



The Neebing News

Volume Eighteen, Number Four

APRIL 2023

NEEBING RECREATION COMMITTEE EASTER EGG HUNT!

Neebing Recreation Committee is happy to announce that the Easter Egg Hunt will resume this year.

Starting at 11 am until 2 pm on Good Friday, April 7 at Blake Hall there will be lots of fun happenings.

Clowns will be on hand to provide some giggles and glitter tattoos and "Glitter and Paint" will be doing face painting from 11 am till 1 pm.

Snacks will be available before the egg hunt – a hot dog, chips and a beverage (water, juice or coffee) for a nominal charge of \$5.

There will be 3 age groups – 0-4, 5-7, and 8-10 with prizes for each age group. Also check your eggs for special prizes. Paper bags will be provided to take the chocolate eggs home. Please leave the plastic eggs in the container by the door on your way out.

Last but not least the EASTER BUNNY will be there!

Bring your camera and dress for the day (could be muddy).

Reporting Concerns

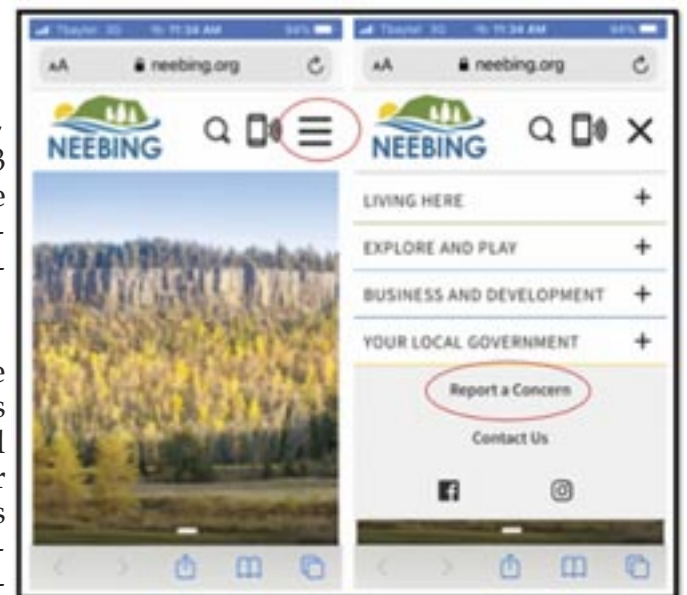
Do you have a concern about the condition of your road? How about dogs running at large in your neighbourhood? Reporting your issue is just a click away using the web or your phone.

On our **WEBSITE**, click on the Report a Concern link in the upper right-hand corner.



-OR-

On your **SMART-PHONE**, touch the 3 horizontal bars in the upper right-hand corner then on the Report a Concern link.



Next, fill in the online form with the details of your concern and click **Submit**. Your submission is recorded and forwarded to the Municipal Office for review and action.

Use this form to report any type of municipal problem or concern you may have.

Of course, you are always welcome to call the office if you have any issues or concerns you think we should be aware of. Contact us at 474-5331.

Contacting the OPP

The Ontario Provincial Police (OPP) are contracted by the municipality to provide services to ensure the safety and security of our residents. You can help keep our community safe by keeping the police informed. The OPP respond to calls about speeding, traffic hazards, noise, public drinking, boating infractions and more.

For emergency events call 9-1-1.

For non-emergency events you can either:

- Call the 24-hour toll-free number at 1-888-310-1122;
- Call the detachment at 807-683-4200; or
- File a report online at <https://www.opp.ca/index.php?id=132>

Council would like to encourage residents to contact the OPP as things occur. Some laws are difficult to enforce when reported days after the offence has occurred.

The Neebing Recreation Committee is pleased to announce that a Mothers Day Dessert Tea will be held on May 14th, 2023 from 1-3 pm at Blake Hall.

Advance tickets are \$5 and will be available at the Municipal Office from April 3 until May 10. There will be no tickets sold at the door on the day of the event.

Your ticket will get you a delicious dessert complete with tea or coffee, a happy social gathering atmosphere and a chance at some amazing door prizes.

Come and join your friends and neighbours for a cheery day after all the restrictions of the past few years.



Holiday Hours

Municipal Office

CLOSED

Friday, April 7, 2023 to Monday, April 10, 2023

Sand Hill & Scoble Landfill

CLOSED

Sunday, April 9, 2023 (Easter Sunday)



THE CORPORATION OF THE MUNICIPALITY OF NEEBING NOTICE: LOAD RESTRICTION

Road users are requested to take notice that Load Restrictions were applied to all municipal roads within Neebing, effective Thursday, March 16, 2023 at 12 a.m. and will continue until further notice.

Check with the municipal office or check Neebing's website and Facebook page for updates.

Barry Livingston
Public Works Foreman



Ministry of Transportation Beginning Work on Pigeon River Bridge

The Pigeon River Bridge at the Ontario/Minnesota border crossing will be rehabilitated in 2023. Work includes a full deck replacement, including new bridge surfacing, railing replacement, updated lighting and approach grading.

During construction, the bridge will be reduced to a single lane controlled by traffic signals.

The benefits of the project include improved lighting, smoother road surface, extended bridge life and reduction in maintenance upkeep and costs.

Construction is anticipated to begin in April with completion in October.

