



# The Neebing News

Volume Twenty One, Number Three

March 2025

Thank you Neebing residents for taking part in the Neebing Recreation Committee Skate Day 2025. We had about 100 people come through our event. They enjoyed skating, movies, crafts, s'mores, hot chocolate and each other's company. We are thankful for all of our volunteers, Kim Hurlbert for donation of some craft items, NFRA and NES. Looking forward to seeing everyone at our next event. Please check out the Municipality of Neebing's webpage for future events!



Neebing Rec Committee invites you to

## EASTER EGG HUNT

**Friday April 18, 2025**

- For ages 0 to 10 at the Blake Hall
- Doors open at 10:30am
- 10:45am - 12:45pm face painting
- 11am - 1pm canteen offering a hot dog, chips and drink for \$5.00
- 1pm SHARP EGG HUNT. Age groups of 0-4, 5-7, and 8-10 will be called in order by a blast of a horn

*Spring is Sprung!*

NEEBING RECREATION  
COMMITTEE INVITES YOU TO....

## Mother's day Tea

**MAY-11- 2025**  
**BLAKE HALL**  
**1PM - 3PM**

**\$5/PERSON**  
**DESSERT AND BEVERAGE**  
**KIDS UNDER 3 FREE**  
**ADVANCE TICKET SALES ONLY**  
**TICKETS AVAILABLE AT THE MUNICIPAL OFFICE**  
**APRIL 21 (CASH ONLY) 807-474-5331**

**TICKETS FOR SALE AT EASTER EGG HUNT**

# What’s Been Happening at Council Meetings

Since the February edition, there has been two regular meetings of Council on February 5 and 19, 2025 and one special meeting of Council on February 19, 2025.

At the regular Council meeting on February 5th, the following matters were considered:

- Council approved an Art Show for the fall of 2025.
- Council approved the relocation of the playground from the Municipal Office to Blake Hall to accommodate the construction of the new fire bay.
- Council authorized Administration to apply for funding from the Ontario Trillium Foundation for park improvements.
- Council directed Administration to submit comments to the Industrial Inquiry Commission regarding their review of Canada Post’s operations.

At the special Council meeting on February 19, 2025, Council reviewed an application for rezoning from “Rural” to “Recreational Commercial”.

At the regular Council meeting on February 5th, the following matters were considered:

- Council heard a deputation regarding the need for improved services across the province for children with autism.
- Council approved the year-end reserve fund transfers.
- Council directed Administration to bring forward by-law amendments to update rental fees for the Blake Hall.
- Council proclaimed April 2nd World Autism Day and directed Administration to fly the Autism Ontario flag.
- Council passed a by-law to adopt a site-specific amendment to the zoning by-law to change the zoning on a property from “Rural” to “Recreational Commercial”.
- Council passed a by-law to amend the procedure by-law to allow the Clerk to schedule public meetings for planning applications.
- Council passed a by-law to appoint members to the Neebing Economic Development Advisory Committee.

The next Council meetings will be held on March 5 and 19, 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

## 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](http://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!



## 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.



### Winter Landfill Hours

A reminder that winter hours start at the landfill on October 1<sup>st</sup>

Saturdays: 9:00 am to 5:00 pm

Sundays: 12:00 pm to 4:00 pm



### Garbage Punch Cards

Regular household garbage requires a punch on your Municipal Punch Card. Be sure to bring your punch card to the landfill each time. No punch card means you will not be permitted to dump your garbage.



### Back to Bags for Plastics & Cans

Please BAG your plastics and cans. Clear and blue bags are recommended. Bags help to keep the mountain of recycling much more manageable. Cardboard does not have to be bagged, only flattened.



## Organic Waste Diversion

Did you know that landfill organic waste produces methane, which is 25 times more harmful than CO<sub>2</sub> and that one tonne of food waste is the equivalent of one car on the road for one year? Diverting organic waste from the landfills is one simple way that everyone can help reduce methane gas emissions and extend the life of our landfills. Removing food waste can reduce volumes by up to 50%.

Typical programs to divert organic waste include composting and green bin collection. These programs can be challenging in rural areas. This is why Neebing has tried something different. In 2021 and 2023, Neebing participated in the FoodCycler Organic Waste Diversion Pilot Program. Through the program, households use a countertop appliance that dries and grinds organic waste into a nutrient-rich biomass that can be added to a garden or backyard composter. The material no longer smells and does not attract critters.

Both pilots tracked usage of the FoodCycler over a 12-week period. The first pilot had 36 units with a capacity of 2.5 litres and the second pilot had 50 units with a mix of 2.5-litre and 5-litre units. The units were sold to participants at a subsidized rate of \$150 for the 2.5-litre unit and \$300 for the 5-litre unit. The results of both pilots showed the following:

- **PILOT 1 (36 UNITS)** – would divert approximately 231 kg per year per household. This is the equivalent of 8.3 metric tonnes per year for all 36 units combined.
- **PILOT 2 (50 UNITS)** – would divert approximately 259 kg per year per household. This is the equivalent of 12.9 metric tonnes per year for all 50 units combined.

It is estimated that the diversion could be closer to 300 kg per year per household as there would be more food scraps generated in the summer months. Based on these numbers, 50 FoodCyclers will divert 16.8 metric tonnes of CO<sub>2</sub> equivalents per year, the equivalent of sequestering carbon from 20 acres of forest.

In addition, residents reported generating 0.93 fewer standard garbage bags per year, which is a reduction of 48.3 garbage bags per household per year being trucked into the landfill sites.

Expanding usage of the FoodCycler within the municipality will go a long way to extend the life of the landfill sites and help reduce harmful emissions. If you're interested in participating in future FoodCycler programs or if you're interested in purchasing one of the remaining 5-litre capacity units, please contact the municipal office.



