



The Neebing News

Volume Twenty, Number Nine ~ September 2024

BLAKE HALL 1924-2024

September 13th and 14th, 2024! Blake Hall is turning 100 and the Neebing Recreation Committee is thrilled to host a two-day festival in its honour!

Local vendors who wish to participate please call Katherine Hill to reserve a table 807-631-1869.

Friday September 13th~Grounds Open at 5:30 pm!

We start off with a bang!

COME HUNGRY as NFRA will be hosting a BBQ for a nominal fee.

There will also be tea, coffee, and some light snacks.

The evening's entertainment is **HEADRUSH** from 6:30 – 9:30 pm!

Headrush is a local classic rock band that has been together for about 6 years and consists of four long standing members of the local music community. They have all been around for so long they are considered a Jurassic Rock Band! Headrush is fronted by powerhouse vocalist Chrissy Klaas on vocals, keys and guitar, laying down the beat is the extraordinary rhythm section of Brad Leishman and Chris Hartley and rounding out the melodic section is the fiery guitar playing of Kelly Ash. Headrush can be found on the Eleven CD with their original song So Yesterday (co-written with and played on by Headrush Alumni, Rob Nickerson).

**Saturday September 14th will be our main event.
Grounds open at 10:30 am!**

11:30 – 12 PARKER aka Jessica Durand is a musician/singer/songwriter/actor with a great passion for all things creative. Her portfolio is a diverse one spanning over 2 decades dabbling in film, theatre, tv and most recent years on stage with Badanai Theatre's production of "Dolly Parton's 9-5 The Musical" with the Thunder Bay Symphony Orchestra. When not acting, singing or making music, she is busy spending time with her family on their homestead in Neebing raising animals, hiking, gardening, preserving & foraging for fungi in the forest. She holds a strong belief in the importance of community and is often found volunteering/organizing many events in the rural community. She is trilled to be part of the Blake Hall's 100th Anniversary Celebration!

12 – 12:45 Mayor Mark Thibert is honoured to have **Jeordi Pierre** from School of Indigenous Learning (S.O.I.L) alongside with him for a few words of welcome at our opening ceremony. Other prominent dignitaries will be present as well.

12:45 – 1:45 Mink Mountain Revue is an Old Tyme Country and Blue Grass band, featuring "Ray Koenig" (fiddle, vocals), "Jim Pike" (mandolin, vocals), "Lou Herbert" (dobro, vocals), "Nancy Koenig" (bass), "Deacon Johnny Myers" (guitar, vocals) with special guest award winning banjo player from Southern Ontario "Dan Campbell".

2– 2:45 Richard Veurink

Richard Veurink was born and raised in Slate River and music has always been a passion of his since he was young. He mainly plays rock and country, with an acoustic twist, and has some original songs in his setlist. He enjoys playing live shows whenever he can, and he is looking forward to playing for Neebing in September.

2:45 – 3 Blue Hubbard Squash Awards Presentation

100 years ago the Blue Hubbard Squash competition took place at Blake Hall during the Blake School Fall Festival. We're reviving it for the 100th Blake Hall Anniversary! Plant those seeds now and get in on the competition! (seeds are available at the municipal office for free!) Numerous categories are available to enter your squash. Good luck!

3– 6 Strait Up

Strait Up is a classic rock band with high energy and great stage presence. Strait Up has been rocking together for 5 years and showing no sign of slowing down. Band members are Cindy Woodbeck - Vocals, Tyler Whistle – Vocals and Guitar, Steve Camus - Drums and Ed Vescio - Bass Guitar.

****INFLATABLES FOR ALL AGES, INCLUDING ADULTS****

***NFRA will once again be hosting a BBQ** for a nominal fee.

***Neebing memorabilia** will be on display for all to see inside Blake Hall.

***Kids events** will be happening all day long with ribbons awarded.

***OPP, MNRE, LRCA, Neebing Fire/Rescue, Neebing Emergency Services and local vendors will be on hand for your perusing pleasure**

REMEMBER TO BRING YOUR OWN LAWN CHAIR



The Neebing Recreation Committee needs you! We are looking for volunteers to help with this event. If you can help out please contact Penny Shott 807-964-2270 or email neebing@neebing.org with your contact information.

**Have great pix to share of the Neebing Fish Derby?
Please send to designhouse@tbaytel.net**



What's Been Happening at Council Meetings?

Since the August edition, there has been one regular meeting of Council on August 7, 2024.

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

- Council heard a deputation the Neebing Recreation Committee regarding the Blake Hall 100th Anniversary Celebration.
- Council heard a deputation from the new Neebing Fire Chief regarding the new department leadership.
- Council reviewed consultation materials relating the province's consultation on modernizing wild land fire regulations and the Emergency Management and Civil Protection Act.
- Council directed Administration to provide a letter of concurrence for TbayTel's application to install a new tower near Oliver Lake.
- Council authorized Administration to apply for the Fire Protection Grant for the purchase of cancer prevention gear for fire fighters.
- Council awarded the tenders for gravel hauling on Cloud Lake Road and Larson Road.
- Council approved updates to the Road Maintenance Policy.

- Council passed a new by-law related to dog control and aggressive dogs.

The next Council meetings will be held on September 4 and 18, 2024.

Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month; however, there is only one meeting in July and August.

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.

When to Contact the OPP

When to Call 911

If someone's health, immediate safety or property is threatened, call 911. When calling 911, be specific about what services(s) you need, ie: Police, Fire and/or Ambulance and provide as much detail as possible.

When to Call the Non-Emergency Line

For non-emergency events or minor crimes you can either:

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

The following can be reported online:

- Theft Under \$5,000
- Mischief / Damage to Property Under \$5,000
- Mischief / Damage to Vehicle Under \$5,000
- Theft from Vehicle Under \$5,000
- Lost / Missing Property Under \$5,000 including a license plate(s) or validation sticker(s)
- Theft of any type of gasoline from a gas station
- Driving Complaints

The following should be reported in-person by calling the toll-free or detachment numbers:

- the occurrence happened outside of OPP jurisdiction
- there are any identifiable suspects
- someone was injured
- the occurrence involves a weapon
- the occurrence involves any damage to a motor vehicle due to an actual or apparent collision, including fail to remain collisions
- the occurrence involves a break and enter (e.g. unlawful entry and theft from a house, a building or a structure)
- the occurrence involves drugs or gambling (including lottery tickets)
- the occurrence involves a passport

The OPP use the data from calls to track patterns and create operational plans for patrolling and staffing. Residents are encouraged to report non-emergency events to help the detachment plan for where the resources are most needed.

How is the municipality billed for OPP Services?

The municipality is not billed on a per call basis. The majority of the cost for OPP services is based on the number of occupied properties within the municipality. There is an annual flat rate charge for each household and business. The rest of the cost is based on a percentage of municipal calls for service across the entire province and accounts for a small portion of the annual bill. If you would like more details about the cost for policing, please contact the municipal.

Neebing Landfill News

Summer Landfill Hours

APRIL 1 TO SEPTEMBER 30

Saturdays: 9:00 am to 5:00 pm

Sundays & Wednesdays:

4:00 pm to 8:00 pm

Winter Landfill Hours Begin Oct. 1st!

Saturdays: 9:00 am to 5:00 pm

Sundays: 12:00 pm to 4:00 pm

How to Contact the Neebing Municipal Office



Office hours: Monday – Friday (9:00am – 5:00pm)

Phone: (807) 474 5331

Email: Neebing@neebing.org Website: www.neebing.org

Facebook: www.facebook.com/neebing

Instagram: www.instagram.com/municipalityofneebing/

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 voice mailbox 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!

CONTACTING THE OPP

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

For emergency events call 9-1-1.

For non-emergency events you can either:

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

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

Neebing Residents: Report A Concern

Do you have a concern about the condition of your road? What about dogs running at large in your neighbourhood or someone building without a permit? Reporting your issue is just a click away using the web or your phone.

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

-OR-

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

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

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

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

Contact us at **807-474-5331**. Remember, if your concern is a medical, fire or police emergency, please call **9-1-1**.

Coughing, Sneezing, Upset Stomach— You Know the Rest.

by Meaghan Forneri, Deputy Chief of Medical Operations

It's that time of year again. Summer activities are winding down, kids are preparing for another year of school and cold & flu season is upon us. Every year it seems that when the kids go back to school colds and flus run through households like the plague—at least in my house that's been the standard. So, let's break it down. For starters, most children—and some adults—do not wash or sanitize their hands as often (or as well) as they should. Have you ever watched your child sneeze or cough on the remote or a toy? Wipe their nose with their hand and then grab the door handle? I have—and all I can think about is the little germ party that's happening on that surface. Yuck!

Since the start of the Covid pandemic, the duration and timing of flu & cold activity makes it almost impossible to predict. According to the Centre for Disease Control and Prevention (CDC) peak season is typically November to March. The common cold is a viral infectious disease with symptoms consisting of sneezing, coughing, headache, sore throat, runny nose, nasal congestion, and fever (the most common symptom in children) and may appear within 2 days of exposure. The flu (influenza) is a contagious virus, with symptoms ranging from fever & chills, runny nose & eyes, sore throat, headache, muscle & body aches, extreme weakness, and loss of appetite. Symptoms typically appear 1-4 days after exposure. Both viruses are highly contagious and can last anywhere from 6-14 days. Not all colds and flus affect everyone the same; some people will become extremely sick during the entire duration of the illness, while others feel unwell but are not as affected by the illness.

The Do's and Don'ts of Getting Sick:

DO: Get plenty of rest & eat well. The old saying “feed a cold starve the flu” should not be followed. Feed it all: chicken soup, salted soda crackers & things that are easy on the stomach. Replace loss of electrolytes/fluids with water, Gatorade (or similar) or flat ginger ale. Get plenty of rest! your body takes a beating when you are sick, don't overdo it and take the time to get well. If you have a fever and cannot break it with medication, a tepid bath or shower works wonders. The temperature range should be between 32°C and 35°C. For the individual who has the fever it will feel like ice water, however a 30-minute bath or shower at this temperature will bring your temperature down significantly.

DON'T: Have an ice-cold shower. This will only cool the skin and cause you to shiver which will increase core body temperature. Don't eat or drink anything that is a lot of work to digest. Stay away from things milk, sandwiches, pasta, stews, or citrus juices and please don't overdo exert yourself—no marathons please (unless it's on TV of course).

