



The Neebing News

Volume Twenty One, Number Eight

August 2025



LAKEHEAD REGION
CONSERVATION AUTHORITY



LITTLE TROUT BAY

FISH DERBY

FISH

LITTLE TROUT BAY CONSERVATION AREA

SATURDAY, AUGUST 23, 2025

8:00 a.m. - 3:00 p.m.

\$120 PER TEAM

Cash only. Launch fee included.

REGISTRATION OPENS JULY 18; CLOSES AUGUST 18

Register at: Neebing Municipal Office; LRCA Administrative Office; D&R Sporting Goods

Registration is open to all persons 13 years of age or older at the time of registration. Individuals under the age of 18 need a parent/guardian to sign-off on the registration form in order to participate.

SPONSORS

D&R SPORTING GOODS

WOODY'S

PRINCECRAFT

Dawson Trail

PRIZES

PLUS BONUS PRIZES!

1st \$1000

2nd \$600

3rd \$400

Winner is based on cumulative weight (lbs.) of the "two-best" fish. Anglers will catch and keep their "two-best" fish. Derby staff will conduct the weigh-in (lbs.) at the Little Trout Bay Conservation Area pavilion.

ELIGIBLE SPECIES:

LAKE TROUT, WHITEFISH, SALMON ONLY

Any other species caught will not be included in the "two-best".

Anglers will have the option to donate a 1"x3" sample of their fish, taken from behind the dorsal fin, to be tested for contaminants by the Ministry of Environment, Conservation and Parks.

FOR FULL RULES & REGULATIONS AND MORE INFORMATION:

SCAN ME!

QR CODE

WWW.LAKEHEADCA.COM | WWW.NEEBING.ORG

@LAKEHEADREGION @MUNICIPALITYOFNEEBING

FREE VENDOR REGISTRATION AND FREE TO ATTEND!

Neebing Recreation Committee is happy to host the

FALL HARVEST MARKET

AT THE NEW

OUTDOOR PAVILION

71 Blake Hall Road

Saturday September 13, 2025

10am - 1pm

Contact Katherine Hill to register for a table 807-631-1869

BRING IN A CANNED FOOD ITEM AND RECIEVE A BALLOT FOR PRIZES!

YIELD TO FLASHING GREEN LIGHTS

VOLUNTEER FIREFIGHTERS RESPONDING TO EMERGENCIES

PLEASE SAFELY MOVE OVER

EVERY SECOND COUNTS

Neebing Rec Committee invites you to

HARVEST DINNER

Saturday Oct 4, 2025 Doors open at 5:45pm

At the Blake Hall, 71 Blake Hall Road

Dinner served 6 - 9 pm

\$20/plate

Live music by MOOD INDIGO JAZZ

Tickets on sale Sep 2nd at the Municipal Office

ADVANCE TICKET SALES ONLY!

Playground Relocation Complete

The playground has been successfully relocated from the Municipal Office to the Century Park in the Blake Hall grounds. The playground is open for use with some new and fun accessible features!

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!



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 smart-phone 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.

Extreme Heat

Extreme heat can be dangerous for everyone, but people who work outdoors, 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 dizzy, weak or overheated:

- go to a cool place;
- 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

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.

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.



REPORT FOREST FIRES

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](http://www.neebing.org/fire%20permits)

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/

What’s Been Happening at Council Meetings

Since the July edition, there has been one regular meeting of Council on July 16, 2025. At the regular Council meeting on July 16th, the following matters were considered:

- Council heard a deputation from the Neebing Economic Development Advisory Committee regarding renewable energy sources.
- Council reviewed a proposal for a community-wide food waste diversion program.
- Council approved a letter in support of the concerns from Oliver Paipoonge regarding regional fire department capacity.
- Council reviewed a report regarding park signage.
- Council passed a by-law to authorize borrowing for the construction of the fire bay addition at the municipal office.

