



Thanks to funding from the Northern Ontario Heritage Fund Corporation (NOHFC), Neebing upgraded its outdoor surfaces.

The outdoor rink at Blake Hall now has a concrete surface and an open-air roof structure. The skating area at the Alf Olsen Memorial Park now has a concrete surface and boards. These outdoor rinks will be open for public skating once weather conditions permit. Watch our website (www.neebing.org) and Facebook page (www.facebook.com/neebing) for updates.

DEADLINE FOR JANUARY'S NEEBING NEWS IS MONDAY, JANUARY 6! ...but if you already have stuff to announce for January, send it ANY TIME! designhouse@tbaytel.net



Show your civic pride by sporting our

Neebing branded merchandise!

Items include hoodies, adult and youth t-shirts, baseball caps, water bottles, coffee mugs, reusable tote bags, and flags. You can purchase these items during regular office hours at the Municipal Office, Monday thru Friday, 9 am - 5 pm. We accept cash, debit, and cheque as payment. Please note that we do not accept credit cards.

Find Your Neebing News during the Postal Disruption!

During the postal disruption, YOUR newspaper is available for pickup at a number of GREAT local sites and businesses beginning Wednesday Dec.4!

Huge thanks to everyone who is helping to get
the Neebing News to our residents!
AJ'S Variety - Hwy 61 ~ Thunder Oak Cheese
Neebing Municipal Office ~ Slate River Dairy ~ Thunder Bay Co-op
South Neebing Variety and Gas Bar ~ Green Acres Variety



Adult Hoodie Dark Grey S-XXL \$40

Adult Crew Neck T-Shirt Black or Light Blue S-XXL \$20

Adult Women's V Neck T Shirt S-XL \$20 Youth Crew Neck T-Shirt S-L Light Blue \$20 Baseball Cap Black \$20

25 Oz. Stainless Steel Water Bottle White \$20

15 Oz. Ceramic Coffee Mug Blue \$20

Reuseable Tote Bag \$5

Neebing Flag 36"x72" White \$65

Municipality of Neebing Christmas Season Office and Garage Closures



The Municipal Office and the Municipal Garage will be open regular hours on Friday, December 20, 2024, and will then close, to re-open on January 2nd, 2025.

Landfill site hours remain unchanged.

The Roads Crew will be monitoring <u>weather</u> and will respond accordingly. <u>Voicemail</u> left on the Municipal Office telephone line will be checked.

Best of the Season to Everyone!

Looking for Committee Members

There are vacancies on two volunteer committees: the Neebing Economic Development Advisory Committee ("NEDAC") and the Cloud Bay Cemetery Board

The mandate for **NEDAC** is summarized as (for more detail, refer to By-law 2016-022, as amended):

- liaise with potential developers to provide information and encouragement;
- look for and identify opportunities for development;
- assist the Corporation with legwork and development work associated with these opportunities;
- assist the Corporation with research associated with development possibilities;
- make recommendations to the Corporation for marketing and developing the community; and
- liaise with, provide information to, and support local business endeavours.

NEDAC presently meets at 5:30 p.m., on the third Monday of each month, at the municipal office.

The mandate for the **Cloud Bay Cemetery Board** is summarized as (for more detail, refer to By-law 2016-022, as amended):

- To oversee the implementation and enforcement of all by-laws and policies enacted by the Corporation relating to the management and operation of the Cloud Bay Cemetery; and
- To make recommendations to Council for the appropriate maintenance and care of the Cloud Bay Cemetery.

The Cemetery Board meets quarterly on a Monday at 5:00 pm. The dates for 2025 are February 3rd, May 5th, August 11th and November 3rd.

General information about participating on volunteer committees is set out in the By-law, which includes a Volunteer Code of Conduct. Volunteers are paid an honorarium of \$25 for each regular meeting of the Committee which they attend.

As at the time this article was prepared, there was 1 available seat on each committee. To apply, please communicate your interest to the municipal office. You can phone (474-5331), email (clerk@neebing.org), write to us (4766 Highway 61, Neebing, Ontario, P7L 0B5) or drop by during office hours (9 to 5, Monday through Friday).

The deadline to apply is Tuesday, January 14th at noon. If we receive more applications than there are available seats on these committees, Council will review the applications and make appointments at the January 15th Council meeting.

