



Volume 26, Number 11

November 2023

Thanks to Oscar Mattas for this great shot-who knew trees could be the colour of BEETS?



Fire Chief Horan wins Leadership Award at FireCon 2023 Conference

by Wayne Hanchard CAO/Clerk

At the FireCon 2023 conference and training event held in Thunder Bay from Sept. 6th to 10th Oliver Paipoonge Fire Chief Sean Horan received the Pat Bourguignon Northern Fire Chief Leadership Award. The Award is given to a chief fire officer in Northwestern Ontario who demonstrates exceptional leadership, commitment and inspires others. Fire Chief Horan was nominated by his peers. This is only the second year in which the Pat Bourguignon Northern Fire Chief Leadership Award has been conferred. On behalf of Council and our employees I wish to congratulate Fire Chief Horan on the Award.

Left: Graham Warburton, Atikokan Fire Chief and the Vice President of the 2023 Emergency North Training Board of Directors; Centre: Sean Horan, Oliver Paipoonge Fire Chief; and Right: Jan Morrison, Schreiber Fire Chief and the Secretary of the 2023 Emergency North Training Board of Directors - see more on page 2.

**Many Thanks for Many Years of Service!**

~ to Lois Garrity, who retired from her position as Curator of Oliver Paipoonge Heritage Park

~ to Jean Swanson, also retiring at the end of October, from her Museum Board position

*See page 3 for story*

*See page 7 for information on the Thunder Bay Parade of Lights to be held December 2!*



Oliver Paipoonge's

**Senior's Christmas Party**

December **2** 1:00- 3:30

Murillo Community Centre, 4569 Oliver Rd.  
Lunch served at 1:00pm. There will be entertainment and a visit from Santa Claus!

\*\*\*

Past and present residents spouses and caregivers welcome. Renew past friendships and make new ones.

VOLUNTEERS NEEDED FOR DONATED BAKING, LUNCHEON PREPARATION, HALL DECOR, ENTERTAINMENT, REFRESHMENT SERVING ETC. HIGH SCHOOL VOLUNTEER HOURS HONOURED

QUESTIONS AND TO VOLUNTEER CONTACT  
JOLENE TURECKI  
HOME 807-935-3706  
CELL 807-627-0688

SAVE THE DATE



Our 2023 Celebrity plowing. Directors from left Paul Barrie, Tyler Fedun, Jason Blekkenhorst. Competitors Trent Allen, Geoff Martin, Devon Myers and Ian Robson. Devon Myers was our winner. See page 2 for more info!





Tim Beebe  
– Fire  
Instructor,  
Ontario  
Fire  
College  
Sean  
Horan –  
Oliver  
Paipoonge  
Fire Chief

Rural Heritage Days 2023 by Susan McRury

Another great year. Thanks to all who turned out to enjoy the day and all the exhibits.  
We had an OPA judge again this year, Darlene McIntee from down east. She did a great job!!  
Terry Ellis of Shuniah was the grand prize winner of the \$1000 raffle.  
Thank you to all exhibitors and food vendors, and volunteers- you make it a success!  
Thank you to Radar and the Rockets- you kept us moving all evening. Great music and fun.  
The following are the winners for this year  
Garden Tractor A- Rob Roy  
Single Furrow Belly-Jan Leifhebber  
Two Furrow Mounted- Don Venasky  
Two Furrow/ Drag/Trailer- Allen Barrie  
Two Furrow Match- John Hanna  
Three Furrow Mounted or Semi Mounted- Andrew Brekveld  
Three Furrow Drag/Trailer- Keith Noy  
Celebrity Plower- Devon Myers- Evergreen Pharmacy- Rosslyn  
Grand Champion- Allen Barrie

The following are first place winners in Antique Tractors  
Best Original- John Hanna - 1951 McCormick WD-9  
Best Restored- Murray Hanna- 1949 Cockshutt 30  
Oldest Running- Mike Lamers- 1937 John Deere AR  
Winner of the Tractor Rodeo- Carter Wieringa

Congrats to all the winners and participants!!!




Terry Ellis, winner  
of \$1000 grand  
prize in our 2023  
raffle

We will be having our banquet Monday, November 13, 2023 at 6 pm at the Neebing Roadhouse on Hwy 61  
It will be pay for your dinner and drinks individually, a separate menu will be made available for us, and trophies will be presented. Please call Tyler with numbers in your party so we can make sure we have enough tables for everyone. He can be reached at 807-632-6452- Text or leave a message and let us know as soon as you can.  
And our AGM will be held Monday, January 15, 2023 at Rural 60 plus center on Hwy 11/17 near Kakabeka Falls  
Again, thank you all for your continued support of Rural Heritage Days and will see you next September

RURAL HERITAGE AGRICULTURAL SOCIETY  
Annual General Meeting  
Attention all members of Rural  
Heritage Agricultural Society  
Monday, January 15, 2024 at Rural  
60 Hwy 11/17  
7 pm- meeting  
Asking all members to attend - there are  
Director’s positions to be filled  
Membership is due the night of the meeting. You will not be able to  
vote unless you are a member  
Membership is \$10  
Refreshments will be served.

The Rural Heritage Agricultural  
Society presents their trophy  
Presentation and banquet:  
Monday, November 13,2023  
6 pm at the Neebing Roadhouse- Hwy 61  
A special menu will be given to all attend-  
ing - it is pay for your own food and drink!  
RSVP- call/text Tyler Fedun at 807-632-6452 with the number in  
your party.  
Everyone Welcome-Hope to see everyone there!!!!



**PUBLIC SKATE -  
NORWEST ARENA**  
**\*\*FREE OF CHARGE\*\***  
**Public Skate begins for the season on  
Saturday, September 30, 2023**

**Hours:**  
**Saturdays 6:00 P.M.-7:00 P.M.**  
**Sundays 5:00 P.M.-6:00 P.M.**

**Hockey sticks and pucks will not  
be permitted on the ice.**



THE CORPORATION OF THE MUNICIPALITY  
OF OLIVER PAIPOONGE

**LANDFILL SITES - WINTER HOURS**  
**EFFECTIVE OCTOBER 1, 2023**  
**From October 1, 2023  
-March 31, 2024**

**NORTH LANDFILL SITE**  
*Located at 1 Spence Road*  
**Tuesday – 12:00 noon to 5:00 p.m.**  
**Saturday – 9:00 a.m. to 5:00 p.m.**

**SOUTH LANDFILL SITE**  
*Located at 154 Barrie Drive*  
**Wednesday – 12:00 noon to 5:00 p.m.**  
**Saturday – 9:00 a.m. to 5:00 p.m.**

**Landfill Sites are CLOSED on all Statutory Holidays**



Geese starting to gather on the Kam in Stanley before heading South ~ Oscar Mattas



# Council News

## 2023 Council Meeting Schedule

Tuesday, Nov 14th at 5pm and Wednesday, Nov 29th at 9 am

The agenda will be posted by the Friday of the week before the week of the meeting. Council's objective is to be open to our residents, hear their concerns, and use our time & your money constructively. Please pre-arrange your presentation with the C.A.O/Clerk or Deputy Clerk (935-2613) by the Tuesday prior to our council meetings.