Some tips and tricks to keep colds and flus at bay this season:

- wash (or sanitize) your hands often.
- Cover your mouth when you sneeze or cough.
- Wipe down commonly touched surfaces in your home such as remotes, toys and doorknobs.
- If you feel unwell, stay home.

Please be safe this upcoming cold and flu season, and remember that your friendly Neebing Emergency Services team is here to help you any time you are in need, please remember “When in doubt—call 911—and we will come out!”

2024 Roads Projects

In 2024 some chipseal roads experienced significant breakup. Portions of Coppercliff Road, Sturgeon Bay Road, Boundary Drive, East Oliver Lake Road, Cloud Lake Hill and McCluskey Drive had areas that were affected by breakup. All roads required repair and remediation and work to repair these roads was completed throughout June and July.

Brandl Road and Savioe Road had ditching and gravel redone. Many of our gravel roads had a bit of gravel and spot improvements.

Larson Road, Blake Hall Road and Cloud Lake Road will have a lift of gravel and some ditching before the end of the 2024 construction season.

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. It is available for viewing on the Neebing website along with the Strategic Plan, Asset Management Plan, and the Neebing Budget and Financial Statements.

Other Projects for 2024

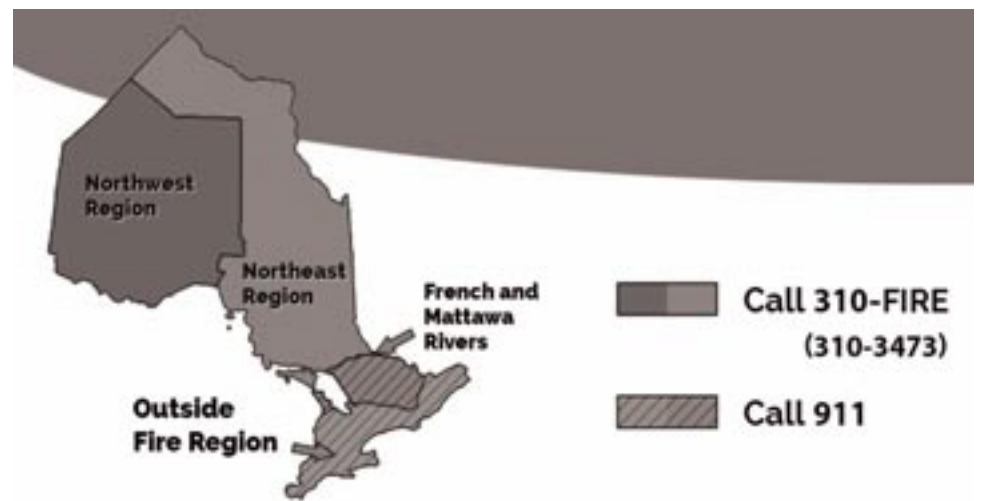
- Concrete rink surface, lighting and rink boards at Alf Olsen Memorial Park.
- A permanent washroom facility at Oliver Lake
- A concrete rink surface and covered roof at Blake Hall
- Cloud Lake Park Improvements