Half Load Restrictions in Effect on Neebing Roadways

March 15, 2023

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:

- 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;
- vehicles used exclusively for the transportation of milk;
- fire apparatus;
- vehicles operated by or on behalf of a municipality transporting waste; or
- public utility emergency vehicles.

What's Been Happening at Council Meetings?

Since the March edition, there has been two regular meetings of Council on March 1 and 15, 2023. There was also one Special Council meeting on March 15, 2023.

At the regular Council meeting on March 1st the following matters were considered:

- Council heard a deputation from the Recreation Committee regarding improvements to the Cloud Lake Boat Launch.
- Council reviewed applications for the vacant seat on the Police Services Board
- Council directed Administration to engage the services of a consultant to complete a pay equity review.
- Council reviewed correspondence related to proposed changes to the requirements for camping on water over Ontario's public lands.
- Council passed supporting resolutions relating to school board elections, barriers for women in politics, and homelessness, mental health and opioid addiction.

At the Special Council meeting on March 15th, the Committee of the Whole reviewed two applications for severance. Recommendations to approve the applications were ratified at the regular Council meeting later that evening. At the regular Council meeting on March 15th, the following matters were considered:

- Council directed Administration to opt-in as an operator site for the transition of the blue box program to full producer responsibility.
- Council directed Administration to prepare the necessary by-laws to implement a fire services cost recovery program.
- Council reviewed correspondence related to Highway 608, municipal heritage registers and Bill 5, Stopping Harassment and Abuse by Local Leaders Act.

The next Council meetings will be held on April 5 and 19, 2023. Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month.

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. **The meetings are now being held at the Municipal Office, but there is the option to attend virtually as well. The links to login to the meetings are posted on our website in the calendar details.**

Neebing Recreation Committee Events UPCOMING EVENTS PLANNED AT BLAKE HALL TO BE HOSTED BY THE NEEBING RECREATION COMMITTEE IN 2023

April 7 - Easter Egg Hunt from 11- 2.

There will be clowns, face painting and of course the Easter Bunny.

May 14 - Mothers Day Tea from 1-3. Tickets will be available closer to the event.

July 1 – Canada Day at the Municipal Office.

October 7 – Harvest Dinner – more information to follow.

December ??? Breakfast with Santa. Date to be determined and more information to follow.

If anyone is interested in playing cribbage once a week please call Penny at 964-2270.

If there is enough interest we will try to set up an afternoon.

**PLEASE COME AND JOIN US FOR SOME FUN
GET-TOGETHERS!**

HOW TO CONTACT YOUR COUNCIL MEMBERS

Mayor	Mark Thibert	474-1362	mayor@neebing.org
Councillor for Blake	Katherine Hill	631-1869	blake@neebing.org
Councillor for Crooks/Deputy Mayor	Brian Wright	964-2365	crooks@neebing.org
Councillor for Pardee	Curtis Coulson	577-2475	pardee@neebing.org
Councillor for Pearson	Gary Gardner	577-1963	pearson@neebing.org
Councillor for Scoble	Brian Kurikka	633-3735	scoble@neebing.org
Councillor At-Large	Gordon Cuthbertson	708-7548	councilatlarge@neebing.org

Emergency Preparedness: Get Flood Ready!

Being prepared for a flood can save money, property, and lives. Take simple steps to the Flood Ready and protect what matters most.



Don't wait for the water!

Flooding is the most common natural disaster in Canada, and the severity of floods is increasing. Floods can happen anywhere, at any time of year, and to anyone. No matter where you live, it's important to take simple steps to protect your home and property against potential flood damage.

FOLLOW THE LINKS FOR MORE INFO:

Know the Risks
Prepare your Home
Help your Community
Stay Informed



Please come out and join us at
Pinegrove United Church 100 -
Hwy 130

Admission is free and
all are welcome!

April 6: Coffee and Hot Cross Buns 10 - 11:30

April 20: Lunch and fellowship 11 - 1

Volunteers are also welcome (and needed)

For more information about Cafe del Soul, please visit
www.pinegroveuc.org/cafe-del-soul/

2023 Neebing Burning Permits

Fire Permits are required for all open air burning in Neebing from April 1st to October 31st. Permits are available 24 hours a day on our website:

www.neebing.org/firepermits.

Permits are also available at
AJ's Trading Post and Green Acre Variety

Volleyball - Drop-in Co-ed 18+ Fun League

When: Thursday Nights from 7-9 pm

Where: Valley Central School Gym

**No registration required! Just drop in and play.
See you there!**

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



Neebing Landfill News



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.

Please pardon our mess while we renovate!

Renovations to the Municipal Office began on January 23, 2023.

During construction, we want to give our contractor as much workspace as possible, so we ask that you use the



south side entrance to enter the building. Signs will be posted directing you to this temporary entrance once construction is underway. However, if you are a person with a mobility issue and require entry via automatic doors and/or a ramp, please press the intercom button in the main entrance vestibule and we will come to you.

We thank you for your understanding and patience during the reno.



Neebing Emergency Services by Dale Ashbee, Fire Chief, Neebing

Fire Safety during Winter - Spring Transition



As I write, the forecast predicts continuing winter weather for Neebing, with the expectation of yet another round of snow. However, the calendar confirms that March will soon be gone, and April - the month when winter finally loses its grip - will arrive bringing Spring weather, with its warm days full of the pleasures of gardening, hiking, boating and summer fun to enjoy.

