Volume Twenty, Number Eight

August 2024



BLAKE HALL 1924-2024

September 13th and 14th, 2024! Blake Hall is turning 100 and the Neebing Recreation Committee is thrilled to host a two-day festival in its honour!

Local vendors who wish to participate please call Katherine Hill to reserve a table 807-631-1869.

Friday September 13th grounds open at 5:30pm and we start off with a bang! Come hungry as NFRA will be hosting a BBQ for a nominal fee. There will also be tea, coffee, and some light snacks. The evenings entertainment is **HEADRUSH from 6:30 – 9:30pm**.



Headrush is a local classic rock band that has been together for about 6 years and consists of four long standing members of the local music community. They have all been around for so long they are considered a Jurassic Rock Band!

Headrush is fronted by powerhouse vocalist Chrissy Klaas on vocals, keys and guitar, laying down the beat is the extraordinary rhythm section of Brad Leishman and Chris Hartley and rounding out the melodic section is the fiery guitar playing of Kelly Ash.

Headrush can be found on the Eleven CD with their original song So Yesterday (co-written with and played on by Headrush Alumni, Rob Nickerson).



Saturday September 14th will be our main event. Grounds open at 10:30am.

11:30 – 12 PARKER aka Jesica Durand is a musician/singer/songwriter/actor with a great passion for all things creative. Her portfolio is a diverse one spanning over 2 decades dabbling in film, theatre, tv and most recent years on stage with Badanai Theatre's production of "Dolly Parton's 9-5 The Musical" with the Thunder Bay Symphony Orchestra. When not acting, singing or making music, she is busy spending time with her family on their homestead in Neebing raising animals, hiking, gardening, preserving & foraging for fungi in the forest. She holds a strong belief in the importance of community and is often found volunteering/organizing many events in the rural community. She is trilled to be part of the Blake Hall's 100th Anniversary Celebration!

12 – 12:45 Mayor Mark Thibert is honoured to have Jeordi Pierre from School of Indigenous Learning (S.O.I.L) alongside with him for a few words of welcome at our opening ceremony. Other prominent dignitaries will be present as well.



12:45 – 1:45 Mink Mountain Revue is an Old Tyme Country and Blue Grass band, featuring "Ray Koenig" (fiddle, vocals), "Jim Pike" (mandolin, vocals), "Lou Herbert" (dobro, vocals), "Nancy Koening" (bass), "Deacon Johnny Myers" (guitar, vocals) with special guest award winning banjo player from Southern Ontario "Dan Campbell".

2-2:45 Richard Veurink

Richard Veurink was born and raised in Slate River and music has always been a passion of his since he was young. He mainly plays rock and country, with an acoustic twist, and has some original songs in his setlist. He enjoys playing live shows whenever he can, and he is looking forward to playing for Neebing in September.

2:45 – 3 Blue Hubbard Squash Awards Presentation

100 years ago the Blue Hubbard Squash competition took place at Blake Hall during the Blake School Fall Festival. We're reviving it for the 100th Blake Hall Anniversary! Plant those seeds now and get in on the competition! (seeds are available at the municipal office for free!) Numerous categories are available to enter your squash. Good luck!

3–6 Strait Up

Strait Up is a classic rock band with high energy and great stage presence. Strait Up has been rocking together for 5 years and showing no sign of slowing down. Band members are Cindy Woodbeck - Vocals, Tyler Whistle – Vocals and Guitar, Steve Camus - Drums and Ed Vescio - Bass Guitar.



- *NFRA will once again be hosting a BBQ for a nominal fee.
- *Neebing memorabilia will be on display for all to see inside Blake Hall.
- *Kids events will be happening all day long with ribbons awarded.
- *OPP, MNRF, LRCA, Neebing Fire/Rescue, Neebing Emergency Services and local vendors will be on hand for your perusing pleasure



The Neebing Recreation Committee needs you! We are looking for volunteers to help with this event. If you can help out please contact Penny Shott 807-964-2270 or email neebing@neebing.org with your contact information.

SEE PAGE 6 FOR EXCITING INFO ON THE NEEBING FISH DERBY!
SEE PAGE 7 FOR NEW PUNCH CARD INFO AND RECYCLING INFO!!



What's Been Happening at Council Meetings?

