

**Volume Twenty One, Number Seven** 

**July 2025** 



FALL HARVEST MARKET SEPT. 13, 2025

Circle
the date
for this
one!!
Come on
out and
support
local
and
enjoy
the new
outdoor
Pavilion!











## When to Contact the OPP

#### When to Call 911

If someone's health, immediate safety or property is threatened, call 911. When calling 911, be specific about what services(s) you need, ie: Police, Fire and/or Ambulance and provide as much detail as possible.

#### When to Call the Non-Emergency Line

For non-emergency events or minor crimes you can either:

- Call the 24-hour toll-free number at 1-888-310-1122;
- Call the detachment at 807-683-4200; or
- File a report online at https://www.opp.ca/index.php?id=132

#### The following can be reported online:

- Theft Under \$5,000
- Mischief / Damage to Property Under \$5,000
- Mischief / Damage to Vehicle Under \$5,000
- Theft from Vehicle Under \$5,000
- Lost / Missing Property Under \$5,000 including a license plate(s) or validation sticker(s)
- Theft of any type of gasoline from a gas station
- Driving Complaints

## The following should be reported in-person by calling the toll-free or detachment numbers:

- the occurrence happened outside of OPP jurisdiction
- there are any identifiable suspects
- someone was injured
- the occurrence involves a weapon
- the occurrence involves any damage to a motor vehicle due to an actual or apparent collision, including fail to remain collisions
- the occurrence involves a break and enter (e.g. unlawful entry and theft from a house, a building or a structure)
- the occurrence involves drugs or gambling (including lottery tickets)
- the occurrence involves a passport

The OPP use the data from calls to track patterns and create operational plans for patrolling and staffing. Residents are encouraged to report non-emergency events to help the detachment plan for where the resources are most needed.

#### How is the municipality billed for OPP Services?

The municipality is not billed on a per call basis. The majority of the cost for OPP services is based on the number of occupied properties within the municipality. There is an annual flat rate charge for each household and business. The rest of the cost is based on a percentage of municipal calls for service across the entire province and accounts for a small portion of the annual bill. If you would like more details about the cost for policing, please contact the municipal office.



## NEEBING LANDFILL NEWS



#### **Summer Landfill Hours**

A reminder that summer hours start at the landfill on April 1st Saturdays: 9:00 am to 5:00 pm Sundays & Wednesdays: 4:00 pm to 8:00 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.

## 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!

## for Neebing Residents



Sign up for Neebing's Emergency Text Alert Service. This text alert service is used to notify our residents <u>via text message</u> of immediate dangers or emergencies occurring in our community such as evacuations, road closures, forest fires and other hazards.

Sign up is free but you must have a smartphone equipped to receive text messages to use this service as it does not work on land lines. Sign up at neebing.org/textalerts or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebing@neebing.org or call us at 474-5331. Your personal information is kept strictly confidential. If you have any questions, please feel free to contact us at the office.

## YOU MAKE **AN IMPACT**

By recycling, you are protecting our environment for future generations. Thanks for doing your part.



# 2025 Neebing Burning Permits

Fire permits are required for all open-air burning in Neebing during the fire season beginning April 1st through to October 31st. Permits are available during the Fire Season 24 hours a day on our website:

www.neebing.org/fire permits

# 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/

## **Are You Ready to Evacuate?**

Your neighbourhood is under an evacuation notice and you need to be ready to evacuate in 2 hours. Would you know what to do or where to go? Do you know what action to take and where to turn for more information on the unfolding emergency?

In Neebing, the Emergency Control Group (the ECG) functions as necessary to minimize the effects of an emergency or disaster. It is the ECG that makes the decision to evacuate, which routes would be safest to take, and where to set up a registration/reception centre for those displaced by an evacuation.

A press release containing the evacuation information would be relayed to radio and TV stations for broadcast, sent out through the Neebing Text Alert System, and posted to the municipal Facebook page and website.

Neebing Emergency Services volunteers along with other community volunteers assisted by the Ontario Provincial Police, would enter the evacuation zone armed with handouts containing vital information about the impending evacuation. The volunteers would be going door to door to warn residents.

Residents who have their own transportation would be asked to follow specific instructions and adhere to the designated evacuation routes. The Municipality would arrange transportation for those who are unable to transport themselves through volunteers and service agencies, but neighbours would be expected to assist neighbours in that regard.

Evacuees would be asked to attend and register at the designated registration/reception centre for more information and assistance as required. Residents would be encouraged to stay with family/friends or seek hotel/motel accommodation in neighbouring municipalities.

