



# The Neebing News

Volume Twenty, Number Eleven

November 2024



## CLOUD LAKE BOAT LAUNCH IS NEW AND IMPROVED!

Over the last two years the Recreation Committee has had open community meetings regarding needed improvements for the Cloud Lake boat launch. Residents spoke and we listened. The park got a little bit of a revamp this summer. New sod was laid to provide a more functional space for children to play and swimmers to sit. The large boulders were removed to provide more space, a sand pile near the back was added for additional children's play area, and rotten and fallen trees were removed to provide a breathtaking view of the beautiful Cloud Lake. Please enjoy this beautiful piece of paradise we call home.

**For info about the Holiday Cookie & Treat Sale go to page 5!!**

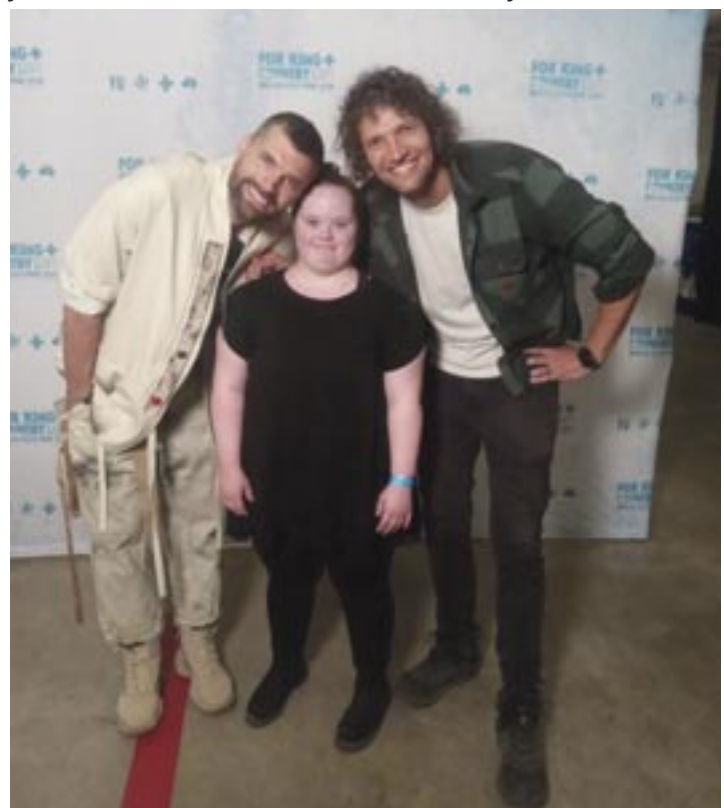
### Core memory MADE!

### Neebing Girl Meets Her Band Idols!

Kaleigh Harasen had a dream come true recently when the Christian pop duo King & Country performed in Duluth. Other Neebing and Thunder Bay residents also caught the great show.

Kaleigh was not unknown to the Australian brothers. She had missed out on seeing them at an earlier Minnesota performance because the border was closed due to Covid. Joel and Luke Smallbone have been following her story and illness ever since.

The musicians heard that Kaileigh would be in the third row for the recent show. They sent a message and said the band would like to meet her. The family was invited backstage after the concert for a very intimate meet and greet. They asked her questions and went above and beyond. The Harasen crew is definitely fans for life!



NEEBING RECREATION COMMITTEE PRESENTS:



**Breakfast With Santa**  
SATURDAY  
DECEMBER 7, 2024

**TICKETS ON SALE NOW AT THE MUNICIPAL OFFICE**

- \* 71 BLAKE HALL RD
- \* DOORS OPEN AT 9:30AM
- \* 10 - 11AM BREAKFAST
- \* 11 - 12:30PM CRAFTS, GAMES, FACE PAINTING, COOKIE DECORATING, PICTURES

**ADULTS \$15  
KIDS 4YRS - 10YRS \$10  
INFANTS 0 - 3YRS \$1**

**ALL CHILDREN TO BE ACCOMPANIED BY AN ADULT  
BRING YOUR OWN CAMERA FOR PICTURES WITH SANTA**

**PLEASE CONTACT THE MUNICIPAL OFFICE FOR MORE INFORMATION  
807-474-5331**



## Contact Us - Municipality of Neebing

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

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

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

## 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 1<sup>st</sup>  
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.

