10-30 metres) ended. Regularly clean up accumulations of fallen branches, dry grass and needles from on the ground to eliminate potential surface fuels. Consider seeking the guidance of a forest professional with wildland fire Taking FireSmart actions in Zone 3 on your property will influence how a wildfire approaches your home. You can change the dynamics of wildfire behaviour by managing vegetation within this zone. Look for opportunities Zone 3 to create a fire break by creating space between trees and other potentially flammable vegetation. Thinning and pruning is effective here as well. These actions will help reduce the intensity of a wildfire. Consider seeking the guidance of a forest professional with wildland fire knowledge on appropriate manage

See Fire Chief Dale Ashbee's article on page 5!

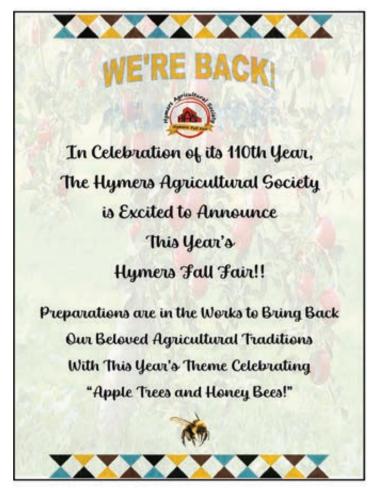
Begins at Home

RURAL CUPBOARD FOOD BANK ANNUAL GENERAL MEETING APRIL 13, 2022

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

You will be issued a link to attend the meeting.
Would you like to be a member on the Board or take part in the conversation?

Love to hear from you!!!!



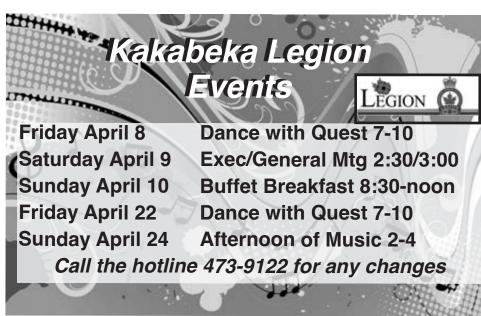
RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours **Conmee Municipal Complex** 19 Holland Rd, Kakabeka Falls P0T1W0 807-285-0836

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







RURAL 60 PLUS IS OPEN!

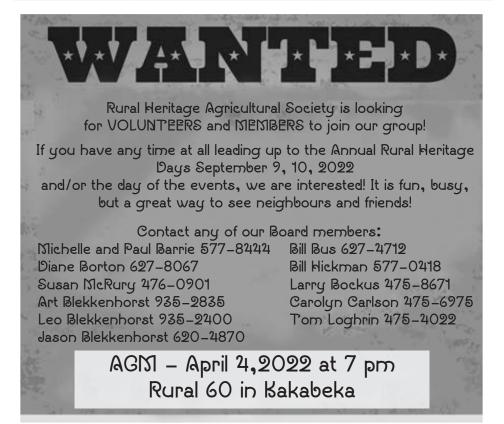
5 Pineview Road, Kakabeka Falls 475-5779, email rural60@tbaytel.net Website: www.rural60plus.ca

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 12th 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

Thunder Bay Community Pasture NOTICE OF ANNUAL GENERAL MEETING Monday, April 11th, 2022, 8:00 p.m. Rural 60 Centre, 5 Pineview Road, Kakabeka Falls off Hwy. 11-17 For more information contact Diana Bockus dlbockus@tbaytel.net 475-871 Everyone is welcome to attend For more information: dlbockus@tbaytel.net





SLATE RIVER BAPTIST CHURCH

80 McCluskey Drive 475-5140

FAMILY WORSHIP SERVICE Sundays @ 11am

PALM SUNDAY SERVICE - April 10th 11:00 am EASTER SUNDAY SERVICE - April 17th 11:00 am

> Sunday Sermon Message posted on-line each week at 11am.

> > Follow us on Facebook or visit our website

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.

175TH Anniversary of OAAS!

submitted by Randy Creighton OAA -OAAS Scholarship Fund \$ 200,000 Two Hundred Thousand Dollars xx 100

Central Canada Exhibition Association presentation of \$200,000 donation to the newly created "OAAS 175th Central Canada Exhibition Association Scholarship". Photo Credit – Jim McCuaig – taken February 18th at the Official Opening

L to R Vince Brennan, OAAS Manager; Beth Howell-Vervaecke, President; Lynda McCuaig, Central Canada Exhibition Association 1st Vice President; Mark Lamoureaux, Central Canada Exhibition Association Past President; Heather Owens, OAAS.

February 28, 2022- For over 175 years, the Ontario Association of Agricultural Societies (OAAS) has been adapting to change, and this past week was no exception. Despite the many challenges of organizing an inperson event, approximately 500 delegates attended the OAAS Annual Convention and Annual Meeting in Richmond Hill.