The best thing you can do for yourself, and your family, is to be prepared BEFORE an emergency occurs. Know the risks, make an emergency plan, have an emergency kit.

Emergency Management Ontario (EMO) has an excellent website chock full of valuable emergency preparedness information. The Municipality also has EMO printed materials available to you for free. Come by the Municipal Office and pick some up.

Visit the EMO at: https://www.ontario.ca/page/be-prepared-emergency for provincial resources and visit www.neebing.org/beprepared for municipal resources and links to help you be prepared for any emergency.

## Know the Risks - Make a Plan Get an Emergency Kit www.neebing.org/beprepared

### **Extreme Heat**

Extreme heat can be dangerous for everyone, but people who work out-doors, the elderly, some people with disabilities, and children, particularly infants, are more vulnerable.

#### **Hazard Information**

Extreme heat can make you sick with heat stroke, heat rash and/or heat cramps.

#### Safety Tips

If you feel thizzsporteallacer; overheated:

- sit or lie down;
- drink water;
- wash your face with cool water

If you don't feel better soon, seek medical help immediately.

#### If you are indoors:

- stay indoors to limit sun exposure
- take frequent cool showers or baths
- stay on lower floors if there's no air conditioning
- drink water and eat light, regular meals avoid using salt





# **Emergency Response Registry**

The Emergency Response Registry is a joint venture between Neebing Emergency Services and Emergency Management departments. The Emergency Response Registry is a service that allows residents with disabilities and/or their caregivers to submit critical information about their living accommodations to Nee-

bing Emergency Services. The information that is collected is strictly confidential and will be used only to assist firefighters and emergency responders when responding to emergencies such as 911 calls or if there is a need for an emergency evacuation.

#### Submit your information

If someone in your care would like to be added to the Emergency Response Registry, please complete the Emergency Response Registry form and return it to the Municipality of Neebing. Copies of the form are also available at the Municipal Office.

#### Update your information

To ensure the success of this program, remember to:

- Update the information regularly if your information changes.
- Notify Emergency Management if you or the individual in your care no longer reside at the location on record.

Join the Emergency Response Registry by visiting www.neebing.org/beprepared and completing the form. Questions about the registry can be directed to the Neebing Municipal Office at 807-474-5331



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

What's Been Happening at Council meetings?

Since the June edition, there have been two regular meetings of Council on June 4 and 18, 2025.

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

- Council approved a new four year Strategic Plan and can be viewed on the municipal website.
- Council declared some fire equipment surplus and approved disposal of the equipment.
- Council approved a second entrance to a property.
- Council requested a letter be prepared to requesting repairs and improvements to the trail signage at Mink Mountain.
- Council passed a by-law to authorize borrowing for the construction of the fire bay addition at the municipal office.
- Council passed a by-law to amend the Highway Control By-law relating to playing on roads and impeding traffic.

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

- Council approved updates to the Asset Management Plan and Policy.
- Council authorized Administration to apply for funding for further improvements to the Blake Hall property.
- Council approved the tax bill inserts to be distributed with the 2025 tax bills
- Council passed a by-law to amend the landfill by-law.

The next Council meetings will be held on July 16 and August 13, 2025. 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 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.



## Future of Waste Management

The role of Trash Talk is to get more public information to Neebing citizens. This information is essential for waste management since each citizen can profoundly help the future survival of our waste facilities. It's a community effort to try to cut waste.

One of the tasks of the Waste Management Committee is to provide guidance to assure the

survival of Neebing's waste disposal sites. If we cannot manage our waste, the municipal expenses for our never-ending waste accumulation will significantly increase along with the resulting tax rate to pay for this.

Plastics are a big problem in waste management but recycling is simple: read the number in the diamond label on all plastic packaging. Recycle numbers 1 through 7. A new problem is microplastics and even smaller nanoplastics, which are now everywhere, even in polar bears. These microscopic plastic particles have been found in the human brain, possibly causing inflammation and the predisposition to Alzheimer's, but what other diseases may erupt from them over time is still unknown, but greatly feared.

There are ever-expanding new powerful technologies that help in the endeavor to effectively reduce or eliminate pollutants such as these plastics from municipal waste. Almost daily new technologies are developed around the world that decrease pollution. For example:

- Thermoset plastics are very difficult to break down. They are either deposited into landfills or incinerated, thus producing pollution. A new process converts mixed thermoset waste plastics into syngas, a key feedstock for hydrogen production, a useful and salable product.
- Much of electronic waste is dumped in landfills wasting critical minerals like tantalum. Now, researchers found a way by using microwaves to recycle and profitably reclaim precious metals like tantalum which is worth hundreds of dollars per kilogram.

