



The Neebing News

Volume Twenty, Number Ten

October 2024

Ashbee Family Contributions to Emergency Services Recognized with Exemplary Service Award



Dale Ashbee with Daughter Meaghan Ashbee (center) receive the Charlie Turgeon Award at the 2024 FireCon Awards ceremony.

Blake Hall 100th Anniversary Thank You from Council

On behalf of Council and Staff, thank you to everyone for coming to the Blake Hall 100th Anniversary Celebration. We want to express our sincere gratitude for the tireless efforts of the Neebing Recreation Committee and all the volunteers who made this great event possible.

Thanks to funding from the Ontario Trillium Foundation and the Northern Ontario Heritage Fund Corporation, the Blake Hall will serve the community for many more years.



Every September, Firefighters, Officers, Chiefs, and government agencies gather in Thunder Bay for the annual FireCon Conference and Trade Show where members of the Fire Service can partake in training, conferencing, networking, and see the latest and greatest equipment available for the job.

A major highlight of the event is the wrap-up banquet which includes an awards presentation ceremony. One of the awards, The Charlie Turgeon Exemplary Service Award, recognizes individuals and groups who, through their actions, have provided exemplary effort to improve fire and emergency services in northwestern Ontario. The award is named after the late Charlie Turgeon who dedicated his time and resources to improving the training level of fire and emergency service members. This year, the honour of receiving the Charlie Turgeon Exemplary Service Award was bestowed upon the Ashbee Family of Neebing.

The story of the Ashbee's journey into emergency services began in the early 1980's with matriarch Barbara Ashbee, a local nurse who spent her entire life caring for others. She became the first unofficial 'First Responder' when the then Scoble Volunteer Fire Department would come calling requesting her help. Barb would gather the necessary equipment and rush off, with Dale as her driver, and help in any accident, injury, or other emergency of a neighbour in need.

Dale would assist on these emergency calls whenever possible, which paved the way for him joining the Scoble Volunteer Fire Department. As Dale and Barb's 3 children grew up reaching the age of 16, they too joined in the 'family business' of helping others in need. Extended family members joined as well with all 8 people who lived under the Ashbee roof, becoming active volunteer responders. The dining room table became a de facto location for debriefs of different calls and a place to discuss ideas on improvements and future training needs. At the awards ceremony, Dale told the audience "I don't know if it was something in the water, but everyone seemed caught by the desire to join." The family commitment to providing the best care possible to those in need was contagious! And while the Ashbees noted that there was no family requirement to become a volunteer responder, they all agreed that Barb was the reason for their involvement and enthusiasm.

Barb was always very patient-focused, and quick to identify and pursue specialized training and equipment that could improve the services provided to Neebing residents. It was through Barb's advocacy that saw Neebing become the first Department in the Thunder Bay zone to have AED's (automated external defibrillators) on the emergency trucks. This is now the standard for every emergency vehicle. Barb's training was always engaging and relevant, covering the basics, but also using worst-case scenarios to help prepare responders for incidents ranging from school bus crashes to aircraft accidents.

Dale's career often kept him out of town. However, as children grew up and jobs changed, he had more available time and became further involved in emergency services. Serving first in the role of Captain, he rose to Deputy Chief and ultimately Chief, where he spent 10 years in the top spot, retiring from the position last year. During his tenure as Chief, Dale worked to develop long-term strategic directions for the Department, and he became involved in the Zone 1 Mutual Aid Association where he spent two terms as President. He also served numerous years as a board member for Emergency North Training, helping shape FireCon into what it is today. In 2018, Dale was presented with the Canadian Association of Fire Chiefs annual Fire Chief of the Year Award, an honour bestowed upon one volunteer and one full-time Fire Chief in recognition of their involvement to Fire Services.

Dale continues to live under the Ashbee roof and continues serving the community through Neebing Emergency Services alongside his daughter Meaghan who has risen to the rank of Deputy Fire Chief in charge of all medical operations.

