



The Neebing News

Volume Twenty, Number Two February 2024

Upcoming Events for Neebing Recreation Committee!

As many of you know, Blake Hall is celebrating its 100th anniversary in 2024. Many activities are being planned by the Recreation Committee and we are hoping that we can get some extra volunteers to give of their time and expertise to both plan and help with these activities. The tentative dates are September 13 and 14. If anyone has any memorabilia they are willing to share for a couple of days, please call Penny at 964-2270.

Breakfast with Santa was a big hit! The event was a sell out. Great breakfast, great games and crafting fun, great visit with Santa and Mrs. Clause. Thank you to Vanessa and Joel for all their hard work to make this event such a success. Extra special thank you to Raymond and Cheryl.

Both Alf Olson and Blake Hall skating rinks are now open. Thank you to everyone who gave a helping hand to achieve this especially members of the Neebing volunteer fire department.

Family day is February 19, 2024. The annual Family Skate Day will be held from 11 am to 3 pm at Blake Hall.

Popcorn, s'mores, hot chocolate and coffee will be provided free of charge. Hot dogs will be \$2 each. Crafts and a movie will be held inside on skate day. **Come out and have a fun Family Day!**

A reminder from the Recreation Committee about upcoming crafternoons.

The February crafternoon featuring learn to cross stitch has been **POSTPONED** due to renovations happening at the hall. This craft will now be offered on **March 9**. Please call Penny at 964-2270 to register. Fee is \$5 payable on the day of.

We Want Your Feedback!

Complete a 5 minute survey about your quality of life within the Municipality of Neebing.

This survey can be done...

- Online through the Neebing website under www.Neebing.org/survey

OR

- Ask for a paper copy available from the Municipal Office

This survey may highlight the areas needing improvement within Neebing to better serve our residents. These areas can include future projects like upgrading or adding facilities (docks, playgrounds, batting cage, and soccer posts), holding events (fishing derbies, food tour, bike events, and farmers markets), and maintenance (roads, municipal services). The results of the survey will guide Council in planning for future improvements within the Municipality of Neebing.

If you have any questions about the survey, call the Neebing Municipal Office: 807 474 5331.



Comedy Night

FEATURING
TODD GENNO
TREVOR GREEN

WITH MC CHRIS HOLLAND

IN SUPPORT OF RURAL FOOD
CUPBOARD

SATURDAY FEBRUARY 24TH, 2024

DOORS OPEN AT 7PM.
SHOW STARTS AT 8PM

CONMEE COMMUNITY CENTRE

50/50 DRAW LOTTERY LICENSE # M535882
AGE OF MAJORITY REQUIRED

GET YOUR TICKETS AT CONMEE COMMUNITY CENTRE
OR EVERGREEN PHARMACY

YUK YUK'S HEADLINER
BOBBY KNAUFF

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Recycling helps conserve Ontario's natural resources and protects our environment. Let's all do our part.

Learn more: <https://www.neebing.org/recycle>

AVAILABLE NOW

Show your civic pride by sporting our Neebing branded merchandise!



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 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!



Emergency preparedness starts with you

power outages

Stay away from and report downed power lines

Avoid water near electrical equipment

Stay informed

Don't use outdoor grills or bbqs indoors

Use glowsticks or flashlights

ontario.ca/beprepared

OUR RECYCLING PROGRAM HAS GROWN!

THROUGH

New Landfill Punch Cards 2024

The new punch card system for the landfill site came into effect in January. Watch for your punch cards to arrive in the mail early in the new year. The transition period will run until March 1, 2024, during which time residents can use their bag tags if they have not received their punch cards. Please contact the municipal office if you have not received your punch cards by the end of February. Permanent residents will still be allowed 100 bags and seasonal residents will be allowed 50 bags. Free bag tags with recycling will no longer be issued after January 1, 2024.

Highway 61 Improvements

Construction along Highway 61 between Jarvis Bay Road and Highway 130 is continuing over the winter months. The work includes addressing drainage deficiency, culvert replacement or rehabilitation, guiderail replacement/adjustments, platform widening, shoulder correction, utility relocations, entrance rehabilitation and paving.

Delays and lane closures will be ongoing until the project is complete in 2024. Please be patient and help keep all the workers safe. If you have any questions or comments regarding this project Norm MacKinnon from Civil ArSa Engineering Inc. is the contact the Contract Administrator. His cell number is 1 1-647-627-0037.