## EMERGENCY TEXT ALERT SERVICE for Neebing Residents



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

Sign up is free but you must have a smartphone equipped to receive text messages to use this service as it does not work on land lines. Sign up at [neebing.org/textalerts](http://neebing.org/textalerts) or send us your name, Neebing address, and your text-enabled cell phone number including area code to [neebing@neebing.org](mailto: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.

## Be Mindful of Road Safety and Share the Road

In Ontario, nearly one quarter of road fatalities were the result of speeding. Driving 10 km/h over the speed limit doubles your crash risk and driving 20 km/h over the speed limit increases your crash risk times six. A pedestrian struck by a car travelling at 50 km/hr is almost six times more likely to be killed than a pedestrian struck at 30 km/hr. Even small reductions in speed can make a significant difference to these outcomes.

Speed impacts how much time a driver has to react to situations on the road. It takes 2.5 seconds for a driver to see and realize that they need to brake and move their foot to the brake. The faster they're going the longer it will take for the car to stop. At 40 km/hr, the car will stop in 17 meters. A lot can happen in that distance.

Everyone can do their part to ensure the roads are safe for all road users. Drivers, pedestrians and cyclists need to give their full attention to road safety and obeying traffic laws.

### Drivers

- Obey the rules of the road.
- Avoid handheld electronic devices and other distractions.
- Drive within the posted speed limit and adjust your speed according to weather conditions. **The speed limit on all municipal roads in Neebing is 60 km/hr unless otherwise posted. In some of the more densely populated areas, the posted speed limit is 30 km/hr.**
- Use lights when driving at night.
- Pay extra attention to pedestrians.
- Keep your vehicle in good condition with proper tire inflation and good working brakes.
- Clear snow from your entire car so you can see, and others can see you.

### Pedestrians

- Be alert at all times to your surroundings and movement of vehicles nearby.
- Ensure that it is safe to cross the road before crossing.
- Walk along the left side of the road facing oncoming traffic.
- Parents – ensure you are aware of your children's location and activity at all times. Do not allow young children to play unsupervised near roadways.
- After dark, wear reflective clothing or carry a flashlight so drivers will see you.

- Cyclists** - Bicycles are vehicles and cyclists have the same rights and duties as motorists.
- Obey the rules of the road.
  - Ride predictably and defensively, give pedestrians the right-of-way.
  - It is safest to ride single file.
  - Wear bright colour clothing and use reflective lights on all sides.
  - A helmet is mandatory if under 18 years old but a good idea at any age.
  - Use hand signals.
  - Have a bell or a horn.
  - Ensure brakes are in good condition.



## How to Contact the Neebing Municipal Office

Office hours: Monday – Friday (9:00am – 5:00pm)

Phone: (807) 474 5331

Email: [Neebing@neebing.org](mailto:Neebing@neebing.org) Website: [www.neebing.org](http://www.neebing.org)

Facebook: [www.facebook.com/neebing](http://www.facebook.com/neebing)

Instagram: [www.instagram.com/municipalityofneebing/](http://www.instagram.com/municipalityofneebing/)

# Concussions: What Are They and What Should You Do?

Written by Meaghan Forneri, Deputy Fire Chief of Medical Operations

Concussions can affect anyone, regardless of age, gender, activity level, or mobility. In Ontario alone, approximately 150,000 people experience a concussion each year (according to the Ontario Brain Institute). A concussion, or mild traumatic brain injury (TBI), is caused by an impact to the head, neck, or body. Concussions can result from slips and falls, motor vehicle accidents, or blows to the torso during sports like football, and they can significantly impact a person’s quality of life. While much research has focused on high-performance athletes and military veterans, there are still significant knowledge gaps. We need better methods to diagnose concussions quickly and accurately, and treatment must move away from a "one-size-fits-all" approach toward more individualized care based on each person’s unique needs. The effects of a concussion vary between individuals. Common symptoms include headaches, trouble concentrating, memory loss, balance issues, mood changes, altered sleep patterns, and sensitivities to light, sound, and smell. These symptoms can last anywhere from a few weeks to several months. With proper medical treatment, many people can make a full recovery, but if left untreated, full recovery may not be possible.

### The Most Important Aspect of Concussion Recovery: Rest

The most critical part of recovery from a concussion is rest—both physical and cognitive. Find a dimly lit room with minimal stimulation. This means no screen time, no driving, no reading, and no excessive physical activity. Your brain needs time to heal, so give it the attention it deserves in order to get back to your life.

### Common Myths About Concussions

**Myth: Only athletes are at risk for concussions.**

*Fact: More concussions are caused by motor vehicle collisions and falls than by sports.*

**Myth: If you didn’t lose consciousness, you don’t have a concussion.**

*Fact: Less than 10% of concussions involve a loss of consciousness.*

**Myth: You must sit in a dark room to recover.**

*Fact: Sitting in a dark room and doing nothing for too long can worsen symptoms, leading to withdrawal from the world and hyper-focus on your condition.*

**Myth: Helmets prevent concussions.**

*Fact: Helmets can prevent cuts and skull fractures, but they do not prevent the internal movement of the brain inside the skull that causes a concussion.*

### Milestones in Concussion Recovery

- **0-72 hours:** Initial injury. Seek medical attention immediately to assess the severity. Rest and closely monitor symptoms.
- **2-5 days:** Focus on complete rest. Avoid physical and cognitive activities. Monitor for worsening symptoms.
- **1-2 weeks:** Slowly reintroduce light activities as tolerated. Attend follow-up medical appointments. Begin gentle cognitive exercises.
- **2-4 weeks:** Engage in structured cognitive and physical activities, avoiding strenuous tasks. Ensure adequate sleep and nutrition.
- **4-6 weeks:** Participate in neurofeedback therapy, physical therapy, or other recommended treatments. Address any lingering symptoms.
- **6+ weeks:** Gradually resume normal activities, including work or school. Monitor for any persistent symptoms and continue follow-up care.

