



# The Neebing News

Volume Eighteen, Number Five

MAY 2023

## EMERGENCY PREPAREDNESS WEEK May 7-13, 2023

Emergency Preparedness Week (EP Week) is a national event that has run for more than 25 years in Canada and takes place annually during the first full week of May.

Together we have an opportunity to encourage the people in our communities to invest a few minutes of their time to become better prepared to face a range of emergencies.

This year's EP Week theme: **Emergency Preparedness: Be Prepared. Know Your Risks**, is a reminder that preparedness isn't just about being ready for the next big disaster, it's about making pre-preparedness a part of our regular routine so we are better able to navigate disruptions, big or small.

When community members are prepared for emergencies, it makes communities stronger and more resilient, creating a stronger foundation for emergency management overall.

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

**National:** [www.getprepared.gc.ca](http://www.getprepared.gc.ca)

**Provincial:** [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared)

**Municipal:** [www.neebing.org/beprepared](http://www.neebing.org/beprepared)

## NOTICE TO NEEBING TEXT ALERT SUBSCRIBERS

National Emergency Preparedness Week runs May 7-13, 2023. As part of an emergency preparedness exercise, Neebing will be conducting a test of the Emergency Text Alert System.

**As a subscriber, your device will receive a test text alert on Wednesday May 10th at 11:00 am.**

When you receive the message, use it as a reminder to refresh your emergency preparedness skills. **Know the risks. Make a Plan, Get an Emergency Kit.** Visit [neebing.org/beprepared](http://neebing.org/beprepared) for resources. Sign up for Neebing Emergency Text Alerts, it's a free municipal service. Visit [neebing.org/textalerts](http://neebing.org/textalerts) for details.



## Neebing COVID-19 Vaccine Clinic

Booster doses are recommended for some people this spring. First and second doses are also available. Visit [TBDHU.COM/vaxclinics](http://TBDHU.COM/vaxclinics) or call 807-625-5900 to learn more.

**May 2, 2023**

**Blake Community Hall**

**10 a.m. - 1:00 p.m.**

**Walk-ins only**



**"The Blake Hall will be 100 years old in August of 2024!!!  
The Neebing Recreation Committee will be holding a Community Meeting  
September 13, 2023 at 7 pm  
at the Blake Century Hall to plan for the 100th anniversary.  
Everyone is welcome.**

**Please bring ideas and suggestions to celebrate this amazing event (no pictures or mementos at this time please)."**

## 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

**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.*



## What's Been Happening at Council Meetings?

Since the April edition, there has been two regular meetings of Council on April 5 and 19, 2023. There was also one Special Council meeting on April 26, 2023.

At the regular Council meeting on April 5th the following matters were considered:

- Council heard a deputation regarding medical services.
- Council awarded the tender to replace the Farm Road Bridge and Pardee Road Bridge over Friendly Creek.
- Council approved recommendations from the Waste Management Committee to switch to a punch card system and to make improvements to the Good Neighbour Sheds.
- Council passed a by-law to appoint a new Chief Building Official.
- Council passed by-laws related to the recovery of fire department response activity costs.

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

- Council reviewed items related to the 2023 budget.
- Council directed Administration to seek funding for improvements to the Blake Hall.
- Council passed a by-law to make an appointment to the Lakehead Police Services Board.

At the Special Council meeting on April 26th, Hydro One provided a presentation on their vegetation management techniques and responded to questions from members of the public.

The next Council meetings will be held on May 3 and 17, 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

**May 14 - Mothers Day Tea** from 1-3. Tickets available at the Municipal Office.

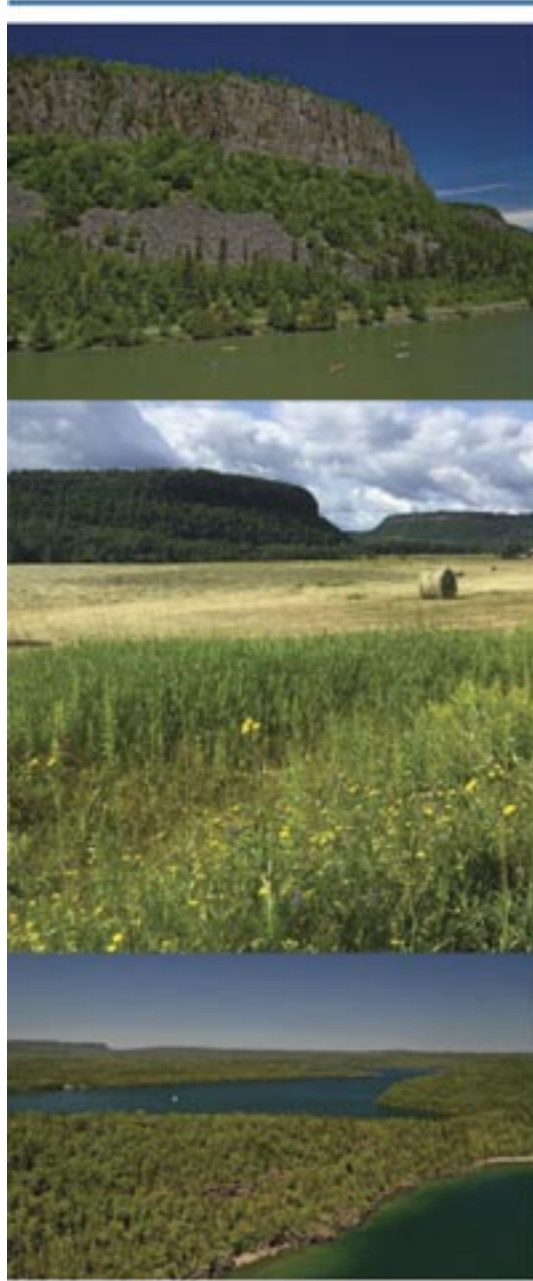
**July 1 – Canada Day** at the Municipal Office.

**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!**



## MUNICIPALITY OF NEEBING REQUEST FOR EXPRESSIONS OF INTEREST - TOURISM-BASED BUSINESS

The Municipality of Neebing is looking to open up a conversation with current and potential business owners. To capitalize on existing tourism opportunities, Neebing is looking for new tourism-related businesses to set up shop!