This is the first time the Charlie Turgeon Exemplary Service Award has ever been presented to a Family. The Municipality of Neebing, Neebing Emergency Services, and the residents of the Municipality of Neebing are proud of the Ashbee Family and want to thank them for their continuous years of dedicated service and offer our sincerest congratulations on this great honour.

Unfortunately the Neebing Recreation Committee is unable to offer the popular Harvest Dinner this year. It will be returning in 2025. Our sincere apologies. Breakfast with Santa will still be happening. Watch for further details. - *Edith Tivendale*



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!

What's Been Happening at Council Meetings?

Since the September edition, there has been two regular meetings of Council on September 4 and 18, 2024. There has also been one special meeting of Council on August 28, 2024 for planning matters.

At the special Council meeting on August 28th, the Committee of the Whole reviewed applications for severance of property on Sturgeon Bay Road and a minor variance for a property on Tower Road.

At the regular Council meeting on September 4th, the following matters were considered:

- Council reviewed reports relating to the Western Lake Superior Conservation Reserve and the Pearson Wetland Conservation Reserve.
- Council directed Administration to apply for funding through the Community Sport and Infrastructure Fund.
- Council directed Administration to bring forward some by-laws to correct some road name issues.
- Council directed Administration to bring forward amendments to the landfill by-law related to commercial users.
- Council set the holiday hours for the municipal office for the upcoming Christmas season.
- Council ratified the recommendations from Committee of the Whole related to the August 28th planning applications.

At the regular Council meeting on September 18th, the following matters were considered:

- Council made a presentation of the medical bursary to Tyana Lafontaine.
- Council approved an Emergency First Responder Attendance Policy.
- Council approved two training

exercises for Neebing Emergency Services in October and November.

- Council reviewed a draft salary administration policy.
- Council provided feedback on the Thunder Bay District Municipal League strategic plan action items.
- Council reviewed past presentations from Nuclear Waste Management Ontario and Environment North.
- Council passed by-laws to adopt the emergency response plan, amend the fees by-law and amend the landfill by-law.

The next Council meetings will be held on October 2 and 16, 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 office.

NEEBING LANDFILL NEWS



Winter Landfill Hours

A reminder that winter hours start at the landfill on October 1st

Saturdays: 9:00 am to 5:00 pm

Sundays: 12:00 pm to 4:00 pm



Garbage Punch Cards

Regular household garbage requires a punch on your Municipal Punch Card. Be sure to bring your punch card to the landfill each time. No punch card means you will not be permitted to dump your garbage.



Back to Bags for Plastics & Cans

Please BAG your plastics and cans. Clear and blue bags are recommended. Bags help to keep the mountain of recycling much more manageable. Cardboard does not have to be bagged, only flattened.

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**.

Good Neighbour Sheds May Close

In October and November, the municipality will be monitoring the Good Neighbour Sheds to determine if they will remain open.

Often items at the Sand Hill and Scoble Landfill Sites are left in the sheds that are not permitted and should be deposited in the demolition/bulky waste area. If this continues, then the Good Neighbour Sheds will be closed.

Only items in good condition should be placed in the sheds.

Please do not deposit the following in the sheds:

- Upholstered furniture
- Baby furniture and car seats
- Electrical items
- Food and liquids
- Encyclopedias and magazines

GOOD NEIGHBOUR SHED

ACCEPTED ITEMS

- Items in Good Condition (Gently used, unused, unbroken and clean)

ITEMS NOT ACCEPTED

- Upholstered Furniture
- Baby Furniture and Car Seats
- Electrical Items
- Food and Liquids
- Clothing and Footwear
- Encyclopedias and Magazines

Consider other alternatives for re-homing some of these items such as a thrift store or local online buy and sell sites.

SURPLUS Equipment



The Municipality of Neebing is placing the following surplus equipment up for silent auction. If you are interested in bidding on one of these items, drop off your bid amount in a sealed envelope with the following on the outside of the envelope: YOUR NAME and PHONE NUMBER, and THE ITEM'S NAME

- 2006 FORD F150, No Safety
- 2003 LAWN MOWER. Not Working
- 1985 FORD F 800 FIRE TRUCK, No Safety, Not Working

The items listed above are all sold as-is. The bids will be opened on Monday October 28th and the winning bidders will be notified.