### What to Do if You Suspect a Concussion

If someone experiences a blow to the head or body, or if they slip and fall and you suspect a concussion, call 911 immediately. Neebing Emergency Services will respond and provide care before the ambulance arrives. If the person is wearing a helmet, do not remove it, as this may be necessary in the case of a spinal injury. Leave them in the position found, as your Neebing Emergency Services team knows what to do and how to help!





Neebing Fire/Rescue Association

NFRA News  
Respectfully submitted: Joy Harris NFRA President



Hello and Welcome to March. We've made it through the darkest part of winter and now have Spring approaching fast. Isn't that just a wonderful thing?

NFRA held it's Annual General Meeting on Monday, February 10 at 7:00pm at the Neebing Municipal Office and the new Board of Directors is ready to go!

We've had a few changes on the board this year. Let me introduce you to your new board for 2025.

2025 Neebing Fire/Rescue Board of Directors	
President	Joy Harris
Vice President	Nancy Luckai *
Treasurer	Clara Butikofer
Secretary	Karen Davies
At Large	Mary Ann Beckwith *
At Large	Kris Ligate
At Large	(vacant)

\*new position

We'd like to thank Delma for her year's of service and inspiration. As you can see we now have a vacancy on our board. If you, or anyone you know, would like to be part of this dynamic group, please email [nfraevents@gmail.com](mailto:nfraevents@gmail.com). Of course, general membership is always open. Join us in 2025 as we plan more community events and projects to support our hardworking Neebing Emergency Services. Please see our website for information. [www.NeebingFireRescueAssociation.com](http://www.NeebingFireRescueAssociation.com)

We had a presentation by Laura Jones of the Municipality that evening, on the needed equipment and furnishings for the new **Decontamination Fire Bay**. Chief Mark was in attendance and explained the usage of the items. Neebing Emergency Services (NES) will supply NFRA with a prioritized wish list of the items needed, by the end of March. We will then let you know how YOU can join in outfitting Neebing's newest hall! There will be opportunities to donate for items large and small and each piece we supply will lessen potential tax increases. Stay tuned!



Remember: Get your tickets now for our online 50/50! The jackpot continues to grow.  
**Draw date: March 26, 2025**  
Do you have your tickets yet? Don't wait, we could be calling you!

Thank you for your continued support.

Be safe, be well and be kind.

Joy Harris  
NFRA – President



Questions/Comments? Email us at [nfraevents@gmail.com](mailto:nfraevents@gmail.com).

If in doubt,  
**SIT THEM OUT!**  
Concussion Guidance



# Burn Permits in the Municipality of Neebing: What You Need to Know

By Fawn Kellar, Public Information Officer

The official 'Fire Season' begins April 1st and runs up to and including October 31st. A Municipal Burn Permit is required during this annual Fire Season for all open-air fires in Neebing including campfires, brush fires, and incinerators

In the Municipality of Neebing, outdoor burning is a common practice for many residents, whether it's for clearing brush, creating a controlled fire pit, or disposing of yard waste. However, before you light that match, it's essential to understand the regulations surrounding burn permits to ensure both safety and compliance with local by-laws.

### What is a Burn Permit?

A **burn permit** is an official authorization issued by the Municipality of Neebing that allows residents to conduct open burning on their property. This permit is required for most outdoor burns, including those for brush clearing, yard waste disposal, and recreational fires. The purpose of burn permits is to minimize the risk of wildfires, ensure that burning is done safely, and comply with municipal fire safety regulations.

### Why Are Burn Permits Required?

Burning, while a useful tool for land management, carries inherent risks. Uncontrolled or improperly managed fires can quickly spread, endangering both property and lives. By requiring burn permits, Neebing ensures that all outdoor burns are conducted responsibly, reducing the risk to the environment and the community.

### Types of Burns That Require a Permit

In Neebing, you need a burn permit for the following types of outdoor burning:

1. **SEASONAL:** cooking/recreational/warmth fires shall not exceed 1 metre (3ft ) in diameter and less than 1 metre (3ft) in height.

2. **DAILY:** brush and debris shall be a single pile less than 2 metres in diameter and less than 2 metres high (6ft x 6ft)

### How to Apply for a Burn Permit

Applying for a burn permit in Neebing is a simple process, and the Municipality provides multiple ways to apply:

1. **ONLINE:** Visit the Municipality of Neebing's official website, where you can fill out a burn permit application form. The process is quick and straightforward.



## Emergency Preparedness: Get Flood Ready!

Being prepared for a flood can save money, property, and lives. Take simple steps to the Flood Ready and protect what matters most.

### Don't wait for the water!

Flooding is the most common natural disaster in Canada, and the severity of floods is increasing. Floods can happen anywhere, at any time of year, and to anyone. No matter where you live, it's important to take simple steps to protect your home and property against potential flood damage.

### FOLLOW THE LINKS FOR MORE INFO: [canada.ca](https://www.canada.ca)

Know the Risks <https://www.canada.ca/en/campaign/flood-ready/know-the-risks.html>

Prepare your Home <https://www.canada.ca/en/campaign/flood-ready/prepare-home.html>

Help your Community <https://www.canada.ca/en/campaign/flood-ready/help-community.html>

Stay Informed <https://www.canada.ca/en/campaign/flood-ready/stay-informed.html>



2. **IN-PERSON:** You can visit the Neebing Municipal Office to apply for a burn permit. Be sure to bring any necessary documentation, such as your address and information about the type of burn.