These recycling technologies and others like mechanochemistry, solar and artificial intelligence add to a circular economy, and reduce the need for new highly polluting mines.

Such scientific advancements are expensive and may need special expertise to run properly, efficiently, and to progress as the science advances. Small communities do not have the expertise necessary to properly evaluate waste management science and have insufficient funds to pay for new technologies. Small municipalities only have a hole to bury long lasting and potentially polluting waste. It's not the most sustainable method of managing waste.

The hallmark of human evolution and advancement is cooperation. Perhaps over time we'll see a more regional plan for waste management where the communities in the region work together to take advantage of some of these technologies. Until then, we can each do our part by choosing more sustainable products and diverting materials from the landfills through the various available programs.







## Kakabeka Legion Events

#### JULY EVENTS

For Hall bookings call Diane Harrison 807-577-6549 KAKABEKA FALLS LEGION BRANCH 225 EVENTS

Friday, July 4th Dance with Quest 7 pm - 10 pm
Thursday, July 10th Strawberry Social 6:30 to 8:30 pm
Sunday, July 13th Breakfast 8:30 am to 11:30 am
Saturday, July 19th Dance with Quest 7 pm to 10 pm
Sunday, July 27thth Sunday Music 2 pm to 4 pm

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete.

To book an event please call Dianne at 807-577-6549

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete. To book an event please call Diane at 807-577-6549

## 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 re-

main open
Next Food Bank
Wednesday July 16!
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 Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

## **Rural Cupboard Food Bank**

**A BIG THANK YOU** to Jodi Von-Dow of the O.P.P for volunteering to pick up from our new drop off locations, Murillo and Rosslyn Libraries. **A BIG THANK YOU** to everyone who attended the Rural Cupboard Food Banks 25th Anniversary appreciation dinner and dance. Thank you to the Kakabeka Legion for a wonderful dinner.

A BIG THANK YOU to Lorna Krieg and family for all the time and effort devoted to the appreciation dinner and dance. It was a wonderful evening and the decorations were beautiful.





Neebing Fire/Rescue Association

NFRA News Respectfully submitted: Joy Hamis NFRA President



We, here at Neebing Fire/Rescue Association, are lucky to have amongst us, an outstanding volunteer.

Let me introduce you to the 'Tin Man' of Neebing:



Kris Ligate!

You have likely met Kris, he is everywhere it seems!

A regular at both landfills, Kris picks up the white bulk bags of donated cans you drop off into our bins. He collects the liquor bottles from the shed depots

Kris also has a NFRA collection bin at Thunder City Speedway that he monitors and collects from.

Having participated with Neebing Emergency Services from a young age with his Dad, Kris continues his involvement. He has seen firsthand the difference NFRA funding makes to the Department.

This is what drives him to work so doggedly.

Kris collects recyclables/returnables from the landfills, drives them to a shed on his property, then after our Can Sorts, makes multiple trips to the recycling depots and beer store in Thunder Bay.







We have some residents who regularly have scrap metal for his pick up (hence his nickname (3)) and some businesses who supply him with cans and returnables. We thank them all.

Kris has generated steady income for NFRA for over 15 years, but has been setting, and then breaking, his own records for the past 5-6





- 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 countryman@tbaytel.net





years! This is in great part to your continuing generous donations of beer, pop, food cans and metal. Thank you!

Kris has almost single-handedly (except for our Sorts) generated over \$3000 so far this year for NFRA. We can fund some very nice purchases for NES with this income. Thank you Kris!

Occasionally, an organization is lucky enough to have outstanding volunteers. NFRA has Kris Ligate. And we couldn't be happier!



Thank you, Kris.





NFRA would like to THANK all residents who donate their beer cans, liquor bottles, pop cans and metal food cans to us, at our landfill bins!

You are making a big difference in Neebing, enabling NFRA to purchase needed items for NES. Your donations make it all happen.

Be safe, be well and be kind.