## Notice of Public Meeting 2025 – 2028 Neebing Strategic Plan

Wednesday, November 27, 2024  
Blake Hall (71 Blake Hall Rd)  
6:00 pm



Neebing Administration is hosting a public strategic planning meeting. This will be an informal brainstorming session to gather your ideas about what goals and priorities you want to see Council focus on over the next four years. Your ideas will help form the 2025 to 2028 Neebing Strategic Plan.

To view the 2020 to 2024 Neebing Strategic Plan visit [www.neebing.org/stratplan](http://www.neebing.org/stratplan).

If you are unable to attend the meeting, you can submit your ideas to the Clerk-Treasurer at:

Municipality of Neebing  
4766 Highway 61  
Neebing, ON P7L 0B5  
Phone: 807-474-5331  
Fax: 807-474-5332  
Email: [clerk@neebing.org](mailto:clerk@neebing.org)

## How to Contact the Neebing Municipal Office

Office hours: Monday – Friday (9:00am – 5:00pm)  
Phone: (807) 474 5331  
Email: [Neebing@neebing.org](mailto:Neebing@neebing.org) Website: [www.neebing.org](http://www.neebing.org)  
Facebook: [www.facebook.com/neebing](http://www.facebook.com/neebing)  
Instagram: [www.instagram.com/municipalityofneebing/](http://www.instagram.com/municipalityofneebing/)

## 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

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



### 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.

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

## 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**.



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[www.ontario.ca/emo](http://www.ontario.ca/emo)



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and preserve **our environment**

for **a better tomorrow**

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

Ontario

Emergency preparedness starts with you

# be prepared

make a plan

build a kit

stay informed

**ALERT**

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

Ontario

**Needing Fire/Rescue Association**

**METAL AND ALUMINUM CAN COLLECTION**

No plastic bottles or garbage please.

*Thank you for your donations!*

**NFRA**

**50/50 RAFFLE FUNDRAISER**

Early Bird Draws for \$500.00!  
Aug 7, 2024  
Nov 6, 2024

BEST VALUE!

\$100 400 Tickets	\$50 150 Tickets	\$20 30 Tickets	\$10 5 Tickets
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**50% OF THE PROCEEDS TO YOU,**  
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FOR DETAILS AND TO PURCHASE TICKETS:  
[needingfirerescueassociation.com/events/draw](http://needingfirerescueassociation.com/events/draw)

Lottery License RAF1361809

Thank you for your donations of  
**STEEL & ALUMINUM CANS**



**NFRA** NEEBING FIRE AND RESCUE ASSOCIATION

NFRA sends tremendous thanks to those who come out to our Can Sorts! You make it fast and fun. If you'd like to join us, please contact us at [nfraevents@gmail.com](mailto:nfraevents@gmail.com) or send us a message through Facebook.

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!

**You can do your part to the sort when you donate. Please ensure that you aren't including plastics, glass, paper and household garbage in our collection bins.**

So far in 2024 our can sorts and metal sales have exceeded **\$9000.00** in revenue. That's a lot of cans and scrap metal that has stayed out of our landfills!

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*Alone, we can do so little; together, we can do so much" – Helen Keller. NFRA has now contributed with your help over \$480,000 towards equipment for NES since 2002. Find the full list of purchases on our website. <https://www.neebingfirerescueassociation.com/contributions>*

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Stay safe, warm and content,  
 Clara Butikofer NFRA – Treasurer

**NFRA**  
 Neebing Fire/Rescue Association  
 NFRA News  
 Respectfully submitted: Clara Butikofer - Treasurer



*"Fundraising is the gentle art of teaching the joy of giving" and for the rest of 2024, NFRA has several ways for you to experience the joy of giving.*