With the transition from Winter to Spring, the loss of snow cover and higher temperatures puts outdoor burning in focus, and the need to be aware of and to take steps to avoid; injury, property loss and wildfire threats from outdoor burning. **April 1** officially marks the resumption of the 'Fire Season' across the entirety of Northern Ontario and is the day when both provincial and municipal regulations

come into effect to minimize outdoor fire threats throughout the season. During 'Fire Season', **open outdoor fires** are regulated and even 'Restricted' when Fire Hazard (Danger) ratings warrant. Fire season regulations are in effect from **April 1** thru to and including **October 31st** or from **April Fool's Day** to **Halloween**, each year, regardless of weather conditions.

During Fire Season, Neebing residents are reminded that valid Municipal Fire Permits are required for **all open-air burning!** The **hours of burning** (as stated on the Burn Permit) are restricted to a **start time of 2 hours before sunset**, and all fires must be **out by 2 hours after sunrise**. Municipal Fire permits are available, **on line, free of charge, 24/7, at www.Neebing.org**, at the **Municipal Office during business hours** (9-5 Monday thru Friday), or at **local retailers** (which include AJs and Green Acres store). **Seasonal permits** are available for **incinerator burning**, as well as **small cooking and recreational fires**. **Day permits** are required for **debris and brush pile burning** and are issued for a **maximum 3-day period**. In **Neebing**, **open fire burning in the daytime is not allowed** throughout the fire season.

April is a great time to reduce the potential spread of fire near your home through the clean-up and disposal of yard debris, thinning of vegetation, and trimming of trees to reduce available fuels (that facilitate rapid fire spread) and ensuring that fire pits and BBQs are both in good repair, and are situated a safe distance from any combustibles. As you work have an eye for additional actions you can take that will reduce the risks of potential wildfire starts, or the encroachment of a fire into the area near your home.

April is also a great month to review available **FIRESMART** guidelines to assist in recognizing potential fire threats on your property, and fire safe actions that you may take to mitigate those outdoor fire hazards. Check out **Be FireSmart | ontario.ca** to access numerous useful resources that can assist you in identifying and carrying-out 'fire mitigation actions' to help you improve outdoor fire safety on your property.

This month, NES is sharing a couple of additional fire safety reminders derived from observations and lessons learned (or reinforced) during actual fire call responses:

- **Smoke /CO Alarms** - We are repeatedly reminded that sounding Smoke/CO alarms provide early warning of fire dangers in our homes, allowing our family, time to immediately and safely exit from our home. If an alarm sounds its warning, do not hesitate in getting outside and then calling **911** for assistance. To be safe remain outside until the fire department arrives, checks the home and confirms the reason for the alarm. Make it a habit to check all your alarms monthly to ensure they are working correctly.

- **Fire Extinguishers** - Although you may wonder from time to time whether fire extinguishers are worth having in your home or shop, in recent months, several residents - after calling 911 and ensuring that fire crews were on route - have been able to use a home fire extinguisher to successfully slow-down or stop a small fire. Having a fire extinguisher handy and the situation safe enough to use it significantly reduced the extent of damage that may have resulted if an extinguisher had not been used early on the fire. Watch for and plan to participate in a public 'fire extinguisher' training opportunity planned for the Tailgate Sale this June.

- **The 'Separation of Things'** - Whether it is ensuring that your fire pit is far enough from fine fuels like dead grass or a shed wall to avert an errant spark or ember from spreading fire to them, or ensuring that your BBQ is not too close to the siding on your house, or the railings on your deck, having some **separation** (distance) between any **heat sources** and nearby **combustibles** is smart 'fire safe' behaviour". The value of separation can also apply when locating building structures on your property. If too close it is relatively easy for fire in one building to damage or spread to a nearby building. Remember to consider 'The Separation of Things' as you map out your next outbuilding construction project, and be sure you are putting some separation and creating a 'fire break' between the buildings that are important to you.

Virtually all the fires NES responds to are unintentional and unexpected by the surprised property owner. While an unexpected fire is active and growing, is not a good time to wonder what you should have done or could have done to avoid the situation or what you should do now. Rather, before the fire is the time to give thought to what you can do to avoid a fire situation, and to prepare for the possibility of a fire in your home or on your property. Family Home Escape Plans developed and practiced ahead of an emergency give all household members a mental picture of what to do; to help them exit the house quickly, gather at the designated 'safe place' on the property, ensure everyone is accounted for, and to wait for fire fighter assistance. See <https://www.oafc.on.ca/home-escape-plan> for assistance in preparing your own Home Escape Plan.

Looking forward to seeing everyone at the **Easter Egg Hunt at Blake Hall on Friday April 7th. Stay Safe**

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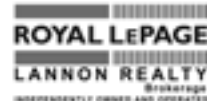
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Show Me the Money

Big projects require big money.

Each year, Neebing saves some money from property taxes and places it into reserve funds to help finance future projects, and Neebing also receives grants. On the 2023 Draft Neebing budget there are three types of grants:

Unconditional Grants can be used towards anything. The Ontario Municipal Partnership Fund is the largest grant of this type Neebing receives and is generally used to defray some of the expenses associated with provincial services that were downloaded to municipality such as payments to the Thunder Bay District Social Services Board.

Conditional Grants are directed towards a specific purpose. The two largest grants of this type that Neebing receives are the Federal Government's Canada Community Building Fund (which used to be named the Gas Tax Grant) and the Province's Ontario Community Infrastructure Fund. Each of these grants come with details about how they can be used, including large infrastructure projects such as road surface renewal. And both come with specific reporting requirements.