The OAAS was pleased to have been joined by Minister Lisa Thompson, at our Official Opening, bringing greetings and congratulations on behalf of the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA). She spoke of her continuing support for the OAAS and their Agricultural Societies.

The highlight of the Convention was the launch of the "OAAS 175th - Central Canada Exhibition Association Scholarship" at the Official Opening. The OAAS, in partnership with the Central Canada Exhibition Association (CCEA), has created a scholarship program recognizing youth who have been actively involved in their home agricultural societies and fairs. Scholarships will be \$2,000 each and the first scholarships will be granted in the fall of 2022. Additional information regarding the application process will be released this spring. Mark Lamoureaux (Past President) and Lynda McCuaig (1st Vice President), on behalf of the Central Canada Exhibition Association, presented a \$200,000 donation to the newly created scholarship fund.

For 125 years the Central Canada Exhibition, located in Ottawa, provided a venue for many generations of exhibitors to showcase their livestock, produce and handicrafts. When it be-

Liz O'Gorman-Smit, incoming

2022 – 2023 OAAS President.

Photo Credit - Jim McCuaig -

taken February 19th at AGM

came evident that the CCEA could not carry on due to many circumstances, the sad decisionwasmadetodissolvetheAssociation. ItwasdecidedbythetrusteesoftheC-CEA that a legacy should be provided to the rural youth by providing bursaries/grants to further their careers. It seemed only fitting that the descendants of those exhibitors should benefit. Money from the sale of CCEA property has been given to all the fairs in OAAS District # 1; the Ontario Association of Agricultural Societies; and various rural organizations throughout Ontario for that purpose. The Central Canada Exhibition will live forever in the memories of those that experienced it and now with bursaries to further education help build a better Ontario.

The OAAS continues to recognize the importance of youth involvement in our agricultural societies to ensure future volunteers, members, and directors. In addition to the scholarship, the OAAS has developed a new program to assist agricultural societies to enhance the participation of youth in their organizations, events, and activ-

The OAAS Convention once again offered delegates the choice of over 40 educational seminars and round-tables as well as entertainment, family showcases and the Tradeshow.

The Convention concluded with the first hybrid OAAS Annual General Meeting with a large number of delegates representing agricultural societies from across the province in attendance either in person or via Zoom. The morning opened with a presentation from the University of Guelph and RBC about the new "Foundations in Agricultural Management" program. The OAAS was pleased to have been joined by Senator Rob Black, bringing greetings, congratulations, and pledging his continued support to the OAAS and their Agricultural Societies.

Introducing the 2022 OAAS Execu-

- Liz O'Gorman-Smit, President, Russell
- Glen Syme, 1st Vice President (District 2) • Heather Owens, 2nd Vice President
- (District 3) • Beth Howell-Vervaecke, Past-President

For more information on the Ontario Association of Agricultural Societies (OAAS) and our Ontario Agricultural Societies and their fairs, visit www.ontarioagsocieties.com

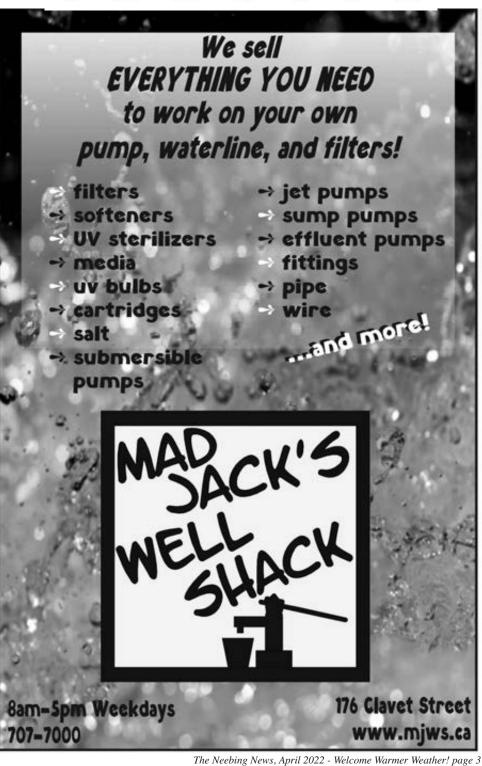
Contact: Vince Brennan, OAAS Manager P: 613-395-2465 E: manager@oaasfairs.com



Slate River Dog Grooming

a caring hands family











What's Been Happening at Council Meetings?

Since the March edition, there has been two regular Council meetings on March 2 and 16. There has also been one Special Council meetings on March 2.

At the Special Council meeting on March 2, Council sitting as Committee of the Whole heard an application for a minor variance for a reduced front yard setback on Cloud Lake Road. The matter was tabled until April 6, 2022 at 5:00 pm.

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

- Council directed Administration to pursue the possibility of a fall birding festival.
- Council directed Administration to participate in the "It Takes a Forest" billboard campaign.
- Council directed Administration to continue sponsorship of their Hymers Fair in 2022.