Joy Harris NFRA – President

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







## **PROVINCE INVESTING IN 2 LOCAL ORGANIZATIONS**

I'm pleased to share that the province is investing \$461,500 through the Ontario Trillium Foundation to support:

- North McIntyre Rec Centre expanding community programs
- Magnus Theatre growing their Theatre for Young Audiences School Tour

## KING CHARLES III CORONATION MEDAL CEREMONY







I had the honour of awarding eight King Charles III Coronation Medals to outstanding community members in Thunder Bay - Atikokan who have demonstrated exceptional leadership, service, and achievement. I'm proud to recognize the following recipients: Dr. Elaine Wiersma, Bill Heibein, Rebecca Johnson, Tom Ratz, Tom Hainey, Mayor Lucy Kloosterhuis, Cora-Lee McGuire-Cyrette, and Pastor Gary Macsemchuk.



I'm proud to announce over \$93 million in provincial funding to expand cardiac care at Thunder Bay Regional Health Sciences Centre, the first cardiovascular surgery program in Northwestern Ontario.

This investment means residents will soon have access to life-saving procedures closer to home, without needing to travel to Toronto.

#### ALSTOM \$500 MILLION CONTRACT



I had the pleasure of joining Minister Prabmeet Sarkaria at the ALSTOM plant in Thunder Bay to announce nearly \$500 million in provincial funding to refurbish 181 GO Transit coaches. This investment strengthens local jobs and builds on the \$600 million in funding I've helped secure since 2022 bringing total investments in Thunder Bay-Atikokan to over \$1.3 billion!

**Posting Daily on** 







Keep up to date!

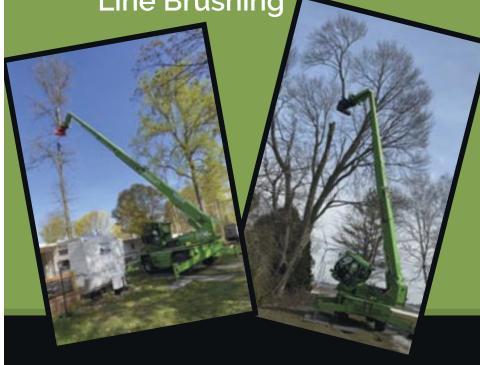
www.kevinhollandmpp.ca





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TWO CONVENIENT LOCATIONS:

Rosslyn

150 King George's Park Drive (807) 939-2007

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

Kakabeka Falls

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

Mon-Fri 9am-6pm

Sat 10am-4pm

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#### **JULY 2025**

7021 2020				
MON	TUE	WED	THU	FRI
	Closed for Canada Day	Walk-In Clinic 4:30pm - 7:30pm	Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	4
7	8	9	10	11
Chair Yoga @ O'Connor & Kam C.C. @10:00 am	Cancelled Today - Fly the C.O.O.P Walking Group	NP available for those who do not have MD or NP	Cancelled Today - Fly the C.O.O.P Walking Group	
Good Food Box Order Deadline		Walk-In Clinic 4:30pm - 7:30pm	LifeLabs	
14 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	15 Fly the C.O.O.P Walking Group	16 NP available for those who do not have MD or NP Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	17 Fly the C.O.O.P Walking Group LifeLabs	18
21	22	23	24	25
Chair Yoga @ O'Connor & Kam C.C. @10:00 am	Fly the C.O.O.P Walking Group	NP available for those who do not have MD or NP	Fly the C.O.O.P Walking Group	*NEW Program' Rural Dementia
Mobile Clinic - Armstrong 1pm-6pm	Mobile Clinic - Armstrong 8:30am-1:30pm	Walk-In Clinic 4:30pm - 7:30pm	LifeLabs	Cafe 1-3pm
28	29	30	31	
Chair Yoga @ Kam C.C. @10:00 am	Fly the C.O.O.P Walking Group	Walk-In Clinic 4:30pm - 7:30pm	Fly the C.O.O.P Walking Group	



Kakabeka Fal ON POT 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 Mountain Portage Trail at KFalls Park @ 10am or a ride

Chair Yoga In Person & Virtual Hosted at O'Connor & Kam C. Centre at 10am.

Good Food Box Program Rural Dementia Cafe @ Rural



## YOU'RE INVITED! **PUBLIC OPEN HOUSE**

Learn about the Lakehead Coastal Resilience Management Plan Project



your life along the Lake Superior coastline now and in the future?

Come meet the project team, share your voice in shaping a climate resilient future, and co-develop adaptive solutions to protect our coastline.