Since the June edition, there have been three regular meetings of Council on June 5, June 19 and July 10, 2024. There were also two special meetings of Council on June 5 and July 10, 2024.

At the special Council meeting on June 5th, Council deferred the review of an application for re-zoning. At the regular Council meeting on June 5th, the following matters were considered:

- Council heard a deputation from BDO Dunwoody and approved the 2023 Financial Statements.
- Council reviewed the Citizen Satisfaction Survey and proposed action items.
- Council adopted the 2024 budget.
- Council adopted a new Health & Safety Manual.

At the regular Council meeting on June 19th, the following matters were considered:

- Council reviewed the fees bylaw.
- Council approved the inserts to be mailed with the final 2024 tax hills
- Council passed a by-law to amend the 2024 budget to correct an error in the estimates.
- Council passed a by-law to amend the landfill operations by-law which adjusted the period for when the punch cards are valid.
- Council passed a by-law to enter into an agreement with the Association of the Municipalities of Ontario for the Canada Community Building Fund (formerly Federal Gas Tax).

At the special Council meeting on July 10th, the Committee of the Whole reviewed two applications to amend the zoning by-law to allow a second dwelling on a property.

At the regular Council meeting on July 10th, the following matters were considered:

Council passed resolutions relating to remuneration and budget

- allocation for the Lakehead OPP Detachment Board.
- Council approved the purchase of a jaws of life and replacement SCBA units for the fire department
- Council approved a Community Risk Assessment for the Municipality of Neebing.
- Council scheduled a Special Council meeting for October 9, 2024 to discuss the next Strategic Plan
- Council approved an amended Asset Management Policy.
- Council appointed a new Fire Chief and three Deputy Fire Chiefs.
- Council approved a by-law to enter into a new boundary road agreement with the Township of Gillies.

The next Council meeting will be held on August 7, 2024. Regular Council meetings are normally scheduled for the 1st and 3rd Wednesday of each month; however, there is only one meeting in 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.

Neebing Residents: Report A Concern

Do you have a concern about the condition of your road? What about dogs running at large in your neighbourhood or someone building without a permit? Reporting your issue is just a click away using the web or your phone.

On our **WEBSITE**, click on the Report a Concern link in the upper right-hand corner.

-OR-On your **SMARTPHONE**, touch the 3 horizontal bars in the upper righthand corner then on the Report a Concern link.

Next, fill in the online form with the details of your concern and click **Submit**. Your submission is recorded and forwarded to the Municipal Office for review and action.

Use this form to report any type of municipal problem or concern you may have.

Of course, you are always welcome to call the office if you have any issues or concerns you think we should be aware of.

Contact us at **807-474-5331**. Remember, if your concern is a medical, fire or police emergency, please call **9-1-1**.

Neebing Landfill News

Summer Landfill Hours

Saturdays: 9:00 am to 5:00 pm Sundays & Wednesdays: 4:00 pm to 8:00 pm

By August 1st: Punch Cards Only

Recycling Yes we have a recycling program! We accept #I through #7 plastics as well as carboard. View our recycling sorting guide to determine if your items are acceptable recycling materials. Please remember to BAG your cans and plastics and FLATTEN your cardboard. We do not accept plastic grocery bags.

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/

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 mu-nicipal voice mailbox is monitored to help us act quickly when such emer-gency 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!

CONTACTING THE OPP

The Ontario Provincial Police (OPP) are contracted by the municipality to provide services to ensure the safety and security of our residents. You can help keep our community safe by keeping the police informed. The OPP respond to calls about speeding, traffic hazards, noise, public drinking, boating infractions and more.

For emergency events call 9-1-1.

For non-emergency events 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

Council would like to encourage residents to contact the OPP as things are occuring. Some laws are difficult to enforce when reported days after the offence has occurred.



2024 Roads Projects

In 2024 some chipseal roads experienced significant breakup. Portions of Coppercliff Road, Sturgeon Bay Road, Boundary Drive, East Oliver Lake Road, Cloud Lake Hill and McCluskey Drive had areas that were affected by breakup. All roads required repair and remediation and work to repair these roads was completed throughout June and July.

Brandl Road and Savioe Road had ditching and gravel redone. Many of our gravel roads had a bit of gravel and spot improvements.