### BY-LAWS/ RESOLUTIONS PASSED

Awarding contract to survey Kakabeka Village to North Rock Group Ltd and upgrades to the outdoor rink lighting at Kakabeka Village to G. Prezio Electric Ltd; Recommending 6% cost of living adjustment for the 2023 year for council members and non-union employees; Submission of a letter to the Ministry of Infrastructure through NOMA providing feedback from the Municipality concerning Asset Management Planning and the Ontario Community Infrastructure Fund; Approving the appointment of Rick Baraniuk to the Museum Board; Waiving of the rental fee for hosting the Senior Christmas Party at the Rosslyn Hall on December 7th.

Cost of new construction for the year up to September 30th in Oliver Paipoonge is approximately 19.2 million

Submitted by Mayor Lucy



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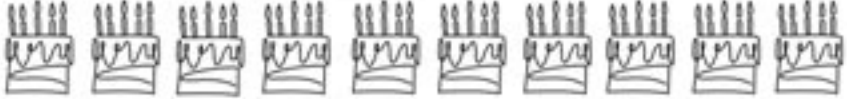
**Happy 85th Birthday, Hendrika!**



The Streutker Family invites you to an **Open House** to celebrate Mom's birthday.

**ROSSLYN COMMUNITY CENTRE**  
Saturday, November 4, 2023  
**1:30-4:00pm**

*Your presence is all we desire, but if you would like to bring a gift, consider a cash or food donation for the Rural Cupboard Food Bank.*



## News from Oliver Paipoonge Heritage Park

by Jean Mayo

I'd like to congratulate Lois Garrity, who retired from her position as Curator of Oliver Paipoonge Heritage Park after 30 years of dedication to the museums of our municipality. Over the last few years as I worked with her and learned from her, it was such a pleasant experience to hear her singing as she completed the projects she was working on. I wish her well in the new chapter of her life.



As well, congratulations are in order for Jean Swanson, also retiring at the end of October, from her Museum Board position, which she held for many years. We will miss her at the meetings, where she recorded the minutes and could always fill in the blanks when others didn't remember information from the past. These two ladies were the roots to our historical past and will be very much missed.

Although the Heritage Park is closed for the season, we have not stopped working. The public works department has made improvements on some of the buildings to enhance their use and longevity and help to make your experience there a pleasant one. The Museum Board and myself have been creating plans for next years events which I'm sure will make the 2024 season a very interesting and exciting one. Watch for our new web site to open soon at [ophp.ca](http://ophp.ca).

Keep OPHP in mind for your family celebrations, work or church picnics in 2024. We also do guided school or group tours on request.

### Items from the 1972 Thesis written by Fred Goodfellow, founder of the OP Heritage Park

#### *"Museums...Their Operation and Educational Values"*

Primitive objects are able to bridge the gap between the simple and the complex thus allowing for easier assimilation.

Museums provide for the senior citizens a stage where they become the 'stars'—grandchildren and great grandchildren slowly and imperceptibly will gain more respect and greater understanding for their earlier kin—even more so when their questioning minds find that 'Granny and Gramps are oral dictionaries in a very real sense, There is nothing so gratifying (except a donation to help our cause) as the tears of nostalgia which flow when these celebrities find objects of their youth. In their tired eyes, flame replaces smoke, whispers are changed to enthusiastic chatter, and the touches of arthritis seemed to have mysteriously disappeared—at least momentarily.

Museums provide actual proof of the art, skill and imagination of our ancestors, and help to create within the observer an enhanced appreciation and insight into their accomplishments done with relatively simple tools. It becomes self-evident that the early craftsman took great pains and pride in his profession. Values to him were not so much monetary but rather the respect of his fellow man. Time was of little consequence and no detail too minute to incorporate, if the aesthetic quality of his product could be heightened.

Oft has been said, "Buy a name brand", which at times can be shallow advertising-but not so the character of the pioneer whose works consistently displayed balance, symmetry, precision, and a rigid conformity to the craft disciplines of the day. These artisans lived by the proverb, 'the reward for good work is more work' and they were always busy.

Summary:

In the following chapters our musings will be oriented towards those criteria which can provide for the individual at any age level an environment most suitable for the attainment of knowledge—not always with an arterial facility but rather in a challenging vein. (continued in the next issue!)

Written by Fred Goodfellow 1972 Submitted by Lois Garrity

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**We sincerely thank all those that continue to support us.**

**Your donations enable the food bank to remain open**

**Next Food Bank**  
**Wednesday November 15**  
**Registration 9 am to 11 am**  
**Drive-Thru Pick-up**



**MURILLO YOGA**  
with Kimberly Venezia

November 9- December 21  
Thursdays 7:00-8:00

At the Murillo Hall

\$10 drop in  
\$50 for 7 week session

EMAIL TO REGISTER  
kimberly.veneziale@gmail.com

**November Events**  
gilliescommunitycentre@gmail.com  
#1835 HWY 595 South Gillies

**MONDAY EVENINGS GENTLE FLOW YOGA**  
6-week gentle flow yoga series  
Nov 6, 13, 20, 27 Dec 4 & 11  
7:00pm - 8:00pm  
Suitable for beginners  
\$75 for the series  
\$15 "drop-in option"  
Register by emailing  
krista.bannan@gmail.com

**THURSDAY EVENINGS CORNHOLE**  
Weekly cornhole tournament  
with prizes for the winners  
Thursdays starting at 7pm  
\$10 per team  
Join Gillies Community Centre  
Cornhole League on Facebook  
for more information

**NOV 24** Waldorf Parent & Child Gathering  
10:00am-12:30pm  
Join Melaine for a Waldorf inspired playgroup  
Please bring a fruit to share for snack time  
Email Melaine for more details melainebach@gmail.com

**NOV 26** Holiday Craft Market & Bake Sale  
11:00 - 2:00pm  
FREE ENTRY  
Bake Sale Fundraiser - perfect for Christmas gatherings  
Shop-over 15 local vendors - perfect for Christmas gifts

**December Save the Dates**  
December 3rd - Christmas Tea  
December 17th - Cookies with Santa

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THE GILLIES COMMUNITY CENTRE IS DONATION BASED & VOLUNTEER RUN.  
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**NOVEMBER 2023**

