



# The Neebing News

Volume Eighteen, Number Seven

JULY 2023

## Neebing Recreation Committee

The Neebing Recreation committee's next event will be hosting Canada Day celebrations.

This event will be held on Saturday July 1 at the Neebing Municipal Office grounds from noon to 3.

Opening remarks and welcoming ceremony will be conducted by members of Council and Cindy Crowe.

There will be a BBQ starting at noon. For \$5. you can get either a hamburger OR hot dog complete with chips and a beverage.

Entertainment will begin at noon. Returning this year will be "Mink Mountain Revue".

"Don't forget the Trash or Treasure Sale at the Canada Day celebration!"

Susan will be bringing her petting zoo and Kayla will be back with her bunnies.

A poster contest for the kids will be judged for prizes. Bring your finished poster or make one at the event. There will also be a scavenger hunt and guess the jelly beans contest for the kids. More prizes!

Attendance prizes and freezies for the kids will happen at 3 pm.

Best of all we will have a Canada Day cake for all to enjoy.

Come out and visit with your family, friends and neighbours and enjoy this special day. Bring your lawn chair so you can sit and enjoy the entertainment.



## 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 p.m. 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).

HARVEST DINNER - October 7 - More information to follow in September.

BREAKFAST WITH SANTA in December - More information to follow.

Request for donations of new or gently used footwear to contribute to the national goal of 250,000 pairs for the Soles4Souls campaign.

A box will be available at the Canada Day Event for anyone willing to do so to donate new or gently used shoes for this endeavour. Any kind of footwear except skates and winter boots please. High heeled shoes are greatly in demand. Many of the donated shoes will be kept in Thunder Bay and donated to local people in need. The rest will be sent to Honduras, Haiti, the Philippines and the Dominican Republic. Thank you in advance.

## HIGHWAY 61 CONSTRUCTION

**NOISE:** LH North has issued a noise advisory.

Beginning July 5, 2023, rock blasting near Little Trout Bay Road at Highway 61 will be happening with multiple blasts scheduled over several weeks taking place.

**TRAFFIC DELAYS:**

Construction has begun! Traffic delays are expected in both directions. Plan your trip accordingly, and PLEASE slow down in construction zones and keep the workers safe.

**Remember: Speed fines double in construction zones.**

**Fire Wood Raffle**  
In support of Neebing Fire/Rescue Association

**NFRA**

Neebing Fire/Rescue Association - 4766 Hwy. 61, Neebing, ON P7L 0B5

**1st PRIZE**  
6 full cords of birch firewood that will be cut, split and delivered to within 30 km radius of 360 Barrie Dr., Slate River, ON  
Wood and Services donated 100% by Chaschuk Enterprises Ltd- Value \$2,324.00 plus HST

**2nd PRIZE**  
4 full cords of birch firewood that will be cut, split and delivered to within 30 km radius of 360 Barrie Dr., Slate River, ON  
Wood and Services donated 100% by Chaschuk Enterprises Ltd- Value \$1,666.00 plus HST

Draw Date: Wednesday, September 27, 2023 - 1:00 p.m.  
Draw Location: Neebing Municipal Complex, 4766 Hwy 61, Neebing, ON  
Ticket price: \$10.00 or 3 /\$25.00 Licence #: 690544  
Tickets cannot be purchased by, for or on behalf of persons under the age of 18  
Prize awarded as stated. No cash value.

Tickets are always available at Neebing Municipal Office 4766 Hwy 61 and Chaschuk Enterprises 36 Barrie Dr.

**Northwest Region**

**Northeast Region**

**Outside Fire Region**

**French and Mattawa Rivers**

Call 310-FIRE (310-3473)

Call 911

**REPORT FOREST FIRES**



## Upcoming Roads Projects

There are three types of roads projects: large projects, maintenance projects and emergency repairs. Planning for large projects usually begins years ahead of time and involves a determination for how to pay for the work. Large projects are listed in the capital plan, which is reviewed each year by Council. The project list from the latest version of the plan is shown below. The capital plan, which is updated every year, is used when creating the annual Municipal Budget and the project list can change. Maintenance projects are funded by Municipal taxpayers, and these projects include maintaining and repairing road surfaces and shoulders (patching, gravel, ditching, culvert replacement, dust control etc.). Emergency repairs are completed as needed after an event occurs, such as repairs required after a flood.

In 2023 the large projects are to replace two bridges, one on Farm Road and one on Pardee Road. Maintenance projects in 2023 include work on roads in Pearson and Pardee with several culvert replacements planned. Regular maintenance of the road surface is ongoing and if you notice a problem with the roads surface, please give the office a call and we can let the Roads Crew know about the issue.

## Road Work from Capital Plan

Year	Project
Moved to 2024	Gravel lift on Larson and Cloud Lake Road
2024	Renew Chipseal surface on Cloud Lake Road, Cloud Bay Road, Jervis Bay Road and Mink Mountain Road
2024	Resurface Old Border Road with Gravel
2025	Renew Chipseal on East Oliver Road and East and West Boundary Drive
2026	Renew Chipseal on Memory Road
2026	Gravel lift on Mannisto Road and Valley East
2027	Renew Chipseal on McClusky and Copper Cliff,
2028	Matson Road gravel surface renewal
2025, 2027, 2028, 2029, 2030, 2031	Gravel road renewals (roads to be determined based on condition)
2032	Sturgeon Bay chipseal resurface

In addition to listing roadwork projects, the capital plan shows scheduled fleet replacements, land and facility upgrades and more. This planning document helps the Municipality identify and alleviate future financial pinch points and helps ensure the best use of tax dollars.

## Coming in July!!! On-Site Food Waste Diversion Pilot Project

The Municipality of Neebing is once again partnering with Ottawa based company, Food Cycle Science to pilot an on-site food waste diversion solution that will reduce the amount of food waste headed to the landfills.

Neebing will provide FoodCycler machines at a subsidized price for residents to test in their homes over a 12-week period. Each resident will track the amount of food waste they have diverted throughout the pilot duration to estimate the total impact of the pilot program. The FoodCycler now comes in two sizes, 2.5 litres and 5 liters. **Registration to participate in the program will begin mid-July.** Residents will be able to choose which size they want at the time of registration. **Watch our website and Facebook page for details.** For information on the FoodCycler and the pilot program, visit [www.neebing.org/foodcycler](http://www.neebing.org/foodcycler).

For any questions, please contact the Clerk-Treasurer at (807) 474-5331 or [clerk@neebling.org](mailto:clerk@neebling.org).

### Why you should participate in the program?

Food waste is responsible for up to 10% of global greenhouse gas emissions and 47% of food waste comes from households. By reducing your food waste by 90%, you can lower your household garbage output by up to 50% and reduce your carbon footprint.



## Coming January 2024 New Landfill Punch Cards

Neebing Council has passed a new by-law that will come into effect on January 1, 2024. The effect of the by-law is that punch cards will replace the current bag tag system. Permanent residents will still be allowed 100 bags and seasonal residents will be allowed 50 bags. However, free tags will no longer be provided in exchange for bags of recycling. Watch for details on distribution of the punch cards in the Neebing News, Facebook and the website over the coming months.

Emergency preparedness starts with you  
**be prepared**

 **make a plan**    **build a kit**    **stay informed**

[ontario.ca/beprepared](http://ontario.ca/beprepared) 

**EMERGENCY TEXT ALERT SERVICE  
for Neebing Residents**

Sign up for Neebing's Emergency Text Alert Service. This text alert service is used to notify our residents **via text message** of immediate dangers or emergencies occurring in our community such as evacuations, road closures, forest fires and other hazards. Sign up is free but you must have a smartphone equipped to receive text messages to use this service as it does not work on land lines.