July 16, 2025, 3:00 PM - 7:00 PM | LRCA Administrative Office 130 Conservation Road, Thunder Bay

#### WHY IT MATTERS:

This plan will be used to identify natural hazards on the Lake Superior coast, and guide local policies to protect our homes, businesses, camps, infrastructure, and the natural environment from hazards such as flooding, erosion, wave uprush, and severe

#### WHAT TO EXPECT:

- . Drop in any time during the event
- · View informative displays
- . Engage in one-on-one discussions with Project Team Members
- Complete the project survey to share your feedback





## **Stay Safe This Summer: Camping & Boating Safety Tips**

By Fawn Kellar, Public Information Officer



Summer is a beautiful time to enjoy everything our region has to offer from the rugged trails and pristine lakes to peaceful campgrounds and family cookouts. At Neebing Emergency Services, our top priority is keeping you and your loved ones safe while you make the most of the out-

Whether you're heading out for a weekend of camping or launching the boat for a day on the water, a little preparation and awareness can go a long way in preventing accidents.

Here are some key safety tips to keep in mind this season:

### Camping Safety Tips

#### 1. Know Before You Go

Check the weather forecast and be familiar with the area. Let someone know your plans, especially if you're camping in remote areas.

#### 2. Campfire Safety

- Always build fires in designated fire pits or rings.
- Keep fires small and never leave them unattended.
- Completely extinguish your fire before leaving—soak it, stir it, and soak it again until it's cold to the touch.

#### 3. Wildlife Awareness

- Store food in bear-proof containers or hang it out of reach.
- Never feed wild animals. It's dangerous for both you and them.
- Keep your campsite clean and dispose of garbage properly.

#### 4. First Aid & Emergency Prep

- Carry a well-stocked first aid kit.
- Have a flashlight, whistle, and charged mobile phone (or GPS device).
- Know the signs of heatstroke, dehydration, and hypothermia—even summer nights can get chilly!

#### Boating Safety Tips

1. Life Jackets Save Lives

Every person on board must have a properly fitting, Transport Canada-approved life jacket. Wear it—it only works if you have it on!

#### 2. Don't Boat Under the Influence

Operating a boat while impaired is just as dangerous (and illegal) as driving a vehicle under the influence.

#### 3. Check Your Gear

- Ensure your boat is in good working condition.
- Carry all required safety equipment (bailing bucket, flares, whistle, flashlight, fire extinguisher, etc.).
- Make sure your navigation lights work if you'll be out after dark.

### 4. Watch the Weather

Storms can roll in quickly. If you see lightning, dark clouds, or rough waters, head to shore immediately.

#### 5. Know the Rules

Follow all boating regulations and speed limits. Respect other boaters, swimmers, and shoreline properties.

#### In Case of Emergency

If an emergency does occur, stay calm and call for help immediately. Know your location so you can direct responders quickly. In Neebing, emergency response times can be affected by distance and terrain, so every second counts.

#### **Enjoy the Outdoors Responsibly**

Neebing is a community that thrives on outdoor adventure—and we love to see our residents and visitors enjoying it safely. By taking a few extra precautions, we can all help prevent emergencies and ensure a fun, memorable summer for everyone.

From all of us at **Neebing Emergency Services**—have a safe and enjoyable season!



page 8, The Neebing News July 2025 ~ Enjoy SWEAT-er Weather!

## **Hiking Smart Safety Tips for Exploring Neebing's Great Outdoors**

By Meaghan Forneri, Deputy Chief of Medical Operations

As the warm summer months approach, many residents and visitors are gearing up for family vacations, barbecues, and outdoor adventures. From fishing and camping to exploring the scenic trails across the Municipality of Neebing, the opportunities for recreation are endless. But with every outdoor activity comes a degree of risk—especially when venturing into more remote areas.

Neebing boasts an extensive network of hiking trails, ranging from accessible paths to rugged and isolated routes. While the beauty of our natural landscape is undeniable, it's important to remember that remote locations can present challenges in the event of injury. A twisted ankle, a bad fall, or a sudden medical issue far from immediate help can quickly become serious. Being prepared—and knowing what to do—can be lifesaving. Responding to Injuries on the Trail

In the unfortunate event of a trip or fall, your first step should be to assess the injury. Ask yourself:

- Is there bleeding? If so, how much?
- Is a bone protruding?
- Does the injured area appear deformed compared to the other limb?

Once you've determined the nature of the injury, begin treatment with what you have available.

