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#### First Recipient of the MFOA's Suzanna Dieleman Award ~ Laura Jones!

At the Municipal Finance Officer Association (MFOA's) conference last week, Neebing's Deputy Clerk-Treasurer, Laura Jones, was awarded the first ever Suzanna Dieleman Award. The Suzanna Dieleman Award was created to honour MFOA's Manager of Policy who lost her courageous battle with cancer earlier this year. The award was presented by her husband, Brent Smith as well as one of her six children – Micheal who assisted in presenting this award.

The Suzanna Dieleman Award criteria reflects the spirit of Suzanna – focusing on giving back to the sector and giving of themselves. Recipients must be an employee of a member municipality with a population of 10k or less. Examples of work honoured under this award include employees/work:

- Moving municipalities forward with progressive ideas such as fiscal sustainability or multi-year budgeting
- Open minded with a focus on continuous improvement
- Highly collaborative and willing to share information, experience or resources

Laura is a model leader. She's a great listener, a lifelong learner, and a sharer. The people at MFOA have gotten to know Laura through her journey to prudent investor, where she took an asset management plan, pulled together a team to turn that into a pragmatic 10-year capital plan and tied that to a ten-year reserve forecast. She shared her story and her spreadsheet model with any who asked – and they asked often. She's quick to credit those who helped her along the way. She is humble enough to know that her way isn't the only way but has the courage to raise her hand and say "I have a way forward." She's shared her work with her fellow colleagues knowing that everyone working together will find a better way.

Congratulations to Laura on this memorable achievement.

#### **Rural Businesses are Thriving in Neebing!**

The media tour showcased rural business growth and diversity within the Municipality of Neebing. The tour highlighted Thunder Oak Cheese Farm, The Bakeshop on Boundary, Borderlands Farm, and Niibing Tribal Tours. Sumac Hill Creations and School of Indigenous Learning both participated in the event at the Municipal Office. These local businesses offer different cultural amenities, provide recreational opportunities, and improved food security in the rural region. Small rural communities have needs just like larger cities. Finding and filling those needs has put Neebing businesses on the road to success, serving the community and surrounding Municipalities with unique offerings and services including job creation in support of the rural population. Neebing's local businesses support greater economic development which is directly linked to an improved quality of life for its rural residents. The media on the tour was Thunder Bay CBC, TBT Newswatch, Tbnewswatch, The Walleye, The Chronicle Journal, EPICA Pictures, and Thunder Bay + Area Food Strategy.





#### Breakfast with Santa! Neebing Recreation Committee is pleased to

announce a special event coming up soon.

BREAKFAST WITH SANTA will be presented on December 2, 2023 at Blake Hall from 10 am to 12:30 pm. Breakfast will include scrambled eggs, pancakes, sausages, orange juice and coffee. There will be different stations including a craft table and a cookie decorating table. Either face painting or tattoos will be offered.

Bring your camera and get pictures with Santa and/or at the photo booth. (No photographer will be available.)

A maximum of 60 tickets will be available at the Harvest Dinner and at the Municipal Office thereafter. Advance tickets only. Cost is \$10. per adult per plate and \$8. per child under 10 per plate. Children must be accompanied by an adult for the different stations.

Santa will have a gift for all children.

#### WATCH FOR THE NOVEMBER NEWSLETTER FOR FURTHER DETAILS!!!

#### **Neebing Recreation Committee**

The Neebing Recreation Committee is pleased to present another amazing Harvest Dinner! This event will take place on Saturday October 7, 2023 at the Blake Hall. Doors open at 5:45 p.m., dinner is at 6:15 p.m. Tickets are \$20 per person and available at the Neebing Municipal Office.

Neebing Recreation Committee is pleased to announce the start up of a new drop in volleyball season at Valley Central School. It runs every Thursday (except during school holidays) starting on October 5, 2023 at 7 p.m. until May 30, 2023. There is no cost. Come on out and join us for a fun time. Send an email to Joel at vman814@gmail.com to be added to the reminder list.



Marie Pakkari receives her prize from the 3rd 5050 draw from President Joy Harris and NES deputy chief Beverly Mercer Here are the winners

Rafflebox 5050 draw #3 winner of \$5675 is Marie Parkkari ticket C-1962

Firewood raffle winners are :

1st prize of 6 cords of birch firewood: ticket # 0498-Marlene Karila 2nd prize of 4 cords of of birch firewood: ticket # 1704-Mikko Tarvudd Thank you to all of our ticket buyers, the stores and individuals that sold them and especially to Chaschuk Enterprises Ltd for donating the wood.

Watch for more details next month!

Let's make this one big in December. Draw #4 is live !

#### Only a Few Spots Left!!! **On-Site Food Waste Diversion Pilot Project**

There is still time to join the pilot project and help divert food waste from the landfills. We have two 2.5-litre and five 5.0-litre units left. To register for the program and purchase a unit. visit https://forms.neebing.org/Food-Cycler-Registration-Form.

Neebing will provide FoodCycler machines at a subsidized price for residents to test in their homes over a 12-week period. Each resident will track the amount of food waste they have diverted throughout the pilot duration to estimate the total impact of the pilot program.