Blake Hall Covered Arena Now Open!

The newly constructed covered arena at Blake Hall first opened to the public during the 100th anniversary celebration on September 13, 2024. The outdoor covered arena space is a large timber frame 50' x 115' open air building. The arena has a concrete surface during the summer months then converts to a maintained skating rink in the winter complete with hockey boards and nets. There is a 'drive-in' entrance as well as two additional walk-in entrances. Lighting and electrical service is available along with one set of bleachers.

The outdoor covered arena is suitable for both winter and summer events like markets, festivals, car shows, hockey tournaments, and more. Contact the municipal office for more information about renting the space.



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.



Give it a second chance.

Recycle plastic containers so they can be turned into something new.
www.neebing.org/recycle



You make an impact.

By recycling, you are protecting our environment for future generations. Thanks for doing your part!
www.neebing.org/recycle



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.

Emergency preparedness starts with you
be prepared



make a plan

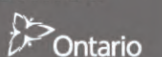


build a kit



stay informed

ontario.ca/beprepared



Emergency preparedness starts with you
power outages

Stay away from and report downed power lines

Avoid water near electrical equipment



Stay informed

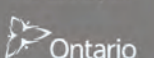


Don't use outdoor grills or bbqs indoors



Use glowsticks or flashlights

ontario.ca/beprepared



An amazing event happened on September 13 and 14, 2024
at Blake Hall. ~ by Edith Tivendale

It was the 100th Anniversary of the Hall!

Friday evening featured Head Rush playing a wonderful array of music. On Saturday, thanks to a group of great and helpful volunteers, many things took place to celebrate this day of festivities. There was music to enjoy the entire day starting with Parker (aka Jessica Durand) followed by Mink Mountain Revue, Richard Veurink, and Strait Up. Thank you to all of the musicians for the wonderful sounds on these special days.

Thank you to Mayor Mark Thibert (Neebing), Jeordi Pierre (School of Indigenous Learning), Hon. M.P.P. Kevin Holland (Thunder Bay Atikokan), M.P. Marcus Powlowski, (Thunder Bay Rainy River), Ian Sutherland, (Ontario Trillium Foundation), Paul Drombolis (Northern Ontario Heritage Fund Corporation) for their opening remarks. With their help, renovations for the hall and the construction of the covered rink were achieved.

Inflatables for all ages (including adults) were a popular attraction.

Thanks to Julie and her family for organizing the kids (and big kids too) games. Lots of fun for big and small and ribbons for all.

The Blue Hubbard Squash contest attracted numerous entries.

AND THE WINNERS ARE.....

Heaviest champion squash - Clayton Hurlbert

Longest squash - Karen Mitchell

Oddest squash - Lori Wronoski

Smallest squash - Aijla Hill

Most colourful squash - Karen Mitchell

All winners received a trophy and all participants received a ribbon.

Thank you to NFRA for hosting a delicious BBQ.

Thank you to all the local vendors and the organizations who set up information booths.

Belluz Farms supplied corn for a special price which was provided free to everyone who wished to sample. It was delicious!!! Cake, cupcakes and cookies, coffee and tea were offered to all.

Inside the hall a memorabilia display was set up. Many were able to recognize parents and grandparents from days gone by. A huge thank you to Ron and Raymond Iwanonkiw for all their hard work gathering pictures and newspaper clippings and interviewing people to get so much history for the display.

A make-your-own family quilt block booth was set up in the hall. The blocks will be made into a quilt and will be hanging in the hall in the near future.

Thank you to Neebing Emergency Services for being on hand in case of any emergencies.

Sincere thanks to everyone who turned out to make this such a huge success.

A huge and heartfelt THANK YOU from the Recreation Committee to all the volunteers, Neebing Staff and every one else that played a part in this huge endeavour.

It wouldn't have happened without YOU!!!