MON	TUE	WED	THU	FRI
		1 Walk-In Clinic 10am-6pm	2 LifeLabs Mobile Clinic - Upsala 10am-3:30pm	3
6 Mobile Clinic - Armstrong 1pm-6pm	7 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	8	9 LifeLabs Walk-In Clinic 10am-6pm	10
13 CLOSED FOR REMEMBRANCE DAY	14 Fly the C.O.O.P Walking Group Diabetes Educator Dietitian	15	16 LifeLabs Walk-In Clinic 8:30am-4:30pm	17
20	21 Fly the C.O.O.P Walking Group	22	23 LifeLabs Mobile Clinic - Upsala 10am-3:30pm	24
27	28 Fly the C.O.O.P Walking Group Dietitian Diabetes Educator	29	30 LifeLabs Walk-In Clinic 8:30am-4:30pm	

**Kakabeka Site**  
4785 ON-11 Unit B,  
Kakabeka Falls,  
ON P0T 1W0  
(807) 473-5528

**Thunder Bay Site**  
525 Simpson Street  
Thunder Bay, ON P7C 3J6  
(807) 622-8235

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

**Fly the C.O.O.P Walking Group**  
Meets outside of the Kakabeka site

Please call to book an  
appointment for:  
• LifeLabs  
• Dietitian  
• Diabetes Educator

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# CHIEF'S CORNER

by Sean Horan, Fire Chief

November 5 is daylight savings when we turn our clocks back one hour. More importantly daylight savings is the reminder to change the batteries on our smoke/CO alarms.

When you change your clock back, please remember to change the battery in all your smoke alarms and CO alarms in your home. Remember, even hard-wired smoke and CO alarms have battery backup. If the battery is removable, it should be changed at least once a year.

It is also important to remember that smoke and CO alarms have a service life. Refer to the owner's manual to see when the manufacturer recommends you replace the alarm. If you can't find a replacement date or don't know how old they are, I recommend you change the unit. When you install a new alarm, mark the installation date on the alarm. Smoke or CO alarms should never go past 10 years in service.

Another important practice is testing

your alarms. It is good practice to test your alarms at least once a month, and if you have been away from home for any length of time, test them as soon as you get home. There are documented cases of smoke alarms failing while the family is away on vacation, with the family coming home and assuming their alarms are working. If your alarm has a "ten year" battery, it is absolutely critical that you test the alarm every month to ensure it will operate when it counts.

With our busy lives and hectic schedules, it is easy to let the monthly test slip by. Try scheduling a family movie night that starts with a smoke/CO alarm test, review of your escape plan and fire safety check on the house.

Be safe and remember- Prevention is the best way to fight fire!



This month in Be Prepared I want to talk a little about cyber attacks. Many of us don't think this is a threat for us personally. Cyber criminals focus on big business and the extremely wealthy, right. Wrong! I found this out the hard way. I personally got hit a couple months ago. Without too much personal information, I checked my credit card and noticed several thousand dollars in charges that occurred within a very short time, like three days. All the charges were small amounts, but there were a couple hundred charges. I reported the incident, and I was able to clear the issue up without too much pain, so I consider myself lucky. What I learned was that we are all vulnerable to cyber attacks. I make it a practice to check my credit card every two weeks. Had I not been checking my card on a regular basis, who knows

how far my situation would have gone. Some key things you can do to protect yourself:

- Use strong passwords or passphrases. They should be a minimum of 15 characters and made up of random characters. The use of birthdays, anniversaries or pet names are too easy for attackers to guess.
- Use different passwords for each account, and NEVER give your password out.
- Only log in from trusted sources. Never log in via an email that was sent to you.
- Ensure proper security and privacy settings are activated on your device. Social media sites offer information to attackers. NEVER post personal information on social media.
- Watch you credit cards and bank accounts on regular intervals. This will ensure you pick up on unusual activities quickly.

For more information on what you can do to protect yourself from cyber attacks visit [www.getcybersafe.gc.ca](http://www.getcybersafe.gc.ca) This is a Government of Canada web site that has lots of information to help you protect yourself. Check it out. Stay safe and Be Prepared!  
Sean Horan  
Fire Chief/CEMC

## The Rural Pharmacist: Flu Shots and New COVID Vaccines Now Available

by Henry Tempelman, Pharmacist/Owner of Evergreen Pharmacies

Trick or treat! We've got a new flavour of COVID vaccine and flu shot now available! Leave your pillowcase candy sacks at home, roll up those sleeves and show me that shoulder.

The new Moderna and Pfizer COVID vaccines (XBB.1.5) are now available at both Evergreen Pharmacy locations in Kakabeka Falls and Rosslyn. The Moderna and Pfizer vaccine can be received by any person, regardless of whether they have received Pfizer or Moderna vaccines in the past. We also have both the 65+ Senior High Dose Flu Shot and Standard Flu Shot in stock. As with the COVID vaccines, the vaccines are subject to availability as per deliveries from the Ministry of Health.

How long to wait between COVID-19 vaccine doses? The current guidance from the Ministry states that COVID doses may be given if at least 6 months have passed since the individual's last dose of a COVID-19 vaccine or a COVID infection, regardless of how many boosters they've received. However, with informed consent, eligible individuals may receive a booster dose if at least 3 months have passed since their previous dose. There is a school of thought that getting the new COVID vaccine as soon as you can is

ideal. The new vaccine is the closest match to the current circulating strain and generally the winter months have been the peak season for viruses and infections, including COVID infections.

We have vaccine appointments available at both of our pharmacy locations during regular hours throughout the week. Additionally, once we receive a more stable inventory we plan to open up clinic days so we can vaccinate more people more efficiently. Booking your appointment is easy-peasy. Just head over to our website, [evergreenrx.ca](http://evergreenrx.ca), and click on "BOOK YOUR FLU SHOT AND COVID VACCINE APPOINTMENT HERE" on the homepage. From there, select your preferred location, Kakabeka Falls or Rosslyn, to find more information about availability and to book your appointment. We kindly ask that you try to book your appointment online, if possible, or have a family member help you out. This helps us provide safe and efficient services to all of our patients. Plus, it allows you to fill out all the necessary consent forms before coming in for your flu shot or COVID vaccine.

Thanks for doing your part in keeping everyone healthy and safe! See you soon at your local Evergreen Pharmacy!