One-Time Grants are typically grants that require an application process, and are focussed on a specific project. Until the grants are approved, and the grant agreements are signed, news regarding these grants is not publicly released. This year the draft budget contains grants that are not yet approved, so that Council can examine various "what-if" scenarios. Neebing expects that when the final version of the budget is passed in May, the results of our grant submissions will be known.

Neebing has received one-time grant funding for Municipal Office renovations, and the replacement of the Farm Road Bridge later this year. Neebing is appreciative of this funding and signage and acknowledgement of these grants will appear in the next issue of Neebing News.



Spring is officially here!

Gardeners are already planning their beds in anticipation of working in the soil, I know I am! As I write this the snow is deeper than ever but the sun is shining, bringing the warmth only a Springtime sun can produce. I hope you take a moment to enjoy the nice days this month.



If you weren't the 1st lucky winner of **NFRA's 50/50 Draw** last month, rest easy, there are still **3 MORE DRAWS** this year!

Don't miss your chance; tickets are now available online for Draw #2 to be held on June 28th, 2023! Will that be your lucky day? How big will the pot get this time? Buy your tickets now and directly support your community.

So far, well over \$6000 has been raised in support of Neebing Emergency Services from Draw #1.



This has already provided partial funding for the badly needed new hoses for Pumper 104. Thank you!



Easily purchase your tickets today. Scan this QR Code to be brought to our website (neebingfirerescueassociation.com/events/draw)

You support our Emergency Services through your online ticket purchases.



Good Luck!



Annual General Meeting - Results

Neebing Fire/Rescue Association held its AGM on March 13th via teleconference. Thank you to all who attended.

The meeting moved quickly to the election of the Board of Directors, conducted by Fire Chief Dale Ashbee. With no new names put forward, all 2022 Board members were acclaimed.

2023 NFRA Board of Directors:

President	Joy Harris
Vice President	Mary Ann Beckwith
Treasurer	Clara Butikofer
Secretary	Karen Davies

Members At Large

Delma Stajkowski
A.Kristian Ligate
Nancy Luckai

Items of Note from 2022:

Personal donations topped the list of non-lottery funds raised, next was metal sales from your returnables and recyclables – THANK YOU

Ticket sales from the Firewood raffle topped the list of lottery-derived funds, bringing in almost half of all monies raised in 2022. Our thanks to Chaschuk Enterprises, Contributors and Supporters.



Thank you for your donations to NFRA. Whether by cheque, cash or through CanadaHelps, all are appreciated and put to good use, just ask a First Responder!

Treasurer's Assistant

NFRA is looking for help. If you have a little spare time to volunteer (only a few hours per month) and interest in getting involved, we have an opportunity for you!

Working alongside our Treasurer, you will learn the ins and outs of the position from her expertise and will help NFRA succeed in 2023.

Please reply with your interest to nfraevents@gmail.com

HYMERS FAIR NEWS

Spring has arrived and it's time to start planting your veggie and flower seeds that you plan on entering this year at the Hymers Fall Fair.

Many of the categories are old favourites enjoyed by all each season, a few new ones sprinkled in and new flower arranging categories.

Do you have the best, the biggest, or the brightest of all the vegetables in the area?

Are your flowers alive with the prettiest petals, the most sumptuous scent and colours that never fade? These may just be your categories! Check the website soon for a full listing of the 2023 Hymers Fall Fair growing sections and all the information you need to produce great entries. Have some fun, try something new and explore the new design categories.

HYMERS FAIR
MOTHERS'S DAY MARKET
APRIL 29 & 30, 10-4
C.L.E. HERITAGE BUILDING

OPENING WEEKEND FOUNDERS PIONEER VILLAGE MAY 20 & 21

- MUSIC BY ROAD WORN CHAPS ON SATURDAY
- GOOD FOOD ON SITE-SATURDAY
- FAMILY FRIENDLY ATMOSPHERE ALWAYS
- VIEW THE DUKE HUNT MUSEUM & RUSS'S GARAGE
- WE LOOK FORWARD TO SEEING YOU AGAIN THIS YEAR!
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Risen Christ!

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ALL ORDERS REQUIRE A \$25 DEPOSIT



We are looking to start
up a
Neebing 4H group!

... and are looking to see
if there are local families
who would be interested in
have their kids in grades 1-
8 join 4H in Neebing! The
meeting place would likely
be Blake Hall and a focus
for the group has not been
decided yet, that will be de-
cided by the parents of the
children joining the group.
If you would like to know
more please contact Lisa
at lisalaitinen@hotmail.com
or 807-708-4767 (cell).

**This is a great opportu-
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kids, no need to drive all
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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.

Your donations enable the food bank to remain open

Next Food Bank

Wednesday, April 19th, 2023

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL 60 PLUS IS OPEN!

5 Pineview Road, Kakabeka Falls 475-5779,

- | | |
|--------------------------|--|
| Carving | - Monday from 10 to 3 |
| Disking | - Monday from 1 to 3 |
| Weaving | - Tuesday and Thursday from 10 to 3 |
| Knitting | - Tuesday and Thursday from 10 to 3 |
| Cribbage | - Wednesday from 1 to 3 |
| Quilting | - Wednesday from 10 to 3 |
| Beginners Carving | - Wednesday from 10 to 3 |
| Yoga | - Thursday from 10 to 11 (ends Apr. 6) |
| Craft Room Open | - Monday to Friday from 10 to 3 |

To all Rural 60 plus members: We are going to have another luncheon for members on Friday April 14th at Kakabeka Falls Legion from 12 to 1 you can email, call or sign up at the Centre before April 6th as we are closed on Friday April 7 for Good Friday

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SCIENCE TECHNOLOGY ENGINEERING MATHEMATICS

Hey, Kids! You're invited to ...