EMERGENCY TEXT ALERT SERVICE for Neebing Residents

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

You must have a smartphone equipped to receive text messages to sign up for this service. It does not work on land lines. Sign up at neebing.org/textalerts or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebing@neebing.org or call us at 807-474-5331. Your personal information is kept strictly confidential. If you have any questions, please feel free to contact us at : www.neebing.org/contact

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, February 21st

Registration 9 am to 11 am
Drive-Thru Pick-up

Be prepared.

Prepare your Family Emergency Survival Kit today! Find out how.

www.ontario.ca/emo

What's Been Happening at Council Meetings?

Since the January edition, there has been on regular meetings of Council on January 17, 2024. There has also been two special meetings of Council on January 17 and 24, 2024 for planning matters and to review the 2024 budget.

At the special Council meeting on January 17th, the Committee of the Whole reviewed applications for severance of properties on Larson Road and Salo Road.

At the regular Council meeting on January 17th, the following matters were considered:

- Council approved the recommendations from the Committee of the Whole to approve the severance applications for the properties on Larson Road and Salo Road.
- Council authorized bidding on a fire rescue vehicle through Gov-Deals.
- Council approved Councillor attendance at the Thunder Bay District Municipal League Conference in Nipigon.
- Council approved funding for the Neebing Family Skate and Movie Day at Blake Hall.
- Council passed a resolution in support of the 988-suicide crisis line and approve displaying the information poster in municipal buildings.
- Council reviewed a request for temporary use of an unopened

road allowance at the end of Boundary Drive.

- Council passed the by-law to authorize interim tax billing.

At the special Council meeting on January 24th, Council reviewed the first draft of the 2024 budget.

The next Council meetings will be held on February 7 and 21, 2024. 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.

LEAP YEAR Adds Another Day to the Month of FEBRUARY.....

which adds an extra day for fire safety!

The recent cold snap reminds me that we are still a fair way from spring. Although it was a green winter for some time, the snow has now fallen, and I can enjoy my winter outdoor activities like snowshoeing and skiing.

As the winter chill sets in, it is hard to resist digging out the space heater for extra comfort. However, this simple appliance can introduce a hazard into your home if not handled with caution. Make sure to place your space heater at least *three feet* away from any surrounding furniture or other combustibles. Make sure to turn off and unplug your space heater before leaving the room or going to sleep. Always keep anything **flammable** such as curtains or clothing away from the heater. Or any other heat source including candles. Be mindful of any children around your space heater, as kids often forget the dangers of hot appliances and can get burns that can range in severity and cause excruciating pain or even life altering changes which are avoidable with caution.

With Neebing being a rural community, we are at high risk for power outages, especially in the winter months. Many homes are equipped with generators in case of such event. It is important to *always* run your generator outside and away from any windows, as the exhaust has high potential for carbon monoxide poisoning. If filling your generator with gasoline, ensure to do so, once the unit has cooled and is outside of any building to reduce the risk of fumes and fire hazard. If a fuel spill does occur, let the gas evaporate before starting your generator. It is also important to use a heavy-duty extension cord rated for the correct voltage and outdoor use. If your extension cord has any damage, **do not use** and replace with a proper cord.

With larger properties in Neebing, it is common to for residents to cut their own firewood. An often-overlooked issue is the burning of wet wood in stoves which can contribute to creosote build-up in your chimney. It is best to cut your wood well before hand and store in a woodshed to let dry before winter. Excessive creosote build-up is a significant contributing factor to chimney fires, which can quickly spread to the rest of your home.

With all the recent snowfall, it is tempting for kids to go outside and build a 'snow fort'. Be extremely mindful around this and *never* leave children unattended, as snow forts could collapse and leave children trapped.

If any emergency occurs... **CALL 911** ...and our Neebing professionals will be there to assist.

(This month's Neebing Fire/Rescue article is written by Skye Dusolt - team member since 2020)

BURN SAFETY TIPS

- ✎ If burn is minor (redness and some swelling/pain), run under cool water.
- ✎ If burn presents redness and blistering, seek medical attention.
- ✎ If burn is a full-thickness burn, and turns black, brown, white or yellow, call 911.
- ✎ Be mindful of any children around hot appliances.



A Special Thank You

...to Neebing Fire Fighters and Council members (current and past) for their wonderful efforts in creating and maintaining the skating rinks at both Pearson and Blake Hall!

Remember to always plan to wear your helmet when skating to avoid the possibility of head injury!



Thinking of suicide?

Help is available.