Larson Road, Blake Hall Road and Cloud Lake Road will have a lift of gravel and some ditching before the end of the 2024 construction season.

Future Planned Road Work from Capital Plan

Year	Project		
2025	Renew Chipseal surface on Cloud Lake Road, Cloud Bay Road, Jervis Bay Road and Mink Mountain Road		
2024	Resurface Old Border Road with Gravel		
2026	Renew Chipseal on East Oliver Road and East and West Boundary Drive		
2026	Gravel lift on Mannisto Road and Valley East		
2027	Renew Chipseal on Memory Road		
2028	Renew Chipseal on McClusky and Coppercliff		
2029	Matson Road gravel surface renewal		
2029, 2030, 2031	Gravel road renewals (roads to be determined based on condition)		
2032	Sturgeon Bay chipseal resurface		

In addition to listing roadwork projects, the capital plan shows scheduled fleet replacements, land and facility upgrades and more. This planning document helps the Municipality identify and alleviate future financial pinch points and helps ensure the best use of tax dollars. It is available for viewing on the Neebing website along with the Strategic Plan, Asset Management Plan, and the Neebing Budget and Financial Statements.

Other Projects for 2024

- Concrete rink surface, lighting and rink boards at Alf Olsen Memorial Park.
- A permanent washroom facility at Oliver Lake
- A concrete rink surface and covered roof at Blake Hall
- Cloud Lake Park Improvements



BLAKE HALL 100th ANNIVERSARY CELEBRATION

Planning is under way for the 100th anniversary celebration of Blake Hall on September 13 and 14, 2024. The Neebing Recreation Committee would greatly appreciate any volunteer help with this project. If anyone has any memorabilia they are willing to share for a couple of days, please call Penny at 964-2270.





Sign up for Neebing's Emergency Text Alert Service. This text alert service is used to notify our residents <u>via text message</u> of immediate dangers or emergencies occurring in our community such as evacuations, road closures, forest fires and other hazards. Sign up is free but you must have a smartphone equipped to receive text messages to use this service as it does not work on land lines.

Sign up at **neebing.org/textalerts** or send us your name, Neebing address, and your text-enabled cell phone number including area code to neebing.org or call us at 474-5331. Your personal information is kept strictly confidential.

2024 Neebing
Burning Permits
Fire Permits are
required for all open air
burning
in Neebing from
April 1st to October
31st.
Permits are available 24
hours
a day on our website:
www.neebing.org
/firepermits



Fire Permits are available 24 hours a day at www.neebing.org/firepermits





It is August already! Oh My! Do you have your NFRA online 50/50 tickets yet? This draw you will have 2 chances to win!

For the first time NFRA is having a \$500 Early Bird Draw! It will be held on August 7th, so you haven't much time. Think what you could do with the extra money! The winner's name goes back in for the final draw on September 25th. Two chances!

It's a great time to buy your tickets, or to buy a few more.



It's Summer! And what is summer without a barbeque? NFRA is pleased to host a charity BBQ at Neebing's 1st Fishing Derby and the LRCA's Day By the Bay at Little Trout Bay Conservation Area on August 24th.

We will be serving hamburgers and hotdogs with chip, pop and water also available. Come satisfy your hunger and help NFRA support Neebing Emergency Services!

It promises to be a great day at Little Trout Bay, come out and enjoy!



NFRA sends tremendous thanks to the volunteers who come out to our Can Sorts! You make it fast and fun.

Now that we've cleared out the accumulated stockpile, we are meeting monthly to sort, bag and count. If you'd like to join us, please contact us at nfraevents@gmail.com.



A huge thank you to all residents who donate their pop & beer cans, liquor bottles, etc. to NFRA at our two landfill locations. Your generosity is inspiring and allows us to support NES in no small way! Thank you for your ongoing contributions.

Be safe, be well and be kind.