STEM Club!



- ✓ Ages 5-12
- ✓ Slate River Baptist Church
- ✓ Wednesday nights
- ✓ 6:30-8:00 pm

NEED MORE INFO?
See <https://slateriverbaptist.church>
Call Pam at 625-0292



← Betty Greene, missionary pilot



STEM activities, Bible Stories, & Snacks



Evergreen PHARMACY

TWO CONVENIENT LOCATIONS:

Rosslyn

202 Highway 130
(807) 939-2007

Mon-Fri 9am-6pm
Sat 10am-2pm

Kakabeka Falls

B-4785 Hwy 11/17
(807) 577-2435

Mon-Fri 9am-6pm
Sat 10am-4pm

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jessica.coley@rbc.com



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

March 21
International Day for the
Elimination of Racial Discrimination

ONAS
Ontario Nurses' Association
Local 73



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**Thunder Bay Community Pasture
NOTICE OF ANNUAL
GENERAL MEETING**

Tuesday, April 4th, 2023 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 475-8761

Everyone is welcome to attend

For more information: dlbockus@tbaytel.net



Chix in the Stix
OLD Mudder

I can't believe I was complaining about mud last month! Right now I'd gladly trade snow for mud! Snow is way harder on these old bones. And speaking of old. It struck me the other day that when I started writing Chix in the Stix I was much younger. I've made my way through 3 different decades while sharing what's renting space in my brain. It started in my late 30's and now I'm moving into my 60's with lightning speed. In your 30's and even your 40's you don't 'see' the 'old' sneaking up on you. I was sure I was invincible. My feet still looked good in sandals. I wasn't dressing to hide my neck or upper arms. I knew nothing of things like chin hair, skin tags, age spots. Granted I had not won the genetic lottery like some folks when it came to aging well. But it is what it is. And eventually everyone will get there. And then suddenly all your friends have silver hair (or no hair). Instead of running into each other at the gym or in the bars you'll mostly see each other at the coffee shop getting the senior's discount, or at LifeLabs making small talk while adding your little jar of pee to the tiny fridge. Ah yes the special moments. Suddenly your social media newsfeed is flooded with ads from outdated actors promoting their latest line of supplements or 'greens' or videos for chair-yoga or chair-Pilates. Apparently exercising while standing or sitting on the floor is not big with us older folks. For reasons I fully support. Seems we 'aging' folks are a hot market for a whole bunch of products and gimmicks. And I'm not afraid to admit that some of them sound pretty tempting! Yup, I'm getting O.L.D. It could be a cool acronym for something but all I can get is Old Lady and well I'll let you figure out something for the D. Thankfully my husband is older than me (and always will be) so that makes me smirk and gives me lots of opportunities to poke fun at HIM instead of ME. For example I am proud to say that I have not yet forgotten to turn my lane-change-blinker off. But memory issues are definitely a thing for both of us. You know how it is. You can't for the life of you recall the name of a person, place or thing while in conversation

with someone. But your subconscious brain will continue to work on the problem and then wake you up at 4am with the answer. Just in time to pee. Again. Yeah, there is a lot of focus on peeing when you get older. You're either worried that you're doing it too much or too little. In fact there is a whole lot of focusing on a wide variety of bodily functions. I'll leave it at that. About the memory thing (before I forget), the other day I was trying to share a story with someone about a recent event and I kid you not - not only could I not recall the name of the person (an actor), I also couldn't remember the name of the movie or what the point was I was going to make. The three main components of the story. In fact the only components. Total blanks. Wasn't much left of the story to tell. Thankfully I was sharing it with another 'person of a certain age' and they totally understood. We aging folks gotta stick together. I'll probably remember it all and send her a text message at 4am and we'll have a good laugh. She knows the truth. That while the aging game can be less than fun some days, it has it's bright sides too. You see one of the things no one tells you about aging is that it is really a nice change from being young! When you've lived through as much as we have you have a great deal of clarity about things. You worry less about the little things, and sometimes about the big things too. You realize you can't take it with you so you may as well use the good china and fancy silverware now. You realize that you can rush like heck to get ahead of the guy in front of you but odds are you'll both be sitting at the same red light or train crossing up the road so why bother. You learn to finally relax. You realize that aging well is as important as living well. Someone once said (sorry can't remember who) 'you don't stop laughing when you grow old; you grow old when you stop laughing.' I mean I may not be laughing this week while trying not to slip on the ice on the way to my car, but I promise to laugh next month when I'm finally ankle deep in all that darn spring country mud.