The next Council meetings will be held on 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.**



Emergency Response Registry



The Emergency Response Registry is a joint venture between Neebing’s Emergency Management and Emergency Services 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. The information is used to assist firefighters and emergency responders to quickly locate and /or contact individuals so we can provide additional care in the case of an emergency such as an evacuation. Visit www.neebing.org/beprepared and join the Emergency Response Registry by filling out the online form. Paper copies of the form are also available at the Municipal Office.



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.

File Number: 58-OP-214604 Date of Decision: June 3, 2025
Municipality: Municipality of Neebing Date of Notice: June 4, 2025
Subject Lands: All lands within the Municipality of Neebing

NOTICE OF DECISION
With respect to the Municipality of Neebing Official Plan
Subsection 17(34) of the Planning Act

A decision was made on the date noted above to approve the Official Plan for the Municipality of Neebing by By-law 2022-029, subject to fourteen (14) modifications.

Purpose and Effect of the Official Plan Amendment
The Official Plan for the Municipality of Neebing contains goals, objectives, and policies to guide land use decisions within the planning area. The Official Plan, approved as modified, will be consistent with the Provincial Planning Statement, 2024 and continue to provide guidance for growth over a 20-year planning horizon. A copy of the decision is attached.

Decision Final
Pursuant to subsections 17 (36.5) and (38.1) of the *Planning Act*, this decision is final and not subject to appeal. Accordingly, the Official Plan, as approved with modifications by the Minister, came into effect on June 3, 2025.

Other Related Applications:
N/A

Getting Additional Information
Additional information is available during regular office hours at the Ministry of Municipal Affairs and Housing at the address noted below or from the Municipality of Neebing.

Ministry of Municipal Affairs and Housing
Municipal Services Office – North
435 James Street South, Thunder Bay
ON, P7E 6S7

Inquiries can be directed to the attention of Chelsea Flegel, Planner

Tel.: (807) 630-8442
Email: Chelsea.flegel@ontario.ca

The approved Official Plan with the modifications can be viewed on the Neebing website at <https://www.neebing.org/notices>

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



What is E-Waste?

As our world becomes more reliant on technology, the volume of discarded electronics increases. This includes everything from smartphones and laptops to printers and televisions. While many of these items can be recycled, not everything with a cord qualifies as e-waste.

Why is it Important to Recycle E-Waste?

E-waste often contains hazardous materials like lead, mercury, and cadmium, which can

harm the environment if not disposed of properly. Electronics also contain valuable resources such as copper, gold, and rare earth metals that can be recovered and reused.

What is Accepted in Neebing's E-Waste Program?

- **Display Devices** (Televisions and monitors, including various technologies such as Cathode Ray Tube (CRT), flat panel (LCD, LED and plasma) and rear projection.)
- **Home Theater In-A-Box (HTB) Systems** (includes pre-packaged disc player/speaker/amplifier systems for use with video or television display to create a home theatre experience.)
- **Home Audio/Video Systems** (includes VCRs, DVD and CD players, speakers, amplifiers, receivers, data projectors and similar audio/video systems.)
- **Personal/Portable Audio/Video Systems** (includes docking speakers, portable stereos, portable CD players, portable audio recorders, tape/radio players, digital media (MP3) players, voice recorders, and digital and video cameras.)
- **Vehicle Audio/Video Systems (aftermarket)** (includes amplifiers, equalizers, speakers and audio/video components.)
- **Desktop Computers** (including those acting as servers.)
- **Portable Computers** (includes laptops, netbooks, notebooks and tablets.)
- **Computer Peripherals** (includes both wired and wireless manual input devices such as keyboards, mice and trackballs.)
- **Floor-standing Photocopiers/Multi-Function Devices** (including printers, photocopiers, and multi-function devices.)
- **Desktop Printers/Multi-Function Devices** (including laser and LED ink jet, dot matrix, thermal, dye sublimation and "multi-function" copy, scan, fax and print devices. Stand-alone desktop machines are also included in this category.)
- **Non-cellular Telephones** (includes corded and cordless telephones, as well as telephone answering machines.)
- **Cellular Devices and Pagers** (including those with camera, video recording and/or audio functions; smartphones (cell-enabled); cell-enabled PDAs utilizing touch screen technology; cell-enabled handheld devices.)