Sign up at [neebling.org/textalerts](http://neebling.org/textalerts) or send us your name, Neebing address, and your text-enabled cell phone number including area code to [neebling@neebling.org](mailto:neebling@neebling.org) or call us at 474-5331. Your personal information is kept strictly confidential.

## Contact Us - Municipality of Neebing

**Complaints, Concerns, or Questions:** Want action on a problem? Want answers to your Municipal questions? Get accurate information right from the source: [www.neebing.org](http://www.neebing.org) or call the office at 807-474-5331. Report your concern, voice your complaint, or get answers to your Municipal questions with the click of a mouse or a phone call.

**Emergency Road Condition Reporting:** If you encounter an emergency road condition such as a washout, a sinkhole, etc., please call the Municipal Office direct 474-5331 even if you are calling outside of regular office hours (Mon - Fri 9am - 5pm). Leave us a detailed voice message as the municipal voicemail is monitored to help us act quickly when such emergency issues occur.

Municipal complaints or concerns posted on social media forums or website pages not maintained by the Municipality are not monitored or recorded. Please, contact the Municipal Office direct - we are here to help!





MUNICIPALITY OF NEEBING  
ON-SITE FOOD WASTE DIVERSION PILOT



## FoodCycler™

THE IN-HOME FOOD WASTE DIVERSION SOLUTION

Join your municipality in tackling food waste by piloting FoodCycler™ technology in your home. Support your municipality by testing this innovative technology!



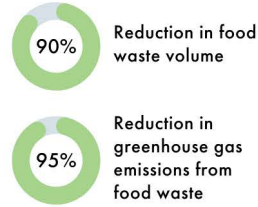
### Why should I participate?

Did you know that up to 50% of household waste is composed of food waste? By helping your municipality address food waste, you are supporting your community's environmental initiatives, while reducing your carbon footprint.

### What is required of me?

Not much! Purchase a FoodCycler™ from your municipality at a subsidized cost, track your use once a week for a period of 12 weeks and then answer a brief exit survey.

#### FOODCYCLER OFFERS:



### Pilot Project Timeline

SEPTEMBER - NOVEMBER 2023 (12 WEEKS)



#### PURCHASE YOUR UNIT

FoodCycler™ FC-30: \$150 CAD (+HST)  
FoodCycler™ Maestro: \$300 CAD (+HST)



#### PILOT DURATION

Divert your food waste using the FoodCycler™ for a period of 12 weeks. Track the amount of waste you divert with a tracking sheet (to be provided to you by the municipality).



#### END DATE

Fill out a closing survey (to be provided by the municipality) about your experience using the FoodCycler™. Once complete, the FoodCycler™ is yours to keep!

#### FOODCYCLER IS:



#### ENERGY EFFICIENT

Only ~\$2 in energy costs every month!



#### ODOURLESS

Carbon filtration controls odours!



#### EASY TO USE

Just press Start!

FOR MORE INFORMATION PLEASE CONTACT:

ERIKA KROMM | CLERK@NEEBING.COM

## What's Been Happening at Council Meetings?

Since the June edition, there have been two regular meetings of Council on June 7 and 21, 2023.

At the regular Council meeting on June 7th the following matters were considered:

- Council heard a deputation from Food Cycle Science about a proposed second pilot program in Neebing.
- Council passed a municipal flag policy.
- Council reviewed a revised draft of the Landfill By-law which will change the bag tag system to a punch card system.
- Council reviewed proposed renovations for Blake Hall.
- Council approved an updated Discover Neebing Brochure.
- Council reviewed the Neebing/Gillies boundary road agreement.

At the regular Council meeting on June 21st, the following matters were considered:

- Council accepted the proposal from Food Cycle Science to participate in a second pilot program.
- Council approved the tax bill inserts.
- Council reviewed requests for school bus ahead signs.
- Council reviewed options for branded merchandise.
- Council approved a sponsorship for the Rural Heritage Agricultural Society.
- Council scheduled a Special Meeting for June 28, 2023 at 5:30 at the Blake Hall.

- Council passed a by-law to regulate landfill sites which will come into effect on January 1, 2024.
- Council passed a by-law to approve the Emergency Response Plan and Program.

The next Council meetings will be held on July 19 and August 16, 2023. Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month. However, in the summer only one meeting is scheduled 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.**

# SUMMER!

On Monday June 12 approx 45 grade 6, 7 and 8 students from Valley Central Public School spent the afternoon at the Stanley Cemetery. This has become an annual event, of cleaning off Veteran's headstones of what Mother Nature throws at them over time. Once the Veteran's areas were completed, the students went over to the west side of the cemetery and did a great job cleaning up of most of the other headstones, removing grime, sand, dirt and other organic matter from the headstones and the immediate area.

Special thanks to the members of the 18 (Thunder Bay) Service Battalion Senate for organizing this event again this year - and thanks to the Kakabeka Legion for putting together an awesome lunch of Hotdogs and Hamburgers for all of the participants. The Northwestern Ontario Military and Police Museum even brought over a 1954 M37 3/4 ton SMP truck which the students had the ability to check out first hand. Several members of the Senate, and the Legion who were present - not only drove those vehicles when they served, but even one of them regularly was responsible for fixing them up when they weren't working just right. The students had a lot of great questions about the military, and military life which were deftly handled by the Members of the Senate, and Legion Members who attended



## Hymers Fair News

by Wendy Wright

Just a couple of months to go before Hymers Fall Fair!! Are your entries planted? Have you started your other home-craft exhibits?

The Board is getting excited to host another well attended weekend however we still need more volunteers to pull it off!

Do you have a few hours or more to spend with us that weekend? Please contact: [hymersagsociety@gmail.com](mailto:hymersagsociety@gmail.com) for more information and to sign up

The Ontario Association of Agricultural Societies is presenting a Special Agricultural Judging School on Grains, Forage Grasses, Flowers, and Vegetables. One day only, July 8, 2023, 8am – 5 pm in Thunder Bay.

To register, phone or text 807-620-9158

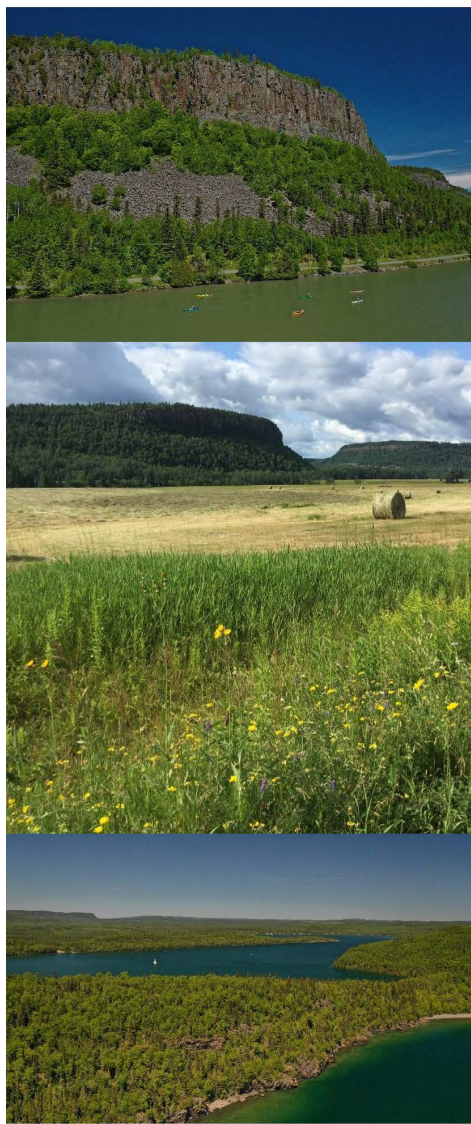


## KB Legion and KP Park Team up for fun run on Healthy Parks, Healthy People Day July 21, 2023

July 21 marks the annual Healthy Parks, Healthy People event in Ontario Parks. This year - the Kakabeka Legion and the Kakabeka Provincial Park will be putting on a 5 K fun run for all ages, and all abilities in the Park. The 5 K course will run over part of the same course as the Kakabeka Half and Full Marathon. Come run/ jog, or walk along the Poplar Point Trail on Friday July 21 starting at 1 pm. Unlike most fun runs, strollers and pets, on leashes of course, are more than welcome to participate.