For information on the FoodCycler and the pilot program, visit www.neebing.org/foodcycler.

For any questions, please contact the Clerk-Treasurer at (807) 474-5331 or clerk@neebing.org.

#### Why you should participate in the program?

Food waste is responsible for up to 10% of global greenhouse gas emissions and 47% of food waste comes from households. By reducing your food waste by 90%, you can lower your household garbage output by up to 50% and reduce your carbon footprint.

FOODCYCLE

#### MUNICIPALITY OF NEEBING **ON-SITE FOOD WASTE DIVERSION PILOT**

# FoodCycler<sup>\*</sup>

#### THE IN-HOME FOOD WASTE DIVERSION SOLUTION

Join your municipality in tackling food waste by piloting FoodCycler" technology in your home. Support your municipality by testing this innovative technology!

#### Why should I participate?

Did you know that up to 50% of household waste is composed of food waste? By helping your municipality address food waste, you are supporting your community's environmental initiatives, while reducing your carbon footprint.

#### What is required of me?

Not much! Purchase a FoodCycler\* from your municipality at a subsidized cost, track your use once a week for a period of 12 weeks and then answer a brief exit survey.

Pilot Project Timeline

SEPTEMBER - NOVEMBER 2023 (12 WEEKS)

PURCHASE YOUR UNIT

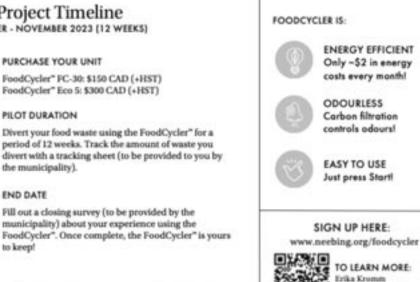
FoodCycler\* FC-30: \$150 CAD (+HST) FoodCycler" Eco 5: \$300 CAD (+HST)

#### PILOT DURATION

the municipality).

END DATE

to keep!



Only 50 spots available! Join today!



#### 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



FOODCYCLER OFFERS

90%

95%

**Reduction** in food

raste volume

**Reduction** in

food waste

greenhouse gas

emissions from

clerk@neebing.org

#### **Contact Us - Municipality of Neebing**

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

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

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

474-5331. Your personal information is kept strictly confidential.

#### **Coming January 2024 New Landfill Punch Cards**

Neebing Council has passed a new by-law that will come into effect on January 1, 2024. The effect of the by-law is that punch cards will replace the current bag tag system. Permanent residents will still be allowed 100 bags and seasonal residents will be allowed 50 bags. However, free tags will no longer be provided in exchange for bags of recycling. Watch for details on distribution of the punch cards in the Neebing News, Facebook and the website over the coming months.



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#### What's Been Happening at Council Meetings?

Since the September edition, there has been one special meeting of Council on September 13, 2023 and two regular meeting of Council on September 6 and 20, 2023.

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

- Council directed Administration to obtain quotes and permits to install a vault washroom facility at West Oliver Lake.
- Council approved the 2024 Capital Plan.
- Council determined that proceeding with re-opening the Pigeon River Campground is not feasible.
- Council approved an application for a second entrance.
- Council directed Administration to organize and event to acknowledge National Truth and Reconciliation Day.
- Council passed a by-law to enter into an agreement with Circular Materials Ontario for the transition of blue box materials to full producer responsibility.

At the Special Council meeting on September 13th the following matter was considered:

• Council reviewed the results of the tender for the Alf Olsen and Blake Hall rink improvements. Only one bid was received which was over the budgeted amount for the projects.

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

- Council approved a request for a second entrance.
- Council reviewed the draft budget from the Lakehead Region Conservation Authority.
- Council reviewed recommendations from the Ministry of Municipal Affairs and Housing's Housing Affordability Task Force.
- Council passed a by-law for a sitespecific zoning amendment.

The next Council meetings will be held on October 4 and 18, 2023. Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month.

This article contains only highlights from Council meetings – visit the website to see the approved minutes from each of the meetings. The minutes of each meeting are approved at the following meeting and are posted on the website once they have been approved and signed. If you don't have internet capabilities, you can always contact the office for copies of approved minutes.

Meeting agendas are always posted online on the Friday prior to the Wednesday meeting. Come out and see what your Council is doing on your behalf. Feel free to contact the Municipal Office for further information or with input into any of the items that Council is considering. The meetings are now being held at the Municipal Office, but there is the option to attend virtually as well. The links to login to the meetings are posted on our website in the calendar details.

# Neebing Landfill News Winter Landfill Hours Begin Oct. 1st!

Saturdays: 9:00 am to 5:00 pm Sundays: 12:00 pm to 4:00 pm

**Garbage** Every bag of regular household garbage requires a Municipal Garbage Bag Tag. We issue a set amount of tags to residents on an annual basis. You can collect your tags at the municipal landfill sites during regular hours of operation. You MUST present photo ID to the attendant in order to receive your tags. **Recycling** Yes we have a recycling program! We accept #1 through #7 plastics as well as carboard. View our recycling sorting guide to determine if your items are acceptable recycling materials. Please remember to BAG your cans and plastics and FLATTEN your cardboard. We do not accept plastic grocery bags.