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!

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.

What's Been Happening at Council Meetings?

Since the October edition, there has been four regular meetings of Council on October 2, October 16, November 6 and November 20, 2024. There has also been one special meeting of Council on October 9, 2024.

At the regular Council meeting on October 2nd, the following matters were considered:

- Council reviewed reports relating to the Western Lake Superior Conservation Reserve.
- Council reviewed a report relating to a proposed road development.
- Council passed a resolution encouraging the government to consider various safety considerations for the transportation of nuclear waste no matter which site is selected.
- Council approved August 23, 2025 for the next Little Trout Bay Fish Derby.
- Council approved a bird deterrent solution for the new covered arena at Blake Hall.
- Council approved the use of the municipal office parking lot for the Neebing Emergency Services 25th anniversary.

At the special Council meeting on October 9th, the Committee of the Whole held a strategic planning session to generate goals and priorities for the next four years.

At the regular Council meeting on October 16th, the following matters were considered:

- Council scheduled a public meeting for November 27, 2024 at 6:00 pm at the Blake Hall to obtain input from the public regarding the Strategic Plan for 2025 to 2028.
- Council reviewed options for storing the vault toilet for West Oliver Lake until permits are complete.
- Council approved renewing its support for the Annual Circle Tour Guide.
- Council supported resolutions related to care for individuals for mental health and addictions, the Billy Bishop Airport, Ontario Northland's proposed expansion, and expanding the Ontario deposit return program.

At the regular Council meeting on November 6th, the following matters were considered:

- Council reviewed a request related to an unopened road allowance.
- Council reviewed parking options for owners of island property.
- Council directed Administration to obtain additional information about a new automated speed enforcement program.
- Council passed a resolution requesting changes to the Canada Community Building Fund (formerly Federal Gas Tax Funding).

At the regular Council meeting on November 20th, the following matters were considered:

- Council passed a resolution supporting a proposed Ontario Rural Road Safety Program.
- Council reviewed a draft by-law relating to parking on municipal property.
- Council approved a new performance review form for municipal staff.
- Council directed Administration to bring forward amendments for the Blake Hall rental fee by-law.
- Council scheduled Special Council meetings on January 22, 2025 to review the results of the strategic planning sessions and on January 29, 2025 to review the first draft of the 2025 budget.

The next Council meetings will be held on December 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.

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/



Santa Claus is Coming to Town!

by Meaghan Forneri, Deputy Chief of Medical Operations

Tis the season to have a house full of presents, food and lots of company! This joyful season can also come some scary moments. From choking incidents to cardiac emergencies, we at Neebing Emergency Services would like to send you some helpful tips, and reminders to ensure having a safe Christmas season!

There are so many hearty foods on our tables at this time of year, from turkey, ham, so many kinds of potatoes, desserts and so many yummy treats! Along with these tasty foods-- come choking risks.

Choking occurs when an object or food becomes lodged in the airway, blocking the flow of air to the lungs. The signs and symptoms of choking can vary depending on the severity of the obstruction. Here are the common signs and symptoms to look for:

MILD CHOKING (Partial Obstruction):

Coughing: The person may cough forcefully in an attempt to clear the obstruction.

Wheezing: Difficulty breathing or wheezing sounds as air tries to pass through the narrowed airway.

Gagging: Difficulty swallowing or gagging as the body tries to expel the foreign object.

Inability to speak clearly: The person may be able to speak but with difficulty or a hoarse voice.

Difficulty breathing: Slight to moderate shortness of breath or rapid breathing.

SEVERE CHOKING (Complete Obstruction):

Inability to cough, speak, or breathe: The person may be unable to produce sound or cry out for help.

Gasping for air: The person may make desperate attempts to breathe, but air cannot enter the lungs.

Panic or distress: The individual may show signs of panic, fear, or anxiety as they try to breathe & remove the object.

Blue or pale skin (Cyanosis): Skin, especially around the lips, face, or fingernails, may turn blue or pale due to lack of oxygen.

Loss of consciousness: If the obstruction is not cleared, the person may lose consciousness due to oxygen deprivation.

WHAT TO DO IF SOMEONE IS CHOKING:

If they can cough or speak: Encourage them to cough forcefully to try to clear the airway.