For bleeding injuries, especially those that appear severe:

- 1. Call 911 immediately if cell service is available. Provide your exact location and a clear description of the injuries.
- 2. Put on gloves to protect both yourself and the injured person.
- 3. Use sterile dressings and apply direct pressure to stop the bleeding.
- 4. Once bleeding is under control, cover the wound with clean gauze and secure it using a roller bandage.
- 5. Begin a careful return to the trailhead, or remain in place and wait for Neebing Emergency Services to arrive.

#### For suspected fractures:

- If a bone is visible (open fracture) or the limb is deformed (closed fracture), immobilize the injured area using a SAM splint or other improvised materials.
- Secure the splint with tape, roller bandages, or triangle bandages.
- Depending on the injury, either assist the individual in walking out or wait for rescue personnel.

When help is needed, never hesitate to call 911. Emergency responders from Neebing Emergency Services, the OPP, and paramedics are ready to assist you.

#### Be Prepared: Build a Hiker's First Aid Kit

Insect sting/anti-itch treatment

First aid manual

Carrying a well-stocked first aid kit is crucial. Even basic supplies can make a major difference when you're 10 km deep into a trail. Consider packing the following essentials:

	Emergency blanket
	Paramedic shears
	Hand sanitizer
	Multi-tool or knife
	Bottled water
	Matches or lighter
	EpiPen (if prescribed)
	Glucose tablets (for diabetics)
	Compass or GPS
	Bandages and gauze pads (4x4)
-	A (*1 ( * - 1 * - ( )

Antibacterial ointment Antiseptic wipes Non-latex gloves (several pairs) CPR mask

Medical tape Finger and SAM splints Roller and triangle bandages

Antihistamines (e.g., Benadryl)

#### **Explore Responsibly**

Neebing Emergency Services encourages all hikers to plan ahead, stay alert, and be mindful of their surroundings. Visit the Municipality of Neebing website for detailed trail maps and updated information on hiking areas.

We hope you have a safe and enjoyable summer—remember, we're always here when you need us.

Stay safe, stay prepared, and happy hiking!

## **RURAL 60 PLUS!**

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

Tuesday

- Craft Room 10 -3

- Weaving - 10 - 3

- Knitting – 10 – 3

Wednesday

Thursday

- Craft Room 10 -3

- Beginners Carving - 10 - 3

- Quilting - 10 - 3

- Cribbage - 1 - 3

- Craft Room 10 - 3

- Weaving – 10 – 3 - Knitting – 10 – 3

The Rural dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, care givers and friends to create a sense of belonging and community in a warm and safe welcoming environment.

Come out and enjoy music, games and snacks in a relaxing at-

There is no fee and no eligibility criteria to attend our rural café. Time is 1-3pm and the location is Rural 60 Plus Pineview Road Kakabeka Falls.

Next Café is Friday July 25th.

Contact Shaun or Elaine for more information at 807-473-5528.

Rural 60 Plus will be going to summer hours beginning Tuesday July 1nd and we will be closed on that day for Canada Day.

Summer hours are Tuesday, Wednesday and Thursday from 10 – 3 for July and August.

HAVE A GREAT SUMMER EVERYONE !!

# Rural Family Centre

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

(for children 0-6 years)

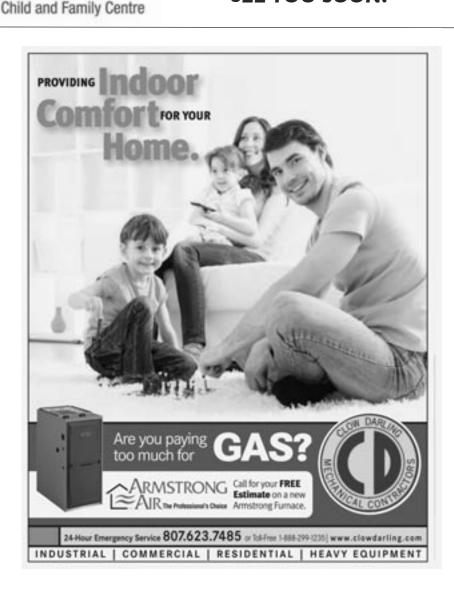
Our Calendar of events can be viewed at: https://www.keyon.ca/en/Events/ViewEvents

\* EarlyON Child and Family Centre - Murillo

(Pre-registration on KeyON is required)