9-8-8

toll free, 24/7



9-8-8

Suicide Crisis Helpline

Part of the Government of Canada | **Canada**

The Rural Pharmacist:

Evergreen Pharmacy Can Fill Compound Medications!

by Henry Tempelman, Pharmacist/Owner Evergreen Pharmacy

Compounded medications are created by combining individual medicinal ingredients to fit the exact strength and dosage form required by the patient to fit their unique needs. This can be a valuable service to a patient where there are no commercially available products in the proper strength or dosage form to treat their condition. Compounded medications can come in the form of topical agents (creams, gels, ointments), capsules, suspensions, injectables, etc. Compounded medications are common in pediatric and veterinary medicine due to lower weights and lack of availability of commercially available products, but

people of all ages can benefit from compounded medication.

For example, a senior has difficulty swallowing a capsule so they get the medication compounded into a topical cream base to apply, or they can compound it into an oral suspension that's easier to swallow. (It is worth noting that different drug plans have different policies on what is covered for compounded medications.)

In the last decade, the regulating bodies in pharmacy have tightened the standards for a pharmacy to be able to do compounding in-house. This was a positive step in ensuring the safety of the service to the public by creating protocols and minimum

standards for pharmacies to maintain when compounding medications.

However, with the implementation of these higher standards comes a significant financial investment with professional equipment and designated staff. As some of you may know, there are less than a handful of pharmacies in Thunder Bay offer a compounding service. It is no longer feasible for each pharmacy to spend tens of thousands of dollars on compounding equipment without the compounding prescription volume to support it.

Naturally, this has created backlogs and longer wait times (sometimes up to 1 week) at these few compounding

pharmacies in Thunder Bay that service the whole city. We have heard it from our patients; this can cause delays in treatment or interruptions in existing treatment.

We looked at our options so that we can offer a compounding service to our patients. We reached out to Create Compounding Pharmacy, with three locations across Canada, as an industry leader and proven track record. They are a high quality, state-of-the-art compounding pharmacy that has a singular focus: to create high quality personalized medication at an affordable price for Canadians.

We partnered with Create Compounding Pharmacy and are now able to fill all compounded medications. How it works: you drop off your prescription at the Evergreen Pharmacy of your choice and we will process the prescription and order the compounded medication from Create. They will send it to us with a two day turnaround so that we can dispense it to our patient! This is an incredibly valuable service for our pharmacy and patients in that we can offer this in a timely manner and we can trust that the compounded medication was produced in a state-of-the-art compounding lab with proper techniques to create a product that will meet our patients' needs.

We are very excited about this newest service offering. We believe that this is another step for our rural community pharmacy to expand its offerings as we strive to meet the needs of each and every patient.

(Maybe I should ask if they can CREATE my lunch? Compound me a casserole please? Personalized with extra sausage and a little extra spice. Mmmmm..)

FORM 6
SALE OF LAND BY PUBLIC TENDER
Municipal Act, 2001
Ontario Regulation 181/03, Municipal Tax Sale Rules

SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE MUNICIPALITY OF NEEBING

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on March 27, 2024, at the Neebing Municipal Office, 4766 Highway 61, Neebing Ontario.

The tenders will then be opened in public on the same day as soon as possible after 3:00 p.m. at the Neebing Municipal Office, 4766 Highway 61, Neebing.

Description of Land:

Roll No. 58 01 030 006 18600 0000; NEEBING; PIN 62273-0494 (LT); NE 1/4 SEC 11 CON 5 BLAKE; NEEBING EXCEPT FORFEITED MINING RIGHTS, IF ANY; File No. 22-01

According to the last returned assessment roll, the assessed value of the land is \$18,900

Minimum tender amount: \$8,478.59

Tenders must be submitted in the prescribed form and must be accompanied by a deposit of at least 20 per cent of the tender amount, which deposit shall be made by way of a certified cheque/bank draft/ money order payable to the municipality.

Except as follows, the municipality makes no representation regarding the title to, availability of road access, or any other matters relating to the land to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. The assessed value, according to the last returned assessment roll, may or may not be representative of the current market value of the property.

Pursuant to the Prohibition on the Purchase of Residential Property by Non-Canadians Act, S.C. 2022, c. 10, s. 235 (the "Act"), effective January 1, 2023, it is prohibited for a non-Canadian to purchase, directly or indirectly, any residential property, as those terms are defined in the legislation. Contraventions of the Act are punishable by a fine, and offending purchasers may be ordered to sell the residential property.

The municipality assumes no responsibility whatsoever for ensuring bidders/tenderers comply with the Act, and makes no representations regarding same. Prospective bidders/tenderers are solely responsible for ensuring compliance with the Act and are advised to seek legal advice before participating in this sale.