The course starts at the top of the Big Hill in the Park - just before the entrance to the Electrical Sites and then progresses through the Poplar Point Trail and then down to the Falls where the finish line awaits. As it is Healthy Parks, Healthy People day - all parking in the Park is free -- so your only cost is the registration fee of just \$10. Once you are done then you can check out all the other cool activity going on that day in the Park

Registration will be open soon - just check out our Facebook page "Kak-abeka Falls Legion Half Marathon" for updates and a soon-to-becoming registration link



### 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 Neebing area, such as:

Slate River Dairy  
The Bakeshop on Boundary  
Mink Mountain Resort  
Niibing 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

[development@neebing.org](mailto:development@neebing.org)



SCIENCE NORTH SCIENCE NORD  
OUTREACH

**IMAGINEERING**

Test your imagineering skills with Science North's exciting hands-on and interactive stations! Visitors will use the engineering method to brainstorm, design, and test various engineering and architecture challenges!

From building and testing your very own race car and marble tracks to learning about electricity by building circuits, this event is sure to engage future engineers of all ages!

Drop-in on Thursday July 13<sup>th</sup>  
Free event for families!

**1:00 - 4:00**

**Rossllyn Library - sponsored by Sandy Vibert**

**PLEASE  
FLATTEN BOXES**

## 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.**

**OUR RECYCLING PROGRAM HAS GROWN!**

**1** PETE  
polyethylene terephthalate  
soft drink bottles, mineral water, fruit juice container, cooking oil

**2** HDPE  
high-density polyethylene  
milk jugs, cleaning agents, laundry detergents, bleaching agents, shampoo bottles, washing and shower soaps

**3** PVC  
polyvinyl chloride  
trays for sweets, fruit, plastic packing (bubble foil) and food foils to wrap the foodstuff

**4** LDPE  
low-density polyethylene  
crushed bottles, shopping bags, highly-resistant sacks and most of the wrappings

**5** PP  
polypropylene  
furniture, consumers, luggage, toys as well as bumpers, lining and external borders of the cars

**6** PS  
polystyrene  
toys, hard packing, refrigerator trays, cosmetic bags, costume jewellery, CD cases, vending cups

**7** OTHER  
other plastics, including acrylic, polycarbonate, polyactic fibers, nylon, fiberglass

## 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  
blake@neebing.org  
crooks@neebing.org  
pardee@neebing.org  
pearson@neebing.org  
scoble@neebing.org  
councilatlarge@neebing.org



## New Name—Same Great Place!

Oliver Paipoonge Heritage Park is opened for the season each weekend from noon to 4:30 p.m. Pack yourself a picnic lunch and enjoy the view of the Nor'Westers or just relax in the country atmosphere. Visit the Duke Hunt Museum, The Village and Russ's Garage. Oliver Paipoonge Heritage Park accepts cash only. Watch for upcoming special events.

**May & June—Friday-Sunday**  
**July & August—Thursday-Sunday**  
**September-Saturday & Sunday**  
**Noon—4:30pm**

Admission--\$5.00, ages 12 and under FREE! Donations in excess of the admission fee are greatly appreciated. To book a family reunion, birthday party, photo shoots, work or church group picnic or other event of your choice, contact Jean at [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net) or phone 807 475 7424

## SUMMER PICNIC AT Oliver Paipoonge Heritage Park

Make your family, business or church summer picnic a special one at Oliver Paipoonge Heritage Park. For more info please call Jean Mayo at 807 620 3636 or email [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net).

## OLIVER PAIPOONGE HERITAGE PARK EVENTS

- **July 8**--Classic Day, Strait Up Band at Paterson Pavilion, craft vendors & Food on site
- **July 15**--Family Day, Pat Cupp & Diane Wolframe at the Paterson Pavilion, family games and kid's crafts
- **July 16**—Church Service at our own church. Everyone welcome.
- **July 21, 22, 23**-- Antique Tractor display
- **July 22**--Mink Mountain Band at the Paterson Pavilion
- **July 22,23**--Kid's Art Classes with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 - 14
- **July 29**—Butch's Country Classics at Paterson Pavilion
- **Aug 5**—The BOONDOCKS at Paterson Pavilion
- **Aug 12**—Kid's Day, crafts and games, Rodney Brown on Paterson Pavilion
- **Aug 19**—Jane Austin Society English Country Dance at the Paterson Pavilion
- **Aug 26**—Craft Vendors on site
- **Aug 26, 27** Kid's Art Class with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 - 14
- **Sept 16**—Tail Gate Sale, Car Swap Meet, Richard Veurink at the Pavilion
- **Sept 17**—Tail Gate Sale, Car Swap Meet, Racers Memorial Day, BOONDOCKS at Paterson Pavilion
- **Sept 23**—Closing weekend, Road Worn Chaps at the Paterson Pavilion
- **Sept 24**—Closing weekend, Volunteer Appreciation Day, Butch's Country Classics at the Paterson Pavilion

For more info, please phone 807-475-7424 or email [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net)  
**Admission is \$5, 12 and under FREE! Please pay at the Train Station. We are a cash-only facility.**

## “Memoirs of Fred Goodfellow”

*This article will be a monthly presentation of the writings of Fred Goodfellow, founder of the Oliver/Paipoonge Heritage Park, formerly Founders Museum and Pioneer Village.*

Items from the 1972 Thesis written by Fred Goodfellow, founder of the OP Heritage Park,

### THE PROBLEM

*Written by Fred Goodfellow*  
 Preface: by Fred Goodfellow

My problem is an adult one since this age group calls the plays. The serious lack of sensitivity by parents and educators to the tremendous potential of museums for a teaching tool, has given this writer cause for great concern!

“During the last decade the museum has rallied all its powers to overcome the lethargy of the public towards first hand knowledge of art and science.

Without adult interest and participation, collections do not take place and just as the setting sun darkens our environment so do our pictures of the past dim as items become more scarce and more expensive.

Due to the absence of a museum depot, older people wishing to make bequests have no place to dispose of their historical items, and these valuable artefacts are often lost forever. Children pass through school with little insight of their past heritage. “our great metropolitan museums have educational offerings to make that can only be conveyed to their proper recipients, the general public through the ingenuity and energy of every group enlisted with the task of adult education.

I shall attempt in the following pages to reverse this situation by showing the many and varied educational services which can be provided by an effective museum establishment with an attendant intellectual growth within the viewer, of appreciation, awareness, and understanding for our founding fathers. The word “antiques” will be used periodically in order to maintain your interest in search for pieces of eight which I prefer to call knowledge. I intend to lead you along the path to learning as any good museum should do!

*By Fred Goodfellow 1972*

*Continued in the next issue. Submitted by Lois Garrity, Curator*

It's not too late to start planning  
**your roofing project!**

Start off  
 with a  
 Quote:  
**475-5190**

Proud to be the largest  
 distributor for Ideal Roofing  
 in Northwestern Ontario!