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

November 2 coffee and fellowship at 10 AM  
November 16 - Lunch and fellowship 11 AM - 1 PM

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/)



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**Date: Thursday, November 9th, 2023**  
**Time: 12:30pm**  
**Location: Oliver Paipoonge Library: Rosslyn Branch**

‘Get Creative’ craft gathering  
Every Thursday from 1 to 4:00  
at Rosslyn Hall



Bring in your current craft project to work on alongside other ‘crafty-minded’ people. Games of Canasta, dominoes or other card games can be arranged if you wish to play. This is a great time to meet new people, socialize and share tips and ideas.  
**Call 939-2312 for more information.**

**After school ‘Reading with Rena’**

Calling students in grades 4 to 6...  
Do you enjoy being read to in a quiet relaxing space?  
Why not join us at the Murillo Library and see what it’s all about.  
Every Monday at 3:00 p.m.  
(except Oct. 9<sup>th</sup>)  
*Snacks will be provided.*



# ACCIDENTS HAPPEN.

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



Murillo Library will be closed on Monday November 13<sup>th</sup> in observance of Remembrance Day

Email:  
[oplibrary@tbaytel.net](mailto:oplibrary@tbaytel.net)  
Website:  
<http://oliverpaipoonce.on.ca>

  
Child and Family Centre

Join us for Storytime with Ashley from Murillo Early On Center!  
She will be visiting Murillo Library on Monday November 20<sup>th</sup> from 1:00 to 2:00  
No registration required!

**Roslyn Library**  
Tuesday 10 – 8:00 pm  
Thursday 10 to 8:00 pm  
Friday 10 – 3:00 pm  
Saturday 1 – 4:00 pm  
939-2312



Thank you to Roslyn Women's Institute for their generous donation in memory of Sandy Vibert and Linda Spooner.

Start the new year off right! It's time to join....  
**Free Exercise Class for all ages**



This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

**Drop in every Tuesday and Thursday from 11:30 – 12:00 at Roslyn Library**  
(Stretch bands and balls on Tuesday, weights on Thursday) *Please bring indoor shoes and weights.*

Radon detectors available to borrow at Oliver Paipoonce 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>

# CRIBBAGE

BEGINNERS WELCOME!  
**EVERY TUESDAY 1 P.M.**  
ROSSLYN COMMUNITY CENTER  
3405 ROSSLYN ROAD





Story Time with Kelsea  
Every Thursday at 11:00 am  
at Roslyn Library

## Carpet Bowling for Seniors

### Roslyn Community Centre

Sponsored by Roslyn Library

**Seniors!**

Enjoy a fun game of carpet bowling!

- Relaxed & gentle pace of exercise
- Free
- Socializing & fun times
- Coaching available
- Snacks & refreshments
- Air conditioned comfort

**Beginners welcome!!**



**Roslyn Hall every Friday**

**1 - 3 pm**

Call the library at 939-2312 for more information.

**Please bring indoor shoes!**

## NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 Walk-In Clinic 10am-6pm	2 LifeLabs Mobile Clinic - Uptown 10am-3:30pm	3
6 Mobile Clinic - Armstrong 1pm-6pm	7 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	8	9 LifeLabs Walk-In Clinic 10am-6pm	10
13 CLOSED FOR REMEMBRANCE DAY	14 Fly the C.O.O.P Walking Group Diabetes Educator Dietitian	15	16 LifeLabs Walk-In Clinic 8:30am-4:30pm	17
20	21 Fly the C.O.O.P Walking Group	22	23 LifeLabs Mobile Clinic - Uptown 10am-3:30pm	24
27	28 Fly the C.O.O.P Walking Group Dietitian Diabetes Educator	29	30 LifeLabs Walk-In Clinic 8:30am-4:30pm	



NorWest Community Health Centres  
Centres de santé communautaire NorWest

**Kakabeka Site**  
4785 ON-11 Unit B,  
Kakabeka Falls,  
ON P0T 1W0  
(807) 473-5528

**Thunder Bay Site**  
525 Simpson Street  
Thunder Bay, ON P7C 3J6  
(807) 622-8235

**PROGRAM INFO.**  
Call Shaun at (807) 473-9528 ext.1 to register for all programs

**Fly the C.O.O.P Walking Group**  
Meets outside of the Kakabeka site

**Please call to book an appointment for:**

- LifeLabs
- Dietitian
- Diabetes Educator

 **Follow us!**  
NorWest Community Health Centres - Kakabeka Falls Clinic  
[www.norwestchc.org](http://www.norwestchc.org)



## Breakfast with Santa

Hosted by the Neebing Recreation Committee

Saturday December 2nd  
at 71 Blake Hall Rd  
Doors open at 9:30am  
10-11am breakfast  
11-12:30pm crafts, games, face painting,  
cookie decorating and pictures  
**\*PLEASE BRING YOUR OWN CAMERA\***  
Adults \$10 Kids (10 & under) \$8  
For more information  
please call the Municipal Office  
807-474-5331



## 24th Annual Parade of Lights

Presented by **tbaytel**

**Saturday, December 2nd, 2023 - 7:00 p.m.**

**PROUDLY SUPPORTED BY**



**AND OUR TRUCKING COMMUNITY**  
Walkers will be along the Parade Route collecting Cash Donations in support of



**COME OUT AND SUPPORT SPECIAL NEEDS CHARITIES IN THUNDER BAY**  
PARADE OF LIGHTS c/o TBPA - P.O. Box 28035 THUNDER BAY, ON P7B 6P9





## Evergreen PHARMACY

**TWO CONVENIENT LOCATIONS:**

**Roslyn**  
202 Highway 130  
(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

**New Location in Kakabeka NOW OPEN**

[evergreenrx.ca](http://evergreenrx.ca)  



# Kakabeka Legion Events



Saturday November 4th . . .Membership Supper 2-4  
 Saturday November 4th . . .Dance with Quest 7-10  
 Saturday November 11th . . .Exec/Gen meeting 2:30/3  
 Sunday November 12th . . .Buffet Breakfast 8:30-noon  
 Sunday November 12th . . .Remembrance Service 11:00  
 Friday November 17th . . . .Rural 60 Plus lunch 12-1  
 Saturday November 18th . . .Dance with Quest 7-10  
 Sunday November 19th . . .Jam Session 7-9:30  
 Sunday November 26th . . .Afternoon of Music 2-4

**Call the Legion Hotline 473-9122  
for any updates.**

# RURAL 60 PLUS IS OPEN!

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
  - Good Company Choir
- Wednesday**
  - Beginner Carving 10 to 3
  - Quilting 10 to 3
  - Cribbage - 10 to 3
- Thursday**
  - Weaving 10 to 3
  - Knitting 10 to 3
  - Yoga 10 to 11

*Craft Room open Monday to Friday 10 to 3*

We will be having a luncheon at the Kakabeka Legion on Friday November 17th from 12 to 1. Cost is \$5 for members and \$15 for guests/nonmembers and You need to register by Friday November 10th.

**The Annual Rural 60 Plus Christmas Dinner will be Friday December 8th at 1:00pm.**

# TOWNSHIP OF O'CONNOR 4TH ANNUAL DRIVE-THRU CHRISTMAS PARADE

Come join the O'Connor Volunteer Fire Department & Auxiliary for the 4th Annual Drive-Thru Christmas Parade!  
**Saturday, November 25th from 6:00 - 8:00 pm**  
 at 330 Highway 595.