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

- Council discussed air ambulance landing sites in Neebing.
- Council reviewed recommendations from the Cemetery Board regarding cemetery improvements.
- Council proclaimed 2022 the Year of the Garden.
- Council reviewed recommendations from the Tender Review Committee regarding proposals for engineering vendors of record.
- Council established a committee to review the possibility of a senior's development in Neebing.

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.

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

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.





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.





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.



Neebing Emergency Services by Dale Ashbee, Fire Chief, Neebing **Spring Fire Safety**



Happily, it appears that last month's fretting about spring never coming, and the "Groundhog"

missing his prediction mark, was all for naught! Exactly six (6) weeks after Groundhog Day, it rained in Neebing, bringing with it the first signs that a long and snow-filled winter was nearing its end. How quickly things have changed since last month - with our transition to 'Daylight Savings Time' resulting in the lengthening of our evenings, and the disappearance of double digit minus temperatures - all leading to the official arrival of SPRING 2022!

Spring Fire Safety Tips:

April brings changing conditions, both with regard to weather and to fire concerns around the house. Indoors, home-fire prevention concerns are directed toward proper heating-equipment use and maintenance, safe cooking practices (NB: Gas BBQ's should never be used indoors for either heating and/or cooking purposes) and caution with smoking activities, as these are documented to be primary causes of indoor fire events in Ontario in April.

• Heating: Although home heating demands are reduced in the spring, it is still important to ensure that chimneys are checked for any creosote buildup, and that vents are inspected for damage or blockage which may have occurred as a result of snow sliding off the roof. For those folks who are wood burners, remember to avoid sustaining a cool smoldering fire, as creosote tends to deposit more rapidly in a chimney with a smoldering fire.

- Cooking: Stove top cooking remains a fire safety concern all through April. An important caution to remember is to never leave any stove top cooking unattended. If circumstances require that you must leave the kitchen, take your children with you, turn the element off, remove the pot or pan from the stove. A few seconds to attend to something outside the kitchen while the stove is still on, can easily stretch into enough minutes that a pot might overheat, starting a dangerous fire. Set a timer alarm to remind you to return to the kitchen before any fire hazard has an opportunity to develop.
- Smoking: While pleasant outside-smoking opportunities are increasing in April, fire starts from smoking still remain a fire threat inside the home. Ashtrays should be cleaned frequently, and butts disposed of safely - and promise yourself to never "smoke in bed"! As the snow melts and

outside fire threats increase, ensure to place non-flammable cigarette butt-containers strategically in frequently used areas of the yard, so that a carelessly discarded butt does not land in some nice dry grass/duff, and start an outdoor grass or brush fire.

As we all need to be aware, with the coming warmer temperatures and loss of snow cover, the bush areas around our homes once again become vulnerable to wildfire. In Neebing (as the case in all of Northern Ontario) April sees the start of the provincially designated, FIRE SEASON with restrictions on hours of open air burning, as well as the return of required **Fire Permits from** April 1 thru October 31st. In general, all open fires during the fire season require a current **fire permit**. And remember the **rule** of thumb that no open burning is permitted throughout the day.

For specific details refer to the fire section on the Neebing website at: https://www.neebing.org/en/living-here/fire-and-emergency-services.aspx. Fire permits are available electronically on the Neebing website 24/7 during the fire season and paper copies are available during business hours at the Municipal Office.

In addition to the restriction of open burning to hours of higher humidity and lower

Community

Centre

BOOK SWAP!

Saturday, April 2 Sunday, April 3

\$\$ DONATIONS ENCOURAGED FOR THIS FREE EVENT!!

ALL PROCEEDS DIRECTLY SUPPORT THE GCC

MASKS ENCOURAGED

HWY

winds, there are other specific times/conditions during which open burning is inadvisable or forbidden, including:

Pre Green-up: The snow is gone, but

- 'green-up' is not yet complete (bush is still brown and dry).
- Extremely Dry Conditions: During the summer (as experienced in summer 2021), temperatures are high with infrequent rain, and fire hazard conditions reach "High and Extreme".

Restricted Fire Zones (RFZ) may be put in place by either the province or the local fire department during times of high wildfire risk. When they are in place, RFZ's restrict all burning and much work in the bush, and there are substantial fines applicable for violation(s) of the restrictions. Remember, if an a RFZ is in place, it is an indication that fire hazard conditions in the area are highly volatile! All residents should be extremely cautious with any activities carried out in the bush, as even a spark from a vehicle, power tool or ATV, can be sufficient to ignite dry surface fuels.

Property owners are reminded that following FireSmart guidelines for landscaping(s) on your property, can help to reduce the vulnerability of your (or your neighbour's) property to wildfire destruction. Keeping combustibles away from the area immediately abutting buildings, and reducing fuel in a 100' circle around your home are key to Wildfire avoidance and prevention. Check out the FireSmart information at https://www.ontario.ca/page/firesmart to find background and detailed information on FireSmart guidelines and take steps to make your property more resilient to the threat of wildfire.