### Conditions and Restrictions for Burning

When you receive your burn permit, it will come with a set of rules and conditions designed to keep the fire controlled and safe. These include:

- **DAYTIME BURNING OF FIRES IS NOT PERMITTED.**
- The fire may be started two hours before sunset, or later, and is to be extinguished two hours after sunrise the following day or earlier.
- The Permittee shall keep the permit at the site of the burning operation conducted under the permit and shall produce and show the permit to any officer whenever requested by that officer. Burn Permits may be revoked at the discretion of the Chief Fire Official or a Fire Officer.
- The amount to be burned at any one time shall not exceed 1 pile unless otherwise approved by the Chief Fire Official and shall locate the fire 5 metres (15 ft) away from any woodlands or flammable material.
- The permit holder shall have at the location of the fire at least one responsible person and firefighting equipment in serviceable condition including 20 litres (5 gallons) of water in a container or a garden hose connected to a water source and capable of reaching the fire site and one shovel.
- The Permittee must ensure that the smoke from the burning operation does not interfere with the movement of vehicular traffic or any other person and will not burn when winds are greater than 15 kilometers per hour.
- All burning of field crops, slash piles, or windrows from April 1 to October 31 requires the prior approval of the Chief Fire Official.

*Escaped, unattended or fires not meeting permit requirements are subject to a fine not to exceed \$2,000 and payment of suppression costs to the Municipality of Neebing.*

It's essential to follow these conditions closely to avoid fines, penalties, or even the revocation of your permit. Neebing Emergency Services has the right to inspect and monitor burning activities to ensure compliance with safety regulations.

### What to Do in Case of an Emergency

If a fire becomes unmanageable, immediately call 911 to report the situation. Neebing Emergency Services will respond quickly to contain the fire and prevent further damage. It's always best to err on the side of caution and never let a fire get out of control.

### Additional Fire Safety Tips

In addition to obtaining a burn permit, there are other fire safety precautions to keep in mind:

- Never burn on windy days, as this can cause the fire to spread quickly.
- Keep a safe distance between the fire and any combustible materials, such as trees, shrubs, or fences.
- Only burn dry, non-toxic materials. Avoid burning plastics, treated wood, or any other materials that could produce harmful smoke or toxic fumes.
- Have a plan for quickly extinguishing the fire, such as having a bucket of water or a hose nearby.

For more information about burn permits or to apply for one, visit the Municipality of Neebing's official website or visit the town office between Monday-Friday 9-5pm.



## 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/firepermits](http://www.neebing.org/firepermits). The Fire Permit Portal opens at 12:01 a.m. on April 1, 2025.

# RURAL LIVING HAS ITS **WATER** CHALLENGES.

Turn to Us for:

- PUMPS**  
 SUBMERSIBLE • JET • SUMP • EFFLUENT
- SOFTENERS & SALT**
- UV STERILIZERS/BULBS**
- FILTERS & CARTRIDGES**
- REPAIR SUPPLIES**  
 FITTINGS • PIPES • WIRE • TOOLS

**PLUS We'll Service What We Sell**

**Our on-staff service specialist has 30+ years experience.** Contact Jeff for water testing, filtration inquiries & more at  
**(807) 626-3646**  
**tbco-op.com** |

## Evergreen PHARMACY

**TWO CONVENIENT LOCATIONS:**

Rosslyn	Kakabeka Falls
150 King George's Park Drive (807) 939-2007	B-4785 Hwy 11/17 (807) 577-2435
Mon-Fri 9am-6pm Sat 10am-2pm	Mon-Fri 9am-6pm Sat 10am-4pm

*Your Friendly Neighbourhood Pharmacies!* [evergreenrx.ca](http://evergreenrx.ca)

## DIY Metal Art Class

**Sunday April 6th, 2025 1 to 3 pm, Blake Hall, 71 Blake Hall Road \$65/person**

Join us for a delightful afternoon of creativity at our DIY metal class. Your group will have the opportunity to craft the afternoon away. As promised, you will have the choice of either a pine tree or sleeping giant. All Materials provided. Trees and sleeping giants are pre-cut. Hosted by Pickled Pike Crafts. Call or text Katherine @ 807-631-1869 by April 1st, 2025. Snacks and Refreshments provided. Must be paid in advance. Part of the proceeds donated to NFRA.



**DR**

# MARCUS POWLOWSKI

MEMBER OF PARLIAMENT | THUNDER BAY—RAINY RIVER

FIGHTING FOR  
**NORTHWESTERN ONTARIO**

**CONTACT MY OFFICE**  
**(807) 625-1160**  
**Marcus.Powlowski@parl.gc.ca**



# THUNDER BAY



MODEL:

BX2380



KUBOTA THUNDER BAY

635 HEWITSON ST. THUNDER BAY, ON. P7B5V5

807-344-8901 | WWW.KUBOTATHUNDERBAY.COM



6 YEAR

POWERTRAIN

WARRANTY



FACE CORD ONLY

\$150

FIREWOOD

For Sale

PERFECT FOR WOOD STOVES, FIREPLACES, AND CAMPFIRES

FACE CORDS, & FULL CORDS

HIGH-QUALITY BIRCH AND ASH

AFFORDABLE PRICING

CONTACT US FOR MORE INFORMATION AND TO ARRANGE FOR PICKUP HWY 61 LOCATION

807-629-1333

fuel your fire with quality

CHASCHUK ENTERPRISES LTD

Thank you to Steve from The Creative for teaching these future artists his talents and skills. We look forward to future classes. It was a great afternoon had by all. - Katherine Hill

Skate Day!

The Neebing News, March 2025 ~ Needing some Neebing SPRING! page 7

# Businesses in Neebing!



## Joyce Seppala Designs

Joyce Seppala studied fashion at Folkestone School of Art in England. Her designs have been shown in stores and galleries across Canada and the U.S.A. Her designs push the boundaries of fashion not following seasonal trends. Her designs can be found on her website [www.joycesepaladesigns.com](http://www.joycesepaladesigns.com).  
E-mail: [designs@joycesepaladesigns.com](mailto:designs@joycesepaladesigns.com)  
Phone: (807) 624 – 0022

## H&P Jams and Jellies

H&P Jams and Jellies have over 31 flavours of jam, 17 flavours of jelly, and 3 flavours of sugar- free jams. H&P Jams and Jellies is a home-based business that's products are sold at the Thunder Bay Country Market. Many local ingredients are used in these products.  
Phone: (807) 475 – 6942



## Looking for Art

In 2024 an Art Show was held in Thunder Bay reflecting the theme One People One Planet One Justice.