#### Show Me the Money – Capital Planning

Capital planning is the process where one looks into the future and estimates what larger purchases and projects may be required and how one might pay for them. In Neebing, the capital plan provides a forecast over a 10-year timeframe.

Neebing's plan provides an overview of the expected projects (such as road improvements) and large ticket items (such as fire trucks) that may be required, and an estimate of funding required.

After the budget is passed in the spring, the capital planning process begins. The previous plan is looked at by different committees and staff. They also review the Asset Management Plan, Strategic Plan. and other documents and prepare a new list for the next ten years.

Over the summer the Asset Management Committee reviews the individual lists and assembles a draft plan. In the Fall Council reviews the draft plan, makes recommendations, and approves its use as a planning tool.

The plan is used for forecasting the money required to flow into-andout of Neebing Reserve Savings and is used when preparing the first draft of the next annual budget.

The 2024 to 2033 Capital Plan was approved by Council in September and is available on the budget page of Neebing website https://www.neebing.org/en/you r-local-government/budget-and-financial-statements.aspx. If you would like a printed copy of these document, call the office 807 474-5331 and we can print one for you. If you have questions regarding the Capital Plan talk to Laura at the office.

#### Show Me the Money - December

Almost all of us want to pay as little as possible for property tax. But

#### certain areas, we either must make more (or borrow), spend less in other areas, or do both.

However, Municipalities can also save for future events such as the replacement of a bridge. These savings for the future are called reserves. Determining the amount to contribute towards reserves are an important part of budget decision making, but these amounts are also venerable to budget cuts, as decisions that affect current year items tend to be viewed as having a higher priority.

The budget cycle in Neebing begins the pervious Fall with the passing of the Capital Plan, and discussions with staff and various committees are held. Budgets are typically reviewed at least four times by Council before being passed, this review begins at the end of January and the final review is completed in May when the budget is passed.

Why is the budget not set earlier? The exact amounts that the Municipality must pay to different organizations and the amount of money coming in can change in the early part of the year, and these changes can affect the Budget. In larger Municipalities these changes have less of an effect on the overall budget.

The Public is welcome to Budget meetings. Council will set the date for the first budget meeting soon, so check the website the Neebing News in early January to find the date.

### Book Your Next Event with Us!

Blake Hall is available for rent by the hour, day or weekend. Blake Hall has a fully equipped kitchen for self-catered events and comfortable chairs and tables for your guests. We are also fully accessible with a ramp entrance and accessible washroom. *Contact Us Phone: 807-474-5331 Email Us neebing@neebing.org* 

#### Show Me the Money!

#### Highway 61 Improvements

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

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

how are property taxes determined? Budgets are set each year by the Municipality that affect how much property tax residents will pay.

Legislation requires that Municipalities must have a balanced budget. This means that what comes in must match what goes out; and, just like a personal Budget, if the Municipality want to spend more in



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## **NFRA NEWS!**

Neebing Fire/Rescue Association has been around since 1986 and over the years many extraordinary efforts have been made to raise funds to purchase a good portion of the equipment that you see in use by our Emergency Services. Since 2003 we have a record that \$417,986 worth of items have been purchased. For a listing of these items visit this link:

https://www.neebingfirerescueassociation.com/contributions These funds have been raised through events, raffles, personal donations, auctions and metal and popcan revenue to name a few. One fundraising endeavour is seldom talked about and is the sale of Break Open tickets.

Break Open Tickets (Nevada Tickets) are a successful charitable gaming product that is available at local convenience stores, legions and bingo halls across Ontario. Affordably priced and easy to play, Break Open Tickets (BOT) usually have five windows on each ticket. The player pulls back the tabs to reveal the symbols, and there is a prize for winning combinations.

Neebing Fire/Rescue Association has had Break Open tickets available at Arella's Quality Dollar & Import Store at 292 Bay St. in Thunder Bay since 2002 and many pieces of training and emergency equipment have been purchased with the proceeds. Our records show that a profit of \$145, 931 has been derived from these BOT sales and \$142, 734 worth of the equipment from the list noted above was purchased from the profits. If you are ever on Bay St, please stop in at Arella's and thank the owner Rosetta for her contributions towards our community.

Recently NFRA was awarded \$3000 towards advertising and marketing for gaming events. If you see some creative changes to our Facebook ads, a MailChimp newsletter and in the future print ads it is thanks to Krista Bannan who is being contacted to help us "up our game"! Thank you Krista!

All of this would not be done without the support of generous donors, event attendees and the hard work of volunteers. Our current Firewood Raffle is nearly complete at the time of writing. Chaschuk Enterprises Ltd has contributed 10 full cords of birch firewood to 5 raffles and these donations has helped raise over \$64,000!

This article may be full of numbers and facts, but it is also intended to demonstrate all the "heart" that has gone into supporting our emergency services. Neighbours helping neighbours.