To participate in this year's parade as a volunteer or to register a float, please call or text Erin at 807-629-8792 or email twpoconn@tbaytel.net

**Please register your float by Monday, November 6th.**



Santa and Mrs. Claus will be in attendance.  
 Registration for kids 12 and under, to receive a gift from Santa, will open up November 1st.  
 Please call or text Erin at 807-629-8792 or Cheri at 807-621-5768.

To sponsor this year's parade, cash or cheques made out to the O'Connor Volunteer Fire Department Auxiliary and can be dropped off at or mailed to the Township Office at 330 Highway 595, Kakabeka Falls, ON., P0T1W0.



# HYMERS FAIR HOLIDAY MARKET

November 18/19, 2023

10 AM TO 4 PM  
 CLE HERITAGE BUILDING  
 425 NORTHERN AVE

# Christmas Craft Market

**SATURDAY** 11am  
**NOVEMBER 18TH** til 2pm

Gather this Holiday Season and make your gift giving **EASY!**

WOODEN CREATIONS, SOAP, BATH & BODY, FIBRE ARTS, SIGNS, SWEET TREATS, NFRA 50/50 TICKETS, AND MORE!

at Blake Hall down Hwy 61 in Neebing 71 Blake Hall rd

For inquiries call Katherine 807 631 1869

**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 JACK'S WELL SHACK**

8am-5pm Weekdays  
707-7000

176 Clavet Street  
www.mjws.ca



# RURAL BUSINESS SERVICES DIRECTORY

## ALL TERRAIN VEHICLES

### **Rosslyn Service Home Hardware**

Repairs to all makes: ATV, Snowmobiles, Tractors & equipment

3404 W. Rosslyn Rd., Rosslyn Village 939-2521

## APARTMENTS - SENIORS

### **Kay Bee Seniors Non Profit Housing**

Kay Bee Seniors Non Profit Housing  
108 Hill St., Kakabeka Falls  
Contact: Synergy Property Management  
Solutions 620-8999. A subsidy may be available to assist with your rent.

## AUTO REPAIR

### **Art's Auto**

Automotive repair and diagnostics  
All makes and models; Art Blekkenhorst  
935-2835; 4582 Oliver Road, Murillo  
**Charlie's Auto**  
Automotive Service Technician, Charles Clair  
953 Candy Mountain Dr., 473-5456 708-5536

### **Rick's Auto Repair**

Up-to-date fuel injection diagnostic & repairs  
& repairs to all makes & models  
20 Berini Drive, 473-4501

## BIRTHDAY PARTIES

### **Laugh Out Loud with BoBo**

BoBo the Clown! Fabulous entertainment for  
birthday parties!  
628 7271

## CATERING, HALL RENTALS & MEETINGS

### **Royal Canadian Legion Hall**

Kakabeka, 473-9122  
kakabekalegion@tbaytel.net

## CHEESE FARM

### **Thunder Oak Cheese Farm**

755 Boundary Dr. R.R. #3, 628-0175

## CHURCHES/

## RELIGIOUS ORGANIZATIONS

**Anglican Parish of West Thunder Bay** *Country Warmth in Christ!* Incumbent: Rev. Jonathon Blanchard 939-1103

### **St. James' Anglican Church**

(corner of John St. Rd. at Calvert Rd. in Murillo)

Sunday Service at 11:00 am

### **St. Mark's Anglican Church**

(5 St. Mark's Street, Rosslyn Village)  
Sunday Service & Sunday School at 9:30 am  
Facebook "Parish of West Thunder Bay"

### **Community Baptist Church**

Cnr. of Oliver & Mud Lake Rds., Murillo  
Sunday School 9:30 a.m., Worship Service 11 a.m.  
Pastor Anthony Florito  
935-2514 (office) or 935-2563 (church ph. & fax)  
www.murillobaptist.blogspot.com

### **First Christian Reformed Church**

Hwy 130 North at Cooper Rd.  
Church 939-1207  
Pastor – Matthew Guichelaar 905-518-4526

Chair – Dan Breukelman 624-8052

Clerk – Joyce Vis 630-4632  
Sunday Service 10 a.m.

### **The Village Church**

Available to rent for your special occasions  
Phone 807-475-7424 or email  
opmuse2@tbaytel.net  
3190 Hwy. 61S @ Gillespie Rd.  
Slate River, Ont.

### **Pinegrove United Church**

Hwy. 130 (between Arthur St. & Rosslyn Rd.)  
Sunday Service - 10:30 a.m. in-person or  
watch the livestream - Sundays at 10:30 am.  
Visit [www.trinityunited.church/livestream/](http://www.trinityunited.church/livestream/)  
Phone/Fax-939-1364 [pinegrove@tbaytel.net](mailto:pinegrove@tbaytel.net)  
[www.pinegroveUC.org](http://www.pinegroveUC.org)

### **Redeemer Lutheran Church**

P.O.Box 179 Kakabeka Falls, on. P0T 1W0  
WORSHIP; 11:00am  
Pastor Dan Barr Ph. 473-9164  
email: redeemer@tbaytel.net

### **Roman Catholic Churches**

St. Augustine\* & St. Theresa+  
c/o 5045 Townline Rd. Murillo Tel. 935-2898  
Mass Schedule: \*Tues-Fri. 6.00pm, \*Sat.  
5.00pm (winter), \*Sun. 9.00am, +Sun. 11.00am

### **Slate River Baptist Church**

Hwy. 130, 80 McCluskey Drive P7J 0A8

10:00am Adult Bible Study

11:00am Morning Family Worship

11:30am Jr. & Sr. Children's Church

Pastor Rob Cain, 475-5140

### **United Reformed Church of Thunder Bay**

#23 Hwy 130, Thunder Bay 939-1916  
Pastor: Rev. John Ysinga 623-4241  
Sun. Worship Times: 10:00 a.m. & 2:30 p.m.  
[www.thunderbayurc.com](http://www.thunderbayurc.com)

## COMPUTER REPAIRS

## SALES & SERVICE

### **Bagdonas Consulting Service**

Computer service, setup, backup, restore  
tanash@gmail.com 627-6656

### **Dunrite! Services**

Leo Blekkenhorst 995 Golf Links Rd.Ph. 344-0200  
Fax 344-1156 [www.dunrite.com](http://www.dunrite.com) [sales@dunrite.com](mailto:sales@dunrite.com)  
<http://fb.me/DunriteServicesThunderBay>  
*See us for your all your computer needs*

## CONCRETE PRODUCTS

### **Miller Precast Limited**

58 Cooper Rd., Rosslyn  
Ph. 939-2655 Fax 939-1788

## CREDIT UNION

### **Rapport Credit Union**

Full Financial Services – 2 local branches  
4785 Highway 11/17, Unit C  
Kakabeka Falls, ON P0T 1W0 Ph 475-4276  
James St., 405 James St. S.  
Thunder Bay, ON P7E 2V6 Ph 626-5666  
[www.rapportcu.ca](http://www.rapportcu.ca) toll free 1-888-516-6664  
Hours of operation Mon-Fri- 9am - 5pm

