



The Neebing News

Volume Twenty Two, Number One

February 2026



The Neebing Rec Committee invites you to
EASTER EGG HUNT
Friday April 3rd, 2026
OUTDOOR PAVILION AT
CENTURY PARK
71 BLAKE HALL RD
NEEBING, ON
Stay tuned for more details next month

THE NEEBING REC COMMITTEE INVITES
YOU TO

Family Skate Night

FEBRUARY 7th, 2026
OUTDOOR PAVILION AT CENTURY PARK
71 BLAKE HALL ROAD - NEEBING, ON
TIME: 5pm - 7pm

Popcorn, s'mores, hot
chocolate and coffee will be provided
free of charge. Hot dogs will be \$2 each.
Crafts and a movie will be held inside the hall .
Come on out and enjoy our first family skate night!

**HELMETS ARE MANDATORY FOR CHILDREN
AND STRONGLY RECOMMENDED
FOR ADULTS.**

**ADD A
NEW OUTFIT
TO YOUR
WARDROBE.**
BECOME A VOLUNTEER
FIREFIGHTER TODAY



**YOUR
COMMUNITY
NEEDS YOU.**

WILL YOU ANSWER THE CALL?

Come join the Neebing
Rec Committee to
celebrate

CANADA DAY

JULY 1st

Outdoor Pavilion at Century Park
71 Blake Hall Rd
Neebing, On

Stay tuned for more details

**YIELD TO FLASHING
GREEN LIGHTS**



**VOLUNTEER FIREFIGHTERS
RESPONDING TO EMERGENCIES**

**PLEASE SAFELY
MOVE OVER**





**EVERY SECOND
COUNTS**

Volunteers Needed for Outdoor Rinks

The Municipality of Neebing is looking for volunteers to help keep the rinks at the Outdoor Pavilion at Century Park and Alf Olsen Memorial Park clear of snow for the upcoming skating season. If you're interested in helping this season, please contact the office at 807-474-5331.





VOLLEYBALL DROP-IN CO-ED 18+ FUN LEAGUE

Event Details

START DATE: October 2, 2025- May 14, 2026

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

WHERE: Valley Central School gym (563 Candy Mountain Dr)

Please enter through the side door

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

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!

2026 Municipal Election

The next municipal election will be held Monday, October 26, 2026. Watch for more details over the coming months in the Neebing News and on the Neebing website at www.neebing.org/elections

To get ready for the election, eligible voters can check, update or add their information to the voter’s list.

Anyone can vote in a municipal election who, on the day of the election, is:

- 18 years of age or older;
- a Canadian citizen; and
- either a resident of the municipality or a property owner or tenant or the spouse or same sex partner of an owner or tenant in the municipality during a specified time just before the election.

The municipal voter's list is now managed by Elections Ontario. Visit their website at <https://www.registertovoteon.ca/> to ensure you are on the list.

**Register today.**

RegisterToVoteON.ca
1.866.242.3025

Thunder Bay Community Pasture

NOTICE OF ANNUAL GENERAL MEETING

Tuesday, March 16th, 2026 7:30 p.m.

Rural 60 Centre, 5 Pineview Road, Kakabeka Falls

off Hwy. 11-17

For more information contact Diana Bockus

Secretary/Treasurer

dlbockus@tbaytel.net 807-475-8761

Everyone is welcome to attend

Note: Copies of the revised Constitution are

available by

emailing dlbockus@tbaytel.net

Winter Road Maintenance Standards in Neebing

Municipality of Neebing's Roads Maintenance Policy sets out detailed, standards-based procedures for winter road maintenance that are designed to balance safety, affordability, and practical service levels for residents.

Road Classifications Matter

The level of winter maintenance depends on the classification of each municipal road. You can find the full list of classifications in the Road Maintenance Policy at: www.neebing.org/snowclearing.

Winter Maintenance Standards Overview

Winter Season: October 1st to April 30th

Surface Condition: Municipal roads are maintained as snow-packed surfaces, not bare conditions.

Acceptable Snowpack Thickness: 0.5 cm to 5 cm

Snow Accumulation Removal

When the Working Roads Foreman is aware of snow accumulation (snow or slush covering more than half a lane width to a depth of 10 cm or more), resources are deployed as soon as practicable.