Breakfast With
Santa
Hosted by the
Neebing Recreation
Committee

Saturday December 7, 2024
at the Blake Hall.

More information, times and
ticket sales will be
announced in the next
Neebing News.

STAY TUNED!



October 2024
**Save money by buying
pre-loved goods.**
**Earn money by selling
what you don't need.**
**Save space by donating
or gifting to others.**
#CircularEconomyMonth

**Waste Reduction Week
Oct 21-27, 2024**



**WASTE
REDUCTION
WEEK
IN CANADA**

This year's Waste Reduction Week Themes:

- | | |
|---------------------------------------|---|
| Monday, October 21st, 2024: | Repair Monday
(International Repair Day) |
| Tuesday, October 22nd, 2024: | Textiles Tuesday |
| Wednesday, October 23rd, 2024: | E-Waste Wednesday |
| Thursday, October 24th, 2024: | Plastics Thursday |
| Friday, October 25th, 2024: | Food Waste Friday |
| Saturday, October 26th, 2024: | Sharing Saturday |
| Sunday, October 27th, 2024: | Swap Sunday |



TRICK or TREAT

Halloween is just around the corner!

by Meaghan Forneri, Deputy Chief of Medical Operations

Get out your spooky decorations, find the creepiest costumes, and get ready to fill your bag with lots and lots of candy! This is the time of year that kids get a little “candy crazy”. Who got the best? Who got the most? and most importantly, who can hide it for the longest time?! There’s nothing better than finding old Halloween candy around Christmas time. For some, this is a favorite of holidays and even though it’s a fun and goofy one, we need to do all we can to keep our kiddos safe!

DECORATIONS: From spooky lights to blowups, animated manikins, haunted houses and more. These can all bring their own set of challenges. Fastening decorations properly can be difficult but is incredibly important to the safety of all. Nothing ruins the fun of Halloween like falling in your brand-new costume, so as homeowners we want to ensure we are keeping our walking areas clear of slip and trip hazards. If you have extension cords across pathways, you can eliminate the hazard by taping the cord down or posting well-lit signage.

COSTUMES: Part of the fun of Halloween is finding the best, most elaborate costume. Over the years I have seen everything from a cute little ghost, a fire fighter (my personal favorite), police officers, witches, doctors and blow-up dinosaurs. But back to safety...if you or one of your littles has a blow-up costume or a costume with a complete facial mask, remember to take extra time and precaution when walking from house to house. The little ones may also need some extra help dodging obstacles or climbing stairs. Walking behind them so you can catch them if the fall is an easy proactive strategy. If you are like me and they are small enough, it may be easier to just pick them up and carry them over whatever the obstacle may be to save time and maybe a meltdown.

WEATHER: We all know what it’s like to live in northwestern Ontario—as I am writing this article it’s a balmy 26 above, however last evening was a chilly 2 above. In the name of safety, we must remember the possibility of the dreaded “S” word. I can remember many years of my own childhood where we had snow, sleet or freezing rain. Along with keeping pathways and stairs clear of snow and ice, we must also be mindful of dressing for the weather. My parents always made sure we had costumes that a snow suit could fit under to keep us warm—I am sure I’m not the only person who remembers those days.

CANDY: I know in the news over the last few years there have been many incidents where children and parents have found paper clips, razors, sewing pins and much more in Halloween candy—what a scary thought this is. Although the bulk of these incidents have been in the more urban areas, there is always the possibility of it happening out here in our rural paradise. One easy way to have more assurance that the candy will be safe is only going to homes that you know. Before your children dive into their bags of candy take a few moments and lay it all out. Check for damaged packaging, open wrappers or anything that looks off. If you find something that you are worried about—throw it out. If you believe it is warranted, you can call the local police department to report it. In this case, stop what you are doing and leave everything as you found it. It is frightening to think that someone would want to hurt children, but unfortunately there are people out there that do.

Thank you for helping us keep our neighbourhood children safe this Halloween!



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.