Transfers of properties that contain at least one and not more than six single family residences and are transferred to non-residents of Canada or foreign entities, are subject to the Province's Non-Resident Speculation Tax (NRST).

This sale is governed by the *Municipal Act, 2001* and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and any taxes that may be applicable, such as a land transfer tax and HST.

The municipality has no obligation to provide vacant possession to the successful purchaser.

A copy of the prescribed form of tender is available on the website of the Government of Ontario Central Forms Repository under the listing for the Ministry of Municipal Affairs.

For further information regarding this sale and a copy of the prescribed form of tender, visit:

www.OntarioTaxSales.ca

or if no internet access available, contact:

Erika Kromm
Clerk/Treasurer
The Corporation of the Municipality of Neebing
4766 Highway 61
Neebing ON P7L 0B5
807-474-5331
clerk@neebing.org
www.neebing.org



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Please come out and join us
at Pinegrove United Church
100 - Hwy 130
Admission is free
and all are welcome!

February 1 - Coffee and Cinnamon Buns 10 AM
February 15 - Soup and Sandwich lunch 11:30
Hope to see you there!

Volunteers are also welcome (and needed)
For more information about Cafe del Soul, please visit
www.pinegroveuc.org/cafe-del-soul/

Needing Landfill News Winter Landfill Hours

Saturdays: 9:00 am to 5:00 pm

Sundays: 12:00 pm to 4:00 pm

Garbage Every bag of regular household garbage requires a Municipal Garbage Bag Tag. We issue a set amount of tags to residents on an annual basis. You can collect your tags at the municipal landfill sites during regular hours of operation. You MUST present photo ID to the attendant in order to receive your tags.

Recycling Yes we have a recycling program! We accept #1 through #7 plastics as well as cardboard. View our recycling sorting guide to determine if your items are acceptable recycling materials. Please remember to BAG your cans and plastics and FLATTEN your cardboard. We do not accept plastic grocery bags.



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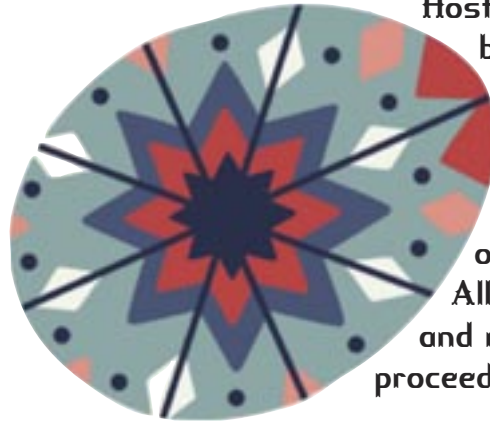
**Pysanky Egg Decorating!
March 3rd, 2024**

1 to 3 pm

\$20/person

Limited seating. Must be booked in advance.

Hosted by Pickled Pike Crafts, to book please call, Katherine 807.631.1869



Grab a friend and come on out to the Blake Hall and enjoy an afternoon of Pysanky Egg decorating.

All materials provided. Snacks and refreshments. Some of the proceeds will be donated to NFRA.

CHILDREN MUST BE ACCOMPANIED BY AN ADULT



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Seniors Carpet Bowling

Rosslin Community Centre

Sponsored by Rosslin Library



every

Thursday

1:30 -4:00 pm

Call the library at 939-2312 for more information.

Please bring indoor shoes!

Seniors!

Enjoy a fun game of carpet bowling!

Relaxed & gentle pace of exercise

Free

Socializing & Fun times

Refreshments

Special days with prizes and snacks

Beginners welcome!!

CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.

ROSSLYN COMMUNITY CENTER

3405 ROSSLYN ROAD



Thank you!

Rosslin Cribbage Club just celebrated their 1st anniversary on Oct. 17th. Over the year we grew from 9 to 34 players with room for many more.

So come and join the fun and friendship!

Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls } At Rosslin Hall from
Every Thursday Weights } 11:30 to 12:00

No Registration necessary.

We still have room for anyone wishing to keep active and join others in fun, laughter and conversation.

These activities are open to anyone interested in getting out of the house and meeting new people.

Call Rosslin Library for more information 807-939-2312

Radon detectors available to borrow at Oliver Paipooonge Library!



It is recommended that you test for radon during furnace season.

For more information regarding Radon visit Eco Superior:

<https://www.ecosuperior.org/homeenergy>

FOR SALE

Green leather recliner
6 foot Christmas tree with attached lights.