Filling in for Joy Harris this month because even Joy gets to go on vacation! ~ Clara Butikofer (Treasurer)







# FUNDRAISER

YOUR CHANCE TO WIN CASH! 50% OF THE PROCEEDS TO YOU, 50% TO SUPPORT NEEBING EMERGENCY SERVICES

1 TICKET = \$10 3 TICKETS = \$20 10 TICKETS = \$50 25 TICKETS = \$100

FOR DETAILS AND TO PURCHASE TICKETS GO TO:

neebingfirerescueassociation.com/events/draw



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#### *The Rural Pharmacist:* Flu Shot Season is Around the Corner!

by Devon Myers, Reigning Slate River Valley Rural Heritage Days Celebrity Plow Match Champion, and Pharmacist/Owner of Evergreen Pharmacies

Yes, you read that correctly. I will now be writing the monthly entries of the Rural Pharmacist as your reigning plow match champion! Jokes aside, I want to thank Susan McCrury for inviting Evergreen Pharmacies to attend this year's festival as well as all the other staff members for putting on such a fun event. Since I've proven that I've got the chops to hang with the folks in Slate River, maybe we can convince Henry to try his hand with a plow next year!

Now for the real business: flu shot season is just around the corner. We've had patients inquiring about the flu shot since as early as July and I'm happy to finally make available some concrete information for you. At the time of writing this article, the Ontario Ministry of Health had recently released a statement suggesting that flu shots would be available by mid-October this year. Don't hold your breath as history would suggest that this is simply an estimate. However, give-or-take a week and, I think we'll likely see shipments arrive at the pharmacy within the second or third week of October.

Do you want to stay informed and find out exactly when we receive stock? Do you want to book your flu shots online and fill out your screening questionnaire before you even arrive at the pharmacy? The solution is simple: JOIN OUR NEWSLET-TER! Our intent is not to overwhelm you with content you don't need. We use our online newsletter to share valuable information that we think our patients would appreciate. For example, the availability of flu shots and COVID-19 vaccines, links to online booking for appointments etcetera.

Joining the newsletter is easy! Simply go to our website, ever-

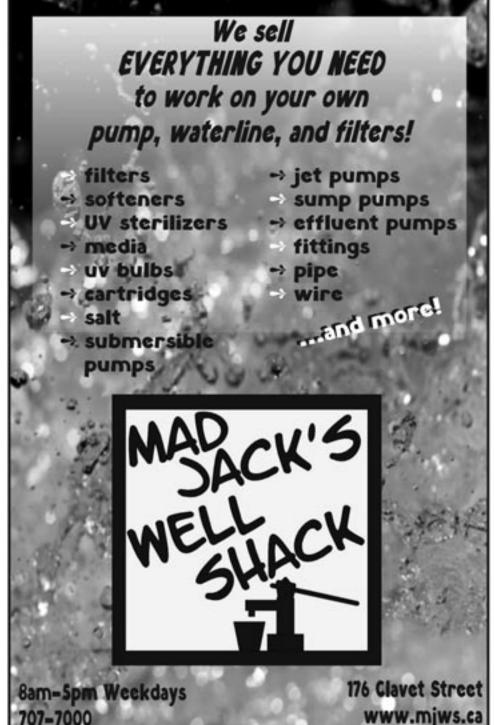
greenrx.ca, and scroll to the bottom of the webpage. When you see "Sign Up For Our Monthly E-Newsletter", enter your email address and hit the sign up button. That's it. If you're having any trouble, give either of our pharmacies a call and staff member will help you out.

Among the vaccines being distributed in Ontario are the Quadrivalent Inactivated Influenzae Vaccine (QIV) and the high-dose Quadrivalent Inactivated Influenzae Vaccine (QIV-HD). Big names, right? Basically, it just means that these inactive (not consisting of live virus) vaccines protect against 4 strains of influenzae virus that we think will be circulating during the flu season this year.

Most individuals 2 years of age and older are eligible for vaccination with the regular quadrivalent vaccine at the pharmacy. In contrast, the high-dose vaccine is reserved for those over the age of 65. The idea is that as we age, our immune system isn't as effective at recognizing the influenzae vaccine. To counter that, a higher dose is given. However, the amount of high dose vaccines that are distributed is limited. We'll do our part to make sure that the right patients get the right dose. And if stock runs out, no problem! It's much more important to get a dose of regular vaccine than to wait for future stock that may take a while show up. Remember, it will take a few weeks after your injection for the vaccine to become effective.

Stay tuned for information about the most recently approved COVID-19 vaccine. Also, we'll be reporting on the newly approved vaccine for respiratory syncytial virus (RSV). But how will you get this information!? Hmm ... signing up for our newsletter is probably a good start! Until next time. Keep your furrow \_\_\_\_\_\_\_straight!