Removal times by road class:

Class of Municipal Road	Time
Class 5	24 hours
Class 6	48 hours
Class 6A	72 hours
Class 6B	Once per month

After the storm ends, roads must be cleared to less than 10 cm depth and a minimum width of 5 meter

Ice Prevention and Treatment

The Municipality actively attempts to prevent ice formation through weather monitoring, patrols, and inspections. If ice formation is likely, roads are treated with a salt and sand mixture within these timeframes:

Class of Municipal Road	Time
Class 5	16 hours
Class 6	24 hours
Class 6A	36 hours
Class 6B	N / A

Salt and sand are not applied to Class 6B, 6C, Seasonally Maintained, or Unmaintained Municipal Roads.

When sand and salt is applied simultaneously with plowing, the sand/salt is applied to inclines and corners on municipal roads, and not on the portions of road in between those areas, on the first pass of the plow truck. Vehicles will return to place sand and salt on the longer stretches of road when the plowing is completed, which may not be until the following day or two. Plow trucks require the weight of the sand/salt in order to be able to plow. Accordingly, the sand/salt mix is applied sparingly until plowing has been completed. Otherwise, the plow truck would need to leave a municipal road partially unplowed in order to re-fill the truck when it becomes empty. This is inefficient and causes undue delays in plowing operations. Users of the municipal roads must adjust their driving accordingly.

Other Standards Contained in the Policy

- **No Prioritization:** Resource limitations mean prioritization cannot be given to specific roads based on school buses, illnesses, or unusual working hours.
- **Weather Monitoring:** Current and forecasted weather conditions are checked a minimum of three times per day during winter.
- **Unmaintained Roads:** Unmaintained and Seasonally Maintained Roads, including Class 6C, receive no winter maintenance services, and users access them at their own risk.

what you should know about .

winter weather



stay off the road before, during & after storm



stay informed



be prepared at home, at work and in your car



SALT

ontario.ca/EmergencyPreparedness

Ontario 

What’s Been Happening at Council Meetings?

Since the January edition, there has been one regular meeting of Council on January 21, 2026 and two special Council meetings on January 21 and 27, 2026.

At the Special Council meetings on January 21st, Council reviewed three applications for severance to create new lots on Cloud Lake Road, Cloud Bay Road and Highway 61.

At the regular Council meeting on January 21st, the following matters were considered:

- Council heard input from members of the public regarding the draft property standards by-law.
- Council approved the severance applications reviewed at the Special Council meeting.
- Council directed Administration to bring forward a by-law amendment to update landfill fees.
- Council approved year end reserve fund transfers.
- Council passed a by-law to authorized interim tax billing.
- Council passed a by-law to execute a funding agreement for funding for fire equipment.
- Council passed a by-law to update the road naming by-law.

At the special Council meetings on January 27th, Council passed a resolution to set aside the property standards by-law for this term of Council. The next Council meetings will be held on February 4 and 18, 2026. Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month; however, there is only one meeting in January, July and August.

This article contains only highlights from Council meetings – visit the web-site 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/

Seniors’ Independent Living Housing Survey
-Your Input Matters!

The Municipality of Neebing is exploring the possibility of developing Seniors Independent Living Housing to better serve the needs of our aging population. Your feedback is essential in shaping a housing solution that reflects the preferences and priorities of our community.

Whether you are a senior yourself, a caregiver, or a resident planning for the future, please take a few moments to complete the survey, which covers key topics, including:

- Preferred dwelling types and unit sizes.
- Financial models (e.g., subsidized, rental, or ownership).
- Essential support services like snow clearing or healthcare access.
- Opportunities for community involvement and expertise.

The survey is available online at <https://forms.neebing.org/Seniors-Development-Survey> or you can pick up a copy of the survey at the municipal office at 4766 Highway 61.

Your responses will help us understand what matters most to you and ensure that any future development aligns with the needs of Neebing’s seniors.

You are also invited to attend the Public Open House at the Blake Hall, 71 Blake Hall Road, on February 11, 2026 at 6:30 pm.

Thank you for taking the time to contribute to this important initiative.

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REASON
#0010

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The Neebing News, January 2026 ~ Don’t Febru-FREEZE! page 3

By Meaghan Forneri – Deputy Chief of Medical Operations

The hustle and bustle of the Christmas season has come to an end, and many of us are settling back into our routines. This time of year, can look different for everyone—catching up on much-needed rest, planning a getaway, working extra shifts to get ahead financially, or jumping into New Year’s resolutions like eating healthier or getting back to the gym.