*We are pleased to announce the winner of Draw #7*



Michelle McGuire won \$3255 with ticket # C-14880. Michelle feels strongly about supporting volunteer fire teams and she is thrilled she entered. She plans to use the funds towards some much needed vehicle repair. Make sure you don't miss out on the next draw .....>>>

# So Much to Do in Neebing's Fall Weather!

Rafflebox 5050 Cont'd

Draw Number 8 is on the go and you can purchase tickets online by going to our website <https://www.neebingfirerescueassociation.com/events/draw>  
 Or make use of this fancy QR code



If you **don't** wish to purchase with a charge card or tackle this online, you can drop off a cheque made out to Neebing Fire/Rescue Association at the Neebing Municipal office or mail to:  
 NFRA, 4766 Hwy 61 Neebing, Ontario P7L 0B5  
 Make your cheque for: \$100 for 400 tickets, \$50 for 150 tickets, \$20 for 30 tickets or \$10 for 5 tickets. Send a note with your cheque providing your email address so tickets can be emailed to you or provide a self addressed stamped envelope to have your numbers mailed to you.  
 EARLY BIRD PRIZE IS November 6<sup>th</sup> so have your cheques dropped off by November 5<sup>th</sup>.

**Let's get you into our Winner's Circle!**



NFRA invites you to fill your cookie jars with delicious seasonal treats.

**Saturday December 14<sup>th</sup>**  
**1pm-3pm @ Blake Hall**

Our local bakers will supply a scrumptious variety of your favorites.

**Holiday Cookie & Treat Sale**

*Both pre-packaged and select-your-own boxes will be available.*

Also planned:

- ❖ 50/50 Draw sales
- ❖ Local Vendors
- ❖ Door Prize
- ❖ Penny Auction
- ❖ Coffee/Tea/Hot Chocolate, etc.

**NFRA**  
 Neebing Fire/Rescue Association



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email [rural60@tbaytel.net](mailto:rural60@tbaytel.net) Website: [www.rural60plus.ca](http://www.rural60plus.ca)

- Monday – Carving - 10 – 3
- Tuesday – Weaving – 10 – 3
- Knitting – 10 – 3
- Choir – 1 - 2:30
- Wednesday – Beginners Carving – 10 – 3
- Quilting – 10 – 3
- Cribbage – 1 – 3
- Thursday – Weaving – 10 – 3
- Knitting – 10 – 3
- Yoga – 10 - 11
- Craft Room open Monday to Friday - 10 – 3

On Friday November 8th at 1:00pm at Rural 60 Plus we will be holding an information session on bank fraud with Donald Poirier, Branch Manager at Scotiabank. Everyone is welcome to attend and refreshments will be available.

On Saturday November 16th from 10-1 Rural 60 Plus will be holding its Annual Craft Sale and Draw. Tables are available to rent at a cost of \$15. Contact Rural 60 Plus at 807-475-5779 or email at [rural60@tbaytel.net](mailto:rural60@tbaytel.net)

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**(807) 475-5190**

www.neebingfirerescueassociation.com



**Needing Fire/Rescue Association**

# 50/50

**Get your tickets  
HERE!**





**Cash Raffle Fundraiser**

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GREEN LIGHTS**



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RESPONDING TO EMERGENCIES**

**PLEASE SAFELY  
MOVE OVER**



**EVERY SECOND  
COUNTS**

Green Doesn't ALWAYS Mean **GO!**

SEE ARTICLE ON PAGE 8

# Green Doesn't Always Mean Go

By Fawn Kellar, Captain/Public Information Officer

All drivers in Ontario are familiar with the emergency red flashing lights and sirens on police cars, ambulances, and fire trucks, and know that they are required by law to pull to the right and stop when they see or hear them coming. *However not everyone is aware of the Volunteer Firefighter's Green Flashing Light.*

In a large city, emergency vehicles are manned by full-time personnel, who use the red lights and sirens to get through traffic to the scene of an emergency in a hurry. Seconds count in a fire or rescue situation, and time lost from traffic congestion can make a difference. For those of us in rural and smaller urban areas, we receive our fire protection from volunteers, who often respond to emergencies in their own private vehicles. These vehicles are not equipped with red lights or sirens that make them stand out from any other vehicle on the road.