EMERGENCY TEXT ALERT SERVICE for Neebing Residents



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

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

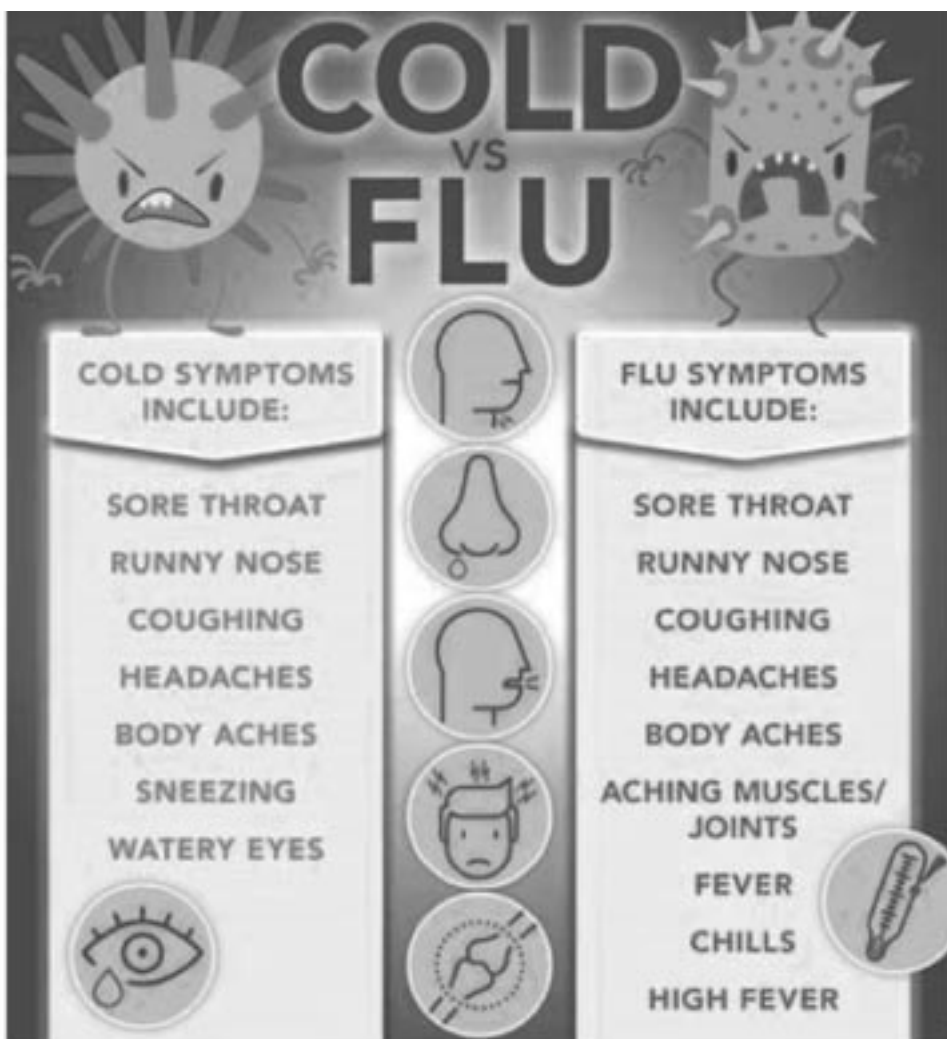


REPORT FOREST FIRES

**DIY BIG METAL TREE ART IS BACK!!!
SEE PAGE 12 FOR DETAILS!**

2024 Neebing Burning Permits

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



Appointment of New Acting Fire Chief

The Council of the Municipality of Neebing is pleased to announce that effective July 1, 2024, Mr. Mark Shruiff has been appointed as Acting Fire Chief to the Neebing Emergency Services department.

Fire Chief Shruiff has been an active NES member since 2021 and he brings a wealth of knowledge and experience to his new role. Fire Chief Shruiff will help propel the department further in its mission to educate, protect and serve all who live, work, and play in our municipality.

Council is also pleased to announce that effective July 1, 2024, Ms. Meaghan Forneri, Mr. Cody Cheesman, and Mr. Jeff Lafontaine have been appointed as Deputy Fire Chiefs. These 3 long-serving members will round out and strengthen the NES administrative team under the leadership of Fire Chief Shruiff.

Council looks forward to working with Fire Chief Shruiff and his Deputies as they lead the Neebing Emergency Services team into the future, protecting and ensuring our community is safe.

Council would like to thank outgoing Fire Chief Dale Ashbee, Deputy Chief Roger Van Ballegooie, and Deputy Chief Beverly Mercer for their dedicated service over the years. While Roger has retired entirely from Neebing Emergency Services, Dale and Beverly will continue to serve as an active member of the NES team.

Thank you to all those who came out for the inaugural Little Trout Bay Fish Derby. It was a great day!

Congratulations to all the prize winners!

Heaviest Combined Weight

First Place: John Engstrom and Gerry Harris (43.19 lbs)

Second Place: Don Jonhson and John Brenzavich (28.75 lbs)

Third Place: Paul Olsen and Riley Jones (26.5 lbs)

Other Prizes

Oldest: John Brenzavich

Youngest: Gerald Marshall

Heaviest Weight Mixed: Tim and Cheryl Shields

Skunked Prize: Gabe Warkentin/Rick Aikman

Mystery Weight 1 (17 lbs): Matt Dennhardt and Curtis Tozer

Mystery Weight 2 (6 lbs): Raymond Mercier and Brenaan Mercier

We couldn't have done it without the generosity and support of our sponsors:

- D&R Sporting Goods
- Mighty Mitch & Jungle Joe's Jigflies
- Woody's RV and Marine

Thank you!!!



Neebing Fire/Rescue Association

Thank You!



Neebing Fire/Rescue Association

Neebing Fire/Rescue Association supports Neebing Emergency Services by fundraising to purchase equipment. Recently our Firewood Raffle raised \$13,328 due to the support of Chaschuk Enterprises Ltd, ticket sellers and buyers!

Thank you to all ticket sale locations:

AJ's Trading Post , Canadian Tire (Arthur St), Chaschuk Enterprises Ltd., Floyd's Glass, Green Acre Variety, Pine Hardware , Rosslyn Service, Santorelli's Car/Truck Stop, South Neebing Variety, Thunder Bay Co-op Farm Supplies, Thunder Oak Cheese Farm, , Neebing Municipal employees at the office and landfills and many individuals. A huge thank you to our prize donor!



THE WINNERS!



Left photo shows winner of 6 cords of wood, Josh Sturby and his brother Jeff accepting the prize from Chaschuk representative Kelly Patterson. Right photo shows Ron Voit accepting 4 cords of firewood .from Kelly.

Keep abreast of the current NFRA fundraisers www.neebingfireandrescueassociation.com or contact NFRA at nfraevents@gmail.com or 4766 Hwy 61 Neebing, ON P7L 0B5



SEPTEMBER

Neebing Fire/Rescue Association
NFRA News

Respectfully submitted: Joy Harris NFRA President Clara Butkofer NFRA Treasurer

As I write this, NFRA is preparing to host a fund-raising barbecue at Little Trout Bay on August 24th. The LRCA has, once again, invited us to participate in their biennial Day By The Bay event. With Neebing's first Fish Derby running in conjunction, it promises to be a great day.