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

# Phone: **767-3643**



## YOU'RE INVITED TO THE SENIOR LIVING EXPO PRESENTED BY CHARTWELL

LOCATION: WEST THUNDER COMMUNITY CENTRE

101

DATE/TIME: SATURDAY, NOVEMBER 4<sup>™</sup> 10AM TO 3PM

#### FREE ADMISSION

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each morning, and evenings are getting noticeably 'summery', with green continuing to be the dominant foliage September. However, the presence of **OCTOBER** on the calendar page above my desk,

serves as a reminder that Fall is destined to arrive soon in Neebing. October is the month to finish cleaning up any remnants of this summer's garden, to complete any fall plantings, and to pile firewood where it will be readily accessible and dry throughout the winter. As well, it would be wise to make definite plans to store all those things, you don't want to 'disappear' beneath mounds of snow over the winter, under protective cover and in a safe place. October is also a good time to check all your heating appliances (for damaged wires, connectors or components), including wood burning stoves, and ensure that chimneys have been recently cleaned and are in good repair before they are actually needed. Standalone generators should be checked, filled and ready for use, with extra fuel set aside to be used in the event of an extended power outage that would require the gen-

erator to run over an unusually lengthy period of time. October is a busy month for the fire service community as well, with *Fire* Prevention Week (FPW) slated to be observed from Saturday, October 8th through Sunday October 14th, 2023. FPW was established in 1922, and serves as a focal point each year to remind us all of the importance of being aware of fire safety during all our day-to-day activities.

This year's FPW campaign slogan is,

# prevention<sup>TM</sup>,

and is dedicated to addressing safe practices around every day cooking activities in our homes. In most homes, cooking is a familiar daily activity, with utensils and appliances now available that have improved greatly over the years in terms of helping to reduce fire threats. However, **cooking fires** continue to be one of the highest causes of fatal fire starts in the home. While **Cooking** is the focus of this year's FPW, it is prudent to keep in mind that **Smoke Alarms** continue to be critically important in ensuring fire

Although the signs have been safety in the home. They monitor your home environment 24/7, and stand obvious for a while - the sun ready to alert you to the presence of any smoke and/or fire in your home. This rises to greet me a little later early warning of fire danger provides critical time to escape before you are our overcome by smoke, or trapped in place by fire. Be sure to test your smoke alarms at least monthly to ensure that they are working correctly. Many new shorter - the view from my win- smoke alarms have built in batteries designed to last the full10 year life cycle dow has remained deceptively of your smoke alarms. In units which use regular batteries for operation, be sure to **replace** the **batteries** with new ones at least **twice a year**.

An important consideration for cooking safety for families with small children colour well into the later days of is to create a <u>"kid-free zone"</u> ('easier said, than done') measuring at least 3 feet (1 metre) in diameter around the stove margins, or around any other areas where hot food or drink is prepared and/or carried. Or if it's like in our house, you may want to consider a **<u>dog free zone</u>**, especially if you have dogs that like to position themselves strategically in order to retrieve anything that may drop from the stove, counter or serving tray.

> While smoke alarm design has been much improved lately, the number of fire fatalities which have occurred in homes in Ontario without a working smoke alarm in place has been on the increase in recent years. I am hoping that all our Neebing residents were able to participate in, and test all their smoke alarms on **Thursday**, **September 28**, **2023**, which was designated to be Ontario's first "Test Your Smoke Alarm Day". If not, today would be a great day to carry out the testing of the smoke alarms in your home.

> Developing and Practicing a Fire Escape Plan with your family is an important tool of home fire safety. It ensures everyone knows what to do and where to go to get to safety if the smoke alarm(s) sound.. Get Out and Stay Out, never go back into the home to try to retrieve anything! Once outside, a family member should call 911 for Fire Service responders. A planned and practiced response to the BEEP of smoke alarms can greatly improve fire safety for your family should you have a fire occurrence in your home. Take a safety minute and watch the short video that follows with your family, and then put together a Fire Escape Plan that fits the realities for your home.

https://youtu.be/4I1nb9VD-mk

Finally, don't forget that the last day of October is also the last day of 2023 "Cooking safety starts with YOU. Pay attention to fire when fire permits will be required for recreational burning. But what's even



more fun is that the last day of October is HALLOWEEN. NES will be holding our traditional Trick or Treat Drop-By evening at Neebing Fire Hall 1 (at the intersection of Hwy 608 and 61). There will be treats and fire safety information for little ghosts, goblins and superheroes between 5 and 7:30 pm. Stay Safe





# **AVAILABLE FOR PICK UP.** CALL FOR PRICING.

#### CALL (807) 629-1333

Open Monday to Friday 8am to 5pm

36 Barrie Drive, Slate River, ON (Just off Hwy 130)

Evergreen PHARMACY

TWO CONVENIENT LOCATIONS:

Rosslyn 202 Highway 130 (807) 939-2007

Kakabeka Falls B-4785 Hwy 11/17 (807) 577-2435

Mon-Fri 9am-6pm Sat 10am-2pm

Mon-Fri 9am-6pm Sat 10am-4pm

New Location in Kakabeka NOW OPEN

evergreenrx.ca f 🖸

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Murillo Library

Monday 10 - 8:00 pm

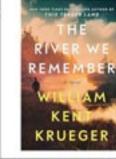
Wednesday 10 - 8:00 pm

Saturday 9 - 12 pm

Murillo Library will be closed on Thanksgiving Monday October 9th

Email: oplibrary@tbaytel.net Website: http://oliverpaipoonge.olsn.ca

Thank you to Lorraine Leveque for sponsoring the purchase of the latest novel by William Kent Krueger!