REGISTRATION REQUIRED



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

VOLLEYBALL DROP-IN CO-ED 18+ FUN LEAGUE



START DATE: October 3, 2024– May 15, 2024

WHEN: Thursday nights from 7pm – 9pm (except during school holidays)

WHERE: Valley Central School gym

Please send an email to Joel at vman814@gmail.com to be added to the reminder list.

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, October 16

Registration 9 am to 11 am

Drive-Thru Pick-up



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Lakehead Region Conservation Authority

The LRCA is excited to be partnering with Superior North Disc Golf (SNDG)! LRCA staff and SNDG are working together on the design and installation of an 18-hole disc golf course at Silver Harbour Conservation Area. With the sport of disc golf on the rise, SNDG has offered their services to assist the LRCA in designing, installing, and funding the development of the disc golf course, which will be an incredible new addition to the boat launch, scuba dive park and other amenities already present at the Conservation Area.

The LRCA's 2025 Explore Card Parking Pass will be available for sale on November 1, 2024! Explore Cards can be purchased by visiting our webstore (www.store.lakeheadca.com), by calling us at (807) 344-5857 or at our Administrative Office at 130 Conservation Road in Thunder Bay. 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, and a great gift idea. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. 2025 Explore Cards are valid

from November 1, 2024 until December 31, 2025.

Attention teachers: the LRCA offers a variety of outdoor environmental education programs, including field trips to a Conservation Area, outdoor programming at your school, and in-class presentations. If you are interested in booking one of our excellent programs, please contact us by emailing education@lakeheadca.com.

Autumn is a wonderful time to explore a Conservation Area. The falls colours are now in full swing, and the weather is cooling off a bit which means less bugs. While visiting a Conservation Area, please note that all pets must be on-leash at all times and picked up after, place garbage in the proper receptacles, and remember that campfires and overnight camping are prohibited.

OCT 2024				
MON	TUE	WED	THU	FRI
	1 Fly the C.O.O.P Walking Group Diabetes Educator	2 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	4
7 Chair Yoga @ O'Connor C.C @ 10:30 am Mobile Clinic - Armstrong 1pm-6pm	8 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	9 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	10 LifeLabs	11
14 Closed for Thanksgiving Day	15 Fly the C.O.O.P Walking Group Diabetes Educator	16 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	17 Fly the C.O.O.P Walking Group LifeLabs	18
21 Chair Yoga @ O'Connor C.C @ 10:30 am	22 Fly the C.O.O.P Walking Group	23	24 Fly the C.O.O.P Walking Group LifeLabs	25
28 Chair Yoga @ O'Connor C.C @ 10:30 am	29 Fly the C.O.O.P Walking Group Diabetes Educator	30 Webinar for Seniors - LTC Homes Noon - 1pm Location to be determined	31 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	

NorWest Community Health Centres
Centres de santé communautaire NorWest

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 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.

Watch for information on our upcoming program with Centre for Education and Research on Aging & Health (CERAH). Date and time to follow.

Follow us!
NorWest Community Health Centres - Kakabeka Falls Clinic
www.norwestchc.org



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Salesperson
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NEEBING NEWS DELIVERED TO YOUR MAILBOX
(unless you have NO FLYERS posted)
Deadline for the NOVEMBER issue of The Neebing News is October 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@tbaytel.net 628-7271



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



What wonderful weather we had in September! I even had the opportunity to swim in a river...in NW Ontario...in MID-SEPTEMBER. Unbelievable. Usually it's way too cold for that, but not this year. We were also treated to a Super Full Moon on September 17th. I hope you had a chance to see it.

Some wonderful things happened for NFRA last month too!
 We had a very generous donation of \$1000 from Moose Lodge 844.
 Here is a note from their Administrator, Aaron Stark:

'Fort William Moose Lodge 844 is part of the Moose organization that supports and promotes community service. Throughout the year our Lodge holds lottery events where the funds raised are donated to local organizations.

As owner of a campground in Neebing Township, we feel it is important for us to support the Neebing Fire Rescue Association (NFRA) since it follows our organization's mission statement.