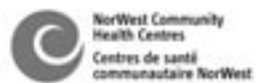
Fencing & Gating • Seed • Fertilizers  
 Pet & Livestock Supplies • Water Supplies

Located just off Hwy 61  
 560 Boundary Drive,  
 Slate River, ON P7J 0A5  
[tbcoop@tbaytel.net](mailto:tbcoop@tbaytel.net)  
[www.tbco-op.com](http://www.tbco-op.com)

CONNECT WITH US:

**(807) 475-5190**

## JULY 2023



MON	TUE	WED	THU	FRI
3 CLOSED FOR CANADA DAY	4	5 Diabetes Education	6 Lifelabs	7
10	11 Fly the C.O.O.P Walking Group 10am-11am	12	13 Lifelabs Mobile Clinic - Upsala 10am-3:30pm	14 Diabetes Education
17 Mobile Clinic - Armstrong 1pm-6pm	18 Fly the C.O.O.P Walking Group 10am-11am Mobile Clinic - Armstrong 8:30am-11am	19	20 Lifelabs	21
24	25 Fly the C.O.O.P Walking Group 10am-11am Dietitian	26 Mobile Clinic - Upsala 10am-3:30pm	27 Lifelabs	28
31	Please call to book an appointment for: - Diabetes Education - Lifelabs - Dietitian			

**Kakabeka Site**  
 4785 ON-11 Unit B,  
 Kakabeka Falls,  
 ON P0T 1W0  
 (807) 473-5528

**Thunder Bay Site**  
 525 Simpson Street  
 Thunder Bay, ON P7C 3J6  
 (807) 622-8235

**PROGRAM INFO.**  
 Fly the C.O.O.P Walking Group  
 Meets outside of the Kakabeka site  
 Call Shaun at (807) 473-5528 ext.1 to register for all programs

**Follow us!**  
 NorWest Community Health Centres - Kakabeka Falls Clinic  
[www.norwestchc.org](http://www.norwestchc.org)



### Tree Services Include:

- \* Tree Pruning
- \* Tree Removal
- \* Hydro Line Pruning & Clearing (Private Lines)
- \* Hazardous Limbs/Trees
- \* Storm Cleanup
- \* Tree Support Systems
- \* Tree Planting & Transplanting
- \*EXPERIENCED & INSURED SERVICES**

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

Grant: (807)-630-5359

Email: [woodsmillertreeworks@gmail.com](mailto:woodsmillertreeworks@gmail.com)

Find us on Facebook @ WOODS MILLER TREE WORKS

Website: [woodsmillertreeworks.ca](http://woodsmillertreeworks.ca)





# Grandma's Restaurant

Take Out 939-1551

Home Cooking  
7 Days a Week  
7 a.m. - 3 p.m.

**BREAKFAST**  
All Day Every Day!

**FRESH HOMEMADE**  
**SOUP Daily!**

Fresh Subs, Sandwiches, Wraps!  
Coffee Bar available 24hours

## Santorelli's



Bulk DEF  
Now Available!



3131 West Arthur Street  
(near Twin City Crossroads)

Phone 939-2619

## PRO-TEC TIRE CENTRE

**BF Goodrich**  
TAKE CONTROL

OUR TOUGHEST ALL-TERRAIN TIRE.  
**EVER.**

- 20% Tougher Sidewalls
- 2X Longer Treadlife on Gravel,  
+15% on Asphalt
- +10% Traction in Mud +10% in Snow

We also sell tires for  
cars and light trucks!!



THE NEW **KO2**  
TAKES ON

**CANADIAN EXTREMES**

3129 W. Arthur  
by Santorelli's  
Husky Truck  
Stop

Fast, Friendly Service  
by Knowledgeable  
Staff

Monday - Friday 9-5, Closed Saturdays

**Ph. 939-2581**

Authorized BF Goodrich Truck Tire  
Dealer

## The Ultimate Wood Heat.



**CLASSIC**  
**EDGE**

TITANIUM HDX  
Outdoor Wood Furnace



**H&H**  
**IMPORTERS**

**939-1152**

3879 Hwy 11/17 hhimporters.ca



by  
Cindy Harasen

## Chix in the Stix For the Love of Cows

Apparently not everyone screams 'cows' when they drive by a field of cows. According to my daughter. But I just can't contain my excitement. I'm not sure if that makes me more of a genuine country person...or less. I don't know how city folks live without cows in their lives. Or how I ever did for that matter. I think one of my very early Chix pieces talked about my love of cows. And here I am more than a decade later and I still love them. I love that they are social creatures. That they appreciate music and even a good cuddle or nuzzle. They are sensitive and caring. They're smart too, and love a good mental challenge. They remember. They are loving and forgiving. Pretty awesome traits for even humans to aspire to don't you think? Of course I'm by no means an expert. Sheesh I don't even own a cow. Just between you and me I would not rule out having one as a pet one day.

And so the novelty of seeing cows every day has not worn off. Because I won't let it. I refuse to let go of that child-like excitement I feel every single time. I refuse to be complacent about seeing not just the cows, but the horses, goats, pigs, rabbits, chickens, sheep, and more. And let's not forget those huge bales wrapped in white plastic that look like giant marshmallows. How can those not make you smile. If they don't then y'all gotta lighten up and try looking at the world with more child-like wonder. Try to relax a bit on that morning drive to town or that evening drive home. Drop your shoulders, take a breath, and enjoy! It changes everything really and is a perspective I try to adopt every chance I get. And after the few challenging years we have all had it's a good practice to dive into! We adults can get stuck in serious mode and we forget to have fun, we forget that we can make a choice to be silly and childlike when we want. I don't do it enough to be honest, but I can tell you that every time I make a conscious decision to do so, I never regret it. Hope you'll give it a try. And maybe it isn't cows that bring out your inner child. Maybe it's something else. But for me these days it's all about cows. I've become familiar with the nearby herds. I now anticipate the arrival of the new calves every year and the anticipation is always worth it. I really do wind down my window and yell good morning to them. There are the dairy cows laying in the shade under the trees so close to the dusty road you can look right into their eyes. There are the massive chonky boys that have the most amazing massive fields to graze in and I'm pretty sure they have a pattern but I haven't quite figured it out yet. I like seeing them off in the distance, but of course like it much better when they are closer to the road so I can say hello!

One thing I haven't thought about is where do they go at night? I'm assuming they go back into the barn but I honestly have no clue. And now I want to know and may just have to get up way earlier than I normally do (you know, like farmer's hours) because I bet watching them come out of the barn in the morning and head into the fields is a wonderful sight to behold. And I want to stay up super late now to see if and when they go into the barn. Or maybe they don't. But even imaging it is fun. And honestly it's more than cows. And I'm not celebrating ALL the skunks I've encountered, or the damage done by the groundhogs, or the exceptionally loud crows, but there is so much amazement to be had immersed into the home and lives of so many different creatures and I wouldn't trade it for the world. I think I know now why when we were kids our grandparents always took those Sunday drives to the country. They knew it was a special magical place. In fact I think there should be some kind of program that matches up families in the city, especially those with kids, with families in the country, so they can just visit each other maybe once each season. At the very least let's make sure we remember to pause from the heaviness of adulting from time to time to enjoy the many blessings country life gives us, and share it with our urban friends when we can. And always wind down your windows and say hello to the cows!