If they can't breathe or speak: Perform the abdominal thrusts or back blows, depending on the person's age and condition.

Call for emergency help immediately: If the person is not able to clear the obstruction or loses consciousness, call emergency services right away.

For infants: Use gentle back blows and chest thrusts instead of abdominal thrusts.

IT IS CRUCIAL NOT TO DELAY CALLING 911!

HOW TO PERFORM BACK BLOWS:

1.Position the person:

Stand behind the person and lean them forward slightly (head lower than the chest).

2. Support their chest:

Place one arm across their chest to hold them steady.

3. Deliver back blows:

Use the heel of your other hand to strike firmly between their shoulder blades (center of the back).

Deliver up to 5 back blows.

4. Check:

After each blow, check if the person can breathe or cough. If the object is still stuck, proceed to abdominal thrusts.

HOW TO PERFORM ABDOMINAL THRUSTS:

1. Position Yourself:

Stand behind the person.

Place your arms around their waist.

2. Form a Fist:

Make a fist with one hand and place the thumb side against the person's abdomen, just above the navel.

3. Grasp Your Fist:

With your other hand, grasp your fist.

4. Perform Thrusts:

Press inward and upward with quick, forceful thrusts.

Repeat until the object is dislodged or help arrives.

Note: If the person becomes unconscious, begin CPR immediately and call for professional help immediately.

CALLING 911—WHAT TO EXPECT

When you call 911 for someone who is choking, emergency services will respond and send help.

Here's a general breakdown of what happens:

1. The Dispatcher Takes Information:

Location: The dispatcher will first ask for the address and location of the emergency to send paramedics or emergency medical technicians (EMTs) right away.

Details about the Situation: You'll be asked to describe what's happening. The dispatcher may ask if the person is conscious, coughing, or able to breathe, as this helps determine the urgency of the situation and the appropriate response.

Other Information: You will be asked to confirm the age of the person, any medical conditions they may have, or if the choking was caused by a specific object or food.

2. You May Be Given Instructions:

If you're able to, the dispatcher will guide you through the steps of performing **first aid** while you wait for emergency personnel to arrive. For infants and children, pregnant women, people in wheelchairs, or someone you cannot get your arms around, the dispatcher will give you specific guidance on how to perform these specific maneuvers safely.

3. Medical Professionals Arrive:

Once first response or paramedics arrive, they will take over the situation. They may administer oxygen, use advanced techniques like suction or intubation to clear the airway, or transport the person to the hospital if needed.

4. Post-Care:

If the choking person recovers (the object is dislodged) they may still need medical evaluation to make sure their airway is clear, and that no injuries occurred during the choking episode.

Choking is a serious medical emergency that can lead to death in a matter of minutes if not handled quickly and effectively. Even if you're unsure about what to do, calling 911 immediately is the best choice so professionals can guide you through the process.

This may sound very scary, and it can be, but by following these simple steps--you could be the reason your loved one's life is saved! Take care this holiday season, enjoy time with loved ones, and stay safe. And don't forget we are always here ready to help whenever you call!

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.

Stay Safe, Celebrate Right: Your Ultimate Guide to Holiday Safety

Written by Fawn Kellar, Captain/Public Information Officer



As the holiday season approaches, Canadians across the country are getting ready to decorate their homes with Christmas trees and sparkling lights. While these festive traditions bring warmth and joy, they also come with potential risks. Following safety guidelines can help prevent fires, electrical hazards, and other accidents, ensuring a safe and happy holiday for you and your loved ones.

CHRISTMAS TREE SAFETY

Whether you opt for a real or artificial Christmas tree, safety should be a priority.

For Real Trees:

- Choose Fresh Trees: When selecting a real tree, make sure it's fresh. Check for needles that are green and flexible, not brittle. Fresh trees are less likely to dry out and catch fire.
- Water Regularly: A dry tree is a fire hazard. Keep the tree hydrated by watering it daily. A dry tree can catch fire easily, and flames can spread rapidly.
- Placement: Place your tree away from heat sources, such as fireplaces, radiators, or space heaters. Avoid blocking exits with your tree, ensuring a clear path for evacuation in case of emergency.