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 civilization.

Neebing will hold an Art Show using the theme One People One Planet One Justice, open to Local Artists and we are looking for submissions of original work done by the Artist. Art can take many forms and expressions. The show will be held **October 18 and 19, 2025 at the Blake Community Hall**. Look for more information and an enrollment form beginning in the April Edition of the Neebing News.

*If you have questions about the show, contact Fritz Lehmborg 807 475-9758.*

## Yoga with Elisha

At Blake Community Hall

Join me Neebing Come-Unity on a journey of self discovery and healing through yoga, breathwork and guided meditation.



Saturday March 1, 8, 15, 29 and Sunday March 23.

10:15 to 11:45am

\$90 sign up

\$20 drop in fee

Bring your mat. Optional: yoga block, bolster, pillow, strap, scarf, belt or a blanket for final relaxation.

[elishadennhardt@gmail.com](mailto:elishadennhardt@gmail.com)

Email to sign up or with any inquiries.

Namaste!

## VOLLEYBALL DROP-IN CO-ED 18+ FUN LEAGUE



START DATE: October 3, 2024- May 15, 2024

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

WHERE: Valley Central School gym

Please send an email to Joel at [vman814@gmail.com](mailto:vman814@gmail.com) to be added to the reminder list.



## Tim Janssens Turns 70 on March 2!

Happy Birthday ~ Tim, Dad, Papa and Grandpa!

May God bless you with many more years to come.

Love from your wife Margo, Amanda (Arnold), Heather (Michaël), Timothy (Ashley), Andrew (Amy), Olivia (Russell), and your 14 grandchildren



## JACKPINE SALON

2112 OLIVER RD

[jackpinesalon.com](http://jackpinesalon.com)



640 Beverly Street  
(807) 344-3232 Office  
(807) 344-5400 Fax  
1-888-837-6926 Toll Free  
[bmcewen@avistarealty.ca](mailto:bmcewen@avistarealty.ca)

TOP TEN  
MLS® AWARD  
WINNER  
For 30 Consecutive  
Years!



**Barb McEwen**  
Salesperson  
(807) 626-3860 CELL

[www.avistarealty.ca](http://www.avistarealty.ca)



**KELLEY'S**  
Tax Services

We give a hoot about your taxes

807-622-7599  
[kelleystaxservice.ca](http://kelleystaxservice.ca)  
[kelleystaxservice@gmail.com](mailto:kelleystaxservice@gmail.com)  
[@kelleystaxservice](https://www.facebook.com/kelleystaxservice)  
807-631-8753

Neebing, ON



# Chix in the Stix

## Bittersweet

by  
Cindy Harasen

I knew that one day my head and heart would just naturally concur when the time was right to put my Chix in the Stix column to rest. And that day has come. It's not easy closing the chapter on something that has been part of my life and maybe yours for so long. I was a newlywed and new mom with a toddler at my feet when I started sharing my stories. That toddler is now 25 and married. Lots has changed and lots has happened over the years, in my life and yours. When I started Chix in the Stix I was thinner and had fewer wrinkles, no gray hair, and prettier feet. There was no chin hair or visible mustache. (Edited to add skin tags and spider veins). I have changed inside as well but those changes are, I believe, much more attractive. It has been quite a journey. It's been an immense honour and privilege to share snippets of my life, good and bad. To talk about my kids. To talk about the ups and downs of country life. To make fun of myself, and my husband from time to time. To be given the ink and the space to try to be an encouragement, a touch stone, and share a light-hearted touch or words of wisdom when I could. I owe a great deal to Chris Vaclav who has been such an encouragement to me every single month I have put pen to paper and I can't thank her enough for the opportunity to keep on writing for so many years. The pleasure for me has been immense. Anyway, I promise not to disappear completely. The small creative space in my head this opens up will motivate me to get to work on a few books that have been waiting patiently in the wings along with a few other small projects. A possi-

ble Chix in the Stix 'collection' is being discussed and maybe some 'throwback' articles from time to time. You know how it goes. You close a door and suddenly new windows open, new life-chapters start and life goes on full of new surprises, blessings and adventures. I'm a writer and I will never stop writing and hopefully I will be lucky enough to have you all on the reading end of things again one day. Change is good and can shift your focus and perspective and cast a different hue across your days, sparking new curiosity and creativity and that is where things are at for me right now. The time is right to end this particular chapter. But trust me some tears will be shed. And of course my primary focus continues to be the care of my dear special needs daughter as she continues to heal and find her way back to wellness. That is the holy work I am most committed to. And I am writing about that too! So instead of saying goodbye today I'll just say a profound and heartfelt thank-you for being there to accept my ramblings all these years and I'll say 'see you later' instead. My very first Chix in the Stix column was titled 'What's This in My Ear?' At the time it was soot from the woodstove. Today in my ear I have the sweet sound of gratitude and possibility. Sending positive vibes into the universe for everyone! Don't be a stranger. Peace out.  
(feel free to send me a message at cmharasen@gmail.com I'd love to hear from you)



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

submitted by  
LRCA Staff

LRCA staff have continued to conduct bi-monthly snow surveys at the three historical snow survey locations (Hazelwood Lake, Vibert Road and Madeline Street). As of February 1st, snow depth and water content were below average for that time of year with depth ranging from 36-46 centimetres (8% below average) and water content ranging from 62-91 millimetres (12% below average). Lake Superior's beginning of February level was 16 centimetres below the beginning of February average and 14 centimetres lower than the level last year. A Level I Low Water Condition remains in effect for the LRCA Area of Jurisdiction.

MNRF'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 – 2024).

In partnership with the Thunder Bay Public Library, Dorion Public Library, and Murillo and Rosslyn branches of the Oliver Paipoonge Public Library, our Explore Card Parking Pass is now available to be signed out the same way as a library book! This is a great way for watershed residents to experience our Conservation Areas without any cost. If you decide you enjoyed your visits and would like to continue exploring them, you can purchase your very own Explore Card directly from us!