Neebing is a rural community comprised of 5 townships: Blake, Scoble, Crooks, Pearson, and Pardee. It spans 877 square kilometers of rolling hills, breath-taking lake shore, cliffs, and prime agricultural land.

The Municipality of Neebing is requesting EXPRESSIONS OF INTEREST TO ESTABLISH A TOURISM-BASED BUSINESS WITHIN THE MUNICIPALITY.

Examples of such businesses include, but are not limited to: a cafe or restaurant; a campground; outfitting or guiding services (i.e. lake tours); accommodations.

Current tourism assets include:  
Municipally-owned parks and boat launches along Lake Superior, Cloud Lake, Oliver Lake, Journey's Middle Park, and the Alf Olsen Center.

Other notable recreation opportunities include:  
Pigeon River Provincial Park  
Thompson Island Provincial Park  
James Duncan Nature Trail  
Pearson Wetland Trail  
Little Trout Bay Conservation Area

As a potential Neebing business owner, you would be joining a community of other businesses making their mark on the Thunder Bay area, such as:  
Slate River Dairy  
The Bakeshop on Boundary  
Mink Mountain Resort  
Neebing Tribal Tours  
Thunder Oak Cheese Farm and more...

The municipality is prepared to offer assistance in site selection, permitting, and seeking funding opportunities.

Please send your proposal to:

Municipality of Neebing  
4766 Highway 61  
Neebing, ON P7L 0B5  
(807) 474-5331  
[neebing@neebing.org](mailto:neebing@neebing.org)



*Federated  
Women's Institutes  
of Ontario*

### THE ANNUAL GENERAL MEETING OF THE THUNDER BAY DISTRICT WOMEN'S INSTITUTE

Will be held on Thursday May 18, 2023 At  
VICKERS HEIGHTS COMMUNITY CENTRE Broadway Avenue

Registration from 3:30 p.m. to 4:00 p.m.

Meeting at 4:00 p.m.

Dinner Served at 5:30p.m.

All members are encouraged to attend.

[hmdiaczuk@gmail.com](mailto:hmdiaczuk@gmail.com) or 807-577-2867

#### The Women's Institute "MISSION STATEMENT"

"The Federated Women's Institutes of Ontario is a not-for-profit charitable organization with affiliations around the world, working with and for women in rural and small town Ontario.

Through the network of Branches, we offer educational programming and community support; advocate for social, environmental and economic change, and work towards the personal growth of all women, for home and country."

#### Vision Statement"

"We envision an Ontario where women work together for safe, healthy families, communities and pursue an enriched and balanced lifestyle."

If you are interested in becoming a member of the Women's Institute please contact Susan at 476-0901 or contact any W.I. member.

## HOW TO CONTACT YOUR COUNCIL MEMBERS

**Mayor**  
**Councillor for Blake**  
**Councillor for Crooks/Deputy Mayor**  
**Councillor for Pardee**  
**Councillor for Pearson**  
**Councillor for Scoble**  
**Councillor At-Large**

Mark Thibert 474-1362  
Katherine Hill 631-1869  
Brian Wright 964-2365  
Curtis Coulson 577-2475  
Gary Gardner 577-1963  
Brian Kurikka 633-3735  
Gordon Cuthbertson 708-7548

[mayor@neebing.org](mailto:mayor@neebing.org)  
[blake@neebing.org](mailto:blake@neebing.org)  
[crooks@neebing.org](mailto:crooks@neebing.org)  
[pardee@neebing.org](mailto:pardee@neebing.org)  
[pearson@neebing.org](mailto:pearson@neebing.org)  
[scoble@neebing.org](mailto:scoble@neebing.org)  
[councilatlarge@neebing.org](mailto:councilatlarge@neebing.org)



**Notice of a Public Meeting being held to consider an application for a proposed Land Severance (Application Number B05-2023)**

**THE CORPORATION OF THE MUNICIPALITY OF NEEBING**

Please take notice that the Council of The Corporation of the Municipality of Neebing, sitting as Committee of the Whole, will hold a Public Meeting on Wednesday, May 17, 2023, at 5:30 p.m., at the Neebing Municipal Office to consider a proposed severance under Section 53 of the Planning Act, R.S.O. 1990, c. P.13, as amended. The Committee's recommendations to Council will be considered for ratification at the Regular Council Meeting on the same evening, commencing at 6:00 p.m.

The Application (B05-2023) is brought by Randy McAllister, the property owner. The land parcel which is the subject matter of the application subject matter of the application has municipal address 243 Klages Road, and is legally described as "Concession 4, Part Lot 3, Parts 1 and 4 on Reference Plan 55R11068, Parcel 26629 in the geographic Scoble Township, in the Municipality of Neebing and Province of Ontario". This is referred to as the "Subject Property".

The purpose of the proposed severance is to create one new lot. The severed parcel will be rectangular in shape, and have road frontage on Klages Road. A sketch showing the lot configuration is included with the application, a copy of which is available on the Neebing website ([www.neebing.org/notices](http://www.neebing.org/notices)) or by contacting the Municipal Office.

ANY PERSON may attend the Public Meeting and/or make written or verbal presentations either in support of, or in opposition to, the proposed severance. If a person or public body that files an appeal of a decision of the Committee of the Whole in respect of the proposed severance does not make oral submissions at this public meeting, or does not provide written submissions prior to the decision of the Council in the matter, the Ontario Land Tribunal may not grant them status to maintain the appeal.

How to provide input: You can provide input on the application as follows:

- a) Submit comments in writing by email, to [clerk@neebing.org](mailto:clerk@neebing.org);
- b) Submit comments by regular mail to the mailing address below;
- c) Register to speak at the Public Meeting (whether in-person or electronically), in advance, to [clerk@neebing.org](mailto:clerk@neebing.org), or by calling the Clerk-Treasurer at the number below; or
- d) Attend the public meeting in-person, or via electronic means, and register with the Clerk-Treasurer, upon arrival, indicating your wish to address the Public Meeting orally.