When the call for help comes in, our personnel may be at their regular job, at the beach with the family or sleeping in the middle of the night. They drop what they are doing and immediately respond to the fire hall to drive the fire trucks to the emergency

## FAWN KELLAR

Captain - Public Information Officer  
Neebing Emergency Services  
807-474-5331 nes-pio@neebing.org  
WWW.NEEBING.ORG  
4766 Highway 61 Neebing, ON P7L 0B5

scene. Once the trucks have responded, firefighters and first responders that did not make it to the hall will continue to the emergency in their personal vehicle.

The Green Light gives the firefighters no special privileges when responding to an emergency. It is used only as an identifier to the drivers of other vehicles so that they may give up their right-of-way and allow the firefighter to get to the emergency unimpeded. Seconds count in a fire or rescue situation, and time lost from traffic congestion can make a difference! If you see a vehicle with the tell-tale flashing green light activated, you now know it's one of us, on our way to help one of our neighbours. Remember, the home or life we are rushing to save could be yours or that of your loved one. Please let us pass!

**Keep an eye out for our GREEN LIGHTS in the Parade of Lights on Saturday December 7th 2024 @ 7pm!**



**25th ANNIVERSARY**  
**PARADE OF Lights**  
Presented by **tbaytel**  
**Saturday**  
December 7th, 2024  
at 7:00 p.m.  
PROUDLY SUPPORTED BY  
The Chronicle Journal, Manitowish Transport, IMPACT PROMOTIONS, Country 105, and the Thunder Bay community.  
AND OUR TRUCKING COMMUNITY  
Walkers will be along the Parade Route collecting Cash Donations in support of  
George Jeffrey Children's Foundation, Autism Ontario, Special Olympics Ontario Thunder Bay, and Thunder Bay Walkers.  
COME OUT AND SUPPORT SPECIAL NEEDS CHARITIES IN THUNDER BAY  
Parade of Lights c/o TBPA - P.O. Box 29035 Thunder Bay, ON P7B 6P9  
Find us on facebook.



# Let's Talk About Men's Health!

by Meaghan Forneri, Deputy Chief of Medical Operations

What is Movember? This movement was started in 2003 by two Australian "Mates" Travis Garone and Luke Slattery. Their inspiration came from a friend's mother who was fundraising for breast cancer. They coined "the mustache" that we all know and recognize today, to be "the pink ribbon for men." This annual event revolves around the concept of growing out one's mustache during the month of November to raise awareness of men's health issues. Movember is typically known for raising awareness of prostate and testicular cancers, but has also gained momentum in support of men's overall mental health including suicide prevention. Since the conception of Movember, the movement has seen growth from just 30 mustaches to 5 million as well as being observed in more than 20 different countries! On November 1st, it is expected that all Movember participants start with a freshly shaved face, and you spend the entire month growing out your stash!

Testicular cancer is the #1 cancer in younger men but is highly curable when caught early. Testicular cancer has a success rate of 95% of cases treated, with the cure rate rises to 98%. Patients who are diagnosed with

localized cancer (cancer that has not spread outside of the testicle) have a 99% five-year survival rate.

Prostate cancer is most common in men over the age of 45, and frequently comes with no issues or symptoms during the early stages. For those who have a family history of prostate cancer, having a conversation, or frequent check-ups with your doctor is a must to stay safe. More than 1.4 million men are diagnosed with prostate cancer each year.

Men's mental health is often the forgotten about issue. Men are historically known as the providers, the protectors and sometimes we forget that life can become overwhelming for them too. In Canada alone, of the estimated 4000 suicide deaths, close to 75% are men. (Mental Health Commission of Canada)

If you are having thoughts of suicide or notice a change in a friend or family member (male) here are some lifelines for them to reach out to. National Suicide Prevention Life Line 1(800)273-8255, Lifeline Crisis Chat or National Alliance on Mental Illness 1(800)950-6264 or text "NAMI" to 741741, but if you believe there is an immediate threat to life please call 911.