The 2025 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.

Be sure to Follow, Like and Share the LRCA on social media and sign up for our e-newsletter! We have tons of great events and activities in the works for 2025 and we don't want you to miss any of them!

*Get out and  
Explore!*



**RBC  
Royal Bank**

**Jessica Coley**  
Mortgage Specialist  
(807) 476-4867  
jessica.coley@rbc.com

f in t



*Editor's note: I think I speak for a LOT of people who, over actual DECADES have had brighter days and laughs that were OUT LOUD, because of Cindy!*

*Her very real life observations speak to all of us. Many thanks, Cindy - for showing us how the ups and downs of every day can be hilarious and even inspirational. On to the next great things for you! Hope to hear from you once in a while!*

~ Chris Vaclav



**Kaylyn LeMarquand**  
REALTOR®  
Royal LePage Lannon Realty  
C:(807) 629.7989  
E:kaylyn@royalpage.ca  
#EveryHomeBeginsWithKay

**ROYAL LEPAGE**  
LANNON REALTY



**Tempelman  
WATER  
Haulage**

For all your  
Bulk Water Needs  
Residential or Commercial  
City Water delivered  
in stainless steel tanks

Providing Reliable Service  
Since 1987

www.tempelman.ca  
**807-767-9173**

♣ Wells ♣ Holding Tanks ♣  
♣ Swimming Pools ♣  
♣ Skating Rinks ♣  
Monday - Friday

**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.**

<b>TUESDAY 5</b> <b>10:00 AM</b> Baptist Community Church Corner Mudlake & Oliver Rds. Murillo CONTACT 807-577-5924	<b>TUESDAY 5</b> <b>5:30 PM</b> Blake Community Hall 71 Blake Hall Road Neebing CONTACT 807-577-5924
<b>WEDNESDAY 5</b> <b>6:30 PM</b> 330 Hwy 595 O'Connor CONTACT 807-577-5924	<b>TUESDAY 5</b> <b>10:15 AM</b> Hope Christian Reform Church 1315 Crawford Ave. Thunder Bay CONTACT 807-577-5924



**Daniel Vanlenthe  
Mechanical**



- 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**



**APEX**  
APEX REALTY SERVICES LTD.  
BROKERAGE

THINKING OF BUYING OR SELLING?  
MESSAGE OR CALL TODAY

**STEVE JAMES**  
SALES REPRESENTATIVE  
STEVE\_JAMES@SHAW.CA  
ONTARIO.LAND.NET  
+1(807)626-6775

**YOUR NEIGHBOURHOOD REALTOR®**



**ONTARIO LAND**

WhatsApp icon, LinkedIn icon

NorthWest Community Health Centres  
Centres de santé communautaire NorWest

# Rural Dementia Café

The Dementia Café is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers, and friends. Join us for music, games, and snacks in a safe and welcoming environment.

• February 28, 2025

• Friday, May 23, 2025

• Friday, March 28, 2025

• Friday, June 27, 2025

• Friday, April 25, 2025

• Friday, July 25, 2025

1:00PM - 3:00PM

60+ in Kakabeka Falls (5 Pineview Road)  
No fee or eligibility criteria to attend rural cafe

For more information:  
Contact Shaun or Elaine at (807) 473-5528

## RURAL CUPBOARD FOOD BANK

*Neighbours Helping Neighbours*  
Conmee Municipal Complex  
19 Holland Rd, Kakabeka Falls P0T1W0  
807-285-0836  
*We sincerely thank all those that continue to support us.*  
*Your donations enable the food bank to remain open*  
**Next Food Bank**  
**Wednesday March 19th**  
**Registration 9 am to 11 am**  
**Drive-Thru Pick-up**

## We sell EVERYTHING YOU NEED to work on your own pump, waterline, and filters!

→ filters

→ softeners

→ UV sterilizers

→ media

→ uv bulbs

→ cartridges

→ salt

→ submersible pumps

→ jet pumps

→ sump pumps

→ effluent pumps

→ fittings

→ pipe

→ wire

...and more!

# MAD SACK'S WELL SHACK

8am-5pm Weekdays  
707-7000

176 Clavet Street  
www.mjws.ca

# RURAL 60 PLUS!

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

Monday

- Carving - 10 to 3

- Disking - 1 to 3

Tuesday

- Weaving -10 to 3

- Knitting -10 to 3

- Choir - 1 to 2:30

Wednesday

- Beginners Carving - 10 to 3

- Quilting - 10 to 3

- Cribbage - 1 to 3

Thursday

- Weaving - 10 to 3

- Knitting - 10 to 3

-Yoga – 10 - 11 starting Thursday February 6th

Craft Room open Monday to Friday - 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, snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café.  
Dates are Friday February 28, Friday March 28, Friday April 25, Friday May 28, Friday June 27 and Friday July 25.  
Time is 1-3 pm and the location is Rural 60 Plus 5 Pineview Road Kakabeka Falls.  
Contact Shaun or Elaine for more information at 807-473-5528.

# Rural Family Centre

Early ON

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

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

REASON #0010

TO HEAT WITH A CENTRAL BOILER OUTDOOR FURNACE

LIMITED TIME OFFER!

# \$1000

INSTANT REBATE

## This is the official outdoor wood furnace of simple.

Because you have better things to do than operate a complex outdoor wood furnace, a Central Boiler outdoor wood furnace is engineered and designed for easy and effortless ownership, operation and maintenance.

H&H IMPORTERS

807-939-1152

3879 Hwy 11/17 nhimporters.ca

CentralBoiler.com

©2024 Central Boiler | 24-1101

page 10, The Neebing News, March 2025 ~ Needing some Neebing SPRING!



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

Luncheon cafes are from 11 - 1 -  
No coffee Cafe for January or February

March 20 - lasagna lunch

Coffee Cafe will resume on March 6

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

PROVIDING **Indoor Comfort** FOR YOUR Home.