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<b>WEDNESDAY 5 6:30 PM</b> O'Connor Community Center 330 Hwy 595 O'Connor CONTACT 807-577-5924	<b>TUESDAY 5 10:15 AM</b> Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924

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**NEEBING NEWS DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted)**  
**Deadline for the AUGUST issue of The Neebing News is JULY 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 [design-house@tbaytel.net](mailto:design-house@tbaytel.net) 628-7271

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

**Craft Room open 10 to 3 - Closed Monday to Friday**

**Have a great summer, everyone!**

**Kakabeka Legion Events**

Saturdays: Market Breakfast every Saturday 9-noon  
July 1st, July 8th, July 15th, July 22nd, July 29  
Sunday July 9th Monthly Buffet Breakfast from 8:30-noon  
Sunday July 9th Horse Gymkhana from noon-finish  
Saturday July 15th Dance with Quest from 7-10  
Sunday July 23rd Horse Gymkhana from 10-finish  
Saturday July 29th Dance with Quest from 7-10

Call the Legion Hotline for any changes at 473-9122

There are no Exec/General meetings, Jam Sessions or Afternoon of Music during July and August.

**Enjoy your summer!**



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## RURAL CUPBOARD FOOD BANK

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*We sincerely thank all those that continue to support us. Your donations enable the food bank to remain open*

**Next Food Bank Wednesday July 19th**

**Registration 9 am to 11 am**

**Drive-Thru Pick-up**



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# Murillo Minor Athletic Association 2023 Spring Softball League

by Joe Ladouceur

Hello Everyone! By the time you see this article, the 2023 Murillo Minor Athletic Association (MMAA) spring softball season will have drawn to a close with our Tournament and BBQ Day Grande Finale on June 24th. We will report on Tournament Day results in the August newsletter, or check out our website.

This season's player numbers were the highest ever, with over 415 youth registered making 33 teams in the T-Ball, 3-Pitch, Atom, PeeWee and Bantam divisions; and more than 100 volunteer Coaches! If anyone is interested in re-starting youth softball in Kakabeka Falls (particularly T-Ball & 3-Pitch), the MMAA would be pleased to help organize it to relieve capacity issues.

**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. A special Thank You to Canadian Tire on Arthur Street West for the fantastic donation of a variety of new softball equipment – much appreciated!

**FOR MORE INFORMATION:** Please contact us by email at: [mmaa1@tbaytel.net](mailto:mmaa1@tbaytel.net), or visit our website: <http://mmaa.tbaytel.net>



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(for children 0-6 years)

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

\* EarlyON Child and Family Centre -  
Murillo

(Pre-registration on KeyON is required)

For more info. please:  
Email: [ruralfrcc@tbaytel.net](mailto:ruralfrcc@tbaytel.net) or  
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**Slate  
River W.I.  
Submitted by  
Dodie  
Legassick**

**Submitted from Dodie LeGassick,  
Slate River Women's Institute**

The Slate River Womens Institute is holding their **Annual Strawberry Social** again this **July 13** at the Kakabeka Legion. As a tribute to our past Strawberry Socials, last year I gave you the recipe for the Hot Milk Cake that the women used to bake for the strawberries and ice cream. However, I regret that I forgot to add the sugar much to the dismay of the readers. With my apologies I am resubmitting the recipe with the sugar added. Please try it out and enjoy with your strawberries or any in season berries with ice cream. It's always a family pleaser.

#### HOT MILK CAKE

Recipe used for Strawberry Social cakes, back in the day when we could bake them at home! Submitted by Doreen Rogers.

4 eggs	2 tsp. baking powder	2 cups flour
2 tbsp. butter	2 cups sugar	1 cup milk
1/4 tsp. salt	1 tsp. vanilla	

Beat eggs until light and fluffy. Add sugar, beat well. Add flour, salt and baking powder, mixing well. Heat milk, butter and vanilla. Slowly add to first mixture, beating well.

Pour into greased 9X13 pan. Bake at 350 for 30-35 minutes

If desired, you can make a yummy icing, too!

1 cup brown sugar	1 cup chopped nuts	1/2 cup butter
1 cup coconut	2 tbsp. milk	

Heat in microwave until butter is melted and mixture can easily be combined. Spread over top of cake after it is baked. Return to oven for about 5 minutes to set icing and brown slightly.

By now most of you have tried some of this year's rhubarb as a sauce or in some baking. Here is an alternative to experiment with and it is very good for you because rhubarb is full of antioxidants, a good amount of vitamin k, fibre calcium and vitamin c. This refreshing drink can also be made ahead and frozen. Enjoy on a hot summer's day!

#### RHUBARB REFRESHER

Cook until soft 2 lbs. of chopped rhubarb in 5 cups of boiling water. Sieve. For each cup of juice add 1/3 cup sugar or less to taste. You may also use honey as your sweetener. Stir until dissolved. Now, you can serve this juice as is with ice and as an option you can add 1/4 cup of lemon juice or orange juice. Ginger ale is often added just before serving.

*We are sad to say that Sandy Vibert, a long term member of the Rosslyn Women's Institute recently passed but she has left as part of her legacy her recipes.*

*The following recipe is one-of her many legacy recipes from her collection as shared with the Rosslyn Women's Institute and submitted by Joan Bailey.*

This is a delicious sweet and sour pork recipe to be served over a hot bed of your favourite rice such as Jasmine, Basmati or brown or white rice. Please enjoy the sweet and sour tastes along with the colourful array of red, yellow and orange peppers on a lovely summer's night.

#### SWEET AND SOUR PORK

2 tbsp. oil	15 ounce can of pineapple chunks
2 tbsp. ketchup	1 crushed clove of garlic
2 tbsp. of corn starch	1 lb. boneless pork cubed
1/2 cup corn syrup	2 tbsp. soya sauce
1/4 cup vinegar	

green, red, yellow, orange peppers cut into pieces

Brown pork in oil. Add the pineapple, corn syrup, ketchup, soya sauce, garlic, and vinegar. Bring to a boil. Simmer for 10 minutes. Mix the corn-starch with 2 tbsp. of water. Add to the pork with the peppers. Boil for two minutes stirring constantly.



#### 2023 CAMP SCHEDULE

July 7-9: Little Lambs Camp (ages 4-8)  
July 9-14: Children's Camp (ages 7-12)  
July 16-21: Youth Camp (ages 11-15)

#### BRING A FRIEND "BONUS"

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



★ SUPPORTER ★

Private "camperships" also available - just contact us!

#### CAMP RATES

1 child: \$275  
Additional children from the same family: \$225  
Little Lambs (1 child and 1 adult): \$100  
Additional Little Lambs from same family: \$50

\*PAY IN FULL BY JUNE 1, 2023 AND DEDUCT \$25 FROM EACH RATE (DOES NOT INCLUDE LITTLE LAMBS)\*

#### FURTHER INFORMATION & REGISTRATION FORMS

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Website: www.auroralutheranbiblecamp.com

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<b>Ages 9-12</b>	<b>Ages 9-12</b>
July 16-21	July 30-Aug 4
<b>Ages 13-15</b>	<b>Ages 13-15</b>
July 23-28	Aug 6-11

COST: \$265 A WEEK

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

"And He is before all things, and in Him all things hold together." Colossians 1:17

## TD Summer Reading Kits will be available beginning July 4th!

These kits are geared to preschool or school-age children and contain a book full of summer fun activities and challenges. Each kit also comes with stickers, a 6-colour pen and a web-access code to unlock more online fun. Participants can complete the summer recap page and return it to the library before September 1st to be entered into a draw for \$25 Chapters gift card!



**SLATE RIVER  
BAPTIST CHURCH**

80 McCluskey Drive  
475-5140

**FAMILY WORSHIP SERVICE**

Sundays @ 11am

ALL ARE WELCOME

Contact us re prayer requests, visits, questions etc.

Follow us on Facebook or visit our website





# Lakehead Region Conservation Authority

submitted by LRCA Staff

Are you a paddler? Be sure to visit Hazelwood Lake Conservation Area and Hurkett Cove Conservation Area to check out our floating docks which feature accessible kayak launches! These launches make getting in and out of your kayak or canoe super easy and stable. The LRCA is proud to offer access to Hazelwood Lake and Lake Superior, so get out and explore!