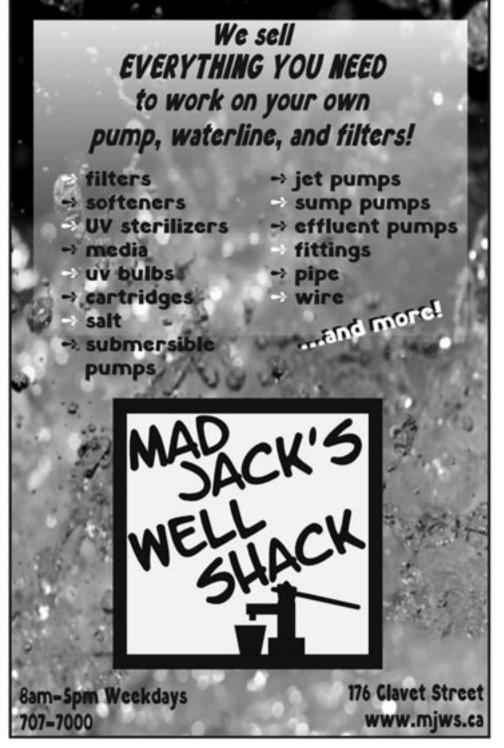
For more info. please: Email: ruralfrc@tbaytel.net or Private FB message us or Call: 935-3009

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









## Businesses in Neebing!

### Hot Barrels Saunas: A Neebing-Born Business Bringing the Heat to Northwestern Ontario

From the beautiful countryside of Neebing to backyards across Northwestern Ontario, Hot Barrels Saunas is warming up the region—one sauna at a time. Founded by long time friends Cory and Jaret, this homegrown business is making a name for itself by blending traditional sauna culture with modern well-

What makes this story especially local is co-founder Jaret Thurier, who was born and raised right here in Neebing. With deep roots in the community, Jaret's connection to the land and lifestyle of rural Northwestern Ontario has shaped the company's vision: to create high-quality saunas that reflect the rugged charm and tranquility of the region.

Cory Costanzo, who shares a deep appreciation for Northwestern Ontario's lifestyle, brought complementary experience and drive to the partnership, making the duo a perfect fit to launch and grow the business together.

Their mission is simple: to bring high-quality, beautifully built saunas to the places people love most—whether that's a lakeside camp, a quiet rural property, or a cozy backyard.

Hot Barrels Saunas offers a thoughtfully designed lineup of barrel, pod, and cabin-style saunas. Crafted from premium Cedar and powered by top-tier Harvia heaters. Their designs are not only beautiful but practical, with customizable options. They also specialize in on-site builds, ensuring accessibility even in remote, off-grid or otherwise hard to access locations.

Hot Barrels Saunas is built on more than craftsmanship—it's built on a shared commitment to customer service, local partnerships, and community pride. For the residents of Neebing and beyond, Hot Barrels Saunas represents what's possible when two friends combine local roots, a strong work ethic, and a shared love for the outdoors. It's not just a sauna—it's a warm and welcoming escape, built with care, right here in Northwestern Ontario.

As Neebing continues to grow while holding on to its rural roots, businesses like Hot Barrels Saunas are helping to put the municipality on the map—showcasing what's possible when community, quality, and local pride come together.

To learn more or browse their sauna styles, visit www.hotbarrels.ca or follow them on Instagram at @hot.barrels.saunas.

### Pop's Kettle Corn

Pop's Kettle Corn is the perfect mixture of buttery, salty and sweet! Pop's mission is to make high quality products with the finest ingredients, to sell products at their freshest, to be environmentally conscious and to value and respect customers and provide excellent customer service.

Pop's Kettle Corn is made in Neebing and is available at a variety of locations in Thunder Bay including Canadian Tire and Safeway, and at various stores in Northwestern Ontario and Manitoba. You can also contact them for organization fundraisers.

Pop's Kettle Corn contact information: Phone (807) 708-7677 (POPS) Email info@popskettle.com or see their website http://popskettle.com







# Summer in Meebing!





## One People, One Planet, One Justice Call For Art

An exhibition open to local artists Submission Deadline August 29, 2025



Public October 18 & 19, 2025, 11 am to 3 pm

Schools October 17, 2025, 11 am to 2 pm

#### **Submission Details**

- Submit 1 or 2 entries of 2D or 3D visual art
- Music, drama, film submissions welcome Submissions will be reviewed for theme alignment by the committee and artists will. be contacted by September 5, 2025

#### Location

Blake Community Hall, Neebing 71 Blake Hall Road, Neebing

#### Benefits of Your Submission

- Advance the conversation
- Meet people and other artists
- Promote your art
- · Opportunity to receive a community award

#### Background

In October 2022, the Baha'i Community of Thunder Bay held a conference called The Gathering, at Fort William Historical Park, where a diverse group of people met to discuss the characteristics and needs of the community and how it can flourish. The conversations were positive and uplifting. Arts played a part that day in communicating the thoughts discussed, whether it was 2D, music or drama.