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**RURAL
CUPBOARD
FOOD BANK
ANNUAL
GENERAL
MEETING**

April 12th - 6 pm

Followed by General Meeting
Conmee Council Chambers, In Person or Virtual

If you wish to attend virtually please email this address: rural-cupboardfood-bank@gmail.com to get the "zoom" link



Tree Services Include:

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- * Hazardous Limbs/Trees
- * Storm Cleanup
- * Tree Support Systems
- * Tree Planting & Transplanting
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Family
Centre**

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

(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!**



- * Polarity & Energy Balancing (Reiki)
- * Lymphatic Drainage Therapy
- * Metaphormosis massage
- * Colon Therapy
- * Zone Balancing
- * Natural Health Counseling

- * Light -Deep Tissue Massage
- * Myofascial Release Therapy
- * Polarized Reflexology (Ears, Foot & Hands)
- * Ear Candling
- * Cupping Massage
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Join us at Rosslyn Library!



CARPET BOWLS GAME
Activities for Seniors

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

- Relaxed and gentle pace of exercise
- Socializing and fun times
- Free
- 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!

CRIBBAGE

EVERY TUESDAY
Beginners Welcome!
1 P.M.

ROSSLYN COMMUNITY CENTER
3405 ROSSLYN ROAD



Murillo Library

Join Ashley from the Rural Family Centre on ...

An EarlyON Storytime Adventure
Monday, April 17th
1:00pm-2:00pm




We're taking storytime on the road to the Murillo Library!
We will meet at the library to enjoy some engaging tales, free play and crafts.

All ages welcome, no pre-registration necessary.

Call the Murillo Library at 935-2729 or the Rural Family Centre at 935-3009 for more information

Murillo Library

Monday 10 – 8:00 pm
Wednesday 10 – 8:00 pm
Saturday 9 am – 12:00 pm
935-2729

Email:
oplibrary@tbaytel.net

Website:
<http://oliverpaipoonge.olsn.ca>

Rosslyn Library

Tuesday 10 – 8:00 pm
Thursday 10 to 8:00 pm
Friday 10 – 3:00
Saturday 1 – 4 pm

Ontario Park Pass lending continues in 2023!

Use your library card to borrow a week-long day use park pass this year. Oliver Paipoonge Public Library has 6 passes available, use this opportunity to enjoy the health benefits of being outdoors and experience the beautiful nature that our parks have to offer. Contact the Murillo or Rosslyn Library for more information.



The library will be closed on Good Friday April 7th and Easter Monday April 10th



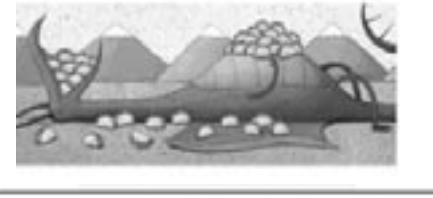
Join us as we thank Rosslyn Women's Institute for donating proceeds from the Valentine's Tea to the library. New children's books will soon be on the shelf as a result of their generosity!

Looking for donations of:
-shopping bags, plastic or fabric
-children's puzzles

If you would like our monthly emailed directly to you, please send us an email and we will add you to our list:
oliverpaipoongelibrary@gmail.com

Mark your calendars!
Science North is coming back for an Imagineering Science Show on July 13th at Rosslyn Hall.

This event has been sponsored by Sandy Vibert in memory of Gary Vibert.



Start the new year off right! It's time to join....
Free Exercise Class for all ages



This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

Drop in every Tuesday and Thursday from 11:30 – 12:00 at Rosslyn Library
(Stretch bands and balls on Tuesday, weights on Thursday) *Please bring indoor shoes and weights.*

NEEBING NEWS 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!)
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

The Junction

A ministry of Slate River Baptist Church

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.
Find us on Facebook or call 475-5140.

NEW MOMS We can help with diapers, wipes etc.



'Get Creative' craft gathering
Every Thursday from 1 to 4:00
at Rosslyn Hall



Bring in your current craft project to work on alongside other 'crafty-minded' people. This is a great time to meet new people, socialize and share tips and ideas.
Call 939-2312 for more information.

Kakabeka Legion

Saturday April 1-	Dance (Quest)	7-10pm
Saturday, April 8 -	Executive Meeting	2 pm
Saturday, April 8 -	General Meeting	3 pm
Sunday, April 9-	Breakfast	8:30 am-Noon
Friday, April 14-	Rural 60 Luncheon	12-1pm
Saturday, April 15-	Dance (Quest)	7-10 pm
Sunday, April 16-	Jam Session	2-4 pm
Saturday, April 29	Dance (Quest)	7-10 pm
Sunday, April 30	Sunday Music (Just 4 You)	2-4pm




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O'CONNOR COMMUNITY CLOTHING GIVEAWAY!!
 in honour of
EARTH DAY 2023
 and in support of
THE RURAL CUPBOARD FOOD BANK
 to be held
Sunday, April 23rd
1:00 - 4:00 pm
O'Connor Community Centre
330 Highway 595
 Please bring your own bags.
DONATIONS OF FOOD OR MONEY FOR THE
RURAL CUPBOARD FOOD BANK ACCEPTED AT THE DOOR.
 ♻️ REUSE ♻️ REPURPOSE ♻️ RECYCLE ♻️
TO DONATE ITEMS FOR THE GIVEAWAY,
PLEASE DROP OFF GENTLY USED ITEMS BETWEEN
APRIL 1st - 21st
 at the
O'CONNOR MUNICIPAL OFFICE
330 Highway 595
 during regular business hours
 (Please no under garments of any kind)
 For questions, please call Erin at 476-1451.
Community supporting community!! Everyone welcome!!