For reference a Home Ignition Zone graphic appears in this month's Neebing News and is viewable anytime at https://firesmartcanada.ca/wp-content/uploads/2022/01/FS_Home-Ignition-Zone-Po ster.pdf

Enjoy the seasonal change of April!





2022 CAMP SCHEDULE

July 8-10: Little Lambs Camp (ages 4-8) July 17-22: Child & Youth Camp (ages 7-16)*

Due to our two-year hiatus from summer programs, we are only able to offer one full week of camp this summer. Children will be in cabins with children in their own age group and some activities will also be in their own age groups during the week.

NEW THIS YEAR

Bring a friend who has never been to Camp Aurora before and receive a \$50 discount...register before June 1 and save another \$25! (Not applicable to Little Lambs)



Private "camperships" also available - just contact us!

CAMP RATES 1 child: \$250

> Additional children from the same family: \$200 Little Lambs (1 child and 1 adult): \$75 Additional Little Lambs from same family: \$50

PAY IN FULL BY JUNE 1, 2022 AND DEDUCT \$25 FROM EACH RATE (DOES NOT INCLUDE LITTLE LAMBS)

FURTHER INFORMATION & REGISTRATION FORMS

Voicemail: (807) 767- 2420

E-mail: auroralutheranbiblecamp@gmail.com Website: www.auroralutheranbiblecamp.com "Like" us on Facebook: "Aurora Lutheran Bible Camp"





Rural Family

"Learning Through Play, Exploration & Inquiry" **Connect with other Families!**

(for children 0-6 years)

Our Calendar of events can be viewed at: 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: ruralfrc@tbaytel.net or

Private FB message us or

SEE YOU SOON!

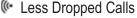


Call: 935-3009 Play, sing, laugh and we will



ANYWHERE CONNECTED

ANYWHERE YOU NEED IT! Rural Areas • Vehicles • Camp • Work Sites



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- Faster Uploads and Downloads
- Longer Battery Life
- **Reliable Connections**
- Improved Reception
- Wider Coverage Areas





807-628-0198 420 Balmoral Street E-mail: sales@lakeheadcommunications.com

KENWOOD

Neebing Fire/ Rescue Association NFRA News

Respectfully submitted: Joy Harris, President NFRA





Are you, like me ready to get **out** of the house, and not just to shovel? To talk to real people instead of screens? The social isolation caused by Winter and the pandemichas been a double whammy.

Luckily, NFRA has the answer!!



NFRA held its Annual General Meeting on February 28th, 2022 via teleconferencing. Election of the Board was conducted by Fire Chief Dale Ashbee. All seven previous board members let their names stand for another year (apparently this is a fun group to be part of!)

As there were no nominations from the floor your NFRA Board of Directors for 2022 remains:

President: Joy Harris

Vice President: Mary Ann Beckwith
Treasurer: Clara Butikofer
Secretary: Karen Davies
At-Large: Kris Ligate
At-Large: Nancy Luckai
At-Large: Delma Stajkowski

Hope to see you at our events this year!



We'd like <u>you</u> to <u>join us</u> for one, or many, upcoming volunteer opportunies!

Meet some neighbors and help us help Neebing Emergency Services!

We **need** you!

Job hunters: ask any employer, volunteering makes a résumé stand out from the rest.

H.S. Students: Get volunteer hours too!

Will you join us:

- o Raffle ticket selling?
- o Baking? (bake table in June!)
- o BBQing / serving? (at June Tailgate sale)
- o Donning gloves and sorting popcans?
- o Running a Penny Auction table?
- o Many other opportunities?

Send us an email: nfraevents@gmail.com, message us from our webpage: neebingfirerescueassociation.com, or call/text me (628-2015) with your name and contact information along with your interests, and we'll contact you as opportunities arise.

Spend as little or as much time with us as you like, it all counts! Giving back feels good!

We'd be happy to hear from you!

NFRA would like to thank our generous donors, who make our community great! Heartfelt thanks go out to all who have donated this year and a special thank you to our monthly donors! This all keeps the wheels going round. Thank you.





Thank you ADK ON NU!

Through a donation that this group made to Rosslyn Library,
a number of new books will be added that cover important subjects such as multiculturalism, mindfulness, environmental issues, nature, selfesteem and self-respect.

In memory...
We recently received donations to honour the memory of two individuals.
Carole and Bob Klapprat chose to honour the memory of John Graveson and Janine Reynolds chose to honour the memory of Joan Bailey's mother, Kathleen Dorfman.
Books have been purchased that will display their names and are available for the whole community to share.