Please note that, in order to be considered, written comments must be submitted by 4:30 p.m. on Wednesday, May 17, 2023. It is the writer's responsibility to check with the Clerk-Treasurer, using the contact information below, to confirm that electronically submitted or mailed written comments have been received.

ADDITIONAL INFORMATION related to the proposed severance is available for by calling the Clerk-Treasurer at 807-474-5331.

DATED AT THE MUNICIPALITY OF NEEBING this 19th day of April, 2023.

Erika Kromm  
Clerk-Treasurer



Erika Kromm  
Clerk-Treasurer



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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 smart-phone equipped to receive text messages to use this service as it does not work on land lines. Sign up at [neebing.org/textalerts](http://neebing.org/textalerts) or send us your name, Neebing address, and your text-enabled cell phone number including area code to [neebing@neebing.org](mailto: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 the office.

**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](http://www.neebing.org/firepermits).

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

**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



### Time to Think Outdoor Fire Safety Again

Although it looked like we might be impacted by a repeat of last year's Spring - with its cool temperatures, and enough fresh snow to keep the 'snowpack' in place until the end of April - along came the Sun, bringing with it a week of clear days and warm temperatures. This rapid elevation in temperatures has made for a terrific spell of Spring weather, and with the news reports that COVID restrictions are retreating into the background, many 'things' in our lives have begun to feel 'normal' again!

Another sure sign of Spring, was the return this year (on Easter Friday, at Blake Hall) of Neebing's annual **Easter Egg Hunt**. It was wonderful to see the number of families with young children who came out to join in the event. The many excited children sporting 'glitter tattoos', enjoying hot dogs and hoarding baskets of Easter Eggs garnered during the 'Hunt' were encouraging to see. Everyone appeared to be reveling in the opportunity to once again spend time in close contact with friends and neighbours!

Although indoor fire safety, especially regarding Smoke and CO alarms and cooking safety remain important year round, May is the month when outdoor fire safety requires extra focus and attention now and throughout the snow free months to follow. While we generally think of wild fires as being most hazardous during the hot and dry days of July or August, even warm, dry days in May (especially before the bush 'greens up') can quickly dry out last year's leaves and grasses providing abundant fine fuels for easy fire starts and rapid fire spread. To assist in protecting your property, it is wise to clean up dead grass and leaves in the proximity of your home, and to watch weather conditions closely. Be extra cautious during periods of warm dry weather which extend over several days in a row. More information, plus ideas and suggestions on actions you can take to improve the fire safety of your property during fire season, are available online at: FireSmart landscaping | ontario.ca .

During hot dry periods, the lower temperatures, lighter winds and higher humidity common to early morning and evening periods of the day make these a safer time for activities that involve heat, flame, or hot exhaust. During fire season, especially during hot dry periods, try to THINK FIRE as you make decisions about engaging in outdoor activities.

The OAFIC has an excellent site for checking **Fire Safety Tips for Spring and Summer** activities - from BBQs and campfires, opening up your summer camp or trailer, to fire safety while traveling in an RV. Check it out at: Spring & Summer Fire Safety Tips | Ontario Association of Fire Chiefs (oafc.on.ca) .

(Also see the **Camp/Recreational Fire Safety Tips** in this month's Neebing News)

As I write this month's piece on Fire safety in the community, I am thinking about the recent home fire in Neebing where the entire home and contents were consumed by fire, while the family was away. Sadly the family returned home at the end of day to find their home, its contents and their family pets had been lost to fire. It was gratifying to see an immediate and supportive response from close neighbours during the event, and from across the community afterward, all aimed to help the family deal with the loss and major disruption in their lives.

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**Big Lake, Big Hills, Big Hearts!**

Stay Safe



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## Just A Word of Thanks

We would like to say a huge Thank You to the First Responders and Paramedics who responded to the 911 call on August 1, 2022. For Dr. Marchuk and Dr. Dupree, along with the trauma team for their quick actions in the E.R., the 3C Neuro Unit for the care & compassion received as well. Also to friends, family in & out of town, neighbours, farmers, companies & my co-workers who came forward to help in our time of misfortune. And to those who donated funds. We cannot thank each and every one enough.

**Forever Grateful,  
Peter & Jan Wanzuk**

## 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.





## Camp/Recreational Fire Safety Tips

*All it takes is one spark for things to go wrong. A carelessly abandoned campfire or a campfire built without safe clearance can turn a small fire into a dangerous and fast-moving blaze. Be sure to build your campfire in a way that does not endanger anyone or the surrounding forest. Enjoy a safe campfire by following these campfire safety tips:*