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 2023. There is still space available at some of our Watershed Explorer programs, but they are filling up fast! Tickets for our Wine Tasting & Dinner at Whitewater fundraiser are on sale now. The LRCA will also be hosting Hazelwood Lake Family Fun Day on Sunday, July 23, and Silver Harbour Day on Saturday, August 26 (in partnership with the Municipality of Shuniah and Shuniah Emergency Services, who are celebrating their 150th and 50th an-

niversaries, respectively). Keep an eye on our website for more details closer to the event days.

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 10 Conservation Areas 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 spring of 2023 is beginning 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 35 to 54 centimetres, where the actual depth measured on March 15, 2023 ranged from 43 to 59 centimetres. Staff will continue to monitor spring conditions and issue Flood Messaging and Low Water Condition Statements when warranted.

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 788 Silverfalls Rd., Kamistiquia, ON P0T 1X0 kamcrush@gmail.com

Murillo Minor Athletic Association 2023 Spring Softball League

by Joe Ladouceur



Hello Everyone! We had an absolutely overwhelming turnout for registration for the 2023 Murillo Minor Athletic Association (MMAA) spring softball league! There are 413 youth registered from 262 families, making 33 teams across the T-Ball, 3-Pitch, Atom, PeeWee and Bantam divisions. All divisions are now full, except we can take a handful more players for the Bantam Division (birth year 2004-2007).

The MMAA softball league is all about FUN, FRIENDSHIP and FITNESS! A softball glove is all a player needs – we supply all other equipment. Games are played weekday evenings at the five ball diamonds behind the Murillo Community Centre. The 2023 season starts Monday May 1st and ends Saturday June 24th with our annual Tournament and BBQ Day event. Game time is 6:30 pm.

THANK YOU TO THE 2023 LEAGUE SPONSORS, SUPPORTERS & VOLUNTEERS

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Thank you to the Municipality of Oliver-Paipoonge for the ongoing support to the MMAA League and maintenance of recreation facilities. And with all these kids, we couldn't possibly manage without the dozens of volunteer coaches! FOR MORE INFORMATION: Please contact us by email at: mmaa1@tbaytel.net, or visit our website: <http://mmaa.tbay.me/>

Southern Scripture Cake
This of Timmy Scriptures cake is said to bring good fortune to those who eat it. With a Bible you can look up the ingredients.

4½ cups - Kings 4:22 — 2 cups - Jeremiah 6:20
 2 tsp. - Luke 13:21 — pinch of Leviticus 2:13
 1 cup - Judges (last clause) - 5:25
 2 cups - Nahum 3:12 — 2 cups - 1 Samuel 30:12
 ½ cup - Judges (last clause) - 4:19
 6 - Jeremiah - 17:11 — 2 tsp. - 1 Samuel 14:25
 2 cups ground - Numbers - 17:8 — Season with II Chronicles - 9:9
Mix and bake in a 300° oven about 2½ hours.

Kings 4:22	fine flour
Luke 13:21	leaven
Judges 5:25c	cream
Naham 3:12	figs
Judges 4:19a	milk
6 - Jeremiah 17:11	partridge
Numbers 17:8	almonds
II Chronicles 9:9	spices & season.

4½ cups	fine flour
2 tsp	leaven
1 cup	cream
2 cups	figs
½ cup	milk
6	partridges
2 cups	ground almonds
2 cups	sugar
pinch	salt
2 cups	raisias
2 tbs	honey
Season	with spices to taste

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The Rural Pharmacist: Addiction Treatment (Methadone and Suboxone) and Stigma

By Henry Tempelman, Pharmacist/Owner of Evergreen Pharmacy

√ 1 in 5 people in Canada will have a mental health problem in their lifetime. People with mental use disorder are twice as likely to have a substance use disorder compared to the general population. Similarly, people with substance use disorders are 3 times as likely to have a mental illness. Substance use disorder is a treatable mental health disorder that affects a person's brain or behaviour, leading to their inability to control the use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate or severe, with addiction being the more severe form of substance use disorder.

Although there has been an increased public conversation about mental health and access to addiction treatment in the recent years, stigma remains a significant barrier to accessing treatment for those

dealing with mental health and/or addiction. Stigma refers to negative attitudes and negative behaviour towards people with substance use and mental health problems. This can include having fixed ideas and beliefs, such as thinking that people with substance use and mental health problems are not normal or not like us; that they caused their own problems. Stigma can prevent someone that is suffering from disclosing their illness to family and friends, asking for help for a health care worker or take part in social activities. This suppression of feelings and illness can cascade into lower self-esteem and more medical issues.

Seven things you can do to reduce stigma and discrimination against people with mental health and substance use problems:

1. Know the facts about mental illness/substance use. Don't believe the myths.
2. Be aware of your attitudes and behaviour. Avoid judgemental thinking.
3. Choose your words carefully. The way you speak can affect how others around you think.
4. Educate Others. Find opportunities to pass on facts and positive thinking.
5. Focus on the positive. Nobody is perfect; people suffering from mental health/addiction make valuable contributions to society.
6. Support People. Treat everyone with dignity and respect, just as you expect to be treated.
7. Include Everyone. People with mental health and substance use have a right to an equal part in society. Let's make sure that happens.

ing plan to reduce doses or get off opioids, where appropriate.

Methadone and suboxone treatment is an important service to treat opioid addiction. When used at the correct dose, methadone prevents opioid withdrawals symptoms and reduces drug cravings without cause the person to feel high/sleepy. This lowers the harm of opioid misuse and gives people who are addicted to opioids a chance to stabilize their lives.