The LRCA and Municipality of Shuniah is proud to present Silver Harbour Day on Saturday, August 26, 2023. The event, in celebration of Shuniah's 150th anniversary, will feature activities and information booths from local organizations such as Science North, the Thunder Bay Field Naturalists, Thunder Bay Indigenous Friendship Centre, MNRF, OPP, and Canada Coast Guard. Additionally, Shuniah Fire & Emergency Services will also be hosting a BBQ in celebration of their anniversary and in support of their initiatives. Keep your eyes on the LRCA's website and social media channels for details and specifics!

Registration for our Watershed Explorers Programs are up and running on our webstore. Space is limited and pre-registration is required, but at the time of writing there is still space on our Butterflies, Fall Photo, Fish & Aquatics, Neebing Birding Day and Trees & Fall Colours programs. A non-refundable, \$5.00 registration fee is required to book your spot. Visit our webstore at [www.store.lakeheadca.com](http://www.store.lakeheadca.com) to pre-register. Funding for these programs is generously provided by the TD Friends of the Environment Fund.

The 2023 Explore Card Parking Pass is a great way to show your support for the LRCA! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities, such as boating, fishing, hiking and more at our seasonal and year-round Conservation Areas for the low price of \$40.00 +HST. It's convenient for frequent users, and a great gift idea! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. Get out and Explore!



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**FAMILY WORSHIP SERVICE**  
Sundays @ 11am

ALL ARE WELCOME  
Contact us re prayer requests, visits, questions etc.  
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## Neebing Fire/Rescue Association NFRA News

Respectfully submitted: Joy Harris, President NFRA

Ah, July. It's midsummer, that season that stays in our hearts and keeps us Northerners going through the bleakest of winters. Days are warm and long and life is easier without layers of clothing to impede our progress. Gardens are flush with growing things bringing flowers and fresh vegetables to our tables. I hope you enjoy these days with unhurried appreciation.

It's also the time when Neebing Fire/Rescue Association's Board breaks from holding meetings, until September. While we aren't officially meeting, we are still very busy with Can Sorts, Firewood Raffle ticket sales, Facebook and website updates including our ongoing 50/50 draw and a myriad of other behind-the-scenes tasks that keep the Association running and raising funds for Neebing Emergency Services.

As I write this, our Online 50/50 Raffle #2 is up to **\$10260!**

That means **someone has won over \$5100** from the draw that just happened June 28<sup>th</sup>, 2023. Draw #3 is now Live, don't miss YOUR chance to win. The next draw will take place September 27, 2023.

Get your tickets now! Help us support Neebing Emergency Services.



Scan this QR Code to purchase your tickets today or buy right from our website:  
[neebingfireandrescueassociation.com/events/draw](http://neebingfireandrescueassociation.com/events/draw)

Good Luck!



### What purchases are your tickets and donations buying for NES?



**New hoses and couplings** have been purchased for \$1,237.35 paid for from the 50/50 ticket sales. Thank you!



Next item needed is a **new portable pond** for the fire truck to replace the old one. These are set up near the scene and filled by tanker trucks that go back and forth to a water supply. This ensures a steady supply of water for fire suppression.



Other items required include **battery powered tools**, such as drills, grinders and saws for auto-extractions. These are lighter and don't require setting up a generator to run them, saving precious time. **Battery powered lights** for nighttime emergencies are also needed.

With your ticket purchases (both 50/50 and Firewood raffle tickets), beer/pop/food can donations and financial contributions we will be able to continue supplying our brave NES team members with the tools to safely and efficiently do their work. Thank you!

We recently received funds from a generous resident who donated their vehicle through **Donate A Car!** Did you know you can designate NFRA as a recipient? Our thanks for their consideration.

Speaking of beer/pop/food can donations, here is a snapshot of the difference you are making!

From a Can Sort on June 9<sup>th</sup>:

- Beer Cans (4504 cans) – **\$450.40**
- Metal Cans (150 pounds) – **\$20.00**
- Pop Cans (220 pounds) - **\$121.00**

**\$591.40**





**The Rural Pharmacist:  
Reminder to Apply  
for the  
ODB Senior  
Co-Payment Program**

by Devon Myers, Pharmacist/Owner of  
Evergreen Pharmacies

It's almost that time of the year: the Ontario Drug Benefit (ODB) program deductible season. Maybe this is your first year being eligible for coverage through the provincial drug insurance program. Special shout out to my Aunt Kathy who turned 65 last month by the way. Or maybe you've been a recipient of the program for past 10 years, and you didn't even know it! In any case, it's always worth a mention as August 1st seems to sneak up on all of us. We'll start off with a refresher of what the deductible represents. Furthermore, I'll discuss the parameters that allow certain patients to receive additional drug coverage under the ODB Senior Co-Payment Program. For our readers it may be worth following along as eligible households could stand to save a few dollars on drug costs.

The ODB program allows individuals 65 years of age and older to receive coverage for an array of medications in Ontario. However, to gain access to the program individuals must pay an annual deductible of \$100. Most people are familiar with the concept of a deductible. Imagine driving down Highway 61 and a transport throws a stone into your window. Crack! Hopefully that didn't hit too close to home with anyone. For your windshield to be fixed you may have to pay a deductible before your insurance kicks in. That's essentially it. The same concept applies to the deductible paid through the ODB program. The good news is that once your deductible has been satisfied the regular co-pay, the amount paid per prescription, goes back to normal.

Now here is where certain households may find some cost savings: eligible seniors get additional coverage through what is known as the Seniors Co-Payment Program (SCP). This program is intended to help reduce the cost of medications for individuals who have an annual income below a certain threshold. In this program, recipients do not have to pay an annual \$100. They also have smaller co-payments with each prescription. In August 2021, the income eligibility for the SCP was updated from \$19,300 to \$22,200 (for single seniors) and from \$32,300 to \$37,100 (for senior couples). This may sound familiar as I wrote about this topic in a newsletter from 2021 as we approached a new ODB deductible season. However, don't hold your breath. We don't expect those numbers to change in 2023.

The application process for the SCP is straight forward. An application form can be found on the Ontario Ministry of Health's website. Can't find it? We can help you out! Just ask for a copy at the pharmacy in Rosslyn or Kakabeka. Once you've completed the application the government will ask for certain documents to verify your income. That's

it.

If you think that you may qualify for the program, it's worth the few minutes to apply. Perhaps you have family or friends that you think may be eligible. A fair estimate of \$200 per

year could be saved for someone using 5 chronic medications, for example. Over the past few years, we've helped several patients get onboarded with this program. It is rewarding to help our patients find savings so please do not hesitate to contact our

pharmacy if you have any questions.

With that I am going to keep our article short and sweet this month as I'd like to take advantage of the beautiful June weather we've been having. Have a great summer everyone!



Please remember that while we gladly accept American beer cans, they must be sorted as pop cans (for the aluminum, not a refund) so if you could bag them separately and label them U.S. it would greatly help our sorting days.



Tickets for the new **Firewood Raffle** are going quickly. Get yours now.

This year there are two firewood prizes:

- 1<sup>st</sup> prize will be 6 cords of cut, split birch
- 2<sup>nd</sup> prize will be 4 cords of cut, split birch!