For Artificial Trees:

- **Check for Fire Resistance:** Choose a fire-resistant artificial tree, which is made of materials designed to slow the spread of flames.
- Inspect for Damage: Before setting up, inspect the tree for any frayed wires or broken parts that could pose an electrical hazard.

CHRISTMAS LIGHTS SAFETY

Lights add beauty and charm to the holiday season, but faulty lights or improper use can lead to fires or electrical accidents.

- Use Proper Lights for Outdoors and Indoors: Make sure you're using lights rated for outdoor use if you're decorating your porch, garden, or trees outside. Indoor lights may not be designed to withstand the elements, increasing the risk of electrical shock or fire.
- **Inspect Lights Before Use:** Before plugging in your Christmas lights, check for any exposed wires, broken bulbs, or damaged cords. Discard any defective lights.
- **Don't Overload Circuits:** Avoid overloading electrical circuits by plugging too many light strings into one socket. Overloaded circuits can overheat, creating a fire risk. Use a power bar with a built-in circuit breaker for added protection.
- Turn Off Lights When Not in Use: Always turn off Christmas lights before going to bed or leaving the house. Unattended lights increase the risk of fire.
- **Follow Manufacturer Instructions:** Make sure to follow the instructions for installation and maximum wattage on your light sets. Be mindful of the recommended usage to prevent overheating.

GENERAL ELECTRICAL SAFETY TIPS

- Use Outdoor-Rated Extension Cords: If you need an extension cord for outdoor decorations, ensure it's rated for outdoor use and can handle the wattage required by your lights.
- Avoid Using Damaged Cords: Check all cords for visible damage, such as frays, cuts, or exposed wires. Damaged cords should be replaced immediately.
- **Hire a Professional for Complex Installations:** If you plan to install lights in high or hard-to-reach places, consider hiring a professional to ensure everything is installed safely.
- Ensure UL or CSA certification: Make sure your lights are certified by recognized safety organizations, like UL (Underwriters Laboratories) or CSA (Canadian Standards Association).

Christmas is a time for celebration, but safety should always come first. By taking simple precautions with your Christmas tree and lights, you can reduce the risk of fires and accidents and enjoy a festive season with peace of mind. Stay safe and have a wonderful holiday season!





Christmas Wrapping Paper

Christmas season is here, and the Municipality would like to remind residents that Christmas wrapping paper is NOT recyclable. Please place all Christmas wrap in with your regular garbage.

Reusable boxes or gift bags can be used multiple times to cut back on waste.

There are many creative ways to reduce your waste footprint. Brown paper wrap can be decorated with nature like

birch bark name tags or a sprig of cedar with some brightly coloured ribbon. Have a sports enthusiast on your list? Consider wrapping with the sports section of the newspaper, or the funnies page for children's gifts. Just to name a few.

For those of you who don't have a creative flare, the Waste Management Committee would be happy to share ideas with you on how you can reduce your footprint in this beautiful place we call home. Contact the municipal office to get in touch.

Happy Holidays! Neebing Waste Management Committee



Good Neighbour Sheds - What's In and What's Out

The Good Neighbour Shed provides an important service to the residents of Neebing while at the same time it helps to divert material from the landfill. Council does not what to lose this service but at the same time they must balance the popularity of the shed with the duty to maintain the landfill and follow the requirements of the environmental approvals.

To keep the Good Neighbourhood Sheds in compliance with

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

environmental approvals and minimize the accumulation of unwanted items, Council is asking the public to be mindful of what is being deposited in the sheds.

What's In?

Only items in good condition should be placed in the sheds. We can't possibly list all the items here that could be left in the shed, but if they are gently used, unused, unbroken, clean and don't fall in the "What's Out" list, then they're in.

What's Out?

Please <u>do not</u> 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.

Please contact the municipal office if you have any questions.

Neebing Businesses

Borderlands Farm





Borderlands Farm wanted to make sure that their food was raised ethically and was of the highest quality. They decided that the best way to guarantee this was to do it themselves. After a period of transition and significant time spent updating the facilities on the property, they started the farm in 2020 by purchasing their first sheep flock and planting garlic.