Ensure batteries and ink cartridges are removed from devices before placing in the recycling bin. Used batteries can be dropped off in the designated bin at the landfill sites. Many suppliers of ink cartridges, such as Staples, will take used cartridges for recycling.


What is Not Accepted?

- **Small electrical appliances and tools** (includes items without circuit boards such as toasters, power tools, and lamps)
- **Large appliances** (such as dishwashers, stoves, and fridges or freezers with the freon removed).

Appliances without freon can be placed in the scrap metal area at the landfill sites.

To recycle small tools and appliances, or appliances with freon, contact local recycling facilities such as Pack Pros Plus, Harbour Metals and Dutchak Scrap for details.

If your items are in working conditions, please consider donating your electronic items to local donation agencies.



Check Your Mailbox for the 2025/2025 Landfill Punch Cards

The 2025/2026 landfill punch cards were sent with the July tax bills. If you have not received your punch cards or your mailing address has changed, please contact the Municipal Office at 807-474-5331

If you need additional punches, there are \$50 punch cards available for purchase at the municipal office that do not expire.



Kakabeka Legion Events

AUGUST EVENTS

For Hall bookings call Diane Harrison 807-577-6549

KAKABEKA FALLS LEGION BRANCH 225 EVENTS

Friday, August 1st	Dance with Quest	7 pm - 10 pm
Saturday, August 9th	The Gun Show	9 am - 5 pm
Sunday, August 10th	Breakfast	8:30 am - 11:30 am

Saturday, August 16 Legion Challenge Runners Only Start time 10 am

Sunday, August 17th**

Half Marathon & 8K 7 am - 10:30 am

**Note: Hwy 11/17 from Hwy 588 to Poleline Road will be closed under OPP control from 7 am to 7:20 am on Sunday, August 17th and Hwy 588 between Harstone & Hwy 11/17 between 7:15 am to 7:35 on the same day.

Please note the there will not be any SUNDAY MUSICAL in August

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 Alice at 807-629-2409

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

**REASON
#0010**

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Rural Family Centre



**"Learning Through Play,
Exploration & Inquiry"
Connect with other Families!**
(for children 0-6 years)

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

* EarlyON Child and Family Centre - Murillo

(Pre-registration on KeyON is required)

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

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



Neebing Fire?Rescue Association



NFRA News

Respectfully submitted:
Joy Harris NFRA President

As we roll into August, let’s take a little time to savour the days. The no-parka days that let you simply slip on a pair of shoes (or flipflops) and head out of the door. We are in the heart of summer and we’ve earned it! Enjoy.



Have you heard???
There is a new way to give back to our Emergency Services teams!

NFRA has a new Storefront. It’s a place where you can ‘shop’ for items needed for NES and the De-contamination Bay being built beside the Municipal Office. From small items to big, there is something for all budgets.

Find the new Shop on our webpage:
www.neebingfirerescueassociation.com

You simply place an item in your basket, and check out. You will receive a charity tax receipt for totals of \$20 or more. No product will ship, purchases are donations to NFRA to fund the items needed.

More items will be added as needed, so check back often.

[Many thanks to our webmaster, Ian Cuninghame, for creating this shop for us]



Come see us at the Little Trout Bay Fish Derby - 2025
The Municipality of Neebing and the Lakehead Region Conservation Authority have joined together once again to host the **Little Trout Bay Fish Derby**.

This is a one day event being held on Saturday, August 23, 2025 at the Little Trout Bay Conservation Area. The derby will run from 8:00 am to 4:00 pm!
NFRA will have the BBQ on in the afternoon to feed everyone! Stop by.

Be safe, be well and be kind.

Joy Harris
NFRA – President



Wash Cloth
\$5

High-quality washcloths that are designed for heavy use.
Note: This is a donation to NFRA to buy this equipment for our emergency services; no product will be shipped to you after your donation, but you will receive a charity tax receipt for orders with a total of \$20 or more.

30 in stock.