Snow blower attachment - fits Craftsman riding mower

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Call 807-964-2393

LONG TERM RENTAL WANTED

Retired professional wants to rent a year 'round cabin or tiny house - long term. Desired area is in the countryside, any direction outside the city of Thunder Bay. Please phone 807-632-9169.

Oliver Paipooonge
ONTARIO PARK PASSES

Planning a day trip to one of our local provincial parks? Use your library card to borrow a free day pass!

Rosslin Women's Institute presents their
Valentine Dessert Tea
on Thursday, February 8
from 7:00 pm - 8:30 pm
Rosslin Village Community Centre
\$5 per person
- Cookie Walk Available -
Come and help us celebrate
100 years of the Rosslin Women's Institute
For more info, please contact
J. Bailey at
807-628-5884

An EarlyON Storytime Adventure



Tuesday, February 20
1:00pm-2:00pm

The Rural Family Centre is taking storytime on the road to the Rosslin Library! We will be meeting at the library to enjoy some engaging tales, free play and crafts!

All ages welcome, no pre-registration necessary!

Call the Rural Family Centre at 935-3009 or ask a staff member at the library for more information!

Enjoy the Mild Weather!


....said NO ONE in January EVER! :)

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May 30, 2024

When: Thursday nights from 7-9pm
(except during school holidays)

Where: Valley Central School gym
Please send email to Joel at
vman814@gmail.com
to be added to the reminder list
There is no cost.

Kakabeka Legion Events



February 2024

2	Teen Challenge Setup	
3	Teen Challenge supper	
10	Exec/General mtg	2:30/3:00
11	Breakfast	8:30-12:00
16	Rural 60+ lunch	12:00-1:00
17	Dance with Quest	7:00-10:00
18	Jam Session	7:00-9:30
24	Dance with Quest	7:00-10:00
25	Music	1:00-3:00

**Book Your Next
Event with Us!**

Blake Hall is available for rent by the hour, day or weekend. Blake Hall has a fully equipped kitchen for self-catered events and comfortable chairs and tables for your guests. We are also fully accessible with a ramp entrance and accessible washroom.

Contact Us Phone: 807-474-5331
Email Us neebing@neebing.org

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.

TUESDAY 5 10:00 AM Baptist Community Church Corner Mudlake & Oliver Rds. Murillo 330 Hwy 595	TUESDAY 5 5:30 PM Blake Community Hall 71 Blake Hall Road Needing CONTACT 807-577-5924
WEDNESDAY 5 6:30 PM O'Connor Community Center 344 Hwy 595 O'Connor CONTACT 807-577-5924	TUESDAY 5 10:15 AM Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924

Rural 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: ruralfrc@tbaytel.net or
Private FB message us or
Call: 935-3009

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

HOW TO CONTACT YOUR COUNCIL MEMBERS

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



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Chix in the Stix

Pay it Forward

If you've never paid for coffee for the person behind you at the drive-thru I highly recommend doing it. Because when it happens to you it puts a smile on your face. So why not do that for someone else! Pay it forward. Our backwards in this case. I do suggest some strategies however. Just because there is only one or two people in the car behind you doesn't mean they are just ordering coffee, or food for two for that matter. And it is perfectly acceptable to check with the staff at the window before you decide. Not that you can't buy strangers lunch too if you want. By all means! It makes me think of all the really simple things we can do each day to bring even a small bit of happiness and good cheer to strangers we encounter. I have been trying to put this into practice more and more, mostly because the small demonstrations of kindness towards our family these past few difficult years have meant the world to us and some days helped us stay standing. Here's some ideas to get you started. Women - this one's for you, and it has to do with complimenting other women. Telling a woman, even a stranger, 'that colour looks great on you' or 'that sweater brings out your eyes' or 'I wish I could pull off that hair style as beautifully as you do'. These can be game changers some days. You never know what other people are facing and these little confidence boosters can be more impactful than you might ever know. And gentlemen, you too can pay forward compliments to other guys! It's totally a thing. Not to stereotype but men run into each other in the grocery or hardware store or at the gas station. And as they get older they will have more and more stories to share about their common experiences with recent medical procedures, compare notes on blood pressure and cholesterol etc. They might not be as receptive to comments about the colour of their t-shirt and how it makes their eyes sparkle, but a general 'you're looking good' does the trick and I guarantee they will take that compliment all the way home with them to their wives. And if there is an opportunity to mention what great chilli they make or how as you recall they do a great brisket on the BBQ, well those too are as good as gold. Men have feelings too. And there are so many other ways to pay happiness forward to the humans around you. Here are a few that we have tried or are going to try in the coming months. Join us on this quest to spread smiles! Let someone get in front of you in line whether in a store or on the road. Tell a mom with toddlers in tow in the mall that she is doing a great job. Hold a crying baby in a restaurant (with permission of course). Keep some small blessing-bags in your car (a wonderful thing to prepare at home with the kids or grandkids) and hand them out to the less fortunate folks you pass in your travels. Learn and remember the names of the service people you encounter regularly and use their names when you see them. Smile and say hello to someone in the elevator. Take muffins or cookies to a local shelter, fire station, or a neighbour. Drop off pet food or old towels or blankets to the Humane Society or other local animal shelter or rescue. Top up someone's parking meter when you're walking by. Put your phone away in the company of others so they know they have your complete attention. And don't forget to 'pay it forward' at home too! Valentine's Day is the perfect time to show extra love and kindness to your spouse as well. They might also enjoy cookies, or flowers, or chocolate, or being called by their first name (vs mom, dad, wifey etc.) And complimenting your loved one's appearance is always a win-win! Or simply ask those around you 'what can I do for you?' or 'what can I do to help?' Some folks may not answer, they may continue to say they are fine and are managing okay. But ask anyway. It lets them know that you see them and that you are there and that they truly aren't alone on the good days and the bad days. The cold winter months can be a difficult and isolating time for many folks and it's a good time to step up our individual and group efforts to make sure the humans around us are doing okay, and to also not hesitate to speak up if we need a helping hand. Accept the love! Spread the love!