Joy Harris NFRA – President







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OSB 7/16 x 4 x 8 D Grade **\$17.95**

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Rough lumber

1x4 lineal ft. \$0.45 1x6 lineal ft. \$0.60

OTHER DIMENSIONS AVAILABLE



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

If you are outdoors:

- spend the hottest part of the day in air-conditioned buildings
- drink water every 15 to 20 minutes even if you aren't thirsty
- dress in light-coloured, loose-fitting clothing covering as much of your skin as possible
- wear a wide-brimmed hat to protect your face
- · wear full UVA and UVB protection sunglasses
- apply sunscreen with SPF 15 or higher 20 minutes before going outside
- · apply lip balm with an SPF 15 or higher

Prepare Now

Take the following steps so you and your family are prepared in the event of an emergency:

- cover windows that receive morning or afternoon sun with drapes, shades or awnings
- include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit



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

Saturdays 9:30-12:30 beginning July 6 Kakabeka Legion parking lot, 4556 Hwy II/I7





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ROYAL LEPAGE









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August 13, 10 AM at 610 Hewitson St.

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- Evenings/weekends/holidays off
 - Free training
 - Park at home

APPLY NOW:

www.workatfirst.com 807-475-4500 / 610 Hewitson St.

Canada Day Celebrations

Thanks to all who attended the Canada Day Celebrations at the Neebing Municipal Office. It was a beautiful day with a good turnout. The barbeque was great!

Thank you to Cindy Crowe for the opening ceremonies.

Thanks to Susan and Kathy for bringing an adorable petting zoo.

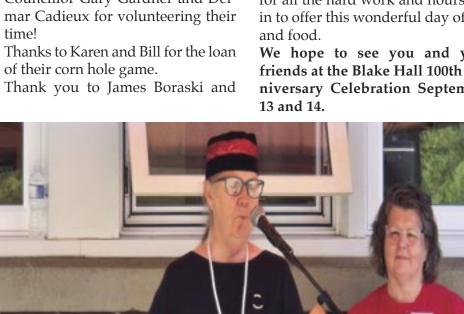
Thanks to all the dedicated volunteers for putting on an amazing day of fun for all. A special shout out to Councillor Gary Gardner and DelCale Wilson for entertaining us with their amazing vocals and captivating licks on guitar.

Congratulations to the attendance prize winners.

Thank you to NFRA and the members of Neebing Fire Rescue for their attendance and showing off the new winners of the wood raffle.

A huge thank you to the members of the Neebing Recreation Committee for all the hard work and hours put in to offer this wonderful day of fun

We hope to see you and your friends at the Blake Hall 100th Anniversary Celebration September







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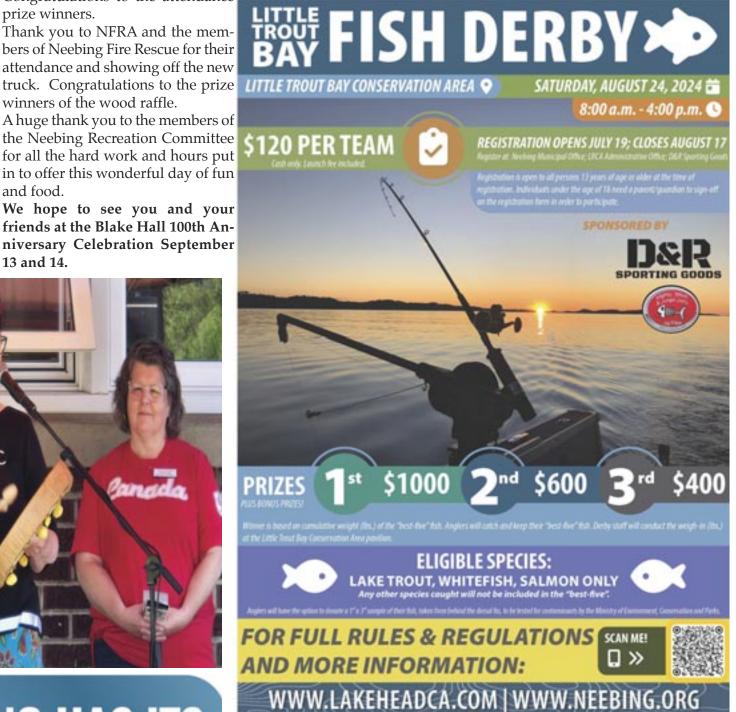
for water testing, filtration inquiries & more at

(807) 626-3646 tbco-op.com | ₽₽









X @LAKEHEADREGION



Punch Cards Are Here!