I hope we saw you there! 🍷🍴👤



Neebing Fire/Rescue Association is pleased to announce our first Early Bird winner in our online 50/50 raffles! Betty Landry won \$500 on August 7th just for buying her ticket early!

Do you have your tickets for the BIG prize? Raffle #7 winner will be drawn on September 25th! Will you get call? Buy your tickets now. And thank you.



neebingfirerescueassociation.com/events/draw

Looking ahead, the **BIG NEWS** in September is the **100th Anniversary of Blake Hall on September 13th & 14th**.

NFRA will be there! With the help of Neebing Emergency Services, the grill will be on Friday evening and Saturday during the event. Lots to see and do, come out!

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

22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
23	NEEBING										Resident Landfill Site Permit Card 2024										
24	Name										Card # 0001										
25	Summer Hours of Operation										Winter Hours of Operation										
26	April - September 30										October 1 - March 31										
27	Sat 9:00am-5:00pm										Saturday 9:00 am-5:00 pm										
28	Sunday and Wednesday 4:00 pm-8:00 pm										Sunday 12:00 pm-4:00 pm										
29	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	

The punch cards were mailed out with the tax bills in July.

If you did not receive them, please contact the municipal office at 807-474-5331.



polyethylene terephthalate	high-density polyethylene	polyvinyl chloride	low-density polyethylene	polypropylene	polystyrene	other plastics, including acrylic, polycarbonate, polyactic fibers, nylon, fiberglass
soft drink bottles, mineral water, fruit juice container, cooking oil	milk jugs, cleaning agents, laundry detergents, bleaching agents, shampoo bottles, washing and shower soaps	trays for sweets, fruit, plastic packing (bubble foil) and food foils to wrap the foodstuff	crushed bottles, shopping bags, highly-resistant sacks and most of the wrappings	furniture, consumers, luggage, toys as well as bumpers, lining and external borders of the cars	toys, hard packing, refrigerator trays, cosmetic bags, costume jewellery, CD cases, vending cups	

Neebing Fire/Rescue Association owes all of this success to you, our donors, residents and supporters.

You step up, show up, lend a hand and support us financially. Thank you. Thank you so very much.

Donations at the landfills have reached an all-time high, your support of our raffles is unprecedented and a wonderful surprise, and you are there when we've asked for help. Whichever way you are involved, please know it makes such a difference.

Thank you for your support and contributions to date, it's been a wonderful year!

Be safe, be well and be kind.

Joy Harris
NFRA - President



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Punch Cards Are Here!

Starting August 1, 2024, a punch card is required to deposit household waste at the landfill sites. The 2024 card is valid from August 1, 2024 to July 31, 2025. New cards will be issued in 2025.

Similar to bag tags, full-time residences will be provided punches for 100 bags of household waste per year and seasonal residences will be provided punches for 50 bags of household waste per year. Additional punch cards can be purchased from the Municipal Office. Funds collected from punch card sales and tipping fees will be used for future landfill costs.

There is no limit to the number of bags of recycling. Recycling helps reduce the volume of your household waste and extends the life of the landfill.

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WOODLAND FAERY
BLACK DOG CERAMICS
SUMAC HILL CREATIONS

PINE CAFÉ refreshments and goodies
gift basket prize

  [autumnrendezvoustbay](https://www.instagram.com/autumnrendezvoustbay)

NFRA hosted a bbq at the LRCA Day By The Bay event at Little Trout Bay Conservation Area on Saturday, August 24



Thunderbird Wildlife Rescue was there with an owl, peregrine falcon and an eagle.



Lakehead Region Conservation Authority

The LRCA still has some spots available at our upcoming fall Watershed Explorer programs. Space is limited and pre-registration is required. To register, visit www.store.lakeheadca.com. Programs are possible thanks to the generous support of the TD Friends of the Environment Fund. Topics include: Fall Photography, Trees & Fall Colours, Neebing Birding Day, and Archaeology.

The Sandhill Crane Festival, a self-guided tour of the Slate River Valley in search of Sandhill Crane observations, will take place from September 9th to September 27th this year. Saturday, September 21 is also the date of the second annual Dorset Pier Mental Health and Wellness Day at Cascades Conservation Area!

It's hard to believe that Summer is already on its way out, but that means Autumn is around the corner! The Fall is a wonderful time to explore a Conservation Area. The Fall colours will be starting soon, and the weather will be cooling off which means less bugs. If you plan on visiting us this Fall, we would like to remind all visitors of the \$5.00 per vehicle fee. If you visit often, consider an Explore Card Parking Pass. All Explore Card and parking fee revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

Kakabeka Legion Events

September 2024

For Hall bookings call
Dianne Harrison 807-577-6549



KAKABEKA FALLS LEGION EVENTS

SEPTEMBER 2024

Saturday 7th

- Legion Executive Mtg - 2 pm

Saturday 7th

- Legion Members Mtg - 3 pm

Sunday 8th

- Buffet Breakfast - 8:30 - 11 am

Saturday 21st - 75th Legion Anniversary!!