Tickets are now available at these fine outlets:

- Neebing Municipal Office
- Thunder Oak Cheese Farm
- Thunder Bay Farm Co-Op
- Chaschuk Enterprises office
- A.J.'s Trading Post
- South Neebing Variety
- Floyd's Glass
- Canadian Tire – Arthur St
- Lulu's Variety
- Green Acre Variety

**Firewood Raffle**  
In support of Neebing Fire/Rescue Association

**1st Prize** - 6 full cords of birch firewood that will be cut, split and delivered to within 30 km radius of 360 Barrie Dr. Slate River, ON  
Wood and Services donated 100% by Chaschuk Enterprises Ltd-  
Value \$2324.00 plus HST

**2nd Prize** - 4 full cords of birch firewood that will be cut, split and delivered to within 30 km radius of 360 Barrie Dr. Slate River, ON  
Wood and Services donated 100% by Chaschuk Enterprises Ltd-  
Value \$1666.00 plus HST

**Draw Date: Wed, September 27, 2023**  
**Draw Time: 1:00 p.m.**  
**Draw location: Neebing Municipal Complex, 4766 Hwy 61 Neebing**  
**Ticket price - \$10.00 or 3 / \$25.00      Licence: 690544**

Tickets cannot be purchased by, for or on behalf of persons under the age of 18  
Prize awarded as stated. No cash value. 2000 tickets printed.

This year, tickets are \$10 each or 3 tickets for \$25. With only 2000 tickets available, your chances are GREAT!

## September 27th

Will be a BIG DAY!!

Why? Because **BOTH** the

- **Online 50/50 Draw #3**
- **Firewood Raffle tickets**

Winners will be drawn! Will we be calling YOU??

Firewood or Cash, both great prizes and  
you are helping us support Neebing Emergency Services.  
That's a Win, Win, Win!

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

Be safe, be well and be kind.

Joy Harris  
NFRA - President



# Extreme Heat

Extreme heat can be dangerous for everyone, but people who work outdoors, the elderly, some people with disabilities, and children, particularly infants, are more vulnerable.

## Hazard Information

Extreme heat can make you sick with heat stroke, heat rash and/or heat cramps.

## Safety Tips

If you feel dizzy, weak or overheated:

- go to a cool place;
- sit or lie down;
- drink water;
- wash your face with cool water

If you don't feel better soon, seek medical help immediately.

## If you are indoors:

- stay indoors to limit sun exposure
- take frequent cool showers or baths
- stay on lower floors if there's no air conditioning
- drink water and eat light, regular meals — avoid using salt

## If you are outdoors:

- spend the hottest part of the day in air-conditioned buildings
- drink water every 15 to 20 minutes even if you aren't thirsty
- dress in light-coloured, loose-fitting clothing covering as much of your skin as possible
- wear a wide-brimmed hat to protect your face
- wear full UVA and UVB protection sunglasses
- apply sunscreen with SPF 15 or higher 20 minutes before going outside
- apply lip balm with an SPF 15 or higher

## Prepare Now

Take the following steps so you and your family are prepared in the event of an emergency:

- cover windows that receive morning or afternoon sun with drapes, shades or awnings
- include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit

## OLIVER PAIPOONGE HERITAGE PARK EVENTS

- **July 8**--Classic Day, Strait Up Band at Paterson Pavilion, craft vendors & Food on site
- **July 15**--Family Day, Pat Cupp & Diane Wolframe at the Paterson Pavilion, family games and kid's crafts
- **July 16**—Church Service at our own church. Everyone welcome.
- **July 21, 22, 23**-- Antique Tractor display
- **July 22**--Mink Mountain Band at the Paterson Pavilion
- **July 22,23**--Kid's Art Classes with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 - 14
- **July 29**—Butch's Country Classics at Paterson Pavilion
- **Aug 5**—The BOONDOCKS at Paterson Pavilion
- **Aug 12**—Kid's Day, crafts and games, Rodney Brown on Paterson Pavilion
- **Aug 19**—Jane Austin Society English Country Dance at the Paterson Pavilion
- **Aug 26**—Craft Vendors on site
- **Aug 26, 27** Kid's Art Class with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 - 14
- **Sept 16**—Tail Gate Sale, Car Swap Meet, Richard Veurink at the Pavilion
- **Sept 17**—Tail Gate Sale, Car Swap Meet, Racers Memorial Day, BOONDOCKS at Paterson Pavilion
- **Sept 23**—Closing weekend, Road Worn Chaps at the Paterson Pavilion
- **Sept 24**—Closing weekend, Volunteer Appreciation Day, Butch's Country Classics at the Paterson Pavilion

For more info, please phone 807-475-7424 or email [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net)  
Admission is \$5, 12 and under FREE! Please pay at the Train Station. We are a cash-only facility.

## 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)

Tuesday - Weaving - 10 to 3  
- Knitting - 10 to 3

Wednesday - Beginner Carving - 10 to 3  
- Cribbage - 1 to 3  
- Quilting - 10 to 3


Thursday - Weaving - 10 to 3  
- Knitting - 10 to 3

**Craft Room open Monday to Friday 10 to 3**

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

Tickets for dinner are available at the Centre and are \$25 each. If any members are interested in running for a seat on the board please put your name and phone number in an envelope and put it in the mail slot in the office door or you can email to us or if you want to nominate someone do the same with their name and phone number.

**Starting in July we will be going to Summer Hours of Tuesday, Wednesday and Thursday from 10 to 3**



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## Retreat

*Super Blue Moon*

This will be a great time for releasing energies that no longer serve you and to amplify the power of your manifestations with other like minded folks. It will also be an amazing time to pray for Mother Earth.

Accommodations – Bring your tent or you can arrange for Airbnb. Drinking water will be available. Comfort station for toilet/sink. Swimming in Lake Superior available for washing. Meals will be provided by caterer – Andy's Eats.

356 Little Trout Bay Road, Neebing

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# WELCOME - Summer 2023

**NOTE:** ' This piece was written during the third week of June when the weather forecast offered continued heat and little prospect of rain with the prospect of Extreme fire danger levels continuing into July. While the 3 days of soaking rain the last weekend in June was a pleasant surprise and brought relief from the High and Extreme fire danger ratings, it is still early in the fire season and the return of hot dry weather could see a quick return to higher fire danger levels. The information in this piece regarding the recognition of high fire danger conditions, safe actions to take, and suggested actions that can be taken over time to reduce your property's vulnerability to wildfire remain of value regardless of the recent change in fire danger levels. Enjoy and Stay Safe )

The apparent reluctance of our recent winter to concede its cold weather temperatures and heavy snowfalls and allow for a timely spring arrival, might have caused concern for some that a cool, wet introduction to our summer weather might be likely to follow. However, that's not how things have played out for Neebing residents. High daily temperatures, and only spotty rainfall in our area lead to **High and Extreme Fire Danger** ratings developing in the area from mid May onward. In turn the dry hot weather eventually led to the introduction of **fire bans** by many local fire departments in **late May**, quickly followed by MNR declaring a **Restricted Fire Zone (RFZ)** covering much of Northern Ontario in **early June**.

As I write in the third week of June fire danger levels remain in the **High and Extreme** range for much of Northern Ontario and the fire bans and the RFZ designation remain in place, and can be expected to stay in place until there is sufficient rainfall to improve the core fire conditions in the area. While the East Coast recently received a significant rainfall, allowing opportunities for fire crews to gain control over large, destructive wildfires in that region, and the West is just now reporting some welcome rainfall relief (even snow in

some areas) that is helping to lower the fire danger levels and improve the success of firefighters efforts to corral the many fires in the region, current forecasts for our area are showing the possibility of some rainfall over the next week or so, but there is no indication yet that the predicted moisture (if it does indeed fall) will provide the sufficient dampening effect required to remedy the dry conditions in our area.

In periods when fire conditions are in the High and Extreme Danger levels and the potential of new fire starts is high, the use of Fire Bans and RFZ designations help reduce the potential for human caused fire starts by limiting human activities from open fires, to recreating and even working in forested areas.