To keep this important conversation going, and to widen participation, the theme One People, One Planet, One Justice was arrived at.

#### One People, One Planet, One Justice

assumes the inherent nobility of all human beings and the respect that each one of us deserves as we each contribute to an everadvancing community. It goes beyond labels.

#### Some Questions

- · What is community? How can we support each other in meaningful ways?
- What does unity look like regardless of gender, religion, social status, wealth, and
- What does justice look like regardless of gender, religion, social status, wealth, and

Today we have a planet with climate issues, extremes of wealth and poverty, a need for universal education, and the need for equality. These are just a few of the obstacles to a more just world. We are also left with the thought that we have a deep need for connection with one another, and the thought - what is next?

#### What does all this look like to you?

We invite you to join an ongoing conversation by submitting your response to this question through your art.

Fritz Lehmberg, Early Snows Pottery, Project Coordinator Phone 807-475-9758 Toll Free 1-888-244-0743



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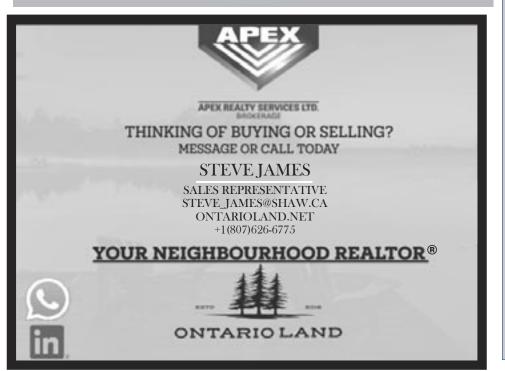
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You're invited to a public open house at the LRCA Administrative Office on July 16 from 3:00 p.m. - 7:00 p.m. to learn about the Lakehead Coastal Resilience Management Plan Proj-

ect! Curious about how coastal natural hazards and climate change are shaping your life along the Lake Superior Coastline now and in the future? Come meet the team, share your voice for a climate resilient future, and co-develop adaptive solutions to protect our coastline. Drop in any time during the event, view informative displays, engage in one-on-one discussions with Project Team Members, and complete the project survey to share your feedback. Visit www.lakeheadresilience.ca to fill out the survey and to REGISTER for the Open House; questions/comments may be directed to Melissa Haresign, Project Manager and Lead Water Resources Engineer at mharesign@kgsgroup.com.

Registration for our Watershed Explorers Programs are up and running on our webstore. Space is limited and pre-registration is required. A non-refundable, \$5.00 registration fee is required to book your spot. We will also be hosting a flintknapping workshop as part of our Archaeology program on October 2 (this program has a \$15

Visit our webstore at www.store.lakeheadca.com to pre-register. Funding for these programs is generously provided by the TD Friends of the Environment Fund.

Coming up on Saturday, July 26 is Silver Harbour Day from 10:00 a.m. – 3:00 p.m. at Silver Harbour Conservation Area, in partnership with the Municipality of Shuniah. Staff are busy planning the event, which is sure to be an awesome day! Also returning this August in the second annual Little Trout Bay Fishing Derby in partnership with the Municipality of Neebing. The event is being held on Saturday, August 23. More details and registration information is coming soon!

Keep an eye out for Cyanobacteria (aka Blue-green Algae) this summer! Cyanobacteria are microscopic plant-like organisms that can produce toxic blooms that are harmful to both human and animal health. Think you spotted a Cyanobacteria Bloom? Report it to the Spills Action Center at 1-800-268-6060 or www.report-pollution.ene.gov.on.ca

The LRCA is on the lookout for invasive Phragmites! Invasive Phragmites is a perennial grass that creates dense monocultures, negatively impacting wetlands and local biodiversity. Learn more about how to identify this plant by visiting our website or Facebook. If you encounter this species, please let us know by emailing the LRCA at stewardship@lakeheadca.com.

The 2025 Explore Card Parking Pass is a great way to show your support for the LRCA! Explore Card Parking Passes permit dayuse/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities, such as boating, fishing, hiking and more at our seasonal and year-round Conservation Areas 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. Get out and Explore!

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

Deadline for the **AUGUST 2025** 

posted)

issue of The Neebing News is JULY 18th 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 807-628-7271