## CHECK YOUR TESTICLES



CHECK YOUR TESTICLES AT LEAST ONCE A MONTH



PERFORM THE TEST IN THE SHOWER



SOAP YOURSELF UP



CHECK ONE TESTICLE AT THE TIME



GENTLY ROLL IT BETWEEN THE FINGERS



FEEL UP THE SPERMATIC CORDS ON THE BACK SIDE OF TESTICLES



LOOK FOR HARD LUMPS, SMOOTH OR ROUNDED BUMPS...



...CHANGES IN SIZE, SHAPE OR CONSISTENCY...



...OR ANY PAINFUL AREAS



**AVAILABLE NOW**

Just in time for Winter gift-giving: Neebing branded lined toques and full zip hoodies are now available!



# Celebrating Artists Past and Present: A Vibrant Art Show Returns to Thunder Bay

Join us for Thunder Bay's premier fine art show and sale, "Celebrating Artists Past and Present," returning for its highly anticipated 2024 edition! Experience an extraordinary celebration of creativity and artistry, curated by local artist Biljana Baker. This event honors our region's vibrant artistic heritage while showcasing the incredible talents of contemporary artists. Don't miss this unique opportunity to immerse yourself in the art community!

Having first launched in 2022, the art show received an enthusiastic response, prompting Biljana to bring it back this year. With a genuine passion for her fellow artists, Biljana has dedicated years to promoting local talent through various initiatives and events. As a working artist, she understands the challenges faced by her peers in thriving within the Thunder Bay arts community. This show is not just an exhibition; it's a heartfelt tribute to artists who have made significant contributions to the local culture but are no longer with us.

Set against the backdrop of the beautifully transformed Valhalla Inn Ballroom, the 2024 show promises to be a visual feast. Attendees can expect over 30 booths featuring more than 50 artists from the Thunder Bay region, showcasing an impressive range of artwork that in-

cludes oil, watercolour, acrylic, mixed media, pottery, stained glass, woodwork, metalwork, jewelry, and fiber arts. The exhibition also highlights the next generation of talent with contributions from art students at Superior CVI and Westgate high schools, as well as a collective of artists from the 55 Plus Centre.

The Thunder Bay region is known for its vibrant art community, shaped by the legacy of trailblazers like Gladys Postens, Roy Thomas, and Sheila Burnfort, among others. These artists have not only made their mark locally but have also gained national and international recognition. The upcoming show seeks to honor their contributions while also celebrating the originality and creativity of current artists. Each participant has been carefully selected for their artistic excellence, ensuring a high-quality showcase.

Scheduled for the weekend of November 16-17, 2024, this show and sale is strategically timed ahead of the holiday season, making it the perfect opportunity for attendees to discover unique pieces for gift-giving or to enrich their own art collections. With free admission and a voluntary donation at the door, along with exciting door prizes, the event is accessible to everyone.

Biljana invites the public to immerse themselves in this creative celebration: "This event is a wonderful way to connect with the local art community, discover exceptional talent, and pay tribute to those who have paved the way for artists today."

Mark your calendars for Saturday, November 16, from 10 AM to 5 PM, and Sunday, November 17, from 10 AM to 4 PM. Don't miss the chance to explore an extraordinary array of art and support the talented artists who call Thunder Bay home. For more information, please contact Biljana at biljanabaker@shaw.ca.

Join us in celebrating the enduring legacy of artists past and present—an event that promises to inspire and captivate all who attend.

Submitted by: Biljana Baker

**Celebrating Artists Past and Present**  
Hosted by Biljana Baker

**Location:**  
Valhalla Ballroom

Saturday, November 16, 2024  
10:00am - 5:00pm

Sunday, November 17, 2024  
10:00am - 4:00pm

Join us for an innovative art show & sale!