Starting August 1, 2024, a punch card is required to deposit household waste at the landfill sites. The 2024 card is valid from August 1, 2024 to July 31, 2025. New cards will be issued in 2025.

Similar to bag tags, full-time residences will be provided punches for 100 bags of household waste per year and seasonal residences will be provided punches for 50 bags of household waste per year. Additional punch cards can be purchased from the Municipal Office. Funds collected from punch card sales and tipping fees will be used for future landfill costs.

There is no limit to the number of bags of recycling. Recycling helps reduce the volume of your household waste and extends the life of the landfill.



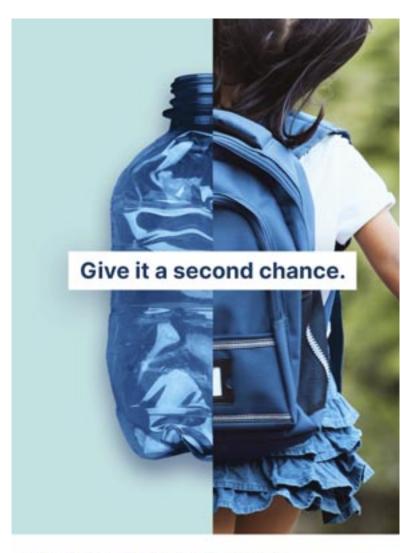
The punch cards were mailed out with the tax bills in July. If you did not receive them, please contact the municipal office at 807-474-5331.





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

www.neebing.org/recycle



Recycle plastic containers so they can be turned into something new.

www.neebing.org/recycle



Lakehead Region Conservation Authority

The LRCA has some exciting workshops and events planned for this summer, including Little Trout Day By The Bay on Saturday, August 24 from 10:00 a.m. – 2:00 p.m. at Little Trout Bay Conservation Area! This event, being hosted in partnership with the Municipality of Neebing. New this year is the first ever Little Trout Bay Fish Derby! If you are interested in participating in the Fish Derby, please reach out to us at (807) 344-5857. Other programs scheduled for this year include Neebing Birding Day on September 11, a trees and fall colours hike on September 19, a fall photography workshop on September 26, and archaeology workshop on October 3, and Fall Waterfowl Viewing Day on October 5. Please visit the events section at www.store.lakeheadca.com for more information and to register.

We are in the height of busy season at our Conservation Areas, and we would like to remind all visitors of the \$5.00 per vehicle fee. Better yet, 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, such as boating, fishing, hiking and more at our seasonal and year-round Conservation Areas for the low price of \$40.00 +HST. It's convenient for frequent users, and a great gift idea! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

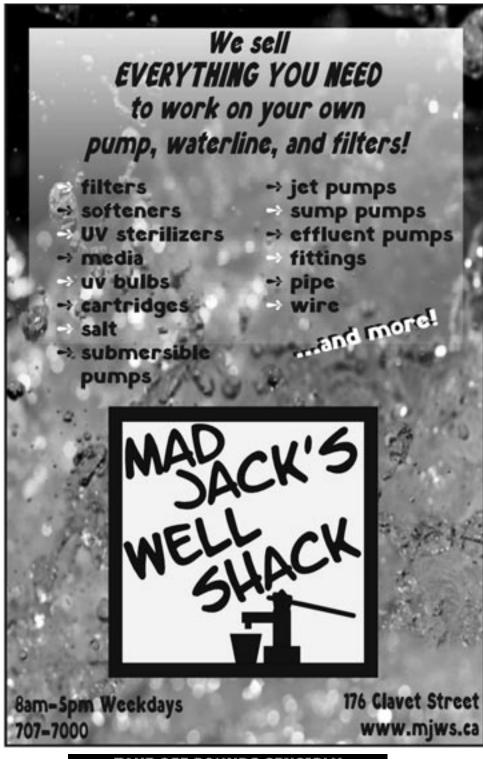
Get out and Explore!