Friday 27th - Rural 60 Luncheon - noon

July 28th - Dance with Quest

July 29 - Sunday Musical 2 pm - 4 pm
Just 4 You Band

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(for children 0-6 years)

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<https://www.keyon.ca/en/Events/ViewEvents>

* EarlyON Child and Family Centre - Murillo
(Pre-registration on KeyON is required)

For more info. please:
Email: ruralfrcc@tbaytel.net or
Private FB message us or
Call: 935-3009

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

TAKE OFF POUNDS SENSIBLY

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

<p>TUESDAY 5 10:00 AM Baptist Community Church Corner Mudlake & Oliver Rds. Murillo CONTACT 807-577-5924</p>	<p>TUESDAY 5 5:30 PM Blake Community Hall 71 Blake Hall Road Neebing CONTACT 807-577-5924</p>
<p>WEDNESDAY 5 6:30 PM O'Connor Community Center 344 Hwy 59E 330 Hwy 59E CONTACT 807-577-5924</p>	<p>TUESDAY 5 10:15 AM Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924</p>

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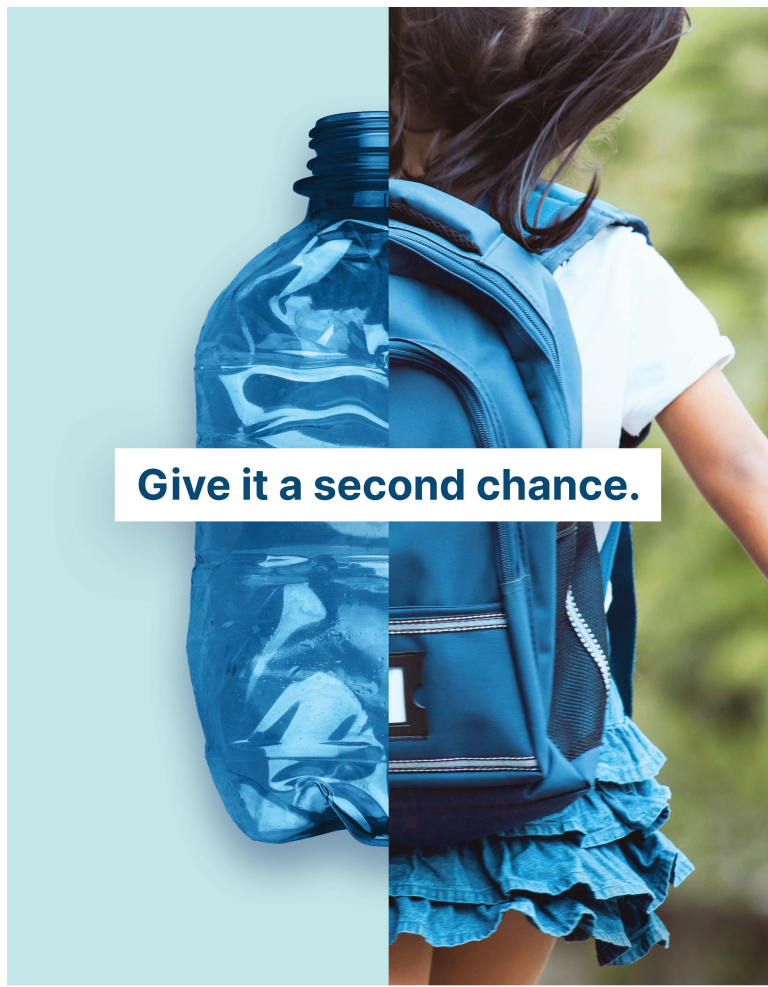
www.tempelman.ca
807-767-9173



You make an impact.

By recycling, you are protecting our environment for future generations. Thanks for doing your part!

www.neebing.org/recycle



Give it a second chance.

Recycle plastic containers so they can be turned into something new.

www.neebing.org/recycle



NEEBING NEWS DELIVERED TO YOUR MAIL-BOX (unless you have **NO FLYERS** posted)
Deadline for the OCTOBER issue of The Neebing News is September 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!
 Send to Chris Vaclav at designhouse@tbay-tel.net 628-7271



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

Friday September 6 Community Corn Roast 7 PM
Admission is free and all are welcome - rain or shine event at Pinegrove United Church 100 - Hwy 130

...Then back to our usual Thursday routine
Thursday September 19 - lunch at 11:30

Looking forward to seeing those who enjoy our Cafe, and any newcomers that would like to join us.

Of course, volunteers are always welcome!

Volunteers are also welcome (and needed)

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



It's Back!