- Follow local burning regulations. Keep up-to-date on fire bans in the area.
- Ensure you have a **current fire permit** and are **burning only during permitted hours**. In Neebing online permits may be obtained 24/7 during the fire season (April 1 – October 31) at: [www.neebing.org](http://www.neebing.org).
- **Never build a campfire on a windy day.** Sparks or embers from the fire could travel quite a distance setting an unintentional fire.
- **Watch the wind direction** to ensure sparks aren't getting on flammable materials. Put the fire out if wind changes begin to cause concern
- **Build campfires where they will not spread;** well away from tents, trailers, dry grass, leaves, overhanging tree branches or any other combustible.
- **Build campfires in fire pits** if provided **or on bare rock or sand**, if no fire pit is provided.
- **Maintain a 2 to 3.5 metre (6 - 10 foot) clearance** around your campfire.
- **Surround fire area** with rocks or other **noncombustible material** to contain your campfire. Be aware that rocks obtained from water may explode due to moisture in the rock becoming superheated by the campfire.
- **Use crumpled paper** and/or **kindling to start a fire** rather than using flammable liquids.
- **Never use gasoline** as an aid to starting a campfire. If a fire starter is required, use only proper lighting fluid and use the lighting fluid sparingly. NEVER PUT IT ON AN OPEN FLAME since the fire can ignite the stream of lighting fluid and the flame will travel up the stream igniting the container in your hand and causing serious injury. Once the lighting fluid has been applied to the firewood, allow a few minutes for the explosive vapours to disperse before lighting. Remove the lighting fluid container a safe distance away before lighting the campfire.
- **Secure all lighters and matches** and keep them **out of children's reach**.
- **Keep campfires to a small, manageable size** no more than **1 metre (3 feet) high by 1 metre (3 feet) in diameter** and don't let it get out of hand.
- **Don't burn garbage in your campfire.** The smell is unpleasant for you and your neighbours, and may attract animals to your campsite.
- **Keep all combustible materials**, including flammable liquids, propane cylinders, lighting fluid, etc. **away from the campfire**.
- **Stack extra wood upwind** and away from the campfire so that sparks from the campfire cannot ignite your woodpile. Have sufficient wood on hand to eliminate the need to leave your campsite to restock.
- **Never leave campfires unattended.** Ensure that a **responsible adult is monitoring the campfire at all times**. Supervise children around campfires at all times and never allow horseplay near or involving the campfire, such as jumping over a campfire. Do not allow children to run around near a campfire.
- **Closely supervise children while roasting treats over a campfire.** A flaming marshmallow can easily ignite a child's clothing. A heated metal skewer can be a burn hazard, as well as a puncture hazard.
- **Loose clothing can easily catch fire.** Never reach into a campfire to rearrange pieces of wood.
- **Teach children how to STOP, DROP and ROLL** should their clothing catch on fire.
- Teach children to **cool a burn with cool running water for 3 – 5 minutes**.
- **Keep plenty of water and a shovel around to douse the fire** when you're done. Use caution when applying water to the campfire. Once the water has been applied, stir the dampened coals and douse it again with water. As an added precaution, shovel sand or dirt to cover the dampened coals to smother any remaining embers.
- **As little as 1 second contact with a 70°C (158°F) campfire can cause 3rd degree, full thickness burns.**
- **The average campfire can get as hot as 500°C (932°F) in as little as 3 hrs.**
- **The majority of children are burned the morning after** a fire from coming into contact with **hot ashes or embers**.
- **A campfire left to burn itself out or put out with sand only, was still 100°C (212°F) eight hours later.** The buried coals and embers retain their heat underground like an oven. There is also a risk that the fire may spontaneously re-ignite. A child may mistake the pile of sand or dirt as a sand castle and attempt to play in it. The temperature, less than 10 cm (4") below the surface of the sand or dirt can be as high as 300 °C (572°F).
- **A campfire put out with water is reduced to 50°C (122°F) within 10 minutes of applying the water and reduced to 10°C (50°F) after 8 hrs.** The safest way to extinguish a campfire is with water.

## HYMERS FAIR NEWS

Thank you to everyone who came out to support the Hymers Fair Mother's Day Market!

Are you interested in joining the community, having fun, learning new skills and helping visitors have a wonderful time? Are you a student in need of volunteer hours? Please consider volunteering with the Hymers Agricultural Society.

Many positions are available to suit your interests or try something new!

Folks are needed for Fair Weekend and leading up to it as the grounds are prepared also.

At Hymers Agricultural Society, we value your experience, kindness and knowledge. We are an inclusive community of like-minded individuals that want to highlight the rural lifestyle and all it has to offer. We value our volunteers, and we could not do it without you!

More information is available at [hymersfair.com](http://hymersfair.com). Email [info@hymersfair.com](mailto:info@hymersfair.com) to sign up.

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(from OAFC Spring & Summer Fire Safety Tips with minor refinements for Neebing) submitted by Dale Ashbee

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**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 decided 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 opportunity to have locally organized activities for kids, no need to drive all the way to town!**



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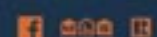
sarahkerton.com

**CHRIS HOULE**

Broker of Record

c. 807.620.9057

chrishoule.com





## 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, MAY 17th**

**Registration 9 am to 11 am**

**Drive-Thru Pick-up**

*The Rural Cupboard Food Bank conveys a special*

**THANK YOU TO.....**

**SHAWN** at No Frills for "saving our bacon with his donation of plastic bags".

**LAURIE MILLINGTON** for arranging Conmee Comedy Night which resulted in an evening of laughter and a donation to the Food Bank

**ERIN LAFOREST** for organizing the O'Connor Community Clothing Give-way that allowed for a clothing exchange and a food or cash donation to the Food Bank

**A reminder of the funding raising Film Festival at Misty Meadows, 1895 Hwy 595, May 13th from 12 to 3 pm**

## RURAL 60 PLUS IS OPEN!

5 Pineview Road, Kakabeka Falls 475-5779,

email rural60@tbaytel.net Website: www.rural60plus.ca

Monday . . . . .	Carving	- 10 to 3	<b>Craft room</b>
	Disking	- 1 to 3	<b>open</b>
Tuesday . . . . .	Weaving	- 10 to 3	<b>Monday to</b>
	Knitting	- 10 to 3	<b>Friday</b>
Wednesday . . . . .	Cribbage	- 1 to 3	<b>10 to 3</b>
	Beginner Carving	- 10 to 3	
	Quilting	- 10 to 3	
Thursday . . . . .	Weaving	- 10 to 3	
	Knitting	- 10 to 3	

**Rural 60 Plus will be holding a Yard Sale on Saturday May 27th from 10 to 1.**

If you are interested in renting a table at a cost of \$15 you can contact Rural 60 Plus at 475-5779 or email at rural60@tbaytel.net.

**Our Annual General Meeting is coming up on Friday June 16th at the Kakabeka Legion**

if any members are interested in running for a seat on the board please email us your name and phone number or put them in an envelope and place it in the slot in the office door or if you want to nominate someone do the same with their name and phone number.