Heart-related emergencies remain a leading cause of serious illness and can affect people of all ages. These emergencies can stem from a variety of conditions, including coronary heart disease (disease of the blood vessels supplying the heart), cerebrovascular disease (disease of the blood vessels supplying the brain, increasing the risk of stroke or heart attack), congenital heart disease (heart defects present at birth), and peripheral arterial disease (reduced circulation to the extremities, especially the legs), to name a few.

Arteriosclerosis occurs when arteries become hardened, narrowed, and less elastic due to a gradual buildup of cholesterol and plaque along the interior walls. As plaque accumulates, blood flow is restricted, reducing the oxygen supply to affected tissues. When this process occurs in the coronary arteries, it leads to coronary heart disease (CHD). CHD often develops slowly and may go undetected for years, even when blood flow to the heart is significantly reduced. One possible result of CHD is angina.

Angina typically presents as intermittent chest pain or pressure that is triggered by exertion or stress and often resolves with rest. It occurs when the heart’s demand for oxygen exceeds the supply of oxygen-rich blood. Symptoms may include pain or discomfort in the chest, neck, jaw, or arms and usually last less than 10 minutes. Individuals diagnosed with angina may be prescribed nitroglycerin, a vasodilator that helps widen blood vessels and improve blood flow through narrowed arteries.

A myocardial infarction (MI), commonly known as a heart attack, occurs when blood flow to one of the coronary arteries is reduced or com-

pletely blocked, causing damage to the heart muscle. MI symptoms are not always easy to distinguish from indigestion, muscle strain, or other conditions. While not every heart attack includes chest pain, any discomfort lasting longer than 10 minutes should never be ignored. Most heart attacks are caused by blood clots in the coronary arteries, and early treatment can reduce damage to the heart. An untreated MI can lead to cardiac arrest, making it critical to begin CPR if needed. If you’re unsure how to perform CPR, 911 dispatchers are trained to provide step-by-step instructions—call immediately and don’t delay.

A cerebrovascular accident (CVA), more commonly known as a stroke, occurs when blood flow to a part of the brain is disrupted. Without oxygen, brain tissue is quickly damaged. Signs of stroke may include impaired or slurred speech, loss of balance or coordination, weakness or numbness on one side of the body, facial droop, severe headache, vision problems, memory loss, or loss of bladder or bowel control. Stroke treatment depends on whether the stroke is ischemic (caused by a blockage) or hemorrhagic (caused by bleeding in the brain). Treatment options may include medications, surgery, and rehabilitation. Certain medications are time-sensitive and may only be effective within six hours of symptom onset.

A transient ischemic attack (TIA), often referred to as a “mini-stroke,” presents with stroke-like symptoms but typically resolves quickly without permanent damage. TIAs are caused by a temporary restriction of blood flow to the brain. Even if symptoms disappear, a TIA can be a serious warning sign of a future stroke.

If you suspect a stroke or TIA, call 911 immediately—time is critical. Your Neebing Emergency Services members are trained and ready to respond to all of the situations described above. Please call 911 right away if you suspect that you or someone you love may be experiencing angina, a heart attack, a stroke, or a TIA.

Stroke is a medical emergency. Do not hesitate.
Call 9-1-1 even during the COVID-19 pandemic.

Learn the signs of stroke

F

ace

is it drooping?

A

rms

can you raise both?

S

peech

is it slurred or jumbled?


T

ime

to call 9-1-1 right away.

heartandstroke.ca/FAST

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Age Friendly

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Age Friendly Thunder Bay supports older adults to live *actively, socially engaged, independent lives, and to feel included and valued* in our community.

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agefriendlythunderbay.ca



Mid-Winter Home Safety Check: 10 Things to Do This February

By Fawn Cheesman, Public Information Officer

February is often the coldest month of the year in Northwestern Ontario. Homes are sealed up tight, heating systems are working overtime, and families are spending more time indoors. While winter may feel routine by now, this is one of the most important times of year to pause and complete a mid-winter home safety check.

Many winter fires and carbon monoxide emergencies happen later in the season, when equipment has been running continuously for months and snow buildup creates new hazards. Taking a few minutes this February to review these 10 items can help protect your home, your family, and first responders.

1. Test Smoke Alarms

Ontario law requires working smoke alarms on every level of the home and outside sleeping areas.

- Test alarms monthly using the test button
- Replace batteries if the alarm chirps
- Replace alarms that are more than 10 years old

A working smoke alarm can provide the early warning needed to escape safely.