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## NOV 2024

MON	TUE	WED	THU	FRI
				1
4 Chair Yoga @ O'Connor C.C @ 10:00 am Mobile Clinic - Armstrong 1pm-6pm	5 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	6	7 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	8
11 Closed for Remembrance Day	12 Fly the C.O.O.P Walking Group	13	14 Fly the C.O.O.P Walking Group LifeLabs	15 Histor Tea 1:30pm@ O'Connor Community Centre
18 Chair Yoga @ O'Connor C.C @ 10:00 am	19 Fly the C.O.O.P Walking Group	20	21 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm Walk-In Clinic 4:00pm - 8:00pm LifeLabs	22
25 Chair Yoga @ O'Connor C.C at 10:00 am	26 Fly the C.O.O.P Walking Group	27	28 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	29



### 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**  
Indoor Walking at 10am and site to be determined

**Histor-Tea - Nov 15th**  
Join us at 1:30 - 3:30pm for a multigenerational get together. Beverages & snacks will be served. Come out and meet Shannon our new Lactation Consultant.

**Chair Yoga In Person or Virtual**  
Hosted at O'Connor Community Centre at 10:00am.

### Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org



### Kaylyn LeMarquand

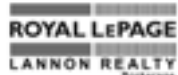
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**Melanie Mathieson**  
can be found at these upcoming events with her stunning felted creations!

**"Celebrating Artists Past and Present"**  
- Valhalla Inn November 16-17

**"Holiday Craft Revival"**  
- November 24

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# 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: [ruralfrfc@tbaytel.net](mailto:ruralfrfc@tbaytel.net) or  
Private FB message us or  
Call: 935-3009

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

## VOLLEYBALL DROP-IN CO-ED 18+ FUN LEAGUE



**START DATE:** October 3, 2024- May 15, 2025

**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](mailto:vman814@gmail.com) to be added to the reminder list.



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[countryman@tbaytel.net](mailto:countryman@tbaytel.net)

**Christmas is Coming!**  
Consider a hand-made yarn bowl for your special knitter/crochet person.

All come visit @  
<https://mylocalism.ca/>

**Dark your calendar!**

**November 16 & 17**  
Valhalla ballroom for celebrating artists past and present.



Sumac Hill Creations  
Marcel Tardif  
807-631-5205



## Holiday Sign, Sip and Dip Sunday November 17th 1-3 Blake Hall, 71 Blake Hall Road

Come out and enjoy the afternoon crafting and conversing. This workshop includes a wood sign 12 x24 inch with your choice of 12 holiday designs. We are going to stencil, paint and create. Please contact Katherine @ Pickled Pike Crafts to sign up today. 807-631-1869.

Limited seats available.

\$35/person, non refundable.

Payment by November 10th, 2024.

## RURAL CUPBOARD FOOD BANK

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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, November 20th, 2024**

**Registration 9 am to 11 am**

**Drive-Thru Pick-up**

**We sell  
EVERYTHING YOU NEED  
to work on your own  
pump, waterline, and filters!**

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  - UV sterilizers
  - media
  - uv bulbs
  - cartridges
  - salt
  - submersible pumps
  - jet pumps
  - sump pumps
  - effluent pumps
  - fittings
  - pipe
  - wire
- ...and more!**



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[www.mjws.ca](http://www.mjws.ca)



# Chix in the Stix

## Where's My Pickles!

I'm probably not the only one who savoured the recent fall nights with the glorious Northern Lights. How thankful I am to live here in the country where we have such an unobstructed view. I almost always wake my kids up to see them. I have been doing that for years. There have definitely been times when they have not appreciated being woken up from a deep sleep because mom wants them to 'come see' something. But as they have gotten older, like me, they are really enjoying these beautiful displays of mother nature at her best regardless of the time. Again, one of the benefits of 'aging' I think. We seem to be learning to appreciate things we might have paid less attention to before. And worrying less about things that once seemed overly important. We are learning to pause and slow down and really look at what is around us, not just what is on the tiny screen in your hand. Worry less - enjoy more. It's good advice. And nice to know getting older has some benefits. Or so I keep telling myself. And most days I totally believe it. But some days not so much. And this past week had more than a few of those not-so-much days. Days when my body and my brain were continuously reminding me that I'm not as young as I used to be. Remember when you were young enough to not know what it was like to