Fire Wood Raffle tickets are now available at these fine locations:

Chaschuk Enterprises Ltd., 36 Barrie Drive Neebing Municipal Office, Hwy 61 South Neebing Variety, Hwy 61 Green Acre Variety, Hwy 595 Thunder Oak Cheese Farm, Boundary Drive

Thunder Bay Co-Op & Farm Supplies, Boundary Drive

A.J.'s Trading Post, Hwy 61 **Excalibur Motorcyle Works Ltd.**, 1425 Walsh St. W.

Northern Turf Equipment,

710B Balmoral St.

Santorelli Car/Truck Stop, Hwy 130

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

Our appreciation goes out to Chaschuk's and our other valuable sponsors for enabling this event.

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

The Rural Pharmacist:

Don't Trip, Slip or Lose Your Grip this Spring

by Devon Myers, Pharmacist/Owner of Evergreen Pharmacies

I am writing this installment of the Rural Pharmacist while I sit on a couch with my knee wrapped in ice and elevated on a pillow. Although I really enjoyed our recent little spurt of warm weather, the resulting ice patches that lay in wait for unexpecting individuals claimed at least one victim. I've injured this knee in the past. However, I find myself referencing the same articles for proper treatment of short-term injuries such as ligament sprains or muscle strains as a refresher. As I know that I will not be the only one dealing with similar injuries this spring, I felt it worthwhile to discuss some of the treatment options and expectations when dealing with acute muscle injuries (injuries that are usually caused by sudden trauma and that last a few weeks).

During the first 24-48 hours following a related injury (musculoskeletal injury), the preferred immediate treatment is the application of cold therapy. Sources of cold therapy include ice bags, commercial gel cold packs or simply bags of peas or corn. The duration and frequency of cold therapy can vary considerably. However, the range generally lies between 10-30 minutes intervals several times throughout the day. A "5 minutes on-5 minutes off" approach is helpful to prevent damage to skin. Icing the injured body part is one component of 4 essential steps for managing acute soft-tissue injuries.

Have you heard of the acronym RICE? Perhaps it's something you remember picking up at a first-aid course. RICE stands for rest, ice, compression, and elevation. Resting allows for immobilization and it helps to avoid aggravating the injury. Application of cold therapy reduces local blood flow which helps limit swelling. Compression with an elasticized bandage can help reduce swelling and support a week joint. Finally, elevating an injury above the level of the heart can help drain fluid and further reduce swelling.

After 48 hours have passed and

the initial swelling has subsided, the RICE regimen can be replaced by heat therapy. Sources of local heat therapy include hot water bottles, electric heating pads, commercial heat packs and infrared lamps. Local heat therapy can provide numerous benefits including pain relief, reduction of muscle spasms and reduction of joint stiffness. In general, heat therapy can be applied for 20-30 minutes every 2-4 hours as needed.

During the same time that the RICE regimen and heat therapy are implemented, over-the-counter medications are available to assist with symptomatic relief. However, there are no medications that are curative.

Oral pain-relieving medications such as acetaminophen (Tylenol) and anti-inflammatory non-steroidal drugs (NSAIDs - Advil, Motrin, Aleve) can provide effective relief of muscle and joint pain. For the most part, these medications are safe to use. However, it's always a good idea to speak with a pharmacist to ensure that these medications are safe for you! For example, we may ask about allergies and current medication use. We may also ask about your blood pressure and other parameters such as your kidney and liver health. If muscle spasms are a component of the injury, sometimes muscle relaxants can be added to drug therapy.

Some people may experience side effects from the go-to medications we use for muscle pain. For example, NSAID's can sometimes irritate your stomach. Fortunately, there are other over-the-counter medications that can be used during therapy to help alleviate these symptoms. Nevertheless, our pharmacists are here to help personalize your therapy and help you recover more comfortably.

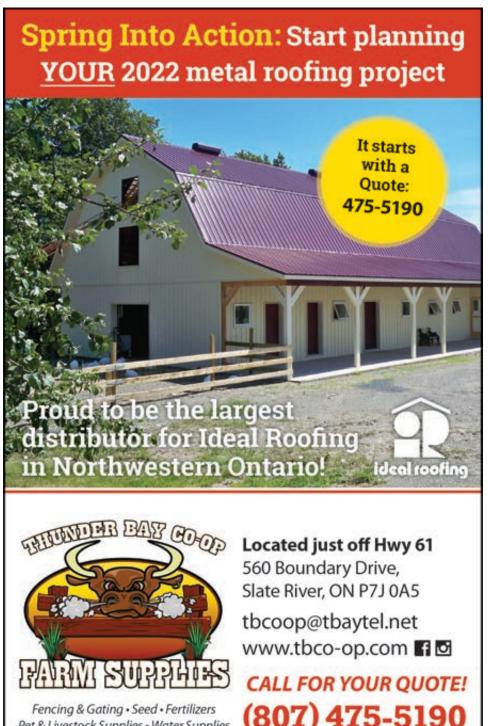
Hopefully everyone can get through the next few weeks without any serious injuries. Ironically enough this article was written at the end of March on the day we received the enormous snowfall. Maybe by our next article all this snow and ice will be gone? See you in the spring!