Description

The perfect item to scrub away the day's grime!
Purchase one or more of these high-quality washcloths that are designed for heavy use.
You know our Emergency Services team deserves the best. You can help them clean up after they've been out 'helping and cleaning up'!

Note: These "purchases" are **donations** to NFRA to buy this equipment for our emergency services.

NO PRODUCT will be shipped to you after your donation, but you will receive a **charity tax receipt for orders with a total of \$20 or more.**

The purchase amount will be sent to NFRA to fund the items you’ve donated! From face cloths to storage lockers, there are items to ‘buy’ that are urgently needed for the operation of the new Bay.

You can be part of this new build by supplying the needed items!

You will find items like this:



Bath Towel
\$10



Paper Towel Dispenser
\$150



Scootsoap™ Bulk Hand & Body Wash
\$200



Scootsoap™ Bulk Shampoo
\$110



Storage Cabinet
\$400



Wash Cloth
\$5.00

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



By recycling, you are protecting our environment for future generations. Thanks for doing your part!
www.neebing.org/recycle



BEST VALUE!

\$100

400 Tickets

\$50

150 Tickets

\$20

90 Tickets

\$10

5 Tickets

50% OF THE PROCEEDS TO **YOU**

50% TO SUPPORT **NEEBING EMERGENCY SERVICES**

FOR DETAILS AND TO PURCHASE TICKETS:

neebingfirerescueassociation.com/events/draw

Licence License RAFL48828

LOCAL FOODS!

Fresh Veggies & Fruits, Artisan Baking, Preserves and Jams, Handmade Treasures, Art & Woodwork

Saturdays 9:30-12:30 until September 27
beside KB Legion parking lot, 4554 Hwy 11/17

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page 6, The Neebing News August 2025 ~ Here Comes the Sun and I say ~ it's All Right!!!

IT'S TIME TO
GET SCREENED
FOR CANCER



The Screen for Life Coach is visiting

Neebing

Location: Neebing Municipal Office

November 18, 2025

Screening for Breast, Cervical, and Colon Cancer

Breast <small>Mammograms for people age 40 to 74</small>	Cervical <small>Cervical screening for people with a cervix age 25 to 69</small>	Colon <small>FIT kits for people age 50 to 74</small>
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To book your appointment call (807) 684-7777



tbrhsc.net/screenforlife



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TWO CONVENIENT LOCATIONS:

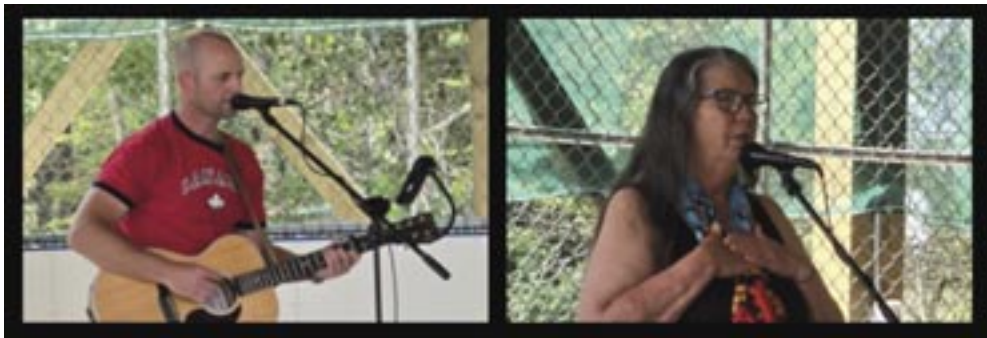
Rosslyn
150 King George's Park Drive
(807) 939-2007
Mon-Fri 9am-6pm
Sat 10am-2pm

Kakabeka Falls
B-4785 Hwy 11/17
(807) 577-2435
Mon-Fri 9am-6pm
Sat 10am-4pm

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CANADA DAY 2025!