## DOG GROOMER

### **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

## EXCAVATING & EQUIPMENT RENTALS

### **Allens Enterprises Services Inc.**

PH: 626-6267  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net)

### **Pete's Backhoe Service Ltd.**

52 Haniak Rd, Rosslyn  
Ph 939-1014, Email [office@petesbackhoe.com](mailto:office@petesbackhoe.com)  
Dump Trucks, Excavation, Lot Development

## FARMS

### **Belluz Farms**

R.R.#6, Thunder Bay P7C 5N5  
475-5181 Farm fresh fruits & vegetables  
website: [www.belluzfarms.on.ca](http://www.belluzfarms.on.ca)

## FARMS & HAY/SLEIGH RIDES & PARTIES

### **Gammondale Farm**

Gerry and Sue Gammond  
R.R.#3, McCluskey Dr., Thunder Bay  
475-5615 Farm 475-9609 Home  
[farmfun@tbaytel.net](mailto:farmfun@tbaytel.net) [www.gammondalefarm.com](http://www.gammondalefarm.com)

## FEED & FERTILIZER

### **Thunder Bay Co-op Farm Supplies**

Highway 61 & Boundary Dr. Phone 475-5190  
Fax 475-7420 [ww.tbcoop.com](http://ww.tbcoop.com)  
Fertilizers, chemicals, building supplies, hardware, feed,  
poultry chicks, garden products

### **Thunder Bay Feeds**

R.R.#11, Townline Road  
Phone 935-2921, Fax 935-2337  
Monday-Friday 9-6, Saturday 9-3

## FIREWOOD

### **H&H Importers and Sales**

Firewood – dry birch cut and split  
3879 Hwy 11/17 939-1152  
[hhimp@tbaytel.net](mailto:hhimp@tbaytel.net)

## FLOORING

### **Kam Ridge Manufacturing**

Now selling hardwood, engineered, and vinyl  
laminated tile.  
New showroom-3933 Highway 11-17  
(807) 939-2524 [sales@kamridge.ca](mailto:sales@kamridge.ca)

## GENERAL CONTRACTORS

### **Allens Enterprises Services Inc.**

Excavating, Landscaping, Driveways, Dug Wells,  
Septic Systems  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net) / Conventional/Waterloo  
PH: 626-6267

### **BJ Halow & Sons Contractors**

22 Wing Road, Rosslyn

939-2533/473-9021/

Bruce D. Halow 935-2730

### **Dave Buob Trucking Ltd.**

Lot Development, Septic Systems and Sand  
& Gravel

577-1988 or [davebuobtrucking@live.ca](mailto:davebuobtrucking@live.ca)

### **Pete's Backhoe Service Ltd.**

52 Haniak Rd, Rosslyn  
Ph 939-1014, Email [office@petesbackhoe.com](mailto:office@petesbackhoe.com)  
Driveways, Lot Development, Gravel/Sand  
**Makkinga Contractors**  
570 Squier Place, Thunder Bay P7B 6M2  
Ph. 935-2792 Fax 935-2731

## GRAPHIC DESIGN

### **Design House Publications**

Producing Quality Publications since 1988  
Chris Vaclav 628-7271  
[designhouse@tbaytel.net](mailto:designhouse@tbaytel.net)

## GREENHOUSES/NURSERIES

### **My Blooming Business Greenhouse**

**and Pottery** - [mbbgreenhouse.com](http://mbbgreenhouse.com)  
341 Hanna Rd, Phone: 474-3235

Open Early May - June Call or check  
website for current hours and info.

## HARDWARE

### **Rosslyn Service Home Hardware**

3404 W. Rosslyn Rd., Rosslyn Village 939-2521

## INCOME TAX PREPARATION

### **Kelley's Tax Service**

West Oliver Lake Rd  
(807) 622-7599  
[kelleystaxservice@gmail.com](mailto:kelleystaxservice@gmail.com)

## KITCHEN CABINETS

### **Kam Ridge Manufacturing**

Now selling kitchen and vanity cabinets from  
Urban Effects and Cabinetsmith  
New showroom-3933 Highway 11-17  
(807) 939-2524 [sales@kamridge.ca](mailto:sales@kamridge.ca)

## LAWN & GARDEN EQUIP.

## SALES & SERVICE

### **Rosslyn Service Home Hardware**

Cub Cadet, TroyBilt, Mantis tillers, Echo  
3404 W. Rosslyn Rd., Rosslyn Village 939-2521

## METAL ROOFING

### **Kam Ridge Manufacturing**

Selling Ideal Roofing's full line of sheet  
metal, steel shingles, and accessories  
New showroom-3933 Highway 11-17  
(807) 939-2524 [sales@kamridge.ca](mailto:sales@kamridge.ca)

### **Thunder Bay Co-op Farm Supplies**

Highway 61 & Boundary Dr. Phone 475-5190 Fax  
475-7420 [www.tbcoop.com](http://www.tbcoop.com)  
Largest stock of Ideal metal roofing &  
siding in Northern Ontario

## 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)

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George Hanna, Broker  
846 McDonnell St., 344-5700  
Cell 473-7350, Home 475-5122

## REGISTERED ACUPUNCTURIST

### **Neebing Acupuncture**

For pain relief and to restore mobility.  
Electro-acupuncture, fire cupping, direct  
billing and online booking available.  
[www.neebingacupuncture.com](http://www.neebingacupuncture.com)

## ROOFING & RENOVATIONS

### **Dykstra Knight Roofing & Renovations**

Box 86, Kakabeka Falls Ph. 577-3597  
Asphalt & wood shingles, cedar shakes, metal roofs,  
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## SEPTIC SYSTEMS INSTALLS

### **Allens Enterprises Services Inc.**

Licensed Septic Systems Installer  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net) / Conventional/Waterloo  
PH: 626-6267

### **Dave Buob Trucking Ltd.**

Licensed designers and installers of conven-  
tional & advanced treatment septic systems  
577-1988 or [davebuobtrucking@live.ca](mailto:davebuobtrucking@live.ca)

### **Pete's Backhoe Service Ltd.**

52 Haniak Rd, Rosslyn  
Ph 939-1014, Email [office@petesbackhoe.com](mailto:office@petesbackhoe.com)  
Licensed Installers

## SMALL ENGINE REPAIR

### **Ryans' Small Engine Service**

The One Stop Repair Shop; all makes &  
models; better prices, better service; pick-up  
& delivery. Phone 472-4201

## TACK SHOP

### **Thunder Bay Feeds**

R.R.#11, Townline Road  
Phone 935-2921, Fax 935-2337  
Monday-Friday 9-6, Saturday 9-3