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**




Dolby-15 years young

**WANTED - Dachshunds for a Party!**  
**DACHSHUNDS ON THE DOCK EVENT!**  
Sunday May 28 or July 2, 2023  
12:00 Noon to Sunset, on the dock, Photos  
**B.Y.O.T.**

Bring Your Own "T" (we have hot water)  
Little Trout Bay Conservation Area Dock  
- Neebing, Ontario

# NURSING WEEK

MAY 8 - 14, 2023



**LASTING IMPACT, FORAGING OUR FUTURE**



- BRUSHING, LOT CLEARING, CHIPPING & STUMP GRINDING
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- DRIVEWAY CONSTRUCTION, RENEWAL & RESURFACING
- CULVERT INSTALLATIONS
- DECKS, FENCES & RETAINING WALLS

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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

**New Location in Kakabeka NOW OPEN**

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CONSERVATION AUTHORITY

[www.lakeheadca.com](http://www.lakeheadca.com)

@lakeheadregion / f @



**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!
- OPEN 12 NOON TO 4:30 P.M.
- OPEN EACH WEEKEND FRIDAY, SATURDAY AND SUNDAY



*Chix in the Stix* We All Need Dogs

My daughter has been grooming dogs for about 6 years now and I haven't shared a single dog story yet. It has taken a lot of willpower. Years ago when she started training to be a dog groomer I would pick her up after work and was so excited because I knew that on the drive home I would get to hear all her stories about the dogs she met that day. I've never really considered myself to be a dog person but I am now. You can't help it when you're in the presence of someone who adores dogs and has devoted so much time to understanding them. But it's the stories that steal my heart. Of the senior dogs she has come to know over the years and gives a final groom to. Or the spicy little snappy dudes that she charms and gets to cooperate. The anxious, and misunderstood dogs that she'll sit with on the couch or on the floor for as long as is needed with no expectations other than just being still together. It comes as no surprise that the daughter who herself was never completely understood growing up, who was anxious and often afraid, who had trouble fitting in because she simply saw the world differently, would be the one able to relate to dogs that fit the same description. She instinctively knows what they need and makes the time and space to give it to them. And of course there are the puppies. And the dogs that get the zoomies after their bath. The ones who sit or stand like absolute angels. And the ones who need to know every move you make and are very busy smelling and looking at everything and make grooming a bit of an adventure. And maybe what happens in the salon stays in the salon, but my eyes have been opened to the truth. Not only are dog groomers highly skilled professionals, but it's a very physically demanding job. I was also a bit naiive about the word 'salon'. It's nice to compare it to the 'salon' experience we women (or men) might be used to. And for sure dogs leave looking and feeling like a million bucks and there is an immense amount of love and care and pampering that goes on. There is a nice soak in the tub, maybe some nice oatmeal conditioner, a drink of water, a nibble on some treats, a belly rub. You get your nails done. But there is also stuff that I ain't ever seen in a hooman salon. Dogs sometimes get nervous. Nervous dogs poop. I swear I have never pooped at the beauty salon no matter how nervous I was. I have never peed on the floor either. And I have definitely never expressed my anal glands while having my hair shampooed. Or other dog-like behaviours that are sometimes just all in a days work for a dog groomer. Seriously if you are tipping your hairdresser but not your dog groomer you really should start. Trust me they earn it. But I think it's the dog DADS that charm us the most. There's something endearing about a big strong guy and his dog who is very obviously his fur-baby who he would walk to the ends of the earth for. Who he reserves his special dog-baby voice for. Who has captured his heart and soul probably more than he ever anticipated. And they are the luckiest dogs in the world. They sometimes get packed special lunches and treats for their salon visits - the best cheese, home cooked chicken, dates. I kid you not, some dog owners feed their dogs better meals than I often feed myself! Some dogs get carried in on tiny pillows or in tiny beds. Some arrive with 'mom' human riding in the back seat and them in the front because, you know, they might get car sick. WE LOVE IT ALL. Dog names are also a highlight. I especially love the dogs with human names. I love the Dave's, the Kevin's, the Jim's, the Bruces. This I know. Dogs are the best. Every single one of them. Some days I don't think we deserve them and the unconditional love they give us. And owning a dog can apparently help you live longer. They help with loneliness. They give you companionship and someone to talk to and sit with. They can be lifesavers especially for anyone dealing with depression, grief, anxiety. They can give you a sense of purpose and a reason to get out of bed or off the couch. And you don't even have to be a dog owner to benefit from what they have to offer. Studies show that just petting a dog for ten minutes can reduce stress. That looking into a dog's eyes can increase your oxytocin levels. So you just gotta find a friend with a dog and spend some time with them and you can reap the benefits. And in addition to the Humane Society there are a number of great local rescue organizations that make it easy to find a dog that is just waiting for your love and affection either as a full time owner, a foster owner, or a volunteer. Okay that's my dog speill. Thanks for letting me get that out of my system. Though honestly I probably have enough dog stories to fill a book. And cat stories too for that matter. I'll save those for another time.

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Septic - Snow Removal - Property Maintenance

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**SUB-COMPACT TRACTORS**

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BX23S**

**\$425 PER MONTH FOR 72 MONTHS WITH \$3,578  
DOWN PAYMENT 2.08% EFFECTIVE APR.†**

**READY TO GO TO WORK  
LOADING, MOWING,  
DIGGING AND MORE**

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- KUBOTA DIESEL ENGINE
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[SEE IT IN ACTION](#)

**NEED AN ATTACHMENT? ADD A:**

- |   |   |   |   |
|---|---|---|---|
|  |  |  |  |
| <b>ROTARY TILLER - 50"</b><br>RTR0550<br><b>\$66/MTH*</b>                           | <b>GRAPPLE - 54"</b><br>SCG0554<br><b>\$56/MTH*</b>                                 | <b>MID-MOUNT MOWER - 54"</b><br>RCM54-23BX<br><b>\$43/MTH*</b>                      | <b>SNOW BLOWER - 54"</b><br>K54-22-06<br><b>\$72/MTH*</b>                             |

OR GET THIS ENTIRE BUNDLE FOR

**\$635** /MONTH FOR **72 MONTHS**  
WITH \$5,499 DOWN PAYMENT  
1.38% EFFECTIVE APR†  
Must be included with the purchase of a BX23S



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

Email: [oplibrary@tbaytel.net](mailto: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



**CRIBBAGE**  
 EVERY TUESDAY  
*Beginners Welcome!*  
 1 P.M.  
 ROSSLYN COMMUNITY CENTER  
 3405 ROSSLYN ROAD



Spring  
 is....  
 ...here?

The library will be closed on Victoria Day, Monday May 22nd  
 Through a generous donation from former Murillo resident Doug Ross, a shelving unit at Murillo Library has been dedicated to his parents Grace and Dave Ross!  
 Radon Detector lending will be suspended until November 2023.  
 Use your library card to borrow a tennis racket and ball from Rosslyn Library!  
 Thank you to those who have made and donated teddy bears for the Teddies for Tragedies Program.