Pet & Livestock Supplies • Water Supplies



Chix in the Stix **Transitions**

Today looks like 'Second Winter' out my window. Which I'm not too thrilled about. Now my usual pattern is that when things are going great I celebrate and enjoy-the-joy. When things are going bad I try not to mope and let dark clouds drag me down. Instead I try to look for the lesson to be learned, the opportunity for personal growth, a way to use it to help others. I make every effort to focus on the moments and the days where the blessings can be found rather that the bigger picture which might not always seem so great. But man oh man, times like this are a challenge. Yesterday it was sunny and warm. The snow was melting. There was a big blue jay at the feeder. And I could see THE GROUND! I don't remember ever being quite so happy to see signs of spring. And today it feels like two steps backwards. I sincerely hope that by the time this reaches you we are headed in the right direction again. Back to seeing the earth. Back to being on solid ground. I mean I suppose it hasn't been that difficult a winter. But it sure feels like it. It feels like it has been long and hard with more snow than last year. And maybe it's the lingering pandemic or other sad world affairs on top of it all, but some days it has felt like I've been carrying the weight of the entire winter's snow on my shoulders. I am more than ready for change. Ready for a clean slate. A new view out the window. I know there are still weeks ahead that will be filled with mud and puddles and wet doggie doo-doo. That messy transition period between seasons. But we'll push through as best we can and we'll make it to the other side. After all we've overcome so much already. We've survived days and days of country winter chores that while good for the soul, can wreak havoc on the back, and whose novelty probably wore off about a month ago. To see the sun even for a weekend was just what I needed

to remind me that soon, very soon, we can move on. But then I see the snow again and instead of grumbling, my brain switches gears and I don't feel quite ready to say goodbye to winter. Almost. Soon. But I need a minute. You see, changing seasons for us empaths can be hard. It gets me right in the feels every time. Big time emotional response. The light changes. The air smells different. It just feels like something is coming.

Something out of my control. And my brain and body need a bit of time to adjust. To reflect. I see winter slipping away and suddenly I want just one more walk in the crunchy snow. One more chance to enjoy the animal tracks, the cold night sky, and the smell of woodstoves burning. One final drive by the fields so flawless and white I have to squint. One last chance to tuck it all into my memory bank for one more year. I can't stop winter from giving way to spring but I can sure feel the ambivalence. Relief and anticipation. Excitement and grief. The good-bye and the hello are bitter sweet. Suddenly it's not about the hard days, but the good ones. AND THERE IT IS! The metaphor. The life lesson. Because in the midst of it all my mother heart finds itself preparing to see two of our young adult children leave the nest. As the seasons struggle to change, to let go and let new life begin, I find myself in a similar transition. And my heart is floundering. There's a beautiful word for this profound feeling: saudade. Excited for what lies ahead, emotionally reminiscing, happy for the memories of days gone by, sad to see them go, fearful of the loss, yet ready to move on. It's a noman's land for me. I feel woefully unprepared for this new chapter. I mean as parents we know it will come one day. But bare earth visible or not, I definitely don't feel like I'm on solid ground. This is new terrain. A new season I've never experienced before. So, while I keep giving myself that pep talk to get through what's left of the winter I know, trying to prepare myself for the newness of spring, I will just have to do the same while we weather these LIFE changes on the home front too. "You've got this!" "One day at a time!" "It's just another life change!" "Breathe!" "The sun will be back." "The best is yet to come!" I pray mother nature will go easy on me. And you too!

ARE YOU READY?

Emergency Preparedness: Be Ready for Anything

National Emergency Preparedness Week 2022 runs from May 1-7

Stay tuned to the Neebing Website and Facebook for up-dates and information.

Know the Risks











Make a Plan







Build an Emergency Kit



This national event is coordinated by Public Safety Canada, in close collaboration with the provinces and territories and partners

National: www.getprepared.gc.ca Provincial: www.ontario.ca/beprepared Municipal: www.neebing.org/beprepared

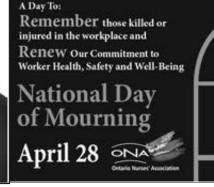
















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Lakehead Region **Conservation Authority**

submitted by LRCA Staff

Warmer weather means more people will be out visiting our Conservation Areas and exploring nature. Please be mindful of trail conditions and the weather. Trails may be slippery due to wet, muddy, icy, and snowy conditions, so be prepared for your visit and wear appropriate footwear. Additionally, LRCA staff do not monitor ice conditions, so proceed with caution and at your own risk.

The LRCA is glad to be hosting several public events during 2022. There is still space available at some of our Watershed Explorer programs, but they are filling up fast! Visit our website for details and keep your eyes open for more information regarding our Wine Tasting & Dinner at Whitewater fundraiser, as well as Hazelwood Lake Family Fun Day this July and Little Trout Day by the Bay this August.