The first lamb sales were in the spring of 2022 through the Borderlands Farm website. This was also the year they joined the Thunder Bay Country Market as a vendor and began selling lamb through local retailers. They



were able to offer some wool products, including raw fibre, dyed wool batts and fibre kits alongside garlic.

2023 was a significant year for Borderlands Farm as they opened a Wool Mill with the goal of processing their own fibre from the sheep. With many ideas and no shortage of things to do as they get started farming here in Neebing!

Website: www.borderlandsfarm.ca Email: Contact@borderlandsfarm.ca

Do you run a business in Neebing? Your Article Could Go Here! Looking for feature articles to highlight Neebing's businesses in the Neebing News. Tell us your story and what your business has to offer. Articles can be submitted to the Municipal Office at 4766 Highway 61 or by email to neebing@neebing.org. For more information, call the municipal office at 807-474-5331.

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 to be added to the reminder list.



January Neebing News Deadline is Mon. Jan. 6!







Kaylyn LeMarquand

REALTOR ®
Royal LePage Lannon Realty
C:(807) 629.7989
E:kaylyn@royallepage.ca
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Never Be The Same Again

Let's fill the manger for the

Rural Cupboard Food Bank!

A Special Christmas Program

Ties Auticity Drawa Maric

Slate River Baptist Church Sunday Dec. 15th @ 6:30pm

Refreshments will are Welcome

80 McCluskey Dr.

POUNDS SENSIBLY





HSS928CTD

HSS1332CTD

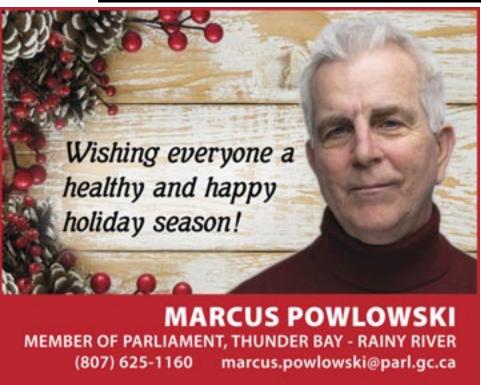
Honda Canada Outdoors @HondaPowersports-OutdoorCanada @GelondaOutdoors

Always wear protective gear when operating your Honda product. Please respect the environment. Obey the law and read your owner's manual thoroughly before operating your Honda Product. Model images and specifications subject to change without notice. Visit honda.ca for additional safety information.

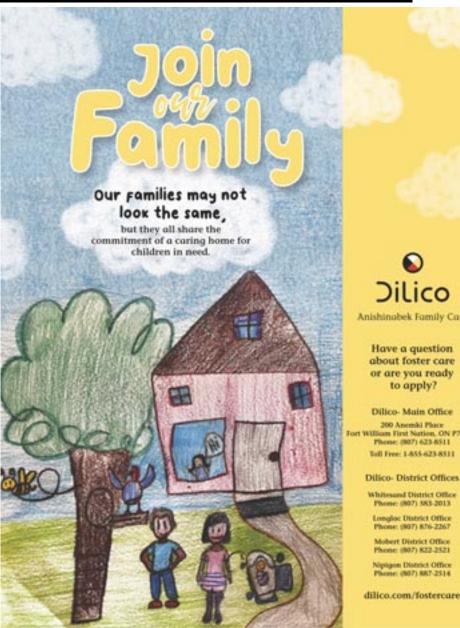
HONDA



939 Tungsten Street Thunder Bay, ON P7B 5Z3 Phone: 807-623-5042 Email: jjsports@tbaytel.net







Have a question or are you ready to apply?

Toll Free: 1-855-623-8511

Dilico- District Offices

Phone: (807) 876-2267

Mobert District Office Phone: (807) 822-2521

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

posted)

Deadline for the JANUARY 2025 issue of The Neebing News is MONDAY JANUARY 6!!! 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







KEVIN HOLLAND MPP – Thunder Bay-Atikokan

kevinhollandmpp.ca







Neebing Fire/Rescue Association

NFRA News ictfully submitted: Joy Harris NFRA President



Sometimes we just need to be asked. You'd like to help but aren't sure how (or what, when or where)?

Neebing Fire/Rescue Association is asking; are you able to contribute baking to our Holiday Cookie & Treat Sale?