**Apply now**  
**Ontario Seniors Dental Care Program**

**Who is eligible?**  
 You may be eligible if you:

- Are 65 or older
- Are a resident of Ontario
- Have an annual net income of \$22,200 or less for a single person or a combined annual net income of \$37,100 or less for a couple
- Have no access to any other form of dental benefits (e.g. private insurance or other government program)

**Where can I get dental care?**  
 Dental care services are provided through Public Health Units and participating Community Health Centres (CHC), Aboriginal Health Access Centres (AHAC), as well as mobile dental clinics in some areas.

**What services are covered?**

- Examinations and assessments
- Preventive services
- Restorative services to repair broken teeth and cavities
- X-rays
- Oral surgery to remove teeth or abnormal tissue
- Anaesthesia
- Endodontic services to treat infection and pain
- Periodontal services to treat gum conditions and diseases.

**What about dentures?**  
 Prosthodontic services, including dentures, will be partially covered. Please speak to your local public health unit for more information.

**How do I apply?**  
 There are several options available for applying for the Ontario Seniors Dental Care Program:


- Apply online at [ontario.ca/SeniorsDental](http://ontario.ca/SeniorsDental)
- Print, fill out, and mail your application
- Visit your local Public Health Unit or participating CHC or AHAC to pick up an application form and/or get support with completing your application

**And if I need help?**  
 If you have any questions about the application process, you can also call 416-916-0204 Toll-Free 1-833-207-4435 TTY 1-800-855-0511

**What happens if I am approved?**  
 Once your application has been approved, you will be mailed a welcome package and a dental card. To receive services, present this card to the Public Health Unit, Community Health Centre, or Aboriginal Health Access Centre providing the service.

You will be notified each year of your eligibility for continued participation in the program, or about how to re-apply to the program if that is required.

To find out if you are eligible, visit [ontario.ca/SeniorsDental](http://ontario.ca/SeniorsDental) or contact your local Public Health Unit.



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 JUNE issue of The Neebing News is MAY 20!!**  
 (BUT early submissions are always very welcome!)  
 Submissions and photos of community events and articles of interest are welcome,  
 and can be sent to Chris Vaclav at [designhouse@tbaytel.net](mailto:designhouse@tbaytel.net) 628-7271

**You are invited to a Meet and Greet with Maxime Bernier**

Back in November Maxime was unable to make it to Thunder Bay due to weather. At that time he promised to make up for having to cancel by coming to Thunder Bay at a later date.  
**Well that day has been set!**

Date: Thursday, May 11, 2023  
 Time: 7-9 pm  
 Where: Rosslyn Community Centre  
 3405 Rosslyn Road,  
 Rosslyn ON P7K 0P7

Mark your calendar and go to <https://www.thepeoplespartyofcanada.ca/events> to find out more and to register.

As seating is limited to 200 so make sure to reserve your place as soon as possible!

**'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.

**RURAL 60 PLUS IS OPEN!**  
 5 Pineview Road, Kakabeka Falls 475-5779,  
 email [rural60@tbaytel.net](mailto:rural60@tbaytel.net) Website: [www.rural60plus.ca](http://www.rural60plus.ca)

Monday	.....Carving	- 10 to 3
	.....Disking	- 1 to 3
Tuesday	.....Weaving	- 10 to 3
	.....Knitting	- 10 to 3
Wednesday	Cribbage	- 1 to 3
	Beginner Carving	- 10 to 3
	Quilting	- 10 to 3
Thursday	.....Weaving	- 10 to 3
	Knitting	- 10 to 3

Craft room open Monday to Friday 10 to 3

**Rural 60 Plus will be holding a Yard Sale on Saturday May 27th from 10 to 1.**

If you are interested in renting a table at a cost of \$15 you can contact Rural 60 Plus at 475-5779 or email at [rural60@tbaytel.net](mailto:rural60@tbaytel.net).

**Our Annual General Meeting is coming up on Friday June 16th at the Kakabeka Legion**

if any members are interested in running for a seat on the board please email us your name and phone number or put them in an envelope and place it in the slot in the office door or if you want to nominate someone do the same with their name and phone number.

**Kakabeka Legion Events**



Friday May 5th	Dance with Quest 7-10pm
Saturday May 13th	Exec/Gen mtg 2:30/3pm
Sunday May 14th	Mother's Day Buffet Breakfast 8:30-12pm
Friday May 19	Rural 60+ luncheon 12-1pm
Saturday May 20	Dance with Quest 7-10pm
Sunday May 21	Jam Session 7-9:30pm
Sunday May 28	Music - Butch's Country Classics 2-4pm

As always, check the hotline 473-9122 for any changes.



- WETT Inspections and Certified Chimney Sweeps
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# RURAL BUSINESS SERVICES DIRECTORY

## AUTO REPAIR

**Charlie's Auto**  
Automotive Service Technician, Charles Clair  
953 Candy Mountain Dr., 473-5456 708-5536  
**CATERING, HALL RENTALS & MEETINGS**  
**Blake Community Hall -**  
**71 Blake Hall Road. Call the Municipal**  
**Office for reservations: 473-5331 or email**  
**neebing@neebing.org**

**FOUNDERS PIONEER VILLAGE**  
3190 Hwy 61 at Gillespie Rd, Slate River, On  
807 475 7424 opmuse2@tbaytel.net

## DOG GROOMING

**Slate River Dog Grooming**  
All breeds and sizes.  
HWY 61, Neebing. Find us on Facebook.  
475-9629.

## EXCAVATING & EQUIPMENT RENTALS:

**Pete's Backhoe Service Ltd.**  
52 Haniak Rd, Rosslyn  
Ph 939-1014, Email office@petesbackhoe.com  
Dump Trucks, Excavation, Lot Development

## ELECTRICAL

**5 Star Electric (Thunder Bay) Inc.**  
Residential, Commercial & Industrial.  
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## FEED & FERTILIZER

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cals, building supplies, hardware, feed, poultry chicks, garden products