If you visit our Conservation Areas frequently, consider purchasing an

Explore Card Parking Pass. For \$40.00 +HST, this pass will allow you to forgo the \$5.00 per vehicle day use parking fee at all Conservation Area and publicly accessible Forest Management Properties in the Lakehead Region for one calendar year. If you visit more than eight times, the pass pays for itself! Passes are available for purchase at www.lakeheadca.com or by calling (807) 344-5857.

The 2022 spring freshet has begun with above average snow levels and water content when compared to typical averages at this time of year. Typical snow depths for March 15 range from 34 to 54 centimetres, where the actual depth measured on March 15, 2022 ranged from 64 to 75 centimetres. Staff will continue to monitor spring conditions and issue Flood Messaging and Low Water Condition Statements when warranted.

Daniel Vanlenthe ■Mechanical



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Phone: 767-3643



Murillo Minor Athletic Association Spring Softball League

by Joe Ladouceur

Hello Everyone! The 2022 MMAA youth softball season is approaching. The MMAA league is all about FUN, FRIENDSHIP and FITNESS. The season starts on Monday May 9th, and ends Saturday June 25th with our annual Tournament and BBQ Day. We have over 310 registered players from over 200 families coming from far and wide; town and country. There are 26 teams in 5 divisions: 6 each for T-Ball, 3-Pitch and Atom; 5 PeeWee and 4 Bantam. Games are played weekday evenings on the five ball diamonds behind the Murillo Community Centre starting at 6:30 pm – so plan to come on out and cheer on our youth.

Thank you to the many volunteers who will be coaching our players and to the Municipality of Oliver-Paipoonge for the ongoing support with facility maintenance. Finally, thank you to the local businesses that have sponsored teams, provided support, and/or donations to the league. These are:

Brule Creek Farms **BTG** Contracting

Chaschuk Enterprises Daniel Vanlenthe Mechanical DJs Truck and Trailer Repair Drift Day Spa Earley Crane Enterprises Haveman Brothers Forestry Serv-**Impact Promotions** Kingfisher Custom Homes Kershaw Well Services L.A.K. Business Services Levaero Aviation M.A.C. Rail Contracting Main Excavations Mooseland Contracting Pinewood Ford Play It Again Sports P.V. Ltd.

Rosslyn Family Dentistry

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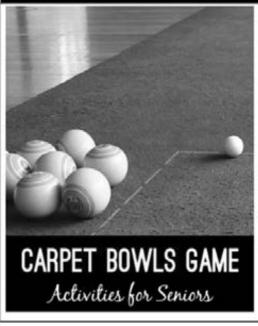
SolCrete Contracting

Stanley Hill Bison

Superior Hyundai Sunrise Farms Wieringa Bros. For more information, please visit our website at mmaa.tbay.me; or contact Joe and Karen Ladouceur

by email at mmaa1@tbaytel.net.

Now at Rosslyn Library!



Help nurture your mind and body with a fun game of carpet bowling.

- Relaxed and gentle pace of exercise
- Socializing and fun times
- Coaching available
- Snacks and refreshments

Beginners welcome!!

Where: Rosslyn Hall Date: every Friday

Morning session 10 am - noon

Afternoon session 1 pm - 3 pm

Pre-booking takes priority over drop-ins

Please call the library at 939-2312 for more information or booking.

Please bring indoor shoes!





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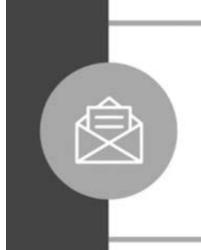
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JEREMY INNANEN



Want to receive your MPAC property assessment notices at a different mailing address?

Update your mailing address with MPAC to ensure you receive important notices about your property.



Update your mailing address online with MPAC

As a property owner, you will receive notices from the Municipal Property Assessment Corporation (MPAC) about your property's assessed value. If you own a property in Municipality of Neebing but want to receive all your notices at a different mailing address, you can easily update your information with MPAC. Visit mpac.ca to **change your mailing address** online.



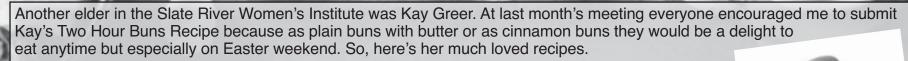
WOMEN'S INSTITUTE RECIPES

Submitted by Dodie Legassick

MARY'S UKRAINIAN EASTER DINNER

Without a doubt, not a day passes without thinking of the people of the Ukraine. Mary Germain was one of many Canadians whose parents came to Canada from the Ukraine. In her journal she wrote that these were the foods she prepared for her family's Ukrainian Easter dinner. So on her table you would find boiled eggs, devilled or plain, a roast ham or pork, garlic sausages, sauerkraut and sausage, cabbage rolls, studnetz also called head cheese - beets and horseradish, Easter bread called Paska, and cottage cheese. I thought you might like to try this dinner.