The Hymers Agricultural Society (HAS) is pleased to introduce its 2024 Board of Directors:

Erin Laforest, President
 Laura Loan, 1st Vice President
 Randy Creighton, 2nd Vice President
 Rhonda Prystanski, Recording Secretary
 Debbie Hoover, Exhibit Secretary
 Oona Szyja, Treasurer

Margaret Duncan, Director
 Jeff Glavish, Director
 Chris Lawrence, Director
 Noah Loan, Director
 Nadia Myhal, Director
 Victoria Prystanski, Director
 Charlene Shuttleworth, Director
 Don Shuttleworth, Director
 Teri Tretlin, Director

Please visit our new website at <https://hymersfair.ca> and find our Volunteer Application Form under Volunteers. Forms can be emailed to:

volunteers@hymersfair.com
 or mailed to:
 PO Box 196
 Kakabeka Falls, ON,
 P0T 1W0

For full details on becoming a Committee Lead or Volunteer, please email:
Debbie Hoover at info@hymersfair.com
 or
Erin at hymersagsociety@gmail.com



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



Slate River Dog Grooming

a caring hands family

HWY 61, Neebing 475-9629 Find us on Facebook



The Junction

A ministry of Slate River Baptist Church

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

Clothing - Hygiene Products - Pantry

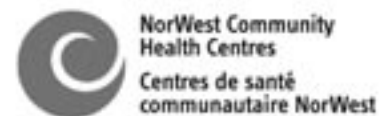
If you or someone you know is in need of food or clothing please contact us. Care pkgs. available. All items are free. Find us on Facebook or call 475-5140.

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

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 LifeLabs Walk-In Clinic 8:30am-4:30pm	2
5	6 Fly the C.O.O.P Walking Group Diabetes Educator	7	8 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	9
12 Chair Yoga @ O'Connor C.C & CHW drop in appts	13 Fly the C.O.O.P Walking Group Dietitian	14 Chair Yoga @ KBF Legion	15 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	16 Walk-In Clinic 8:30am-4:30pm
19 CLOSED - Family Day	20 Fly the C.O.O.P Walking Group Diabetes Educator Walk-In Clinic 8:30am-4:30pm	21 Chair Yoga @ KBF Legion	22 Fly the C.O.O.P Walking Group LifeLabs	23
26 Mobile Clinic - Armstrong 1pm-6pm Chair Yoga @ O'Connor C.C & CHW drop in appts	27 Mobile Clinic - Armstrong 8:30am-1:30pm Fly the C.O.O.P Walking Group Dietitian	28 Chair Yoga @ KBF Legion	29 LifeLabs	

It's a leap year!



Kakabeka Site

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

PROGRAM INFO.