2. Test Carbon Monoxide (CO) Alarms

Carbon monoxide is a colourless, odourless gas that is especially dangerous during winter.

- Ensure CO alarms are installed near sleeping areas
- Test alarms monthly
- Never ignore a CO alarm — get everyone outside and call 911

Homes with fuel-burning appliances, fireplaces, or attached garages are especially at risk.

3. Clear Furnace and Exhaust Vents

Snow, ice, and frost can block furnace, boiler, and hot-water tank vents.

- Check outdoor vents regularly
- Clear snow, ice, and debris away
- Keep vents unobstructed after storms and drifting snow

Blocked vents can cause carbon monoxide to build up inside the home.

4. Check Dryer Vents

Lint buildup combined with winter moisture increases the risk of dryer fires.

- Clean lint traps after every load
- Check outdoor dryer vents for blockages or freezing
- Ensure warm air can flow freely outside

Dryers should never vent into garages or enclosed spaces.

5. Review Your Home Escape Plan

Every household should have a fire escape plan.

- Identify two ways out of each room
- Choose a meeting place outside
- Practice the plan with everyone in the home

Winter conditions can slow escape, making planning even more important.

6. Keep Fire Numbers Visible

Emergency responders rely on visible fire numbers to find homes quickly.

- Clear snow and ice from house numbers
- Ensure numbers are visible from the road, day and night
- Replace faded or obstructed signage

Seconds matter in an emergency — visible numbers save time.

7. Use Space Heaters Safely

Space heaters are a leading cause of winter house fires.

- Keep heaters at least 1 metre (3 feet) from anything combustible
- Plug heaters directly into wall outlets (no extension cords)
- Turn them off when leaving the room or going to sleep

Only use CSA-approved heaters with tip-over protection.

8. Practice Safe Cooking

Cold weather often means more comfort cooking — and more kitchen fires.

- Never leave cooking unattended
- Keep flammable items away from the stove
- If a grease fire starts, put a lid on the pan and turn off the heat

The kitchen remains the most common place for home fires year-round.

9. Check Electrical Cords and Power Bars

Winter increases electrical demand from heaters, block heaters, and appliances.

- Do not overload outlets
- Avoid using extension cords as permanent solutions
- Replace damaged or cracked cords

Cold temperatures can make cords brittle and unsafe.

10. Keep Driveways and Access Points Clear

Clear access helps emergency responders reach you faster.

- Keep driveways wide enough for emergency vehicles
- Clear pathways to doors
- Remove snow from hydrants if one is near your property

Winter access challenges can delay emergency response when every minute counts.

A Small Check Can Make a Big Difference
February is the perfect time to stop, look around, and make sure your home remains safe for the rest of winter. These simple checks help prevent fires, reduce carbon monoxide risks, and ensure emergency responders can reach you quickly if needed.
Fire safety is a shared responsibility — and a little preparation now can make all the difference later.



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 the food bank.
Your donations enable the food bank to remain open
Next Food Bank
WEDNESDAY FEBRUARY 18, 2026
Registration 9 am to 11 am Drive-Thru Pick-up

RURAL CUPBOARD FOODBANK
DROP OFF LOCATIONS
Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)
Nolalu: Hoppers Variety
Gillies: Whitefish School (Sept to June)
O'Connor: O'Connor Municipal Office
Neebing: Neebing Municipal Building
Note: Rural Cupboard Foodbank needs recyclable bags.



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

February 19 Lunch
~ Ham and Perogies
Volunteers are also welcome (and needed)
For more information about Cafe del Soul,
please visit www.pinegroveuc.org/cafe-del-soul/



I'm proud to announce that I've got a gift shop open in lieu of craft markets for the winter!

The Artisan's Outpost
231 Cloud Lake Road Neebing
Look for the open or closed sign to Sumac Hill Creations.
Instagram [sumac Hill.creations](https://www.instagram.com/sumac_hill_creations).
807-631-5205

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: ruralfrcc@tbaytel.net or
Private FB message us or
Call: 935-3009

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



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Feeds**
www.thunderbayfeeds.com



The Enhanced Blue Box Program is Here!