We have a Tommy Moose program where our Lodge provides cuddly moose dolls to emergency services for use in emergency situations to calm young children. Our Lodge has provided batches of these dolls to the Neebing Fire Rescue Association previously but the board knows the value of NFRA and wanted to do more on behalf of our members. Therefore, Fort William Moose Lodge 844 made the \$1,000 donation along with another batch of the Tommy Moose dolls this year.'

Here are photos of NES at the Moose kiddies picnic on their property at Cloud Lake.



Then NFRA participated in the **event of the summer!** Yes, we were at the **100th Anniversary of Blake Hall celebrations!**

We were serving delicious hamburgers and hotdogs with drinks and treats on both the Friday evening and the day on Saturday. We enjoyed chatting with so many of you. We hope we saw you and satisfied your hunger while helping us support Neebing Emergency Services! Thank you to all who stopped by, helped us set up and take down and those who volunteered with us!



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As I write this, our September 50/50 winner of Draw #7 has not been drawn yet. I hope it's YOU!

Our last online 50/50 of the year is now LIVE!
We have another Early Bird Draw on November 6th for \$500!

How's that for an early holiday gift?

Get your tickets now for both the Early Bird and the December big draw!
 See the poster for details. Don't miss out!



It's also time to start planning our baking for NFRA's annual Cookie & Treat Sale! We have tentatively booked Blake Hall for **December 14th**. We hope you'll donate baking to support NES with us! 🍪

NFRA sends tremendous thanks to the volunteers who come out to our Can Sorts! You make it fast and fun. Now that we've cleared out the accumulated stockpile, we are meeting monthly to sort, bag and count. If you'd like to join us, please contact us at nfraevents@gmail.com.



A huge thank you to all residents who donate their pop & beer cans, liquor bottles, etc. to NFRA at our two landfill locations. Your generosity is inspiring and allows us to support NES in no small way! Thank you for your ongoing contributions.

Be safe, be well and be kind.

Joy Harris
 NFRA – President

“All You Can Eat”
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Saturday, November 9th
7:30-11:00am

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Chix in the Stix

The Farmer in Me

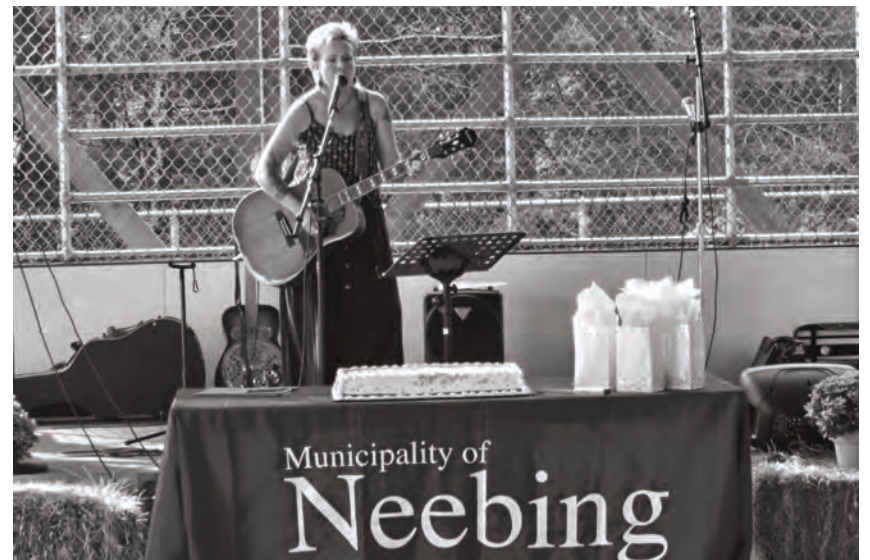
I know little to nothing about being a farmer. But there must have been a farmer in my family in a previous generation or lifetime because it feels like it is in my genes somewhere. Not in any practical or helpful way unfortunately. But in an emotional feelings kinda way. A way that fills me with awe and respect and can even take my breath away or bring tears to my eyes. A way that makes me stop and stare. A way that makes me take a deep breath instead of plugging my nose. A way that makes me think about farmers and farming more than most people. And it was meant to be. I mean how totally serendipitous that three decades ago I was living and working in Toronto and calling and collecting data from farmers from places I had never heard of before. Places like Blake Township. Scoble. Oliver Paipoonge. In fact what little I do know about farming came from managing that research. And little did I know that one day these places would be home and these farmers my neighbours. Or that driving by these farms every day through the 12 months of the year for the past 25 years would be such an important part of my life. That seeing their comings and goings would come to define so many seasons of my own life. And that their actions would become metaphors and as-