Are you paying too much for **GAS?**

**ARMSTRONG AIR** Call for your **FREE** Estimate on a new Armstrong Furnace.

24-Hour Emergency Service **807.623.7485** or toll-free 1-888-299-1231 [www.clowdarling.com](http://www.clowdarling.com)

INDUSTRIAL | COMMERCIAL | RESIDENTIAL | HEAVY EQUIPMENT

Radon detectors available to borrow at  
Oliver Paipoonge Library!

It is recommended that you test for radon during furnace season.  
For more information regarding Radon visit Eco Superior:  
<https://www.ecosuperior.org/homeenergy>



NEW ONTARIO SHOOTERS ASSOCIATION INC.  
PRESENTS  
**2025 SPRING GUN SHOW**  
Saturday, March 8th • 9 a.m. to 4 p.m.  
Sunday, March 9th • 9 a.m. to 3 p.m.  
**SLOVAK LEGION**  
801 Atlantic Avenue, Thunder Bay, ON

**\$5 Admission**  
Children 12 & under FREE with paid adult admission

**DOOR PRIZES**  
**FOOD & REFRESHMENTS AVAILABLE**

**BUY • SELL • TRADE • DISPLAY**  
Guns • Knives • Reloading Supplies • Optics  
Ammunition • Cartridges • Club Displays • Accessories • Literature

This show is a fundraiser for the Junior Shooters Program  
[www.onsa-newontarioshooters.org](http://www.onsa-newontarioshooters.org) | Facebook: New Ontario Shooters Association Inc. - NOSA  
For more information call Samantha 807-626-4003 | Jordan 807-631-9903

**LQS LOAD QUEEN SERVICES**

44 RUBIN DRIVE, MURILLO, ON, P0T 2G0  
RPRA and E-Tracks Compliant

Free Pick Up / Drop Off of your Scrap Tires | Appliance Pick Up Services

[loadqueenservices.ca](http://loadqueenservices.ca) | 807-766-9776

**KAMLANDER CRUSHING LTD.**

Sand • Gravel • Topsoil • Crushing • Screening  
Septic • Snow Removal • Property Maintenance

OFFICE 807.357.7237

JESSE ASUNMAA 807.355.4409 | JARASUNMAA 807.631.4709  
788 Silverfalls Rd., Kaministiquia, ON P0T 1X0 | [kamcrush@gmail.com](mailto:kamcrush@gmail.com)

RURAL BUSINESS SERVICES DIRECTORY

AUTO REPAIR

**Charlie's Auto**  
Automotive Service Technician, Charles Clair  
953 Candy Mountain Dr., 473-5456 708-5536

**Mirabellis Garage**  
Automotive repairs and tire sales  
475 East Oliver Lake Road  
call or text John Mirabelli at 807-627-0784

**CATERING, HALL RENTALS & MEETINGS**

**BLAKE COMMUNITY HALL -**  
71 Blake Hall Road. Call the Municipal Office for reservations: 473-5331 or email [neebing@neebing.org](mailto:neebing@neebing.org)

**FOUNDERS PIONEER VILLAGE**  
3190 Hwy 61 at Gillespie Rd, Slate River, On  
807 475 7424 [opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net)

**DOG GROOMING**

**Slate River Dog Grooming**  
All breeds and sizes.  
HWY 61, Neebing. Find us on Facebook.  
475-9629.

ELECTRICAL

**5 Star Electric (Thunder Bay) Inc.**  
Residential, Commercial & Industrial.  
New Builds, Upgrades to Existing.  
EV Chargers. Solar Systems & Generlinks.  
807-475-7827 Email: [inquiries@fivestarelectric.ca](mailto:inquiries@fivestarelectric.ca)  
Message us on Facebook.

FEED & FERTILIZER

**Thunder Bay Co-op Farm Supplies**  
Highway 61 & Boundary Drive  
Phone 475-5190 Fax 475-7420 [www.tbcoop.com](http://www.tbcoop.com) Fertilizers, chemicals, building supplies, hardware, feed, poultry chicks, garden products

INCOME TAX PREPARATION

**Kelley's Tax Service**  
West Oliver Lake Rd  
(807) 622-7599 [kelleystaxservice@gmail.com](mailto:kelleystaxservice@gmail.com)

METAL ROOFING

**Thunder Bay Co-op Farm Supplies**  
Highway 61 & Boundary Drive, Phone 475-5190  
Fax 475-7420 [www.tbcoop.com](http://www.tbcoop.com) Largest Stock of Ideal Metal Roofing & Siding in N. Ont.

REAL ESTATE SALES

**Avista Realty Group Ltd.**  
640 Beverly St. Thunder Bay  
**Barb McEwen, Sales Rep.**  
Cell 807-626-3860 Ph. 344-3232 Fax 344-5400

**Kelsey Belluz, Broker at Re/Max Generations**  
Fourteen years helping clients buy & sell rural properties!  
Call or email me at 807.472.9292 or [kelsey@belluz.com](mailto:kelsey@belluz.com)

REGISTERED ACUPUNCTURIST

**Neebing Acupuncture**  
Pain relief, restore mobility, fire cupping, direct billing and online booking.  
[www.neebingacupuncture.com](http://www.neebingacupuncture.com)

TIRES

**Mirabellis Garage**  
Automotive Repairs and Tire Sales  
475 East Oliver Lake Road  
call or text John Mirabelli at 807-627-0784

TRUCK CAR STOP & RESTAURANT

**Santorelli's 24 Hr. Husky Truck Stop**  
3131 West Arthur Street  
(near Twin City Crossroads)  
Gas Bar: 939-2619/Fax: 939-2060/Office: 939-2572

WATER HAULING

**Tempelman Water Haulage**  
Bulk water in stainless steel tanks for wells, holding tanks, swimming pools, skating rinks, residential & commercial.  
767-9173, Mon.-Fri.