#### Rosslyn Library Tuesday 10 - 8:00 pm Thursday 10 to 8:00 pm Friday 10 - 3:00 pm Saturday 1 - 4:00 pm 939-2312



Rosslyn Library will be open until 8:00 p.m. on Tuesday October 31st. If you are in the neighbourhood for 'treats' stop by the library!

#### Start the new year off right! It's time to join.... Free Exercise Class for all ages



This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

#### Drop in every Tuesday and Thursday from 11:30 – 12:00 at Rosslyn Library (Stretch bands and balls on Tuesday, weights on Thursday) Please bring indoor shoes and weights.





All ages welcome, no pre-registration necessary!

Call the Ressler Likeary at 939-2312 or ask a Roral Family Centre staff member for more information!



#### After school 'Reading with Rena'

Calling students in grades 4 to 6... Do you enjoy being read to in a quiet relaxing space? Why not join us at the Murillo Library and see what it's all about. Every Monday at 3:00 p.m. (except Oct. 9<sup>th</sup>) Snacks will be provided.



#### CRIBBAGE

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



'Get Creative' craft gathering Every Thursday from 1 to 4:00 at Rosslyn Hall



Bring in your current craft project to work on alongside other 'craftyminded' people. Games of Canasta, dominoes or other card games can be arranged if you wish to play. This is a great time to meet new people, socialize and share tips and ideas. Call 939-2312 for more information.



Story Time with Kelsea Every Thursday at 11:00 am at Rosslyn Library







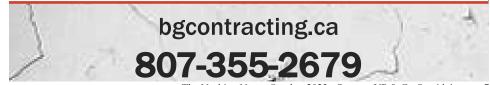
Contact Us today to book an appointment with our on-staff water specialist or contact Jeff directly at (807) 626-3646



Fencing & Gating • Seed • Fertilizers Pet & Livestock Supplies • Water Supplies

Located just off Hwy 61 560 Boundary Drive, Slate River, ON P7J 0A5 tbcoop@tbaytel.net www.tbco-op.com CONNECT WITH US: (807) 475-5190

- BRUSHING, LOT CLEARING, CHIPPING & STUMP GRINDING
- EXCAVATION, TRENCHING & LANDSCAPING
- DRIVEWAY CONSTRUCTION, RENEWAL & RESURFACING
- CULVERT INSTALLATIONS
- DECKS, FENCES & RETAINING WALLS



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TWO large very comfortable couches: 100" wide by 41" deep. Steamcleaned and vaccuumed regularely. \$150 each In Murillo. Call Chris 807-683-6861 or text 807-628-7271

#### **FOR SALE Ashley Home Bedroom Suite**

-Like New, Excellent Quality - in Murillo

Purchased New approx. 1 year ago for \$6800 Bed Frame(Queen), Headboard (60"high),

Wide Dresser with Mirror 60" wide, 17.5"deep) **Tall Dresser, One Night** Stand (28"high, 26 wide, 17"deep) \$2900 - Open to offers **Call Chris at** 807-683-6861 or text 807-628-7271









This is my favourite time of year! And it's a season that gets me right in the feels. I mean the changing seasons at the best of times stirs up all my emotions, but especially fall. The change in temperatures and the change in light can have a profound impact on one's body, mind and soul! Good to be aware of that and to be extra kind to yourself during these times of change. And while I do feel like it is way too soon to be facing another winter when the memory of the previous one is still lingering, I am still looking forward to each and every crispy sunny colourful day in the coming weeks. We really are blessed to live in a country that has 4 distinct seasons. And most days I love them all. But there are of course days when I think of the hard work of winter and it's easy to start daydreaming about living in a more tropical climate. I've done some research and Costa Rica seems nice! And I'm sure you can come up with some suggestions of your own. They will all have their up-sides, but I also find that most of them have some down-sides too. Usually related to natural disasters, or deadly wildlife, snakes and other venomous critters I can live without. In the end I will take our country, and this province, and this community hands down. And while I know there are other places that are lucky enough to have 'seasons', our four really are the best. In fact I think that one of the reasons that we Canadian folk are generally kind, compassionate, polite and other good things, is partly because we live with 'seasons'. I mean whether we like it or not, from the time we were itty bitty we have been practicing a lot of soft skills without even knowing it. Every year we have experienced longing, patience, anticipation, excitement and joy, followed by resolve, anticipation again, loss and even grief. This whole cycle of the seasons really impacts our lives in ways we probably haven't even considered. I mean growing up our school year alone was driven by the seasons. Summer and end of the school year was always what we longed for. Fall was a bit of sad time because it meant the holidays were coming to an end. Thank heavens we had Thanksgiving and Halloween to take our minds off it a bit. Winter wasn't bad when we were young (not so much as you get older) and of