Neebing’s recycling program is managed by Circular Materials, the administrator of the common collection system and a not-for profit organization that is committed to building an efficient and effective recycling system across the province. As part of an enhanced recycling system, you can now recycle more than ever before and the same materials no matter where you are across the province. For local recycling information, please visit the Circular Materials’ website at <https://www.circularmaterials.ca/resident-communities/neebing/>.**What can be recycled?**

Paper and Fibre		
Cardboard Boxes	Pizza boxes, direct mail boxes, moving boxes, shoe boxes.	<ul style="list-style-type: none">• Flatten. No larger than 60 x 60 cm.
Boxboard	Cereal boxes, tissue boxes, egg cartons, rolls from toilet paper and paper towel.	<ul style="list-style-type: none">• Flatten• Empty
Paper Laminate Packaging	Pet food bags, food service paper bags, and plates.	<ul style="list-style-type: none">• Empty and free from food residue.
Paper Laminate Containers	Spiral cans, cookie dough package, ice cream containers, and hot and cold beverage cups.	<ul style="list-style-type: none">• Empty and free from food residue.• Remove lids.
Cartons	Beverage cartons, juice and milk cartons, coffee creamers, and sugar cartons, soup and sauce cartons.	<ul style="list-style-type: none">• Empty and free from food residue.• Keep lids on.• Do not include alcoholic beverage containers.
Paper	Any colour, including flour bags, prescription bags, paper produce bags. Notepads, white or coloured loose paper, file folders, other printed materials. Community newspapers, flyers, brochures and magazines. Greeting cards and envelopes, gift boxes.	<ul style="list-style-type: none">• Empty.• Place shredded paper in a tied clear plastic bag.• Separate from plastic bags used to cover items, remove elastic bands.• Remove rope handle from bags.• Do not include soft or hard covered books/novels.
Plastic and Foam		
Hard Plastic Containers	Laundry detergent and household cleaner jugs, shampoo, body wash, salad dressing, condiment, dish soap, mouth wash bottles, plastic beverage bottles.	<ul style="list-style-type: none">• Empty and free from food residue.• Keep lids on.• Do not include alcoholic beverage containers.
Plastic Packaging and Containers	Food trays, salad, yogurt, peanut butter, bakery and egg containers, plastic cups, plastic tubs and lids, black plastic containers.	<ul style="list-style-type: none">• Empty and free from food residue.• Keep lids on.• Do not include alcoholic beverage containers.
Tubes	Toothpaste tubes, deodorant, hand cream tubes.	<ul style="list-style-type: none">• Empty and free from residue.• Keep lids on.
Small Item Plastic Packaging	Hand sanitizer bottles, medication bottles, blister packs, plant pots.	<ul style="list-style-type: none">• Empty and free from food residue.• Keep lids on.
Flexible Plastic Packaging	Bags used for dry cleaning, bread, newspapers and flyers. Overwrap (paper towel & toilet paper, beverage containers). Coffee bags or deli pouches, chip bags, bubble wrap, snack wrappers, cereal liner bags, plastic gift bags.	<ul style="list-style-type: none">• Empty and free from food residue.
Foam Packaging	Meat trays, takeout containers, cups, plates, bowls, foam packaging for products.	<ul style="list-style-type: none">• Empty and free from food residue.• Remove film wrap and absorbent pads from meat trays.
Metal		
Metal Containers	Food cans, metal lids, cookie, coffee and tea tins, beverage cans.	<ul style="list-style-type: none">• Empty and free from food residue.• Do not include alcoholic beverage containers.
Aluminum (Foil and Trays)	Aluminum foil, pie plates, frozen food trays.	<ul style="list-style-type: none">• Empty and free from food residue.• Ball up aluminum foil.
Aerosol Containers	Food spray, hairspray, air fresheners, shaving cream, deodorant.	<ul style="list-style-type: none">• Empty.• Lids on.• Aerosols with toxic, corrosive or flammable symbol are not accepted with the exception of:<ul style="list-style-type: none">○ Cooking oil sprays and products designed for food○ Hairsprays, cosmetics and products designed to be used on hair/skin
Glass		
Glass Containers	Clear and coloured glass. Food containers, jars and bottles, cosmetic containers, spice bottles, oil and vinegar bottles, non-alcoholic glass beverage containers.	<ul style="list-style-type: none">• Empty and free from food residue.• Lids off.• Do not include alcoholic beverage containers.