While fire starts from natural causes such as lightning strikes are difficult to avoid, as we have witnessed in Neebing during past dry periods accidental human fire starts from things as common as; sparks from a lawnmower blade striking hidden metal or hot exhaust pipes on an ATV contacting dry grasses have occurred. Under normal conditions these situations may be dealt with personally, with the heel of a boot, a pail of water, fire extinguisher or even a hand full of sand. In High and Extreme Fire Danger conditions however these simple events can rapidly escalate into fires requiring a full fire response with pumpers and tankers and wild fire units to gain control before they grow beyond the scope of local resources.

Thank You to all our Neebing residents who, for the past month, have taken great care to keep the community safe from wildfire situations during this time of high fire-risk. Like many others, I too have last falls' brush pile still waiting to be burned. I am also holding back on several outside projects in the bush until fire conditions improve. And when I get impatient with the wait for 'better conditions', I have only to look at the brown grass where I have only cut the lawn once, and note the frequency for which my garden requires watering, to be reminded that **patience and vigilance** are the name of the game for now and until conditions change, and conditions will eventually change, and we will have a chance to get to work on those summer projects we had planned to tackle earlier - but not until fire danger levels diminish!

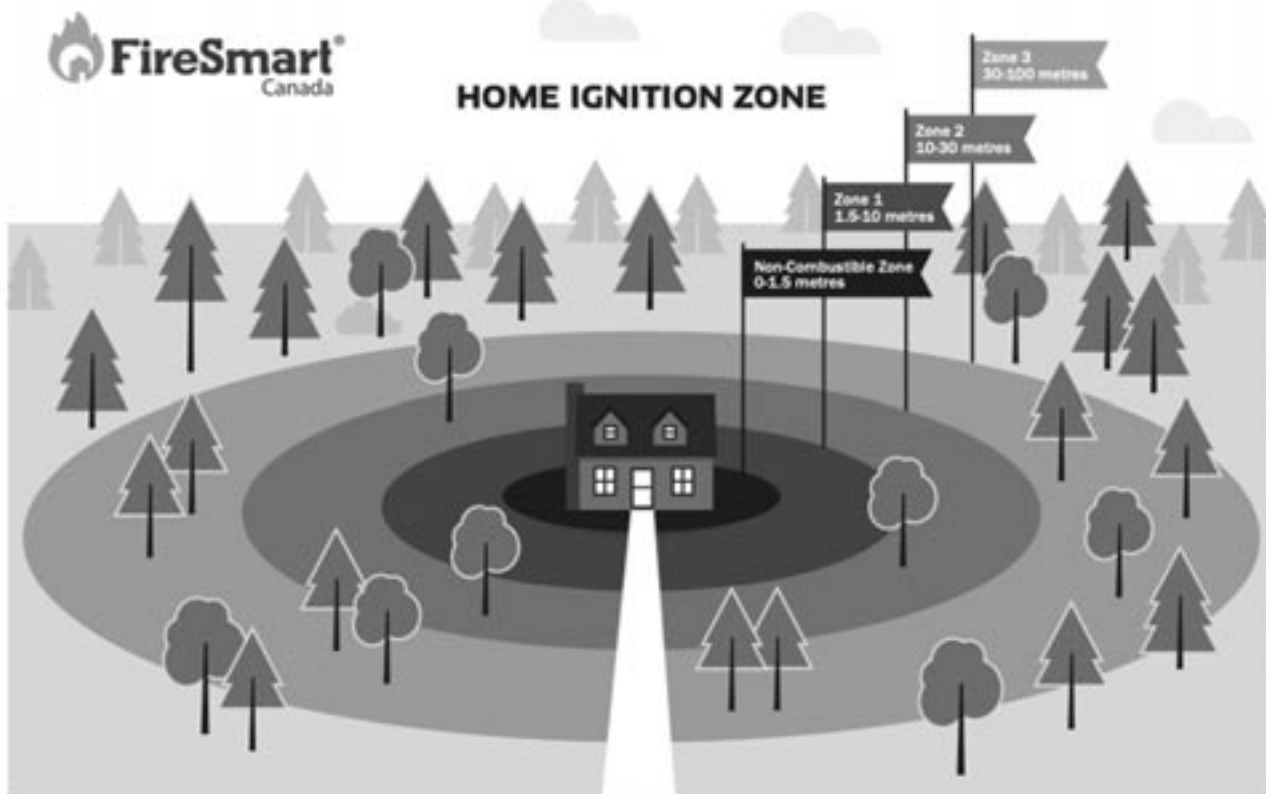
*Some quick wildfire tips as we head into the heart of summer:*

- **Fire Danger Level Maps:** Monitor the daily fire danger level ratings on the MNR website at : Forest Fire Info Map (gov.on.ca). These maps provide a quick overview of fire danger levels in the area. Short duration rains can indicate some relief but may quickly return to higher danger levels if high temps and low humidity prevail.
- **Municipal Website:** [www.neebing.org](http://www.neebing.org) for updates on fire conditions in the community, and any new or altered fire restrictions.
- **Smoke Mapping:** For information concerning visible wildfire smoke in the air check: Smoke Forecast - FireSmoke.ca , to determine the origin and intensity of the smoke, and obtain a forecast of its movement.
- **FireSmart:** To identify what actions you may take on your property to improve your resistance to wildfire threats - check : Be FireSmart | ontario.ca . Also see the accompanying Home Ignition Zone graphic for guidance on maintaining a relatively fire safe area for 100' around your home. FS\_Home-Ignition-Zone-Poster.pdf (firesmartcanada.ca)

• **The Three 30s of Wildfire Danger:** (Heard on a Halifax news broadcas) **High Temperatures, Low Humidity, and High Wind speeds are all factors favourable to wildfire start and spread.** Monitor conditions in your area.... If any of these factors have numbers in the **30's range**, consider **fire conditions** to be **dangerous**.

• **Observe conditions close to your home** - such as the presence or absence of **dew on the grass** in the morning, and the **quick browning** of recently mowed grass. Both are **indicative of a moisture shortage** and **conditions conducive to easy fire start and spread.**

Hopefully wildfire conditions will improve soon, and we will all be able to enjoy a full range of summer activities. Be sure to check for safety tips regarding your favourite summer activities on the O AFC webpage: Spring & Summer Fire Safety Tips | Ontario Association of Fire Chiefs (oafc.on.ca) Enjoy your summer Safely!



## Work with your neighbours in any overlapping priority zones!

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

## Begins at Home







Oliver Paipoonge Library  
July Summer Fun!  
Join us every week  
for a new exciting activity!

TD Summer Reading Kits will be available beginning July 4<sup>th</sup>! These kits are geared to preschool or school-age children and contain a book full of summer fun activities and challenges. Each kit also comes with stickers, a 6-colour pen and a web-access code to unlock more online fun. Participants can complete the summer recap page and return it to the library before September 1<sup>st</sup> to be entered into a draw for \$25 Chapters gift card!

Thursday July 13<sup>th</sup> 1:00 – 4:00



**IMAGINEERING**

Drop in between 1:00 – 4:00 at Roslyn Hall. From building and testing your very own race car and marble tracks to learning about electricity by building circuits, this event is sure to engage future engineers of all ages!

Sponsored by Sandy Vibert

**Week of July 17**

Drop in and create  
(or pick up and take home)  
**Fossil digging kit.**

Parental assistance may be required.  
1 per child, limited quantity.

July 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>

Drop in and create....

**Wood dragons and unicorns**

Working with permanent ink markers, design and decorate your very own dragon or unicorn.

Parental assistance may be required.  
1 per child, limited quantity.

**Week of July 24**

Drop in and create  
(or pick up and take home)

**Space themed posters**  
using

'colour by sticker'

Parental assistance may be required.  
1 per child, limited quantity.



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