pirations for me. Because for one thing the job of farming is never done. It never ends. Through the good and the bad. Through all the storms. And isn't that LIFE!? And while I'd like to imagine the upcoming winter months might bring a bit of rest (for

all of us), I doubt there is much down time on the horizon and that once the fields are put to bed for the winter there is probably a ton of behind the scenes work that begins in preparation for next year. And that sounds like PARENTING! There must be a horrendous amount of paperwork. There must be equipment to clean, repair, or replace, fences to fix, animals to feed. And probably a ton of chores I know nothing about. But I really hope there is a bit of dropping of the shoulders too and maybe some actual vacation time for them. Maybe they get a chance to sleep in. Though I bet that they can't. Which is yet another reason I would never cut the mustard as an actual farmer. Those early mornings would kill me. Not to mention I am way too lazy to work that hard. But I see them. And I see their commitment. And when you are even just around the vibe of that work ethic it is impactful. How can I complain about early mornings or late nights when that is all I see the farmers doing. Their lights are on way earlier than

mine. And I see them driving big 'things' in their fields at night often well after dark. I see them at the mercy of the weather and can't even imagine living with that degree of unpredictability. I'm way too much of a control freak. But I would relish the order of it all and the patterns and the routines. Much like the way I smile at their straight lines, their perfect rows, their consistency and dependability. And it somehow fills my cup. And the fact that their work is so out there and big and in plain sight for us all to see is such a gift. I watch the weather and think of them around harvest time. I think of them when I complain about too much or too little rain or snow, thinking less of the impact on me and more of the impact on them - on planting, fer-

tilizing, harvesting. I check weather reports and almanacs with them in mind. I may not know much about farming but I know enough to celebrate them and respect them. And cheer for them. I'm driving by fields today and wondering if they'll get another harvest before the snow comes, and I can smell the sweet smell of fertilizer as I drive by some fields with my windows down, and I see the cows wandering out to the fields and back in again. And I feel very connected even though maybe I'm not. But maybe there is a little farmer in all of us. Maybe just the understanding that there are farmers working so hard and that the fruits of their efforts nourish us, is enough to make us want to be silent partners rooting for them from a distance. Hail Farmers!



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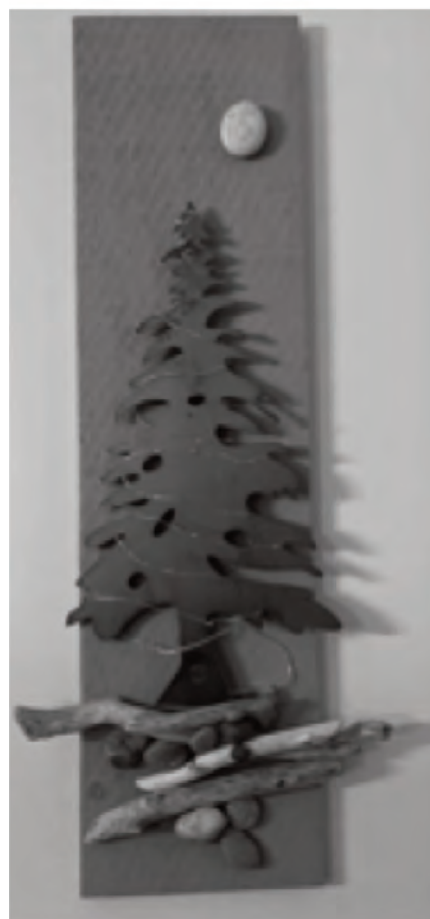
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