THE RURAL HERITAGE AGRICULTURAL SOCIETY PRESENTS THEIR ANNUAL GENERAL MEETING Monday, January 26,2026 60 Plus Centre-Hwy 11/17

Kakabeka Falls 7PM Membership \$10 due at meeting in order to vote - Mark your Calenders



RURAL 60 PLUS! 5 Pineview Road, Kakabeka Falls 475-5779,

email rural60@tbaytel.net Website: www.rural60plus.ca

MONDAY – Craft Room 10-3
Carving 10 – 3
- Disking 1-3

TUESDAY – Craft Room 10 - 3
- Weaving – 10 – 3
- Knitting – 10 – 3
- Good Company Choir – 1 – 2:30

WEDNESDAY – Craft Room 10 -3
- Beginners Carving – 10 – 3
- Quilting – 10 – 3
- Cribbage – 1 – 3

THURSDAY – Craft Room 10 – 3
- Weaving – 10 -3
- Knitting – 10 – 3
- Games Day 1 - 3

FRIDAY - Craft Room open – 10 -3

Games Day is the fourth Thursday of the month, next one is Thursday February 26th
Games Day is Euchre, Scrabble, Chess
Friendship Café for February is CANCELLED
Contact Shaun or Elaine for more information at 807-473-5528.



Sunday Feb. 8thBreakfast 8:30-11:00 a.m.
Saturday Feb 14thExecutive Meeting 2:00 p.m.
General Meeting 3:00 p.m.
Saturday Feb 14thDinner Dance with Quest
Sunday, Feb. 15thMusic 2:00-4:00 p.m.
Saturday Feb. 28thDance with Quest 7:00 p.m.



This is a reminder that the LRCA does not monitor ice conditions at any of our Conservation Areas. Make yourself aware of weather conditions before heading out to explore, and always ensure you are dressed appropriately and are wearing appropriate footwear while visiting. There is no winter maintenance on any of our trails. Please be safe when visiting. Staff conduct snow surveys on a bimonthly basis on the 1st and 15th of the month between November and May of each year. Staff started the snow sampling season as of November 15, 2025. There are three historical snow survey locations which are located at Hazelwood Lake Conservation Area (Current River), Madeline Street (McVicar Creek), and Vibert Road (Pennock Creek). Snow depth and weight (water content) are collected and forwarded to the MNR’s Surface Water Monitoring Centre as part of the Flood Forecasting Program.


The January 15, 2026 snow surveys indicate that the snow survey locations are above average for snow depth and water content, when compared to the historical averages for January 15. The snow depth results were: Current River (Hazelwood) – 58.5 cm (35% above average), McVicar Creek – 41.1 cm (36% above average) and Pennock Creek – 36.1 cm (9% above average).

The water content results were also above average for all three snow courses.

MNR’s snow monitoring data is now available to the public through the Ontario GeoHub. The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2025).

The 2026 Explore Card Parking Pass is now on sale! 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. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

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FEB 2026

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor C.C. Mobile Clinic - Armstrong 1pm-6pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	4 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	5 Fly the C.O.O.P Walking Group LifeLabs	6
9 Chair Yoga @ O'Connor C.C. Good Food Box Order Deadline	10 Fly the C.O.O.P Walking Group	11 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Closed for Family Day	17 Fly the C.O.O.P Walking Group	18 Good Food Box Pickup at KB Clinic NP available for those who do not have MD or NP Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Walking Group LifeLabs	20
23 Chair Yoga @ O'Connor C.C.	24 Fly the C.O.O.P Walking Group	25 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Walking Group LifeLabs	27



NorWest Community Health Centres
Centres de santé communautaire NorWest



4785 ON-11 Unit B,
Kakabeka Falls,
ON P0T 1W0



(807) 473-5528

PROGRAM INFO

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

Fly the C.O.O.P Walking Group

Meet at the Kakabeka Legion @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga in Person & Virtual

Hosted at O'Connor, Kam C. Centre and Rural 60+ at 10am.

Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Friendship Cafe @ Rural 60+ Centre.

Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

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!

You must have a smartphone equipped to receive text messages to sign up for this service. 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 807-474-5331. Your personal information is kept strictly confidential. If you have any questions, please feel free to contact us at www.neebing.org/contact.

Volunteers Needed

Thunder Bay Therapeutic Riding

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WEDNESDAY S 6:30 PM O'Connor Community Center 344 Hwy 595 O'Connor CONTACT 807-577-5924	TUESDAY S 10:15 AM Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924

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BINGO BINGO BINGO

Starting on Wednesday, April 2, 2025
and continuing weekly on Wednesdays


At St. Theresa's Parish
10 Porter Street (in the basement)
Kakabeka Falls, Ontario
(NO WHEELCHAIR ACCESS)
MUST BE 18 OR OLDER TO PLAY
CASH ONLY

Doors open at 6:30 p.m.; Bingo starts at 7:00 p.m.