The Recreation Committee would like to thank all that attended Canada Day 2025 at the Blake Hall's Outdoor Pavilion. We had a large increase in attendees this year. We had opening ceremonies by Cindy Crowe and Mayor Mark Thibert, live entertainment by Jessica Durand and Richard Veurink. Award presentation by MPP Kevin Holland. Face painting, kids games, watermelon eating contest, BBQ, the list goes on. We would also like to thank all of our community volunteers, along with Councillors Gary Gardner, Gordon Cuthbertson and Katherine Hill.

Thank you to Sparky the Dog for attending and greeting the children, along with NES and NFRA.

Thank you Neebing!!



JOIN US FOR A
FIELD DAY
AT THE THUNDER BAY
COMMUNITY PASTURE

SEPTEMBER 20, 2025
10:00 AM - 4:00 PM

Featuring:

Hands-on Forage Sampling Demo
Guided Pasture Walk

Expert Speakers will cover:

Biosecurity & Disease Prevention on Pasture
Cattle Nutrition & Feed Management
Reproduction Management
Market Trends & Ontario Cattle Market Report
Funding Opportunities

Network with fellow producers and industry experts
Explore Local Agri-business & Resource Exhibitors

ENJOY A BBQ LUNCH
BY DONATION - ALL
PROCEEDS SUPPORT THE
PASTURE!

REGISTER FOR FREE AT
FieldDayThunderBay.eventbrite.ca









Heat-Related Illness: What You Need to Know

By Meaghan Forneri, Deputy Chief of Medical Operations

Heat-related illnesses encompass a range of conditions, including heat cramps, heat exhaustion, and heat stroke.

- **Heat cramps** are painful spasms of skeletal muscles that develop rapidly, typically after physical exertion in warm temperatures. Relief can often be achieved by moving out of the sun or heat, hydrating, and gently stretching the affected muscles.
- **Heat exhaustion** occurs when the body’s ability to regulate temperature becomes overwhelmed. It may not always be preceded by heat cramps. A person experiencing heat exhaustion may have a normal or slightly elevated temperature and could begin vomiting or exhibit changes in responsiveness. Without intervention, heat exhaustion can progress quickly to heat stroke.
- **Heat stroke** is the most severe and potentially life-threatening heat-related illness, though it is the least common. It often develops when signs of heat exhaustion are overlooked. At this stage, the body’s fluid levels are critically low, causing sweating to stop. Without sweating, the body cannot cool itself, and core temperature can rise above 40°C (104°F), leading to brain and organ failure. If untreated, heat stroke can result in seizures, coma, or death.

Certain groups, including young children, the elderly, individuals with chronic illnesses such as heart disease, and those taking specific medications, are more susceptible to heat-related illness and can deteriorate more rapidly in hot, humid conditions.

It is essential for everyone enjoying the outdoors to understand how to prevent heat emergencies, recognize the signs of heat-related illness, and provide appropriate assistance.

Signs and Symptoms of Heat-Related Emergencies:

Symptom Category	Heat Exhaustion	Heat Stroke
Skin	Moist, warm	Dry, hot
Physical	Headache, weakness, exhaustion, nausea, vomiting, fainting	Seizures, coma, severe headache
Mental	Anxiety, dizziness	Altered behavior (irritable, aggressive, bizarre)
Breathing	Normal	Rapid, shallow

***Note: Symptoms in bold indicate severe conditions requiring immediate medical attention. Call EMS/9-1-1 if these are present. Otherwise, provide care and monitor the person closely.*

When overheated, the body loses excess water through sweating and requires increased fluid intake to prevent dehydration. Drink plenty of cool fluids regularly, even if you do not feel thirsty. Avoid caffeine and alcohol, as they can worsen dehydration and impair the body’s temperature regulation.

How to Help:	Heat Exhaustion	Heat Stroke
Remove from heat	✓	✓
Loosen tight clothing & remove padding from torso	✓	✓
Do not dry skin	✓	✓
ACTIVE COOLING: -Pour water on torso -Fan Skin	✓	✓
AGGRESSIVE COOLING: -Immerse body in cool water -Immerse forearms in cool water Provide cool drink (only if alert)	✓	✓

Preventing Heat-Related Emergencies

- Drink plenty of cool fluids regularly.
- Avoid outdoor activities during the hottest parts of the day.
- Monitor the humidex rating, which combines temperature and humidity to reflect how hot it feels.
- Wear light, loose-fitting clothing and a hat to promote air circulation and heat dissipation.
- Apply sunscreen (SPF 15 or higher) to prevent sunburn, which reduces the body’s cooling ability.
- Slow down your pace and avoid prolonged physical activity in the heat.
- Take frequent breaks in shaded or cool areas to allow your body to cool down.