Call Shaun at (807) 473-5528 ext.1 to register for all programs

Fly the C.O.O.P Walking Group
 Meet at Kakabeka Falls Legion Hall
 10am-11am

CHW Drop in Appointments
 Available until 3pm

Chair Yoga
 Hosted at O'Connor Community
 Centre OR Kakabeka Falls Legion
 Hall at 10:30am

Chair Yoga is also hosted virtually
 at 10:30am

Please call to book an
 appointment for:

- LifeLabs
- Dietitian
- Diabetes Educator

 **Follow us!**
 NorWest Community
 Health Centres -
 Kakabeka Falls Clinic

www.norwestchc.org



February Events

gilliescommunitycentre@gmail.com
#1835 HWY 595 South Gillies

MONDAY EVENINGS GENTLE FLOW YOGA

February 5th & 12th
\$15 drop-in
Stay tuned on Facebook for more class dates & times.

THURSDAY MORNING GENTLE FLOW YOGA

February 1st - 29th
\$62 for 5 weeks or \$15 drop-in
All levels welcome!

THURSDAY EVENINGS CORNHOLE

Weekly cornhole tournament with prizes for the winners
Thursdays 7pm \$30 per team
Join Gillies Community Centre Cornhole League on Facebook for more information

FEB
4

Spaghetti Dinner

Catered by Rose Valley Lodge
5:00pm - 6:00pm (sit down or take away available)
\$15 per person (adult) \$10 per child (under 10); CASH ONLY
RSVP by January 30th - more info on RSVP on Facebook

FEB
20 & 21

Book Swap

12:00pm - 4:00pm daily
1000's of books
Donations encouraged for this FREE event
All proceeds directly support the GCC

FEB
23

Waldorf Parent & Child Gathering

10:00am-12:30pm
Join Melanie for a Waldorf inspired playgroup
Please bring something to contribute to a wholesome lunch
Email Melanie for more details melkaterbach@gmail.com

LIKE US & FOLLOW ALONG ON OUR FACEBOOK PAGE

WE ARE ALWAYS LOOK FOR A POOL OF VOLUNTEERS FOR VARIOUS EVENTS!

NEEBING NEWS DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted)

Deadline for the MARCH issue of The Neebing News is February 20!
Get your info off your desk and onto MINE! :)

(Early submissions are always very welcome!)

Submissions and photos of community events and articles of interest are welcome, and can be sent to Chris Vaclav at designhouse@tbaytel.net 628-7271



Lakehead Region Conservation Authority

submitted by LRCA Staff

1, 2024.

This is a reminder that the LRCA does not monitor ice conditions at any of our Conservation Areas. Make yourself aware of weather conditions before heading out to explore, and always ensure you are dressed appropriately and are wearing appropriate footwear while visiting. There is no winter maintenance on any of our trails. Please be safe when visiting. Staff conduct snow surveys on a bi-monthly basis on the 1st and 15th of the month between November and May of each year. There are three historical snow survey locations which are located at Hazelwood Lake Conservation Area (Current River), Madeline Street (McVicar Creek), and Vibert Road (Pennock Creek). Snow depth and weight (water content) are collected and forwarded to the MNRF's Surface Water Monitoring Centre as part of the Flood Forecasting Program.

The January 15, 2024 snow surveys indicate that the snow survey locations are below average for snow depth and water content, when compared to the historical averages for January 15. The water content results were also below average for two of the three snow courses, with an equivalent water content ranging from, 52.0 millimetres (mm) at Pennock Creek to 63.6 mm at Hazelwood (Current River), while McVicar Creek results were on average at 56.4 mm equivalent water content. The next snow survey measurements will be taken on February

MNRF's snow monitoring data is now available to the public through the Ontario GeoHub. The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 - 2023). The 2024 Explore Card Parking Pass is now on-sale! 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! For the low price of \$40.00 +HST, it's convenient for frequent users. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. Get out and Explore!

NEW ONTARIO SHOOTERS ASSOCIATION INC.

PRESENTS

2024 SPRING GUN SHOW

Saturday, March 9th • 9 a.m. to 4 p.m.

Sunday, March 10th • 9 a.m. to 3 p.m.

SLOVAK LEGION

801 Atlantic Avenue, Thunder Bay, ON

\$5 Admission

Children 12 & under FREE with paid adult admission

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This show is a fundraiser for the Junior Shooters Program

www.onsa-shooters.org | Facebook: New Ontario Shooters Association Inc. • NOSA

For more information call Samantha 807-626-4003

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- | | | |
|------------------|----------------------|-----------|
| Monday | - Carving | - 10 to 3 |
| | - Disking | - 1 to 3 |
| Tuesday | - Weaving | - 10 to 3 |
| | - Knitting | - 10 to 3 |
| | - Good Company Choir | - 10 to 3 |
| Wednesday | - Beginners Carving | - 10 to 3 |
| | - Quilting | - 10 to 3 |
| | - Cribbage | - 1 to 3 |
| Thursday | - Weaving | - 10 to 3 |
| | - Knitting | - 10 to 3 |
| | - Yoga | - 10 to 3 |

Craft Room open Monday to Friday 10 to 3

Yoga will start Thursday February 1st running until Thursday April 4th and drop-ins are welcome.