## TANKS

### **Miller Precast Limited**

58 Cooper Rd., Rosslyn  
Ph. 939-2655 Fax 939-1788

### **Rosslyn Service Home Hardware**

Equinox Polyethelene Septic Tanks & Water Tanks  
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## TEA

### **Your Tea Needs**

Loose leaf tea, tea products, spices, gift certificates  
plus more. Product not listed, please ask. Visit  
[www.yourteaneeds.com](http://www.yourteaneeds.com)

Contact: Eugema Ings 768-0999

## TIRE SHOP

### **Pro-Tec Tire Centre**

3129 West Arthur Street  
Husky Truck Stop Tire Shop: 939-2581

Office: 939-2572 Fax 939-1171

## TOURIST ATTRACTIONS

### **Oliver Paipoonge Heritage Park**

**RUSS'S GARAGE** - A vast collection of  
vintage cars, race cars, pedal cars and  
memorabilia) and:

**THE DUKE HUNT MUSEUM** (a collection of  
the history of Oliver Paipoonge residents,  
farming and businesses) and

### **THE VILLAGE**

Phone 807-475-7424 or email

[opmuse2@tbaytel.net](mailto:opmuse2@tbaytel.net)

3190 Hwy. 61S @ Gillespie Rd.

Slate River, Ont.

## TRACTORS

### **Afortek Inc.**

Tractor Implements and Attachments  
100 McCluskey Drive Tel: 807-475-5171  
Email: [re@afortek.com](mailto:re@afortek.com)

[www.afortektractors.com](http://www.afortektractors.com)

### **Rosslyn Service Home Hardware**

Yanmar tractors, loaders, backhoes & implements 21  
to 45 HP, 807-939-2521 [rosslyn@tbaytel.net](mailto:rosslyn@tbaytel.net)

## 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

## TRUSSES

### **Kam Ridge Manufacturing**

Commercial & Residential trusses, floor  
joists & LVL beams, prefab walls  
3933 Hwy. 11/17 W 939-2524  
[sales@kamridge.ca](mailto:sales@kamridge.ca)

## WATER HAULING

### **Tempelman Water Haulage**

Bulk water in stainless steel tanks for wells,  
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## WATER TREATMENT

### **Brad's Water Treatment**

Authorized Purifier dealer for N.W.O.,  
Water treatment specialists 577-0462

## WELL SERVICES/PUMPS

### **Allens Enterprises Services Inc.**

Dug Well Tech / Installation / Pumps Septic / Well  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net)  
PH: 626-6267

### **Kershaw Well Services**

[www.kershawwellservices.ca](http://www.kershawwellservices.ca)  
Phone 939-2166 Fax 939-2167

## WINDOWS/DOORS

### **Kam Ridge Manufacturing**

Now selling North Star Windows and Doors  
New showroom-3933 Highway 11-17  
(807) 939-2524 [sales@kamridge.ca](mailto:sales@kamridge.ca)

## WOOD PELLETS

### **H&H Importers and Sales**

Hardwood & Softwood Pellets  
3879 Hwy 11/17 939-1152  
[hhimp@tbaytel.net](mailto:hhimp@tbaytel.net)

## **DOG TAGS FOR 2023**

&lt;





# Grandma's Restaurant

Take Out 939-1551

**Home Cooking  
7 Days a Week  
7 a.m. - 3 p.m.**

**BREAKFAST  
All Day Every Day!**

**FRESH HOMEMADE  
SOUP Daily!**

Fresh Subs, Sandwiches, Wraps!  
Coffee Bar available 24hours

## Santorelli's

**Bulk DEF  
Now Available!**

**24 Hour  
Truck Stop**  
Free Wi-Fi!

3131 West Arthur Street  
(near Twin City Crossroads)  
**Phone 939-2619**

# PRO-TEC TIRE CENTRE

**OUR TOUGHEST ALL-TERRAIN TIRE.  
EVER.**

- 20% Tougher Sidewalls
- 2X Longer Treadlife on Gravel,  
+15% on Asphalt
- +10% Traction in Mud +10% in Snow

**We also sell tires for  
cars and light trucks!!**

**THE NEW K02  
TAKES ON  
CANADIAN EXTREMES**

3129 W. Arthur  
by Santorelli's  
Husky Truck  
Stop

Fast, Friendly Service  
by Knowledgeable  
Staff

Monday - Friday 9-5, Closed Saturdays  
**Ph. 939-2581**  
Authorized BF Goodrich Truck Tire  
Dealer

## Just Popping In...Feeling Blank

by Karen Craib

Hi there. For the last few months I've thought....I should write something. But - I've been blank, perfectly blank. I get like that with rock painting, I need to be inspired. I could have written this at 2 a.m., but I was already having trouble sleeping.

It looks like summer is over. I've put away the capris and most of the sandals. It's hard to let go of summer. I'm listening to the lawn mower as I type this.

We took our summer vacation this October. We've never been to St. Cloud in the Fall. The first thing that surprised me were the fields of corn still standing. Years ago when we first saw cornfields on the way there I said "Lutherans love corn". Now I said "Lutheran cows love corn". My friend Kristen told us the crops were bad due to lack of rain. When there were corn roasts they had to bring in the corn.

Our first stop was the Munsinger Gardens, it was still pretty. It was my first experience as a "rock fairy". I took 3 rocks from a member of our local rock group. I hid all of them at the gardens. I hid my rocks at Caribou Coffee locations. I called this Fall Coffee Tour "a 'bou a day".

The morning after we arrived I drove to 'bou before 9 so I could watch people going to work. Well there was only one other person there. We then headed to Howard Lake to visit my cousin. As we drove past lakes, green rolling hills and farms I kept hearing "why do we live where we do".

We met cousin Carol for lunch at Troubles and had our favourite pizza. She wanted us to try the onion rings. They were delicious!!! Afterwards we went to her home to visit further.

We had great meals at the Olive Garden, Texas Roadhouse and Red Robin. We had a disappointing meal at Granite City Food & Brewery, we won't be going there again.

The next afternoon we went to another 'bou location. I spotted a group of ladies knitting. Of course I had to tell them there's a group that meets Tuesdays at the Java Moose in Grand Marais. I told them how my friend and I were invited to sit and knit. They told me I was welcome to bring my knitting and join them anytime. I just might, if I remember by next summer.

The drive to Brainerd was dull, no colourful leaves, just stormy skies. We went to 'bou and the farm store. As we headed to Duluth it got prettier. As we neared Carlton there was a very large green field filled with black cows. I've never seen so many cows. It was stunning. We weren't the only vehicle to stop and take a photo. And there was one beige cow, a definite case of "one of these things is not like the others".

We shopped in Cloquet that day. They have a great farm store. We didn't have receipts but they took back our extra lawn mower blades. We got a new Cub Cadet this summer and can't use that size of blade.