You can make a difference in your community just by baking a batch of cookies or bars or tarts! Our success depends on baking donations like yours.

For those new to Neebing, or who have questions, here are a few pointers:

NFRA's Holiday Cookie & Treat Sale is an annual fundraiser to support Neebing Emergency Services. It is entirely supplied by baking donations from the community. At the sale, we set up a 'cookie walk' where a container is purchased and you choose which pieces of baking go into your box.



What type of baking do we need? Baking (or no-bake) cookies, bars and tarts are needed most.

- Baking can be delivered in any disposable container or in a personal container with your name on it, to be picked up that afternoon.
- Bars may arrive uncut, our volunteers with cut and package them.
- Cookies are best received in bulk. Volunteers will place a selection of them on our cookie tables and refill as needed.
- How many should I make? Any amount is most welcome; from 1 dozen to 8 dozen or more . They will all help raise money for NFRA to support NES purchases.
- Where will this take place? Blake Community Hall is where the action will be! Located on Blake Hall Road just off of Hwy 61, south of the Hwy 608 exit.





- ⊕ When do you need my baking? Our Holiday Cookie & Treat Sale will be held on Saturday December 14th from 1pm to 3pm. You may drop off your baking just prior or NEW drop off at Blake Hall on Friday December 13th, between 10:30am and noon! Be setting up tables and decoration at that time and will be happy to accept your baking there.
- Questions? Email us at nfraevents@gmail.com or call Joy @ 807-628-2015. We'll be happy to answer any questions you may







We always appreciate your baking donations. Perhaps consider donating a Penny Auction Prize, contact Clara at nfraevents@gmail.com or drop off your donation at the Municipal Office. Thank you!



Get yours before they're gone! This is the last printing of this community cookbook, only 32 copies left.



How much fun is THIS!?!? Pickled Pike Crafts Strikes Again!





NFRA sends tremendous thanks to the volunteers who come out to our Can Sorts! I hope you were able to attend our Thank-You Luncheon on December 1st, hosted by Nancy, our Can Sort coordinator. Delicious food from local vendors A.J.'s and Bakery on Boundary were served.



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! 2024 has been a record-breaking year in revenue from this initiative. The details will be in January's Neebing News.

Thank you for your ongoing contributions.







Kaitlyn is looking forward to joining the NorWest Team!

Site on November 4, 2024.

If you are currently a KB Site client & would like to book at appointment, please call 807-473-5528





The Creative Company is coming to Neebing for an afternoon of painting!

Neebing Recreation Committee is honoured to be hosting an afternoon with Steve from The Creative Company. Sun-

day February 23,rd 2025. 1pm at the Blake Hall.71 Blake Hall Road. You will choose one pre printed canvas, paint and brushes provided. Cost is \$50/person.

Must be prepaid by February 10th,2025.

Contact Katherine 807-631-1869. 5 designs to choose from.









RURAL 60 PLUS!

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

- Carving - 10 - 3 Monday

- Weaving - 10 - 3 Knitting - 10 - 3 **Tuesday**

-Choir - 1 - 2:30 ~

Last Class Dec.17 until next session in 2025

Wednesday - Beginners Carving - 10 - 3 Quilting -10-3

- Cribbage -1-3

- Weaving -10-3 - Knitting -10-3**Thursday**

— Yoga — 10 -11

Craft Room open Monday to Friday - 10 - 3 Yoga - 10 -11 Last Class December 12 until next session in 2025 Craft Room open Monday to Friday - 10 - 3

Winners of our Lottery License # M861943

- Ginger Fletcher - Quilt Ticket #807

- Nancy Krasniuk - Chenille Poncho Ticket #554

Patricia Paulson- \$150.00 Ticket #439

We will be closed from the end of the day on Friday December 20th.

- Reopening on Monday January 6th.