# Chix in the Stix For the Love of Seasons

hope for and Christmas to look forward to. Then there was that sort of long 'dark' period where we had to wallow in what was and just wait it out till there was a change again and next thing you know we could see the bright light of summer in the distance again. I still find it hard to shake the notion that Fall is the real new year and that preparing for a new school year is the real clean slate we all look forward to to motivate us to get organized for winter. I'm not sure what people do who have summer weather all year round. I wonder if I'd get sick of it. Or if I would come to take it for granted. I probably wouldn't appreciate it the way I do now. Where we live we have no choice but to seek out and embrace something even from the seasons that might not be our favourites. We have learned to look for the good in things. I love summer, but am not a fan of the heat, but there are many other things that make summer grand. I am not a huge fan of winter, but I do cherish the cozyness of winter when we hunker down inside. I'm not a big fan of the spring mud, but I do love the possibilities of spring and the signs of rebirth. And fall is the winner for me. The bugs have retreated. The sun may not give us as much warmth, but it's still there. The nights are clear and you can enjoy them earlier. The first whiff of a neighbours wood stove is almost euphoric. And the foliage is a masterpiece. Keep your eyes open. It goes by so fast. Fall. The seasons. And the seasons of Life. Embrace every moment, every sense, every memory along the way. Don't judge your year, or your life based on one season only. There will always be good ones and better ones behind us and ahead. Every season has a purpose. And when things get tough you can count on there always being a change ahead. I am facing this fall season with immense gratitude that we live somewhere where we get to experience these miraculous changes and the palette of emotions it affords us. With or without pumpkin spice, I am wholeheartedly and sincerely giving thanks this year for every season, every encounter, every experience and relationship, every smell, sight and sound along the way. Happy Autumn and Happy Thanksgiving rural neighbours. Wishing you the best!



#### Tree Services Include: \*Tree Pruning \* Tree Removal \* Hydro Line Pruning & Clearing (Private Lines) \* Hazardous Limbs/Trees \* Storm Cleanup \* Tree Support Systems **Tree Planting & Transplanting EXPERIENCED & INSURED SERVICES**

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Grant: (807)-630-5359 Email: woodsmillertreeworks@gmail.com Find us on Facebook @ WOODS MILLER TREE WORKS Website: woodsmillertreeworks.ca



course there were snow days to

# Rural Family

# Edril

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

(for children 0-6 years)

Our Calendar of events can be viewed at: Centre 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!

Child and Family Centre

	oc	тове	R 202	23	NorWest Community Health Centres Communications Communications NorWest	Discover KAKABEKA FAL
MON	TUE	WED	THU	FRI	Habababa Cha	curling this winter!
2	3 Fly the C.O.O.P Walking Group Diabetes Educator	4	5 LifeLabs Watk-In Clinic B:30am-4:30pm	6	Kakabeka Site A785 ON-11 Unit B, Kakabeka Falls, ON POT 1WO B077 473-5528 Thunder Bay Site	LEAGUE CURLING Open: Mondays / Thursdays
9 CLOSED FOR THANKSGIVING	Dietitian 10 Fly the C.O.O.P Walking Group Mobils Clinic - Armstrong	11 Mobile Clinic - Armstrong 8.30am-1/30pm	12 LifeLabs Walk-In Clinic #30om 4:30pm	13	<ul> <li>\$25 Simpson Street Thunder Bay, ON P7C 3.36</li> <li>(807) 622-8235</li> </ul>	Open Doubles: Tuesdays Ladies: Bi-weekly Wednesdays Mixed: Fridays / Saturdays Email <u>curtkakabeka@gmail.cam</u> for more info! Scan the QR code to register ONLINE!
16	1pm-6pm 17 Fly the C.O.O.P Walking Group Diabetes Educator	18 Walk-In Clinic 430pm-8:00pm	19 LifeLabe	20	PROGRAM INFO. Call Shawn at (807) 473-5528 ext.1 to register for all programs Fly the C.O.O.P Walking Group Meets outside of the Kakabeka site	LITTLE ROCKS & JUNIOR PROGRAM October 2023 - March 2024 Little Rocks: oges 5-10 Junior: oges 10-18
23	Distition 24 Fly the C.O.O.P Walking Group	25 Welk-In Clivic 8:30am-4:30pm	26 LifeLalas	27	Please call to book an appointment for: - Lifelalus - Diebitian - Diabetes Educator	Saturday mornings - All skills levels welcomet Email <u>kfccyouthcurling@gmail.com</u> for more info Scan the QR code to register ONLINE!
30	31 Fly the C.O.O.P Walking Group Dietitian	STRATEGIE: • Get your flu • Wash your h • Move more, • Make health	uendu sit Less	LTHY FALL	Follow us! NewYord Commanity Health Commanity Kakabeka Fails Climit www.norwestchc.org	LEARN TO CURL The season starts in October! For those who would like to learn how to curl. Bi-weekly Wednesday evenings - Open to all ages! Scan the QR code to register ONLINE!
lp contain Il 9-1-1 fr	om out		e home	e.		space next your next event! Register ONLINE or visit our website www.kakabekafaliscurlingclub.com
AKE OFF POU	INDO OFIN	0701 V		-		
	TOPS can help y eight-loss goals t support, tools, a needed to be irst meeting	rou reach your by providing you and accountabilit successful. g is FREE.		Wed e	Lumba rillo Is BackII evenings at 7	(unless you have NO FLYERS posted) Deadline for the NOVEMBER issue
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TUESDAY S 10:00 AM Backet Community Church Community Church Community Church Salo Hwy 595 WEDNESDAY S 6:30 PM Consect Community Canter Met Hwy 595 O'Conner Commer Sector Soft Soft Soft	TOPS can help y eight-loss goals t support, tools, a needed to be irst meeting TUES 5:30 Blake Corr 71 Blake Corract 807 TUES 10:11 Hope Christian 1315 Craw	ou reach your by providing you and accountabilit successful. g is FREE. DAY S 0 PM mmunity Hall Hall Road abing 7-577-5924 DAY S 5 AM Reform Church wford Ave. br Bay -577-5924		Wed e At D PUN For ma Cal 4 Susieriet	rillo Is Back!! wenings at 7 Murillo Hall ROP IN \$8 CH CARD \$25 ore information I/Text Susie 72-7980 Or email	(unless you have NO FLYERS posted) Deadline for the NOVEMBER issue Of The Neebing News is OCTOBER 20 (BUT early submissions are always very welcome!) Submissions and photos of community events and article