B I N G O

Proceeds towards St. Theresa and St. Augustine Parishes.

NFRA 2026




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Councillor for Blake
631-1869

Councillor for Crooks/Deputy Mayor
964-2365

Councillor for Pardee
577-2475

Councillor for Pearson
577-1963

Councillor for Scoble
633-3735

Councillor At-Large
708-7548

Mark Thibert
mayor@neebing.org

Katherine Hill
blake@neebing.org

Brian Wright
crooks@neebing.org

Curtis Coulson
pardee@neebng.org

Gary Gardner
pearson@neebing.org

Brian Kurikka
scoble@neebing.org

Gordon Cuthbertson
councilatlarge@neebing.org

NEEBING NEWS

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

Deadline for the MARCH 2026 issue of
The Neebing News is FEBRUARY 20

Get your info off your desk and onto MINE! :)

(Early submissions are always very welcome!)

Send info to Chris Vaclav at designhouse@tbaytel.net 807-628-7271

Slate
River W.I.
Submitted by
Dodie
Legassick

Noodle Bowl

It has been so cold lately that there is an appetite for hot soups that are easy to make and comforting. This month the Slate River Women's Institute wants to remind you about two Canadian soup recipes that are sure to please: the Noodle Bowl and French Onion soup.

Noodle bowls have always been a favourite for students because brands like Mr Noodles, which is by the way Canadian, include both the ramen noodle and the flavour packet. They have always been an inexpensive snack or lunch that satisfies the appetite. Now that these bowls have gained in popularity and are in most Asian restaurants, people enjoy creating their own versions at home using a variety of pastas, leftover proteins, a variety of greens, and flavours adding nutrients, fibre and taste.

WINTER NOODLE BOWL INGREDIENTS

- one egg per serving
- noodles such as ramen noodles from Mr. Noodle or a thin pasta such as spaghetti, vermicelli or egg noodles
- green veggies such as bok choy, sliced cabbage, broccoli florets, - -
- spinach and/or peas
- chicken or beef broth
- raw julienned carrots
- thinly sliced green onions

Optional: chili oil, wedges of lime or lemon, sesame oil and soya sauce

DIRECTIONS

Boil a medium pot of water, reduce to a simmer, crack eggs into the water. Simmer and poach for about four minutes. Once poached, remove eggs into a shallow bowl using a slotted spoon.

Boil up more water, add the noodles such as Mr. Noodles or any other thin pasta. Cook according to instructions, usually about 8 minutes. Drain the noodles/pasta and set aside in a large bowl.

In the pasta water, add the green veggies and cook for about three minutes.


CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.


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Starting on Wednesday, April 2, 2025

and continuing weekly on Wednesdays

At St. Theresa's Parish

10 Porter Street (in the basement)

Kakabeka Falls, Ontario

(NO WHEELCHAIR ACCESS)

MUST BE 18 OR OLDER TO PLAY

CASH ONLY


Doors open at 6:30 p.m.; Bingo starts at 7:00 p.m.

BINGO

Presented monthly by St. Theresa and St. Augustine Parishes

If you are interested in participating in
indoor bowling games every Thursday
afternoon, please contact the Rosslyn
Library. We are trying to build a core group
to get this program reestablished.

Rosslyn Library 807-939-2312



In a separate pot, bring the chicken or beef broth to a boil.

Now to construct your noodle bowls.

Divide the noodles/pasta into your bowls.

Pour into each bowl the hot broth.

Add your cooked green veggies and julienned carrots

Add one poached egg to each bowl. Alternatively, add cooked sliced chicken, beef, tofu or shrimp

To add more flavour, top with sliced green onions, a few drops of sesame oil, soya sauce, hot sauce and a wedge of lime or lemon.

Serve while steaming hot.

French Onion Soup

Our second soup recipe celebrates a key ingredient found in so much cooking-the yellow onion. Not only is it available as a Canadian product but it is accessible all year round. Vitamin rich, full of antioxidants and still inexpensive to buy.

Ingredients:

- 3 tablespoons butter
- 4 large yellow onions sliced
- salt, pepper
- 1 clove garlic minced
- beef broth
- optional is 1/2 tsp fresh thyme
- One inch thick slices of a crusty bread
- shredded cheeses such as mozzarella, Swiss or Parmesan

DIRECTIONS

Slowly fry the onion slices and the garlic until the onions appear a golden brown, caramelized.