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AUG 2024

MON	TUE	WED	THU	FRI
			LifeLabs Mobile Clinic - Upsala 10am-3:30pm	2
Closed for Civic Holiday	6 Fly the C.O.O.P Walking Group Guest Diabetes Educator	7	8 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	9
Chair Yoga @ O'Connor C.C at 10:30 am Mobile Clinic - Armstrong 1pm-6pm	Fly the C.O.O.P Walking Group Guest Mobile Clinic - Armstrong 8:30am-1:30pm	14 Upsala Senior Event	15 Fly the C.O.O.P Walking Group LifeLabs	16
19 Chair Yoga @ O'Connor C.C @ 10:30 am	Fly the C.O.O.P Walking Group Guest Diabetes Educator	21	Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	23
26 Chair Yoga @ O'Connor C.C @ 10:30 am	27 Fly the C.O.O.P Walking Group	28	29 Fly the C.O.O.P Walking Group LifeLabs	30



Kakabeka Site

4785 ON-11 Unit B, Kakabeka Falls, ON POT 1W0 (807) 473-5528

PROGRAM INFO.

Call Shaun at (807) 473-5528 ext.1 to register for all programs

Fly the C.O.O.P Walking Group

Meet at Mountain Portage Trail at KFalls Park @ 10:15 or a ride is provided at Evergreen Parking Lot at 10 am

Aug 6 & 20- Chair Yoga in the Park @ 11:30

Chair Yoga In Person or Virtual Hosted at O'Connor Community Centre at 10:30am.

Upsala Senior Event

Theme - Fancy Feet Sixties Music Twist



Follow us!

NorWest Community Health Centres -Kakabeka Falls Clinic

www.norwestchc.org

Charcuterie Cups

Let us cater your next event!





Melissa + Nicole Thunder Bay, ON charcutiestbay@hotmail.com



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

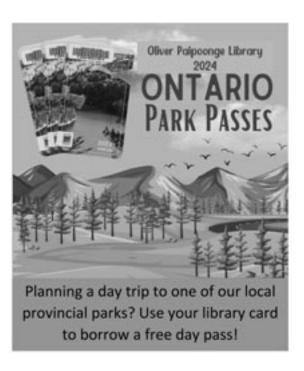
Deadline for the SEPTEMBER issue of

The Neebing News is August 20!

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 628-7271



Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls Every Thursday Weights

At Rosslyn Hall from 11:30 to 12:00

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





- 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

Murillo Library

Monday 10 – 8:00 pm Wednesday 10 – 8:00 pm losed Saturday until after Labour Dr 935-2729



Murillo Library will be closed on Monday August 5th (Civic Holiday) and September 2nd (Labour Day)

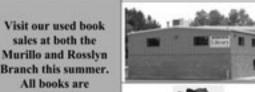
Email: oplibrary@tbaytel.net Website: http://oliverpaipoonge.olsn.ca

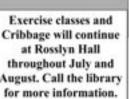
sales at both the

All books are

Tuesday 10 - 8:00 pm Thursday 10 to 8:00 pm until after Labour Day 939-2312

Rosslyn Library









Oliver Paipoonge Library August Summer Fun! Join us every week for a new exciting activity!

Last chance to pick up your TD Summer Reading Kits while supplies last! These kits are geared to preschool or school-age children and contain a book full of summer fun activities and challenges. Each kit also comes with stickers, a 6-colour pen and a web-access code to unlock more online fun. Participants can complete the summer recap page and return it to the library August 31st to be entered into a draw for \$25 Chapters gift card!

AUGUST 6th, 7th, 8th Diamond Painting for kids



Stop by Rosslyn and Murillo Library and create your very own animal sticker using the Diamond Painting technique.

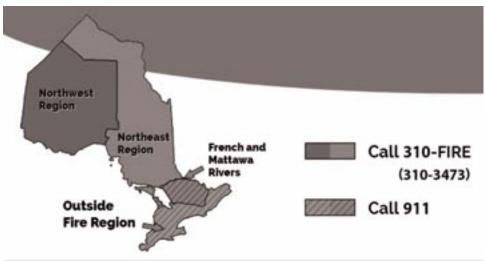
Take-home kit.... August 12, 13, 14 & 15 **Mosaic Sticker Art Kits** will be available to pick up, one per child.

Drop In and Create....

August 19, 20, 21 & 22 Driftwood and Pebble Art Create a one-of-a-kind art word using gifts from nature.