This is an important service locally, considering the high level of opioid usage, and unfortunately overdoses, in Northwestern Ontario. Given our pharmacy locations in the rural communities, improving access to this service for rural residents can greatly improve one's ability to maintain a normal lifestyle. Whether it be maintaining a job schedule or taking care of family at home, reducing the commute distance to Thunder Bay and having these services closer to home improves quality of life and compliance with the program.

Further to this topic, we recommend everyone have a naloxone kit in their home as part of a first aid kit, but especially if you or someone in your circle of family or friends uses opioids. A naloxone kit is free, and available as both an injectable and nasal spray. Naloxone can reverse an opioid overdose and save a life, especially considering the rural location of our community where it can take a little longer for a first responder to reach your home. For more information on naloxone kits and training, please speak with one of our pharmacists.

At Evergreen Pharmacy, we strive to make our pharmacy a safe place and resource for everyone, no matter where they come from or what illness/issue they may be dealing with. Our community is full of amazing people with a wide-ranging set of talents and gifts to make this community a great place to live, work or play. Let's work together to reduce stigma, because that is one barrier each of us can help control so that those needing help can feel safe asking for it.

RURAL BUSINESS SERVICES DIRECTORY

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WELL SERVICES/PUMPS

Kershaw Well Services

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Phone 939-2166 Fax 939-2167

We now have both Methadone and Suboxone Program services at Evergreen Pharmacy (Kakabeka Falls and Rosslyn) for opioid addiction. Opioids are drugs that have pain relieving properties, but can induce euphoria (feeling high), which gives them the potential to be used improperly. Even when prescribed to treat a specific pain, anyone can develop a physical dependence on the prescription opioid drug. This dependence can be managed with a plan to slowly taper the dose/drug or rotate to alternative drugs. Even with prescribed opioids, this dependence can also develop into an addiction, or dangerous overdoses. Dependence and addiction are different things: Dependence occurs when your body has become reliant on the drug and you can have side effects if your body doesn't get the drug. Addiction occurs when a person is unable to meet work, family or social obligations, because of their lifestyle and behaviour surrounding obtaining and using the drug. Our pharmacists are always available to talk with anyone who has questions about managing opioids, developing a plan for their pain treatment or developing a safe taper-



Slate River Dog Grooming

a caring hands family



Merrill Library

Monday 10 – 8:00 pm
Wednesday 10 – 8:00 pm
Saturday 9 am – 12:00 pm
935-2729

Email:

oplibrary@tbaytel.net

Website:

<http://oliverpaipoonge.olsn.ca>

Rosslyn Library

Tuesday 10 – 8:00 pm
Thursday 10 to 8:00 pm
Friday 10 – 3:00
Saturday 1 – 4 pm



Looking for donations of:
-shopping bags, plastic or fabric
-children's puzzles

If you would like our monthly emailed directly to you, please send us an email and we will add you to our list:
oliverpaipoongelibrary@gmail.com

The library will be closed on Good Friday April 7th and Easter Monday April 10th

Mark your calendars! Science North is coming back for an Imagineering Science Show on July 13th at Rosslyn Hall.

This event has been sponsored by Sandy Vibert in memory of Gary Vibert.



Join us as we thank Rosslyn Women's Institute for donating proceeds from the Valentine's Tea to the library. New children's books will soon be on the shelf as a result of their generosity!



GILLIES COMMUNITY CENTRE		april events	
APR 2	Easter Celebrations Crafts, Easter egg hunt & the Easter bunny 10:00am - 4:00pm \$5 per child "bring your own basket" Cash only - bake sale - all are welcome!	MONDAY EVENINGS GENTLE FLOW YOGA Join Krista for a 6-week gentle flow yoga series Apr 13, 20, 27, 24 7:00pm - 8:00pm Suitable for beginners \$44/person "drop ins welcome" Register at krista.barnes@gmail.com	
APR 8	Party with Pat & Friends Classic Rock Favourites & Live Band 6:00pm - 12:00am \$10 at the door Cash bar	TUESDAY MORNINGS PLAYGROUP Join us for FREE playgroup 9:30am - 12:00pm Ages 2-4 accompanied by a parent Follow the Facebook Group for updates!	
APR 16	Spaghetti Dinner Fundraiser 10:00am - 7:00pm Set down or Take away available Adults \$15 & Children under 10 \$10 More info on our Facebook Page!	KNITTING & CROCHETING CLASSES Join Paulette for knitting & crocheting classes through April \$2000 April 10 10:00am - 12:00pm April 18th 10:00am - 12:00pm April 25th 10:00am - 12:00pm April 29th 10:00am - 12:00pm	
APR 22 & 23	Book Swap 10:00am - 5:00pm daily 1000+ titles! Donations encouraged for this FREE event! All proceeds directly support the GCC	The GCC would like to recognize Beth Stewart (past treasurer) and Jessica Durand (past secretary) for their hard work and dedication to the GCC. Thank you, Beth and Jess!	
MAY 7	Swap 'N' Sale 9:00am - 3:00pm Trade or sell children's clothing, toys & books \$5 vendor table, swap is FREE! *More details to come!	gilliescommunitycentre@gmail.com 21625 HWY 595 South Gales The Gillies Community Centre is donation based & volunteer run Thank you to all of the volunteers and those who donate - we are incredibly grateful!	

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