Add the beef broth, salt and pepper and the optional thyme. Bring to a slow boil. Ladle into oven proof soup bowls.

To each bowl add a thick slice of bread covered with one or more of the cheeses.

Place the bowls onto an oven tray and place in a preheated hot oven until the cheese has melted and the bread appears a little toasted.

Serve piping hot.

page 10, The Neebing News, January 2026 ~ Don't Febru-FREEZE!



Neebing Fire/Rescue Association

NFRA News

Respectfully submitted: Joy Harris NFRA President

Welcome to February!

Neebing Fire/Rescue Association is having our **Annual General Meeting (AGM)** this month on February 23rd.

Now I'm sure when you heard the words 'Annual General Meeting' many of you thought..."NOPE". I was the same, but hear me out.

While these meetings are more formal than regular meetings, the point of them is to provide transparency into what NFRA has attempted and accomplished over the past year.

Specifically for our Membership, it is an opportunity to ask questions, present opinions and to have your say. We welcome your feedback.

The NFRA Board is a group of volunteers who strive to raise funds to support Neebing Emergency Services. We'd love your input. The AGM on Feb 23rd is also your opportunity to join our Board and make a real difference in our community. I believe we will have two (2) open seats, ready for caring members to raise their hands and help us navigate 2026. Join us. Make sure your membership is up to date before the 23rd of February to participate. Members in good standing will be sent details on how to attend the AGM.

We caught up to our winner of NFRA's 50/50 Draw #4 for 2025, Meaghan Forneri! She had her photo taken with the big cheque for

\$4305.00!

*Congratulations again, Meaghan!
And Thank You for your Service.*

2026 #1 Springtime Draw- March 25th @1pm

FOR DETAILS AND TO PURCHASE TICKETS:

www.neebingfirerescueassociation.comeventsdraw



Are you in?

NFRA would like to thank Neebing Emergency Services for inviting us to their volunteer dinner in January.

The food was delicious and conversations flowed. Many of our membership, along with our Can Sorting crew, attended. All were acknowledged and thanked for their contributions alongside the selfless volunteers of NES.

We were honoured to be in your company.

THANK YOU.

Come Join NFRA for 2026! Be in the know of what's happening and where you can help!

Be safe, be well and be kind.

Joy Harris ~ NFRA – President

Questions/Comments? Email us at nfraevents@gmail.com.

It's time to Become a Member, or Renew your NFRA Membership!

NFRA works hard to supply Neebing Emergency Services with extra (non tax dollar) funding needed to keep up with the increasing demands of running a department that protects our vast municipality.

Join Us! **Become a NFRA Member for only \$10** and be privy to the latest events, equipment purchases and information. You'll receive emailed copies of our meeting minutes, a membership card and a small gift upon signing up with us. Be in the know and part of something truly wonderful.

The \$10 Membership fee amount is new this year. As far back as I could see (2015 maybe?) the cost of membership was \$5. Even if we only consider the cost of stamps, that amount doesn't cover expenses. We are as frugal as we can be and hope that \$10 is still affordable to you. I have actually paid more than that for a fancy coffee. I hope you think our organization is worth it in tax dollars saved and NES support given. Join us.

All details can be found on our website; neebingfirerescueassociation.com/membership.

Join us. Nothing beats the feeling of giving back to your community like meaningful volunteer work. We'd love to have you.



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Oliver-Paigowsky Public Library

Email: oliverpaipoongelibrary@gmail.com
Website: <http://oliverpaipoonge.olsn.ca>

As always, Crib takes place on Tuesdays at 1 PM. Beginners are always welcome.
Exercise Classes – FREE! - Tuesdays (with bands) and Thursdays (with weights)
 at 11:30 – no registration needed

Heather took a moment to express her gratitude to Theiann, whose support has kept the library running smoothly, and whose help has guided her through learning the new job.



Please let the staff know as we have a few who would like to start again in February!



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An EarlyON Storytime Adventure



Tuesday, February 17th
1:00pm-2:00pm

We're taking storytime on the road to the Rosslyn Library! We will be meeting at the library to enjoy some engaging tales, free play and playdough!

All ages welcome, no pre-registration necessary!

Call the Rural Family Centre at 935-3009 or ask a staff member at the library for more information!