We have a Luncheon coming up on Friday February 16th at the Kakabeka Legion from 12 to 1. Cost is \$5 for members and \$15 for guests, please sign up before Friday February 9th.

We have our Annual General Meeting coming up and if anyone is interested in running for a position on the Board of Directors please submit your name and phone number to the current Board.





Neebing Fire/Rescue Association
 NFRA News
 Respectfully submitted: Joy Harris NFRA President



It's February! The month of hearts & chocolate, a leap day and AGM's!!

Yes, Neebing Fire/Rescue Association is having its Annual General Meeting this month.

Join us! Become a member, for only \$5, and you will have voting privileges at the AGM. Becoming a NFRA member is easy! All information and sign up form are on our website:

<https://neebingfirerescueassociation.com/membership>.

The Annual General Meeting of Neebing Fire/Rescue Association is scheduled for February 12, 2024 at 7:00 p.m. by conference call.

- General Membership** is defined as:
1. Persons having an interest in supporting the Association.
 2. Elects the board of directors and approves the annual reporting of financials at the annual general meeting.
 3. Non-Elected members may serve on sub-committees.
 4. An annual membership fee determined yearly by the present board.

Membership fee is only \$5.00 and must be paid by February 9, 2024 .

This fee can be paid by:

1. Etransfer to Neebing Fire Rescue – nfraevents@gmail.com (no password needed).

2. Cheque made payable to "Neebing Fire/Rescue Association" and mailed to 4766 Hwy 61, Neebing, ON P7L 0B5 or given to a current member.
3. Cash or cheque left at the Municipal office in a marked envelope or given to a current member.

Please complete the Google form at to ensure that the organizers have your current information.

At our AGM we will review our past year, approve a budget for the new year and elect Board Members.

If you haven't already, be sure to enter our **new 50/50 raffle!** More tickets, more chances to win! Draw date **March 27th, 2024**



NFRA 2024

50/50 RAFFLE FUNDRAISER

\$100 400 Tickets	\$50 150 Tickets	\$20 50 Tickets	\$10 5 Tickets
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50% OF THE PROCEEDS TO YOU,
50% TO SUPPORT → **NEEBING EMERGENCY SERVICES**

FOR DETAILS AND TO PURCHASE TICKETS:
neebingfirerescueassociation.com/events/draw

Lottery License RAF1291114

neebingfirerescueassociation.com/events/draw

The Good We Are All Creating. Who shows up when you need emergency services in the Neebing area? Neebing Emergency Services (NES), **THAT'S Who!!**



When the 911 emergency call system is activated for emergency situations, NES Volunteer First Responders are dispatched to provide pre-ambulance emergency medical attention until a **SNEMS** ambulance arrives. At times the wait can seem like forever. Your NES team takes their role very seriously and appreciates that the best equipment and training is necessary to ensure that your lives are cared for effectively and efficiently.

Recently, in support of NES, Neebing Fire/Rescue Association(NFRA) purchased twelve (12)Prestan Series 2000 **Adult size CPR AED training Manikins** and eight (8) Prestan **Infant CPR-AED training Manikins**. These manikins are an incredible boost to the CPR and AED training of first responders and citizens of the community. These manikins connect directly to a tablet that indicates to the instructor the results of the compression efforts of six (6) students at a time doing CPR. Lights on the adult manikins directly show the student if the pressure from their efforts is effective enough to be successful in restoring a heartbeat.



These items were recently purchased thanks to the donations that were received in 2023 in memory of Barbara Ashbee and William Mercer. Barbara was a first aid trainer for years with NES and William's wife, Beverly, is currently a trainer along with Meaghan (Ashbee) Forneri. While only arriving in Neebing this past December the new manikins have already

been put to use with CPR/AED training for the current Confederation College Pre-Service Firefighter Education and Training Program class. The manikins will see service to provide CPR /AED training of NES members as well as various community groups as opportunities and needs arise.

NES greatly appreciates the community support provided through NFRA to acquire the best equipment and training available to ensure that emergency care is provided to the Neebing community effectively and efficiently.

As always, you will be helping us support Neebing Emergency Services. Thank you for your unwavering support. You help make Neebing the great place it is to live.

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