## GENERAL CONTRACTORS

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## INCOME TAX PREPARATION

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**Barb McEwen, Sales Rep.**  
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**Kelsey Belluz, Broker at Re/Max Generations**  
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kelsey@belluz.com

## REGISTERED ACUPUNCTURIST

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Pain relief, restore mobility, fire cupping, direct  
billing and online booking.  
www.neebingacupuncture.com

## SEPTIC SYSTEMS INSTALLS:

**Pete's Backhoe Service Ltd.**  
52 Haniak Rd, Rosslyn  
Ph 939-1014, Email office@petesbackhoe.com  
Licensed Septic Installers

## TIRE SHOP

**Pro-Tec Tire Centre**  
3129 West Arthur Street, Husky Truck Stop  
Tire Shop: 939-2581 Office: 939-2572  
Fax 939-1171

## TRUCK CAR STOP & RESTAURANT

**Santorelli's 24 Hr. Husky Truck Stop**  
3131 West Arthur Street  
(near Twin City Crossroads)  
Gas Bar: 939-2619/Fax: 939-2060/Office: 939-2572

## UPHOLSTERY and REPAIR/RESTORATION

**Monteith Upholstery**  
Specializing in Furniture, ATV/Snowmobile seats, Automotive, Custom outdoor covers (i.e. patio furniture, A/C units, etc...) and restoration projects. 16 Carlson Rd N, Neebing Phone: 631-4672  
Email: monteithupholstery@gmail.com  
Website: monteithupholstery.com  
Facebook: monteith upholstery and restoration

## WATER TREATMENT

Authorized Purifier dealer for N.W.O.,  
Water treatment specialists  
**Brad's Water Treatment 577-0462**

## WELL SERVICES/PUMPS

**Kershaw Well Services**  
350 Blindline Road, Rosslyn, ON P7K 0R7  
Phone 939-2166 Fax 939-2167



# Lakehead Region Conservation Authority

submitted by LRCA Staff

Spring is upon us which means that people will be out visiting our Conservation Areas and enjoying the great outdoors once again! We would like to remind visitors that all dogs must be kept on-leash, and that mountain bikes are not permitted on our trails. If you visit frequently, consider purchasing an Explore Card Parking Pass for \$40.00 +HST to forgo the mandatory \$5.00 per vehicle parking fee for one calendar year. If you visit us more than eight times, the pass will pay for itself. Visit our webstore at [www.store.lakeheadca.com](http://www.store.lakeheadca.com) to purchase your Explore Card Parking Pass. The LRCA has several exciting public events scheduled throughout 2023, including Hazelwood Lake

Family Fun Day on Sunday, July 23, Silver Harbour Day on Saturday, August 26, and our popular Watershed Explorer guided hike programs. Visit our website, follow us on social media and sign up for our e-newsletter for up-to-date events information. Please note that some workshops and guided hikes require pre-registration, and space is limited. Visit our webstore to register.

The mid-April snow survey measurements remain above average for this time of year (1974 to 2022). Measurements taken on April 17, 2023 recorded between 15-36 centimetres of snow, compared to the average of 7-27 centimetres; water content measured between 68 - 131 millimetres of equivalent water content, compared to the average for the same period of 21 - 85 millimetres. The previous record was set in 2022 with 64-107 centimetres snow depth and 220 to 325 millimetres water content measured for the same time period.

**TAKE OFF POUNDS SENSIBLY**

TOPS can help you reach your weight-loss goals by providing you the support, tools, and accountability needed to be successful.

**First meeting is FREE.**

<p><b>TUESDAY 5</b> <b>10:00 AM</b></p> <p>Baptist Community Church Corner Mudlake &amp; Oliver Rds. Murillo CONTACT 807-577-5924</p>	<p><b>TUESDAY 5</b> <b>5:30 PM</b></p> <p>Blake Community Hall 71 Blake Hall Road Neebing CONTACT 807-577-5924</p>
<p><b>WEDNESDAY 5</b> <b>6:30 PM</b></p> <p>O'Connor Community Center 344 Hwy 595 O'Connor CONTACT 807-577-5924</p>	<p><b>TUESDAY 5</b> <b>10:15 AM</b></p> <p>Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924</p>

**Tree Services Include:**

- \*Tree Pruning \* Tree Removal
- \* Hydro Line Pruning & Clearing (Private Lines)
- \* Hazardous Limbs/Trees
- \* Storm Cleanup
- \* Tree Support Systems
- \* Tree Planting & Transplanting
- \* \*Rough Cut Lumber – Mobile Sawmill

**\*EXPERIENCED & INSURED SERVICES**

**For a free estimate please call, text or email:**

Grant: (807)-630-5359 Email: woodsmillertree@gmail.com  
Find us on Facebook @ WOODS MILLER TREE WORKS  
Website: woodsmillertreeworks.ca

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**to work on your own**  
**pump, waterline, and filters!**

- filters
- softeners
- UV sterilizers
- media
- uv bulbs
- cartridges
- salt
- submersible pumps

- jet pumps
- sump pumps
- effluent pumps
- fittings
- pipe
- wire

**...and more!**

**8am-5pm Weekdays**  
**707-7000**

**176 Clavet Street**  
**www.mjws.ca**

**Rural Family Centre**

**Early ON**

Child and 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: ruralfrfc@tbaytel.net or  
Private FB message us or  
Call: 935-3009

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



**Neebing Fire/Rescue Association  
NFRA News**

Respectfully submitted: Joy Harris, President NFRA



**DRAW #2 – WILL THE WINNER BE YOU?**

**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. The odds are always in your favour! (Seriously, have you seen the great odds in this draw?)



**Draw #1 raised well over \$6000 in support of Neebing Emergency Service**



**SCAN THIS QR CODE** to purchase your tickets today right from our website.

Good Luck!



(neebingfirerescueassociation.com/events/draw)

**Chaschuk Enterprises** has once again stepped forward to help our community!



**[NFRA is working on a new FIREWOOD RAFFLE!! ]**

Details will be released as soon as we are able!

**As of April 1st, Burning Permits are required for all open air burning in Neebing.**

Permits are available online at [www.neebing.org](http://www.neebing.org) Get yours now.