Join us at the Parish of West Thunder Bay's Delicious Spaghetti Supper

Sunday, September 15th, 4-6 P.M.
 Rosslyn Community Centre, 3405 Rosslyn Road
 Sit down or Take-out
 (Please bring your own containers for take-out)
 Adults \$15, 6-12-year-olds \$5, 5 & under free

SEPT 2024

MON	TUE	WED	THU	FRI
2 Closed for Labour Day	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 1pm-6pm	4 Mobile Clinic - Armstrong 8:30am-1:30pm	5 LifeLabs	6
9 Chair Yoga @ O'Connor C.C @ 10:30 am	10 Fly the C.O.O.P Walking Group Guest Speaker Diabetes Educator	11 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm Walk-In Clinic 8:30am-11:30am	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor C.C at 10:30 am	17 Fly the C.O.O.P Walking Group Diabetes Educator	18 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	19 Fly the C.O.O.P Walking Group LifeLabs	20 Walk-In Clinic 8:30am-11:30am
23 Chair Yoga @ O'Connor C.C @ 10:30 am	24 Fly the C.O.O.P Walking Group Guest Speaker	25 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	26 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	27 Note: Walk in Clinic (Tomorrow) Sat, Sept 28 from 10am - 2pm
30 Closed for Truth & Reconciliation Day				



NorWest Community Health Centres
 Centres de santé communautaire NorWest

Kakabeka Site

4785 ON-11 Unit B,
 Kakabeka Falls,
 ON POT 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 Mountain Portage Trail at K Falls Park @ 10:15 or a ride is provided at Evergreen Parking Lot at 10 am

CDSMP - Chronic Disease Self Management Program
 Pre Registration is required by calling Kevin at 807-626-8480

Chair Yoga In Person or Virtual
 Hosted at O'Connor Community Centre at 10:30am.

WALKIN CLINIC
 We will be holding a walk-in clinic on Sat, Sept 28 from 10am to 2pm.

Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

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

RURAL 60 PLUS!

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

**WE WILL BE CLOSED MONDAY SEPTEMBER 2ND
FOR LABOUR DAY**

**MONDAY - CARVING - 10 - 3 STARTING
MONDAY SEPTEMBER 9TH**

**TUESDAY - WEAVING- 10 - 3
- KNITTING - 10 - 3**

**WEDNESDAY - QUILTING- 10 - 3
- BEGINNERS CARVING- 10 - 3
- CRIBBAGE - 1 - 3**

**THURSDAY - WEAVING- 10 - 3
- KNITTING- 10 - 3**

YOGA - 10 - 11

STARTING THURSDAY 26TH

**CONTACT SHARON HAGSTROM AT 807- 939-2722 OR
HAGSTROM202@GMAIL.COM**

**CRAFT ROOM OPEN MONDAY TO FRIDAY
FROM 10 TO 3**



Chix in the Stix

Gold Medal for Fall

I'm sure you know enough about me by now to know that fall is my favourite season. And September is probably my favourite month. We still have warm and even hot days but the nights are cooler and the real seasonal numbers are creeping in. But there is still lots of perfect weather for enjoying time outdoors. For us non-hot-weather-lovers it's a pretty sweet time of year. And even though I don't have school aged kids any more, September still feels like the start of something new. I still have this inner drive to buy coloured pens and new notebooks and start making lists and feel the urge to plan and use post-it notes. September also means things from the garden are starting to take over my kitchen and I am eating more veggies than any other time of year. While I am not ready for the whole pumpkin spice routine, there is definitely a place for the tastes and smells of fall and I can't wait for the smell of the first wood stove lit or the first pot of hearty fall soup or stew. And I will admit to having a few pumpkin spice candles stashed away that I am excited to pull out. I am looking forward to getting back to cozy sweaters, shawls, and scarves and turning the heat on in my car. I might even start wearing long pants and socks soon but I wouldn't bet on that one. It is a season that warms my heart and fills my cup. And the other night I gave myself a present. It wasn't new clothes or jewelry or a pie. It was THIS! At 3AM I put my lawn chair in the middle of the yard, wrapped up in a blanket, and sat under that big beautiful blue moon. Just sat. And breathed. And moon bathed. Which I thought I

invented but it's apparently an actual thing. Fall = no bugs too so that was a bonus! We have no neighbours close by and our property is nicely elevated so it was like sitting on top of the world and rivaled any observatory I have sat in. I am pretty sure I took in deeper breaths and had longer exhales than I've had in weeks. My shoulders dropped lower than they have in some time too. It was so quiet and so perfect. Shiny or damp things in the yard or the trees glimmered like little night lights all around me and I bet my joyful tears did too. It was almost too bright with that big moon and I'm gonna have to try it on a much darker night to see how it feels. I have been day dreaming now about what it would be like to have an actual big comfy bed in my yard under the stars in the open air. Maybe a mattress on the trampoline? Again, I'm sure this isn't a completely novel idea and I bet if I google I will find loads of ideas and people already doing this. But today I'm the one feeling inspired. It is so easy to forget the healing power of just being outside. When we're struggling we can so easily turn to other solutions and some of them are even suggested by our doctors. And some we definitely need. But I have never heard my doctor tell me to go dance in the warm rain, walk barefoot on the grass, spend time in the bush, or sit under the moon. And taking a pill may help. Retail therapy may help. Eating pie and cheese balls may help. But the healing power of nature and the beauty that surrounds us just waiting to fill us up should never be forgotten. Fall may be the season of things changing, passing on, resting, but it's also a time of refueling and regenerating and I truly believe the healing we can garner from the valley and forests and fields around us will heal our cells and our souls and send us off into a peaceful winter and a spring bursting with newness and hope. I am making that my mantra as I breathe out all the stress and worries of life and breathe in only cool air, gratitude and possibilities. Nature for the win once again!

Have a Wonderful Fall Season!