WATER TREATMENT

Authorized Purifier dealer for N.W.O.,  
Water treatment specialists  
**Brad's Water Treatment 577-0462**

Kakabeka Legion Events



MARCH

For Hall bookings call Diane Harrison  
807-577-6549

KAKABEKA FALLS LEGION BRANCH 225 EVENTS


Saturday, March 1st	Dance with Quest	7 - 10 pm
Saturday, March 8th	Executive Meeting	2 pm
Saturday, March 8th	General Meeting	3 pm
Sunday, March 9th	Breakfast	8:30 to 11:30 am
Friday, March 14th	Ceili Dance	7 - 10 pm
Saturday, March 15th	St. Orgo's Dance	7 - 10 pm
Saturday, March 22nd	Dance with Quest	7 - 10 pm
Sunday, March 23rd	Sunday Music	2 - 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.

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

Deadline for the APRIL 2025 issue of  
The Neebing News is MARCH 21!!  
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](mailto:designhouse@tbaytel.net) 807-628-7271

MARCH 2025				
MON	TUE	WED	THU	FRI
				1
3 Chair Yoga @ O'Connor C.C. 10:00 am	4 Fly the C.O.O.P. Walking Group	5 Walk-In Clinic 4:30pm - 8:30pm	6 Fly the C.O.O.P. Walking Group	7
10 Chair Yoga @ O'Connor C.C. 10:00 am Good Food Box Order Deadline	11	12 Walk-In Clinic 4:30pm - 8:30pm	13 Mobile Clinic - Upstate 10am-3:30pm	14
17 Mobile Clinic - Armstrong 1pm-4pm	18 Mobile Clinic - Armstrong 8:30am-1:30pm	19 Good Food Box Pickup at KB Clinic 4:30pm - 8:30pm	20 Fly the C.O.O.P. Walking Group	21
24 Chair Yoga @ O'Connor C.C. 10:00 am Mobile Clinic - Armstrong 1pm-4pm	25 Fly the C.O.O.P. Walking Group	26 Walk-In Clinic 4:30pm - 8:30pm	27 LIFE Labs	28 "NEW Program" Rural Dementia Cafe 1-3pm



**NorWest Community Health Centres**  
 Centres de santé communautaire NorWest  
**Kakabeka Site**  
 4785 ON-11 Unit B,  
 Kakabeka Falls,  
 ON P0T 1R0  
 (807) 473-5528

**PROGRAM INFO**

Call KB Clinic Reception at (807) 473-5528 or email Shaun at [sp@nwcchc.org](mailto:sp@nwcchc.org) to register for all programs  
 Fly the C.O.O.P. Indoor Walking Group Starting at 10am at the KB Legion  
 Chair Yoga In Person & Virtual Hosted at O'Connor C. Centre at 10am.  
 Good Food Box Program Monthly access to a box of affordable, fresh and vegetables. For more information visit [www.goodfoodbox.ca](http://www.goodfoodbox.ca) 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](http://www.norwestchc.org)

### Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls } At Rosslyn Hall from 11:30 to 12:00  
 Every Thursday Weights }

**No Registration necessary.**

We still have room for anyone wishing to keep active and join others in fun, laughter and conversation.  
 These activities are open to anyone interested in getting out of the house and meeting new people.  
 Call Rosslyn Library for more information 807-939-2312



SCIENCE NORTH  
 OUTREACH | PROGRAMMES EXTERNES

## MAKE IT MOVE

# ANIMAL EXTRAVAGANZA

FOIRE DES ANIMAUX

Join the Science North Bluecoats for some hands-on fun!

Thursday, March 13<sup>th</sup> Murillo Hall 1:00 to 3:00 p.m.  
 Free Family event hosted by Oliver Paipoonge Library  
 Sponsored by  
 Tammy & Rob Richardson and Sue & Jake de Boer

## CRIBBAGE

BEGINNERS WELCOME!

**EVERY TUESDAY 1 P.M.**

ROSSLYN COMMUNITY CENTER  
3405 ROSSLYN ROAD



Come and join the fun and friendship!

### Murillo Library

Monday 10 – 8:00 pm  
 Wednesday 10 – 8:00 pm  
 Saturday 9 -12:00  
 935-2729

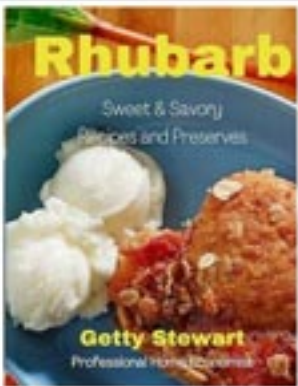
Email: [opl@library.tbaytel.net](mailto:opl@library.tbaytel.net)

Website: <http://oliverpaipoonge.olsn.ca>

### Rosslyn Library


Tuesday 10 – 8:00 pm  
 Thursday 10 to 8:00 pm  
 Saturday 1 - 4:00  
 939-2312

We would like to thank Carole and Bob Klapprat for sponsoring the purchase of books in memory of two local residents, Michael Ellehook and Wayne Barrie.



**Rhubarb**  
Sweet & Savory Recipes and Preserves  
Getty Stewart  
Professional Home Economist

Drop by the library during The Rosslyn Winter Carnival and make your very own friendship bracelet!





Oliver Paipoonge Library  
 2025  
**ONTARIO PARK PASSES**

Planning a day trip to one of our local provincial parks? Use your library card to borrow a free day pass!

# Chick season is here!

## Layers. Exotic & Rare Breeds. Meat Birds. Waterfowl. Turkeys & Guinea Fowl

available April to September

Order in store or call 807-935-2921

Check out our website to see what is available!

[thunderbayfeeds.com](http://thunderbayfeeds.com)



All orders require a \$25 deposit



THUNDER BAY  
**Feeds**  
[www.thunderbayfeeds.com](http://www.thunderbayfeeds.com)