We'd like to send a big SHOUT OUT to all residents who are bagging their pop can and beer can donations separately for our collection bins at the landfills!

**THANK YOU SO MUCH!**

When our members get together to do a 'Sort', the bagged items make it SO MUCH EASIER and FASTER for us to do the work. We have a lot of sorting ahead of us as Kris has collected a mountain of recycling over the winter months, but the efforts are very worth it. Your contributions of pop and beer cans often generate a few thousand dollars that we use to support NES

**THANK YOU, THANK YOU, THANK YOU!**

**Be safe, be well and be kind.**



**The Rural Pharmacist: Where Have You Been Getting Your "Specialty" Medication?**

by Devon Myers, Pharmacist/Owner of Evergreen Pharmacies

Welcome back to this edition of The Rural Pharmacist! This month I wanted to touch on a topic that was previously covered by Henry last year. Or maybe it was the year prior. I'll be completely honest, the past 2-3 years in healthcare have been a bit of a blur.

The return of in-person events, such as sports and entertainment (\*cough\* go Leafs go) at full capacity have been relatively recent. I mention this because in April we attended a nationwide pharmacy conference in Toronto that addressed our profession's continued utilization and growth within the ever-changing healthcare landscape. Nothing could be more exciting for our profession; our skillsets are being recognized and worked into rotation.

It was a great opportunity to hear from leaders in our industry as well as from independent pharmacists and owners, both big and small. How are you helping your patients? What is working at your store? What obstacles have you encountered and how have you overcome them? Every coffee break began feeling like a miniature interview.

One common concern that kept getting brought up in discussion was the increase of "specialty pharmacies". Fancy name. These pharmacies work something like this: a pharmacy or drug company will approach a prescriber and convince them that they are the only experts on medication X. Considering this and, in an honest attempt to help their patient, a prescriber will send a prescription to a designated pharmacy that is often located in another city. This regularly happens without consult with a patient's pharmacist.

As a result, these "specialty pharmacies" circumvent the pharmacist-patient relationship that already exists between the patient and their regular, local pharmacy team.

There are several issues that can arise from this model of patient care. To start with the obvious, specialty pharmacies rarely see the whole picture. This ranges from the relationships you have in your community

all the way to the medications you take and how they interact with each other. And it goes both ways.

We found that a lot of pharmacists only learn about the "specialty" medication during a medication review or at a hospital discharge. Nobody is really benefitting when a medication profile is spread across multiple stores. It can be unorganized, inefficient, and downright unsafe. For example, when pharmacies are asked to send medication lists to hospitals or long-term care homes on behalf of their patients, it is paramount that these lists are up to date. When medications are dispensed across multiple stores things can get missed. It happens.

The reality is your regular pharmacy team is properly trained and better positioned to collaborate with the rest of your healthcare team.

Another issue with specialty pharmacies is the delivery of medications. From my own experience, some of these pharmacies will send packages directly to a patient's house only to drop off the package in an unsecure location and regardless of the weather. We do live in Northwestern Ontario. Just this past winter one of our patients returned home from a day at work only to see that their medication had been left outside in minus 30 weather. Doesn't that make you feel ... special?

One of our other patients used to drive to the Thunder Bay airport to pick up medications. They were deemed to live too far for medication delivery. Therefore, they had to drive into the city themselves and in doing so, pass their regular pharmacy along the way. So long convenience factor.

Another tactic specialty pharmacies will employ is the promise for regular follow-up regarding their medications. From my experience, this rarely happens. Maybe it starts off as a regular incentive, but it soon falls off.

To be fair, there are some medications that cannot be filled at your regular pharmacy. This can happen for a variety of reasons. For example, compassionate care medications that

must be acquired through specific programs. However, the purpose of this article is to educate our patients and to inform them that they often have a choice.

It was enlightening to learn that several other local pharmacies were struggling with this issue across the province. The solution is simple: if you have any questions as to whether you can have a medication filled with our pharmacies, please ask. We strongly believe that the consolidation of medications at one pharmacy is the safest and most effective way to manage a medication profile.

GILLIES COMMUNITY CENTRE		may events	
MAY 7	<b>Swap 'N' Sale</b> 10:00am - 3:00pm Trade or sell children's clothing, toys & books \$5 vendor table, swap & FREE! More details to come!	<b>MONDAY EVENINGS GENTLE FLOW YOGA</b> 4 week gentle flow yoga series May 8 & 15 6:25-7:25pm 7:30am - 8:30am Subsidized for seniors \$5 "drop-in option" Register at <a href="https://www.gilliescc.com">www.gilliescc.com</a>	
MAY 12	<b>Waldorf Play Group</b> 10:00am - 12:30pm Please bring a fruit for snack time Email: <a href="mailto:info@waldorfbay.com">info@waldorfbay.com</a> Website: <a href="http://www.waldorfbay.com">www.waldorfbay.com</a>	<b>TUESDAY MORNINGS PLAYGROUP</b> Join us for FREE playgroup 9:30am - 10:30pm Ages 0-4 accompanied by a parent Follow the Facebook Group for updates!	
MAY 13	<b>Potluck Lunch &amp; Film Screening</b> 12:00pm - 1:00pm 100% of proceeds Contact: <a href="mailto:info@neebingfire.com">info@neebingfire.com</a>		
MAY 14	<b>Muffins &amp; Mom-osas</b> 9:00am - 10:30pm Please bring a fruit for snack time Includes muffin, tea, fruit, coffee or juice Cash Mom-osa bar available		
MAY 27 & 28	<b>Book Swap</b> 10:00am - 4:00pm daily 100% of proceeds Donations encouraged for this FREE event All proceeds directly support the GCC	<b>Like</b> LINE US & FOLLOW ALONG ON OUR FACEBOOK PAGE <b>GILLIES COMMUNITY CENTRE</b>	
JUNE 10	<b>SAVE THE DATE</b> SocSci's Garage 2nd Dance Party with DJ Mike 8pm - 12am More information to come		

[gilliescommunitycentre@gmail.com](mailto:gilliescommunitycentre@gmail.com)  
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