August 26, 27, 28 & 29 Create your own button at Rosslyn Library

> Create designs using rubber stamps at Murillo Library



REPORT FOREST FIRES





Chix in the Stix

The Three S's

At the risk of oversharing, this summer marks three years since our special needs daughter became ill and was eventually diagnosed with a complex chronic inflammatory brain disorder. It has been a rough three years. And it ain't over yet. But we're surviving. Some days even thriving. Because everyone is dealing with something right? You just have to watch the news to know there is a whole lotta bad stuff going on in the world and even in your own community. So if you don't figure out a way to focus on the positive, to find hope on the dark days and make lemonade out of the sour days you might not make it through. So that's what we try to do. No surprise that living in the country continues to save my sanity and brighten my spirits often. But I'm still always looking for ways to cope. I seek out all the tricks and habits I can to keep my spirits up. I'm a word person and I have latched on to these three S's recently: Symbiosis, Synchronicity, Serendipity. Symbiosis - the close association between different biological species. Synchronicity - the occurrence of meaningful coincidences that seem to have no cause. Serendipity - the occurrence of fortunate events or discoveries by chance. They are all pretty cool concepts and when you look for them in your day to day life you begin to notice things. You start connecting the dots. Like when I was in the right place at the right time and was able to save three turtles so far. Or when I get to say hello to the huge toad that visits outside my door each night and I'm certain he is grinning at me. Or when my drive down the hill is delayed by four baby partridges in the middle of my driveway who refuse to move and then I end up hitting every green light and getting the perfect parking spot. Or being able to witness the fledglings in my son's yard. Or walking into the country store and bumping into someone I haven't seen in decades. Having my breath taken away by the glorious canola fields even though I see them every year. Feeling so proud when I watch tourists parked on the side of the road taking photos of my neighbour's per-

fect fields even though I had no part of the hard work that went into them. Never getting tired of the sound of rain

on my roof. Having all the colours of the rainbow to choose from

paint my accent wall and still choosing Forest Green when I am surrounded by forest.

It's all about perspective. And working to feel in sync with everything around me. And embracing the beauty of diversity. Some days I suck at it. Other days there are miracles. Like the fireflies. It was last week. One of the cooler nights, with a breeze. Cool enough that the mosquitos were laying low. It was around 2AM and the dog had to pee. Again. Instead of grumbling and feeling sorry for myself I stepped outside with her. And am I glad I did. It was magical. There were hundreds of them. It was like the twinkling stars in the sky had come down to earth right in my yard. Totally breathtaking. Any annovance I felt about having to climb out of bed was gone in an instant and when the dog wanted to go back in I wanted to stay outside. So I did. Taking it all in. Giving thanks. Shedding a tear of gratitude for the glory of nature and the place we live. I will remember it forever. I tried to imagine the soundtrack that might go with it. Van Morrison's Moon Dance? Or something classical? Or nothing at all? Maybe just the distant frogs or a faint owl. Or my heart beat. With all the stressors and challenges of life for everyone these days, these precious encounters mean the world to me and remind me that at every level life carries on and things are as they should be. And in the days after when a jar broke in the kitchen, when I had a flat tire, when the milk was sour, when I forgot something important, when I was tired but had to push on, the memory of this private light show in my yard on a perfect night helps shift my focus. Helps me zoom in on what really matters and reminds me that miracles are still happening. So find your fireflies. Or your turtles or grinning toads. Or other magic in your life that can keep your feet on the ground and your heart full and hopeful. There is too much beauty in the world to ignore and it easily outshines the dark moments when you let it. Watch for and celebrate the sparkly bright moments each and every





Kakabeka Legion Events

August 2024

Saturday, August 3 Dance with Quest 7 - 10 pm Sunday, August 11 Buffet Breakfast 8:30 - 11 am

Saturday, August 178K Run

Sunday, August 18 8 K, 1/2 and Full Marathon

August 24th and 25th . . . Gun Show

Saturday, August 31 Dance with Quest 7 - 10 pm

For Hall bookings call

Dianne Harrison 807-577-6549



OLIVER PAIPOONGE HERITAGE PARK VILLAGE/HERITAGE CRAFT DAY





RURAL CUPBOARD FOOD BANK

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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 August 21
Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOOD BANK INCOME TAX RECEIPTS

If you have not received your Rural Cupboard Food Bank Income Tax Receipt, please contact us at 807-285-0836

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