- WETT Inspections and Certified Chimney Sweeps
- Wood Burning Appliance Sales and Service
- Authorized Heatmaster SS Outdoor Wood Furnace Dealer
- Oil-Fired Appliance Service

PHONE: 767-3643
countryman@tbaytel.net

Kakabeka Legion Events

September 2024
For Hall bookings



call Dianne Harrison 807-577-6549

Saturday 7th - Legion Executive Mtg - 2 pm

Saturday 7th - Legion Members Mtg - 3 pm

Sunday 8th - Buffet Breakfast - 8:30 - 11 am

Saturday 21st - 75th Legion Anniversary!!

Friday 27th - Rural 60 Luncheon - noon

July 28th - Dance with Quest

July 29 - Sunday Musical 2 pm - 4 pm
Just 4 You Band



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<p>Murillo Library Monday 10 – 8:00 pm Wednesday 10 – 8:00 pm Saturday 9 -12:00 935-2729</p>	<p>Email: oplibrary@tbaytel.net Website: http://oliverpaipoonge.olsn.ca</p>	<p>Rossllyn Library Tuesday 10 – 8:00 pm Thursday 10 to 8:00 pm Saturday 9 -12:00 939-2312</p>
	<p>Murillo Library will be closed on Monday Sept. 2ndth (Labour Day)</p>	
	<p>Thanks so much to the "WOW kids" from Marina's World of Wonder Daycare. In Rossllyn Village. This amazing group held a bake sale and lemonade stand and donated the proceeds to Rossllyn Library so that we can buy more children's books for everyone to enjoy!</p>	

CRIBBAGE

BEGINNERS WELCOME!
EVERY TUESDAY 1 P.M.
ROSSLYN COMMUNITY CENTER
3405 ROSSLYN ROAD



Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls } At Rossllyn 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 Rossllyn Library for more information 807-939-2312

Coffee, Conversation and Crafts
Every Thursday from 1:00 to 3:00
at Rossllyn Hall.
Beginning September 19th.



All are welcome to drop in with your latest project. Enjoy crafting over coffee and discussion about the latest news. Special craft and Speaker events are in the planning stages, get your name on an email list by contacting Rossllyn Library.



Oliver Paipoonge Library
ONTARIO PARK PASSES
Planning a day trip to one of our local provincial parks? Use your library card to borrow a free day pass!

Seniors Carpet Bowling

Rossllyn Community Centre

Sponsored by Rossllyn 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!!

RURAL BUSINESS SERVICES DIRECTORY

AUTO REPAIR

Charlie's Auto
Automotive Service Technician, Charles Clair
953 Candy Mountain Dr., 473-5456 708-5536

Mirabellis Garage

Automotive repairs and tire sales
475 East Oliver Lake Road
call or text John Mirabelli at 807-627-0784

CATERING, HALL RENTALS & MEETINGS

BLAKE COMMUNITY HALL -
71 Blake Hall Road. Call the Municipal Office for reservations: 473-5331 or email nebing@nebing.org

FOUNDERS PIONEER VILLAGE

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

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475-9629.

EXCAVATING & EQUIPMENT RENTALS:

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Barb McEwen, Sales Rep.
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Kelsey Belluz, Broker at Re/Max Generations

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Call or email me at 807.472.9292 or
kelsey@belluz.com

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52 Haniak Rd, Rossllyn
Ph 939-1014, Email office@petesbackhoe.com
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TIRE SHOP

Pro-Tec Tire Centre

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

TRUCK, CAR STOP & RESTAURANT

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

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RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open

Next Food Bank

Wednesday, September 18

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOOD BANK INCOME TAX RECEIPTS

If you have not received your Rural Cupboard Food Bank Income Tax Receipt, please contact us at 807-285-0836.



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seniors@agefriendlythunderbay.ca
OR FIND OUT MORE
agefriendlythunderbay.ca



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Sat 10am-2pm

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B-4785 Hwy 11/17
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Sat 10am-4pm

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Kakabeka Legion parking lot, 4556 Hwy 11/17

DIY Metal Tree Art



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

The CDSMP workshop (6 sessions) empowers people to live well while dealing with conditions such as diabetes, lupus, heart disease, arthritis, lung disease such as COPD, cancer, fibromyalgia, crohn's & colitis and other chronic health issues. You will develop new tools and skills that break the "symptom cycle," to feel better, and do more of the activities you love and enjoy.

In-Person

September 11, 18, 25; October 2, 9, 16

1:00PM - 3:30PM EST

O'Connor Community Centre
330 ON-595
Kakabeka Falls, ON P0T 1W0

All participants receive a free textbook for training and a certificate of completion at workshop completion.



**Sunday October
20th, 1-3pm
Blake Hall, 71
Blake Hall Road**

\$70/person

Join us for a delightful afternoon of creativity at our DIY metal tree art class. Your group will have the opportunity to craft the afternoon away. You will be enjoying the afternoon with friends and neighbours, also enjoying a charcuterie style lunch and beverages. All Materials provided. Trees are pre-cut.
Hosted by Pickled Pike Crafts.

**Call or text Katherine
@ 807-631-1869**

**Must be paid in advance.
Part of the proceeds donated
to NFRA.**

REGISTRATION REQUIRED



Scan to register or call
Kevin at (807)626-8480