#### **RURAL 60 PLUS IS OPEN!**

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

Monday .....Carving 10 to 3

Kakabeka Legion Events

Tuesday
Knitting 10 to 3
Good Company Choir 1 to 3
WednesdayBeginner Carving 10 to 3
Quilting 10 to 3
Cribbage 1 to 3
Thursday
Knitting 10to 3
Yoga 10 to 11
Craft Room open Monday to Friday 10 to 3

We will be having a luncheon at the Kakabeka Legion on Friday October 27th from 12 to 1. Cost is \$5 for members and \$15 for guests and you need to register by by Friday October 20.

*Craft Sale on Saturday November 4th from 10 to 1. Tables rental is \$15 and you you can call the Centre if you want to book a table.* 



Sunday October 8th ..... Buffet Breakfast 8:30-noon Saturday October 14th .... Exec/Genmeeting 2:30/3:00 Saturday October 14th .... Dance with Quest 7-10 Sunday October 16th ..... Jam Session 7-9:30 Wednesday October 18th .Dinner/Dance with the Fugitives 5:30-10 *Call Gary for reservations 807-708-0411* 

Friday October 27th ..... Rural 60+ luncheon 12-1 Saturday October 28 ..... Halloween Dinner/Dance 5:30-10 *Call Gary for reservations 807-708-0411* 

Sunday October 29th .... Afternoon of music 2-4 Call the Legion Hotline 473-9122 for any updates. AAAc

COME AND ENJOY AN AFTERNOON OF MUSIC, HOSTED BY KAKABEKA LEGION SUNDAY, OCTOBER 29TH 2 P.M.-4 P.M. JUST 4 YOU BAND (Jerry Wark, Rob Dowhaniuk, Harold Zweep, Vince & Lois Lofts)

> CASH DONATIONS AT THE DOOR FOR RURAL CUPBOARD FOOD BANK

DANCING WELCOMED!! JUST COME AND LISTEN AND ENJOY ALSO! COFFEE AND GOODIES AT INTERMISSION GREAT TIME OF FUN & FELLOWSHIP!

COME AND PLAY OR DANCE, SIT AND ENJOY AN EVENING OF MUSIC WITH MUSIC JAM

HOSTED BY THE KAKABEKA LEGION AT THE LEGION - 7 P.M. TO 9:30 P.M. SUNDAY, OCTOBER 15TH, 2023

ARRANGED BY JERRY WARK & HAROLD ZWEEP!!

CASH DONATION AT DOOR FOR RURAL CUPBOARD FOOD BANK!

DANCING WELCOMED! OR JUST SIT AND ENJOY THE MUSIC! COFFEE AND GOODIES AT INTERMISSION!! HELD THE 3RD SUNDAY OF EVERY MONTH!!









#### Lakehead Region Conservation Authority

submitted by LRCA Staff

The Level I Low Water Condition declared on August 3, 2023, for the LRCA Area of Jurisdiction, remains in effect. This declaration is based on one-month and three-month received precipitation and observed flow conditions in area streams when compared to the lowest average summer flows. Affected residents (households utilizing private wells) are advised to monitor their water levels and usage, as they may experience shortages if the lack of precipitation continues into the fall.

The LRCA's 2024 Explore Card Parking Pass will be available for sale on November 1, 2023! 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. 2024 Explore Cards are valid from November 1, 2023 until December 31, 2024.

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.





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#### COUSIN JUDY'S HOMEMADE MUSHROOM SOUP by Shari Pinner

Simmer 20 minutes 1/2 lb. diced fresh mushrooms 2 chicken cubes

1/4 cup onion 2 cups boiling water

In a large pan melt 1/4 cup butter Add 3 tbsp.flour 1 and 1/2 tsp.salt 1/8 tsp.poultry seasoning Add 3 cups milk stirring constantly till thick and smooth Bring to boil and add mushroom mixture

This soup could be garnished with a sprinkle of paprika or black pepper or topped with a fresh herb. Some crusty garlic bread on the side would make a tasty addition.

Submitted by Dodie LeGassick for the Slate River Women's Institute.



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TRUCK.CAR STOP & RESTAURANT Santorelli's 24 Hr. Husky Truck Stop 3131 West Arthur Street (near Twin City Crossroads) Gas Bar:939-2619/Fax:939-2060/Office:939-2572 UPHOLSTERY and REPAIR/RESTORATION

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