As always, the members of the Neebing Emergency Services Department are trained and ready to assist whenever needed. Please take care of yourself and others during these hot summer months, and do not hesitate to call 911 if you suspect a heat-related emergency.

TAKE OFF POUNDS SENSIBLY

tops
CLUB INC.

TOPS can help you reach your weight-loss goals by providing you the support, tools, and accountability needed to be successful.

First meeting is FREE.

TUESDAY 5
10:00 AM
Baptist Community Church
Corner Mullock & Oliver Rd.
Waukegan
contact 867-577-9934

TUESDAY 5
5:30 PM
Bible Community Hall
71 Blake Hall Road
Waukegan
contact 867-577-9934

WEDNESDAY 5
6:30 PM
O'Connor Community Center
344 Hwy 180
O'Connor
contact 867-577-9934

TUESDAY 5
8:15 AM
Hope Christian Reformed Church
1213 Crawford Ave
Thunder Bay
contact 867-577-9934

WHEN THE WEATHER IS HOT

Wear protection

Stay in shade

Use sunscreen

Limit outdoor time

Drink water

No alcohol

What You Need to Know About Smoke Alarms, Fire Extinguishers & Woodstoves

By Fawn Kellar, Public Information Officer



As we move through the seasons, the safety of your home should remain a top priority. Whether you’re heating with a woodstove, cooking a family dinner, or simply relaxing indoors, having the right fire safety tools in place—and knowing how to use them—can save lives.

Here at **Neebing Emergency Services**, we want to ensure every home in our community is prepared. Let’s talk about three essential tools in fire prevention and safety: **Smoke Alarms, Fire Extinguishers, and Woodstove Safety.**

Smoke Alarms: Your First Line of Defense
Smoke alarms provide an early warning that can mean the difference between a close call and a tragedy.

- Quick Tips:**
- Install smoke alarms on every level of your home, especially near sleeping areas.
 - Test each alarm **once a month.**
 - Change the batteries **twice per year.** (When the time changes)
 - Replace the entire unit every **10 years**, even if it still seems to work.

Many modern models come with a 10-year sealed battery—just remember to write the install date on the unit so you know when it’s time to replace.

Fire Extinguishers: Know How to Use Them

A fire extinguisher can stop a small fire from becoming a big disaster—if it’s the right type and used correctly.

Home Safety Reminders:

- Have at least one **ABC-rated fire extinguisher** in your home (kitchen and near exits are best).
- Make sure everyone in the household knows the **PASS technique**:
- Pull the pin
- Aim low at the base of the fire
- Squeeze the handle
- Sweep side to side
- Inspect your extinguisher **once a year** for damage or pressure loss.
- Replace or recharge after any use, even partial.

Fire extinguishers are for small, contained fires—if **in doubt, get out and call 911.**

Woodstove Safety: Heat Smart, Burn Clean

Woodstoves are a popular and cost-effective way to heat homes in Neebing, but they come with responsibilities.

Stay Safe by Following These Guidelines:

- **Have your chimney inspected and cleaned** by a certified professional at least once per year.
- Burn only **dry, seasoned wood**—avoid treated lumber or garbage.
- Keep combustibles (like furniture, blankets, or firewood) **at least 3 feet away.**
- Always use a **properly fitted door** and keep the stove closed while burning.
- Install a **carbon monoxide alarm** near sleeping areas—it’s a must-have with any wood-burning appliance.

Improper use can lead to chimney fires, carbon monoxide poisoning, or worse. A little maintenance goes a long way toward safety.