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, December 11

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

DEC 2024

MON	TUE	WED	THU	FRI
2	3	4	5	6
Chair Yoga @ O'Connor C.C 10:00 am	Fly the C.O.O.P Walking Group		Fly the C.O.O.P Walking Group	
Mobile Clinic - Armstrong 1pm-6pm	Mobile Clinic - Armstrong 8:30am-1:30pm	Walk-In Clinic 4:00pm - 8:30pm	LifeLabs	
9	10	11	12	13
Chair Yoga @ O'Connor C.C 10:00 am	Fly the C.O.O.P Walking Group		Fly the C.O.O.P Walking Group	
	Diabetes Educator	Walk-In Clinic 4:00pm - 8:30pm	LifeLabs	
16	17	18	19	20
Chair Yoga @ O'Connor C.C 10:00 am	Fly the C.O.O.P Walking Group	Walk-In Clinic	Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm	
		4:00pm - 8:30pm	LifeLabs	
23	24	25	26	27
Chair Yoga @ O'Connor C.C 10:00 am		Closed for Christmas Day	Closed for Boxing Day	
30	31			
Chair Yoga @ O'Connor C.C 10:00 am	Fly the C.O.O.P Walking Group			



PROGRAM INFO Call KB Clinic Reception at (807) 473-5528 or email Shaun at

Call KB Clinic Reception at (807, 473-5528 or email Shaun at spierce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group Indoor Walking at 10am and at the Kakabeka Legion

Watch for HistorTea Event in Shebandowan in January 2025 Further Information will follow

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

Follow us!

NorWest Community
Health CentresKakabeka Falls Clinic

www.norwestchc.org

Rural Family Centre

Child and Family Centre

"Learning Through Play, Exploration & Inquiry" Connect with other Families!

(for children 0-6 years)

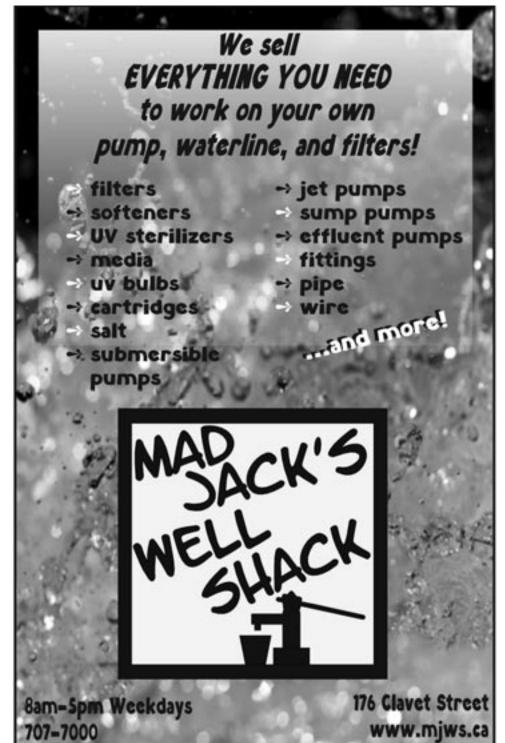
Our Calendar of events can be viewed at: https://www.keyon.ca/en/Events/ViewEvents

* EarlyON Child and Family Centre -Murillo

(Pre-registration on KeyON is required)

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

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



This wonderful group of 30 spent the afternoon creating and inspiring each other at Pickled Pike Crafts, DIY Holiday Planter class. Season's Greetings Everyone. See more crafty people on pages 8 and 12!





submitted by LRCA Staff

With the holiday shopping season upon us, it is a great time to purchase an Explore Card Parking Pass. The 2025 Explore Card Parking Pass is now onsale. 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 stocking stuffer for the outdoor enthusiasts in your life! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

Our extremely popular Explore calendars have arrived, and best of all, they are FREE! We will have a limited number of calendars available at our office, otherwise, they can be picked up at select local businesses including Safeway, 55+ Centres in Thunder Bay, local Municipal offices and more. Limited quantities available.

This is a reminder that dogs must always remain on-leash when in a Conservation Area; dogs must also be picked up after. Conservation Areas are not off-leash dog parks, and visitors are expected to abide by the Regulations under the Conservation Authorities Act, including keeping pets leashed, when visiting our properties. Thank you for your cooperation. Please be advised that the LRCA Administrative Office will be closed from December 23, 2024, until January 2, 2025.

Get out and Explore!