stretch in bed and end up with a charley horse? Or weren't planning your errands in town based on where the nearest public washroom was? Ahhhh the good old days. The memory thing is a fun one too. I'm usually not too bad. Well except if names of people or songs are involved. Or dates. Or passwords. Or pickles apparently. Here is how that goes. I was getting ready to leave for an evening shift at work. I usually make a sandwich or a boiled egg or grab an apple - something quick to eat on the way and I usually start nibbling on it as soon as I get in the car. This time it was a sandwich and I had a dill pickle on the side. One homemade dill pickle. Sliced into four skinny spears. Wrapped in a piece of paper towel and tucked beside the sandwich in a plastic container. I headed to the car. Started the car. Reached down for the pickles. And they were gone. Stopped the car (still in my driveway) Looked for the pickles. Got out of the car. Moved the seat. No pickles. Checked my pockets. Checked my purse. Went back into the house. Looked on the table. No pickles. SERIOUSLY. Laughed at myself and headed back to the car. Looked on the ground on my way just in case. Hubby ran out with another pickle which was nice of him. I still have no clue where the pickles went. I suspect I'll find them all shriveled

up somewhere one day and wonder what the heck it is. I can only imagine what dehydrated pickles look like. Or smell like. I don't know because I haven't been so old before that I lose pickles during a 15 foot walk from my house to my car. This will be bugging me for days now. I'll for sure be having at least one dream about pickles. Made me reminisce about carrots. Many years ago on the highway near Toronto there was a huge traffic jam due to an accident and when we got up to the actual cause of the accident we were prepared for the worst and it ended up being a big truck that had overturned. A truck full of carrots. There were carrots everywhere. Traffic had stopped because of carrots. For years when-

ever there was a traffic jam we always said 'must be carrots' and it made us NOT jump immediately to the worst case scenario. Because sometimes things are bad, and sometimes it's just carrots. And now I have pickles. And I'm going to use it when my memory plays tricks on me and instead of worrying about it or losing sleep I am gonna try to shrug it off and tell myself 'it's just pickles.' Because life is too short to worry about things that we might be 'losing' and instead I'd rather focus on things (including faculties) that I still have and make the most of them. Things like waking my loved ones up at strange hours to 'come see' beautiful things. And maybe they can find those darn pickles.

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

**Deadline for the DECEMBER issue of The Neebing News is November 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](mailto:designhouse@tbaytel.net) 628-7271

## Kakabeka Legion Events



**November 2024**

**For Hall bookings call Dianne Harrison 807-577-6549**

**Saturday, November 2th**  
Membership Supper 5:00 - 7:00 p.m.

**Saturday, November 9th**  
Exec / General Meeting 2:30 / 3:00

**Sunday, November 10th**  
BUFFET BREAKFAST 8:30 - 11:00 am and Remembrance Service

All you can eat, Canadian and Finn Pancakes, bacon, sausages, scrambled eggs, hash browns, coffee, tea, juice, toast and jam or try our "Made just for you" omelette, adults \$15 ,seniors \$12, and children under 10, \$8. Join the breakfast club and after 10 paid breakfasts you get a free breakfast.

**Saturday, November 16th**  
DANCE to the music of Quest 7 pm - 10 pm  
Admission \$10 per person includes sandwiches, desserts and coffee and tea.

**Saturday, November 30th**  
DANCE to the music of Quest 7 pm - 10 pm  
Admission \$10 per person includes sandwiches, desserts and coffee and tea.

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

**FOUNDERS PIONEER VILLAGE**  
3190 Hwy 61 at Gillespie Rd, Slate River, On  
807 475 7424 [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net)

### DOG GROOMING

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Dump Trucks, Excavation, Lot Development

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### GENERAL CONTRACTORS

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



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*Crafts and friendship were created at the DIY metal tree class hosted by Pickled Pike Crafts.*