Fire Safety Starts with You

Taking just a few minutes to check your smoke alarms, review how to use your fire extinguisher, or schedule a chimney cleaning can make all the difference. At **Neebing Emergency Services**, we’re proud to serve a community that looks out for one another. Let’s keep our homes and families safe—together.

BE SAFE WHEN USING
Wood-burning stoves & fireplaces

- Establish a three-foot “kid-free zone.”
 - That includes glass-front fireplaces:
 - Glass surface temperatures can be as high as 172°F
 - A child can get a full thickness burn from less than one second of contact.
- Professionally clean & inspect each year.
- Inspect legs, hinges & door seals for smooth joints and seams.
- Make sure fire is completely out before going to bed or leaving the room.
- Store cooled ashes in a tightly sealed metal container outside of your home.



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** – 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

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 atmosphere.

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 August 22nd.

Contact Shaun or Elaine for more information at 807-473-5528. Are you interested in learning to Carve, Rural 60 Plus will be holding an information session in the fall, watch for more information.

**Summer hours are Tuesday, Wednesday and Thursday from 10 – 3 for July and August.
HAVE A GREAT SUMMER EVERYONE!**

AUG 2025				
MON	TUE	WED	THU	FRI
			1 Fly the C.O.O.P Walking Group 10am - 3:30pm Lif/Lab	2
4 Closed for Civic Day	5 Cancelled Today - Fly the C.O.O.P Walking Group	6 Walk-In Clinic 4:30pm - 7:30pm	7 Cancelled Today - Fly the C.O.O.P Walking Group	8 NP available for those who do not have MD or NP
11 Chair Yoga @ O'Connor & Kam C.C. @ 10:00 am Good Food Box Order Deadline Mobile Clinic - Armstrong 1pm-4pm	12 Fly the C.O.O.P Walking Group	13 NP available for those who do not have MD or NP	14 Fly the C.O.O.P Walking Group	15
18 Chair Yoga @ O'Connor & Kam C.C. @ 10:00 am	19 Fly the C.O.O.P Walking Group	20 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	21 Fly the C.O.O.P Walking Group	22 "NEW Program" Rural Dementia Cafe 1-3pm
25 Chair Yoga @ O'Connor & Kam C.C. @ 10:00 am	26 Fly the C.O.O.P Walking Group	27 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	28 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala Lif/Lab	29

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

Fly the C.O.O.P Walking Group
Meet at Mountain Heritage Trail at K Falls Park @ 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 at 10am

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

Rural Dementia 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

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Join us in creating a safer community

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- Volunteer registry of security cameras, CCTV systems & doorbell cameras
- Delete your information or account at any time
- CAMSAfe does not have access to footage or cameras
- Only basic contact information & address required to sign up
- Only police have access to the registry information

Register



Add



Protect



We all play a part in keeping our community safe in this age of connected technology.
Your participation helps to provide a stronger defence against:



Theft



Arson



Vandalism



Fraud



Stalking



Kidnapping

For more information, visit camsafe.ca

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707-7000

176 Clavet Street
www.mjws.ca

The Neebing News August 2025 ~ Here Comes the Sun and I say ~ it's All Right!!! page 9



Kakabeka Legion Events

AUGUST EVENTS

For Hall bookings call Diane Harrison 807-577-6549

KAKABEKA FALLS LEGION BRANCH 225 EVENTS

Friday, August 1st Dance with Quest 7 pm - 10 pm
Saturday, August 9th The Gun Show 9 am - 5 pm
Sunday, August 10th Breakfast 8:30 am - 11:30 am

Saturday, August 16 Legion Challenge Runners Only
Start time 10 am

Sunday, August 17th**

Half Marathon & 8K 7 am - 10:30 am

****Note:** Hwy 11/17 from Hwy 588 to Poleline Road will be closed under OPP control from 7 am to 7:20 am on Sunday, August 17th and Hwy 588 between Harstone & Hwy 11/17 between 7:15 am to 7:35 on the same day.