I am certain that Mary would encourage us all to hope, to pray and simply to do whatever we can to help the people of the Ukraine.



KAY GREER'S TWO HOUR BUNS

3 cups water 2 tbsp. instant yeast

8 tbsp. sugar. 2 eggs

6 tbsp. oil. 7 to 8 cups of flour

1 tsp. salt

Sec. II

Mix yeast and four cups of flour. In a separate large bowl, whip eggs, sugar, oil and water. Add the flour / yeast mixture. Blend well. Add remaining flour and salt. Let rise for fifteen minutes and punch down. Do not knead. Let rise again for fifteen minutes. Punch down and form into buns. Put buns in greased pan. Cover and let rise on the kitchen counter or in a warm place for one hour. Bake in 350 degree oven for 15 to 18 minutes. From all of the ladies in the Slate River

CINNAMON BUNS FROM THE TWO HOUR BUNS

1 recipe of 2 Hour Buns (see above) 1/2 cup raisins 1/4 cup melted butter 2 tsp. cinnamon

1/2 cup brown sugar

Please continue to take great care of yourselves.

Cut the dough in half and on a lightly floured surface, roll the dough out to a 16 by 8 inch rectangle. Combine the butter, cinnamon and brown sugar. Spread over the dough. Sprinkle the dough with the raisins. Roll lengthwise as you would for a jelly roll. Seal the edges .

Cut into 1 inch thick pieces and place open side down together in a baking pan. Repeat for the second half of the dough. Cover and let rise for one hour. Bake at 375 degrees F. for 20 to 25 minutes until golden.

Prepare the basic Two Hour Buns recipe. After the second 15 minutes rising of dough, prepare as follows.

W. Submitted by

Sandy Vibert



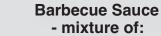
(make meatballs with following recipe or use your own favourite meatball recipe).

1 lb. lean ground beef

1/2 cup breadcrumbs 1/4 cup finely chopped onion 1/4 cup milk 1/2 tsp Worcestershire sauce

1/2 tsp salt 1/4 tsp pepper

Mix all ingredients for meatballs, make into 1" balls and lightly brown either in pan in oven at 350' or in frypan - drain off any excess grease.



1 cup packed brown sugar 1 - 8 oz. can tomato sauce 1/2 tsp each basil and garlic spice 1/3 cup white vinegar

Pour over meat balls. Bake covered at 325' for 30 minutes

Remove covering and bake another 20 minutes. Serve over rice, noodles or in a toasted sub bun.

Cheese Quick Bread

2 cups all purpose flour 1 cup grated old cheddar cheese 4 tsp. baking powder 2 eggs 1/2 tsp. salt 1/4 cup sugar

1/4 cup butter or margarine 1 cup milk

In large bowl mix the flour, baking powder, and salt. Cut in butter until particles are pea sized. Stir in cheese. In small bowl beat eggs until foamy; beat in sugar, then milk.

Pour egg mixture into flour mixture - stir with fork just until evenly moistened.

Transfer to greased 9"x 5" loaf pan.

Bake at 350' for 50 minutes or until toothpick inserted in loaf comes out clean.

Remove from pan - serve hot or cold.

WANT ADS

Selling out Mohair Stash! Many beautiful colours. Call Shirley 577-6711

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

Women's Institute we wish you a

Blessed Easter and Happy Spring.

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

Neebing Municipal Services During COVID-19 Updated April 1-2022



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.

Municipal Council Meetings

- Next Meetings are April 6 & 20, 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.

If you require more information:

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

NEEBING LANDFILL NEWS



Summer Landfill Hours

A reminder that summer hours start at the landfill on April 1st

Saturdays: 9:00 am to 5:00 pm

Sundays & Wednesdays: 4:00 pm to 8:00 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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Founder's Museum

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Allens Enterprises Services Inc.-Essential

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EMERGENCY TEXT ALERT SERVICE for Neebing Residents



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

Sign up is free but you must have a smartphone equipped to receive text messages to use this service as it does not work on land lines. Sign up at neebing.org/textalerts or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebing@neebing.org or call us at 474-5331. Your personal information is kept strictly confidential. If you have any questions, please feel free to contact us at www.neebing.org/contact.

HOW TO CONTACT WITH YOUR **COUNCIL MEMBERS**

Erwin Butikofer, Mayor, Mayor@neebing.org, 964-1788 (R)

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

Mark Thibert, Ward I (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)

The Neebing News, April 2022 - Welcome Warmer Weather! page 11

Chicks now available APRIL TO SEPTEMBER 2022 DAY OLD CHICKS FROM FREY'S, BERG'S, & PERFORMANCE POULTRY HATCHERIES EXOTIC & RARE BREED LAYERS, MEAT BIRDS, PRODUCTION LAYERS, WATERFOWL, TURKEYS, & GUINEA FOWL Order in store or call (807) 935-2921 ALL ORDERS REQUIRE A \$25 DEPOSIT



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