Chix in the Stix

The Great Here and Now

I think the older I get the more I realize how little I know and how much I still have to learn. So I cherish every lesson and insight that comes my way. And not that I'm someone you should necessarily take advice from, but I still wanted to share some personal food for thought nonetheless. Hope you don't mind. It started with a birthday in our house recently. My youngest daughter turned 21. It was lots of fun. Decorations. Special cake. Special friends. A video her life in pictures. It was a blessing to celebrate her on her special day. This was the fourth birthday we have celebrated since her illness took over our lives. (She has a chronic complex inflamed brain disease). The first two years of her illness are still a bit of a blur for me. Grief and trauma will do that to you. We tend to define things in our lives according to 'when' she became ill. So there's a lot of 'Before She Was Sick' references. Or 'B.S. as we call it - for 'Before Sick.' It's a hard place to hover some days and some days I hate being in this 'space'. But it helps us maintain perspective and not forget what she has lost and what she deserves to get back. It motivates us to keep on fighting for her treatment and recovery. It helps us accept how far we still have to go and prepares us for more struggles ahead. And it helps us recognize

how far she has come and we celebrate that. But it also feels heavy and like you are living in fight or flight mode most of the time. Seldom do my shoulders come down. Seldom am I taking deeper breaths. Seldom do I sleep through the night. My brain and my body are on constant alert. Which is exhausting. But I'm still standing. And still learning. I'm learning that I have control over where my brain

is leading me. I am learning to change the channel in my head sometimes when it's taking me too far in one direction. It takes practice and some letting go to realize that this is even possible. And practice to make it a habit - something I have not even come close to mastering. And I don't pretend to understand the neurological yadda yaddas behind it all. I think it's like splashing cold water on your face when you're having an anxiety attack. Or counting five things you can see. It brings you back even momentarily to the here and now. Which works. And there is so much to love in that space. SO. MUCH. I suddenly really see the beauty of the plants in my home. Or smell the sweet scent of a special candle. Even the pretty design on my shower curtain suddenly captures my attention. And it makes me realize that I don't have to be in that B.S. brain space all the time. That these and other head spaces may serve a purpose, but being present is best. I think there is a reason why it's called the present. Because that's what it is. A wonderful gift that allows me to feel my feet on the floor, to be aware of the breath going in and out of my lungs. The taste of my coffee. The sharpness of the cold when I let the dog out to pee. The smell of my daughter's mango shampoo. The feeling of her hand in mine. The sound of her voice. My presence yields presents. Not just for me but for her too. And probably others around me. I'm sure I'm not the only one who finds themselves living in that 'other' head space from time to time. We all have our B.S. moments. Maybe yours is Before Kids. Or Before Marriage. Might be before or after some wonderful things. Might be before or after some horrible and difficult things. I get it. And it isn't about not caring

about the befores. It's about giving your heart and head a chance to recharge and refresh by seeing and sensing only what is in front of you and around you NOW. Even two minutes helps. And I am finding at least some peace and happiness in the present. In the great here and now. Today it included seeing the snow on the country trees. Feeling the warmth of my home. Sensing the Christmas spirit being ignited in my heart. And though I'm gonna keep using the B.S. to serve its purpose when needed, this holiday season I'm determined to focus on the gift of presence and will make a conscious choice to linger there instead. Hope you can do the same. Wishing you and your family the happiest and healthiest holiday season ever, full of precious deliberate presence. Merry Christmas from our house to



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

December 5: Coffee cafe is 10:00 - 11:30 **Lunch December 19:** hot turkey sandwiches

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

Happy Holidays!

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Kakabeka Legion Events

Legion

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

KAKABEKA FALLS LEGION DECEMBER EVENTS

Sunday, Dec. 1

Sunday, Dec. 8th

Friday, Dec. 13

Saturday, Dec. 14

Sunday, Dec. 15th

Christmas Concert 2-4 pm Just 4 You Band

Breakfast 8:30 til 11 am

Rural 60 Plus

Christmas Dinner 1-4 pm

Executive Meeting at 2 pm General Meeting at 3 pm (pot luck cancelled)

Christmas Dinner - 4-6 pm

Saturday, December 21Quest Music & Dance





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

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Thunder Bay, ON
P7A 4T3

HEARING

The recipient must have an aidable hearing loss, to be determined by complimentary hearing test. No purchase necessary. See clinic for further details.



Holiday Sign,
Sip and Dip was a
great event. Lots
of laughs and
masterpieces
were made.
Season's
Greetings
Everyone!