**Please note: there will not be any
SUNDAY MUSICAL in August**

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 Alice at 807-629-2409

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



One People, One Planet, One Justice Call For Art

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



Show Date

Public October 18 & 19, 2025, 11 am to 3 pm
Schools October 17, 2025, 11 am to 2 pm

Location

Blake Community Hall, Neebing
71 Blake Hall Road, Neebing

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

Benefits of Your Submission

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

*Transportation of art to and from the hall is the responsibility of the artist.

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.

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 race?
- What does justice look like regardless of gender, religion, social status, wealth, and race?

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?

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 ever-advancing community. It goes beyond labels.

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.

Contact

Fritz Lehmborg, Early Snobs Pottery, Project Coordinator
Phone 807-475-9758 Toll Free 1-888-244-0743
Email onepeopleoneplanetonejustice@gmail.com

Life Leasing = Peace of Mind Planning for Seniors!

“Life Leasing gives you the best of three worlds! With life lease, consumers get the simplicity of rental with the equity retention of ownership, all while living in a true community of friends and neighbours.” – an excerpt taken from The Magic of Life Lease by Kate Mancer, M.A., a recommended read if you’ve been curious about the local Pennock Village development that’s been steadily gaining interest these past months.

While Life Leasing is new to the Thunder Bay and surrounding area, there are an estimated 150 Life Lease projects in Ontario representing almost 20,000 people living in residential units/homes, with many more throughout Canada.

Life Lease Housing is a form of real estate tenure geared specifically towards mature adults and seniors. Residents purchase an exclusive interest in a home and can occupy the home for life. That’s right, for life. If you’re the type to stay away from the term “leasing”, this isn’t a typical car or land lease – by fully understanding and entering into a Life Leasing Agreement, you will become and remain the occupant of your unit until life’s circumstances change. Note that the agreement specific to Pennock Village is also based on a **fixed-market price**, with no termination date. Upon change-in-life circumstances or death, the interest is sold back to the not-for-profit Corporation (NWO Rural Christian Seniors Village Inc.), which oversees Pennock Village's operations & its Residents’ well-being. Alongside a lump sum payment to purchase a unit, a **monthly fee** to cover the project management and maintenance/operating costs is required (think regular maintenance to interior / exterior, lawn care, snow removal and upkeep of the common grounds). The benefits of Life Leasing are apparent, and many seniors report full appreciation and enjoyment of lifestyle after making the decision to ease into Life Leasing retirement. It offers: investment, retaining equity for the Resident (and their heirs); it provides affordable, superior ageing in place (combined with **assisted living**, a long-term goal of Pennock Village); it provides service-enriched options for seniors; and it creates true community, which is often lost when seniors are forced to move from their long-time family homes.

Pennock Village also offers a unique, rural-focussed lifestyle whereby previous rural homeowners feel more at home in making the decision to downsize and retire within Pennock Village. Walking trails, plentiful trees & greenery, and spacious modern housing are all part of the development plans which Pennock Village is based upon. Life Leasing specialist Gary Zock, who has assisted in over 70 previous Life Lease projects, has been instrumental in facilitating the Life Leasing Agreements for Pennock Village. Through his guidance and expertise, Gary has been working alongside the Board of Directors for the past two years, ensuring that future Residents are offered transparency and fully educated on the financial requirements and lifestyle terms of Pennock Village.

Further questions on floor plans or timelines, procedures or pricing, or just the Life Leasing process? Read 13 more Frequently Asked Questions specific to Pennock Village, available at pennockvillage.ca/faq or reach out to info@pennockvillage.ca to schedule a personal meeting over coffee. Let’s start planning towards your next steps in life!

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LX2620

Congratulations to Penny Shott on receiving Senior of the Year Award! This award celebrates seniors who continue to give back and that make a difference in their communities through leadership, service and volunteerism. Penny is a shining example of dedication and community spirit. The Municipality of Neebing is grateful to such outstanding residents and humbled to have awarded Penny with this award and thank her for her time and dedication. Thank you Penny. Presenting award is MPP for Thunder Bay-Atikokan Kevin Holland and Municipality of Neebing's Mayor, Mark Thibert.