The next day we headed to my favourite 'bou in Duluth. My friend drove from her home (past Hinckley) to meet us. We had a great visit. She used to own a coffee shop. She gave me a super cute, Espresso scented bar of soap.

On the drive home the prettiest leaves by far were around Silver Bay. It was breathtaking.

Yesterday was the highlight of our first week home. I went to the Cineplex to see the Taylor Swift Eras Tour concert. I loved it!! The sets were stunning, her outfits were stunning and hey - she's Taylor Swift. If I was 40 years younger and had beaded outfits I'd wear them all the time.

Today I went to a tea for my cancer support group. I really enjoyed it. Sadly afterwards I found out that Suzanne Somers succumbed to breast cancer. I didn't realize her cancer had returned.

Our trip began on the date on which 10 years earlier I found out I had cancer. It seemed fitting to go that day. 10 years ago we ran away after hearing the news. This time we went to celebrate.

I remember our first visit with my oncologist. He thoroughly explained treatment options and how each would increase your survival odds. He spoke of the 5 year survival rate. When I reached 5 years it was a big deal to me. This was an even bigger deal. And so worth celebrating. Thank you once again for going on that journey with me.

Well, once I began writing this I realized I was no longer blank. It just poured out. Now I just need inspiration to start painting Christmas rocks to hide.

I hope you have a nice November. And take a moment to remember our veterans on November 11th.

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Child and Family Centre





# Chix in the Stix Hanging On To Fall

I had robins and chick-a-dees at my bird feeder last week! I even saw a mosquito. It almost felt like spring! But it didn't last. This week the lawn has been pretty frosty in the mornings. The good news is we probably don't have to cut the grass anymore this year. There's always a bright side. The sun still has warmth but it's definitely getting hard to ignore that chill in the air. I know because I can feel it on my bare legs. I'm THAT person who insists on wearing shorts and summer footwear way past when it no longer makes sense or is smart to do so. Like in November if I can get away with it. It might be my rebellious way of refusing to acknowledge the inevitable onset of winter. I am just still deeply in love and enthralled with all things autumn and not quite ready to give it up. It is all just so wonderful. Sigh. Yesterday I saw hundreds of geese in the nearby field filling their bellies. Then today I saw my first BIG flock of geese fly overhead. The exodus should be any day now, possibly before this makes it into your hands. It really is one of the greatest sounds on earth. A symphony that most members of the global population never even get to experience. I'll never get sick of it. Count one blessing. And there seem to be so many leaves still hanging on, which makes the valley, and the surrounding mountains so breathtaking. If I knew how to make a quilt it would be the perfect subject to try and capture. Beyond that it is one of those natural wonders that you really can't capture in a photo or a painting, though Group of Seven artist Franklin Carmichael came close in my opinion. But the real thing still can't be beat and to be surrounded by it every day is magical. Count another blessing. This year for some reason it is the smell of fall that has been having a real impact on me. Smells are a big deal for me and scent is given careful consideration in almost every aspect of my life. I strive pretty much daily for the perfect mix in my home of fresh air and sweet scents from candles, incense and oils. I'm a bit of an old hippy at heart and love me some patchouli. It smells earthy to me (though my kids think it smells like sweat). And maybe that's why I love the smell of fall. It's organic and earthy with a hint of sweetness. I think when I mix and match other scents in my life maybe it's my attempt to try and capture that smell, and how it makes me feel. Grounded. Close to the earth. Close to all things natural. If you live in the country you can't help adding to that potpourri some robust fertilizer being sprayed on the fields that surround us. As a kid I would NOT have appreciated that smell. But when you recognize the life cycle of these fields and all that it involves and how important they are to our community, well the smell begins to represent so much more and isn't the least bit offensive. It becomes the smell of nourishment, progress, optimism, growth, rebirth and the hope of better days and prosperity ahead. I'm latching on to that! All I know is this fall has been wonderful for me. Backyard weiner roasts under the stars where the air is crisp enough that you have to stick close to the fire to keep warm. Best times ever. Count another blessing. And if I had all your numbers I probably would have called you on more than one occasion this past month and told you to get up and grab your housecoat and slippers and get outside at 3am because the night sky was so breathtaking. And I know there will be snow and hard work coming soon but I'm hanging onto the beauty of fall for as long as I can. Hope you are too. And I'll start wearing long pants any day now. But I'm still not gonna wear socks and you can't make me. Once a hippy always a hippy.

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**Slate**  
**River W.I.**  
**Submitted by**  
**Dodie**  
**Legassick**

Hopefully, you have picked up one of those large bags of beets on sale along with some cabbage or that you have these two vegetables stored from your garden because I have a great condiment recipe for you. This beet relish is quite easy to make. It's full of nutrients like iron, potassium, fibre and iron. It's wonderful as part of a sandwich or as a fresh condiment with any meat or rice dish if you prefer vegetarian. Worth trying.

**NIPPY BEET RELISH**

4 cups chopped cooked beets  
4 cups chopped cabbage  
1 cup grated horseradish  
1 tsp. pickling salt  
2 cups vinegar  
2 cups sugar  
Coarsely grind the beets and cabbage. Combine together with the horseradish. You can buy prepared horseradish but do NOT use the creamy horseradish just the plain. Mix well. Sprinkle with the pickling salt. Scald the vinegar (don't boil it) and dissolve the sugar in the vinegar. Add this to the first mixture into a pot. Heat all together and cook until the vegetables are clear by simmering five minutes and stirring constantly. Seal at once in hot sterilized jars. Store in a cool, dry place. Yields 4x2 cup jars.

To keep you warm as winter introduces itself, here's another comforting soup recipe. The Finns call this Kalakeitto. My family calls it Fish Soup. I love the hint of allspice that permeates the milky broth. It contains all the protein, the veggies and the dairy you need for a nutritious lunch or supper. Don't forget to create a side of buttered bread, toast or a sandwich to extend the meal. This will warm you.

**FISH SOUP**

1 lb. fresh fish fillets ie salmon, trout, pickerel  
1 large onion sliced thin or diced  
4 cubed potatoes  
whole allspice  
salt and pepper  
1 cup milk  
Water

Boil the potatoes, onions with some whole allspice in enough water to cover the potatoes until the potatoes are partially cooked. Add the fish. When the fish appears cooked, stir in 1 cup of milk, preferably whole milk. Add more milk if needed. Reheat gently but do not boil. Season with salt and pepper.

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The popular LRCA 2024 Calendar will be available for free beginning this month (November). Be sure to look for it at your municipal office and select businesses such as Safeway, Waverly Public Library, LU Bookstore and more. The LRCA will also have some copies available at our Administrative Office at 130 Conservation Road. The calendars go extremely fast, so be sure to get yours while supplies last! Thank you to all of the sponsors for making this calendar possible for another year.

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