





# The Kakabeka Falls Half Marathon & 8K

by Jim Gilbert

The Kakabeka Falls Half Marathon & 8K is particularly grateful to our sponsors – it is our sponsors who make our event possible.  
**A big thank you to our Runners Aid Station Sponsor** – these folks support both the Legion as well as the participants by running the Aid Station to our participants at Mile 3.5, Mile 8 and Mile 11.3 sponsors.

**The Ontario Public Service Employees Union**  
**Mark Thomas of BioPed (Thunder Bay) Footcare Inc.**  
**The men and women of the HMCS Griffon**

**We also want to thank those sponsors who sponsored a Mile of the Half Marathon Course**

They are:  
Mile Marker 2 Sponsor  
Miller Maintenance

Mile Marker 9 Sponsor  
Sullivan + Associates Clinical Psychology

Mile Marker 10 Sponsor  
Evergreen Pharmacy (Kakabeka Falls and Rosslyn locations)

Mile Marker 11 Sponsor  
M. J. Mosley Respiratory Therapy  
MDAC CPAP

Mile Marker 12 Sponsor  
Ignite Behaviour Consulting

Mile Marker 13 Sponsor  
Ryan Stachow from Performance Kia

We had two KM sponsors for our Full marathon this year.  
KM 4 was sponsored by Green Acre Variety  
KM 19 was sponsored by Telstar Motel

**We would also like to recognize and thank our two artist sponsors this year.**  
Returning for her 6th year – Yuk Sem Won of Yuk Sem Won Visual Arts who donated the first-place awards for male and female first finisher in the Half Marathon as well as the award for Runners Favourite Aid Station  
And Nora Logan-Of Logan Art Creations who donated her own original work to the top three male and female finishers of the Full marathon as well as a beautiful print of the Falls as a Draw Prize

**We would like to thank those in-kind sponsors:**  
Kakabeka Falls Provincial Park  
Fresh Air  
Kakabeka Crystal  
Metro in the Arthur Street Marketplace  
Chris Vaclav of Design House Publications  
Prince Arthur Waterfront Hotel  
Persian Man  
Performance Kia  
Impact Promotions

**We want to thank two groups that volunteered to set up a water station on the Full marathon Course -**  
The Crew from CIBC Run for the Cure – being held on October 1  
The Community Baptist Church in Murillo

And finally, a special tip of the cap to our Emcee – the voice of running in Thunder Bay - **Mr. Alan Cranston**

Also for making our opening ceremonies so special, John Currie and the entire Thunder Bay Police Pipe Band as well as the gunners from Fort William Historical Park

**Race Day next year will be August 18, 2024 – and registration will open on Feb 2, 2024 – Hope to see you there!!!**



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**LOCATION:**

**WEST THUNDER**

**COMMUNITY CENTRE**

**DATE/TIME:**

**SATURDAY, NOVEMBER 4<sup>TH</sup>**

**10AM TO 3PM**

**FREE ADMISSION**



Council News
2023 COUNCIL MEETING SCHEDULE

Table with 2 columns: Meeting Date, Meeting Time. Rows include Tuesday, October 10, 2023 (5:00 PM), Wednesday, October 25, 2023 (9:00 AM), Tuesday, November 14, 2023 (5:00 PM), Wednesday, November 29, 2023 (9:00 AM), and TBD - December 2023.

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

• Approval of the final draft version of the Budget 2024 Survey; That the budget meeting dates of November 22nd at 8 am and December 14 at 8 am be approved; Supporting the Royal Canadian Legion Manitoba/NW Ontario Command by purchasing an advertisement in their publication; Adoption of Official Plan Amendment #5 to the Official Plan; Awarding the contract of water-proofing of the Murillo Hall South Wall to Groundhogs Property Services, the contract to Replace the Murillo Hall Roof to Triad Contracting and the contract for paving repairs to the Rosslyn Hall parking lot to Fata Paving; Engaging the Walkerton Clean Water Centre to do additional work for the Pilot Testing Project at the Rosslyn Water Plant; Authorizing the purchase of a Sea Can to house the testing equipment and to engage Kozar Engineering to do engineered diagrams for the incorporation of the filtration system into the water treatment system; Approval of the negotiated Memorandum of Settlement between the Municipality and LiUNA Local 607; Approval of the hydrant By-Law for the Rosslyn Village Drinking Water System.

Submitted by Mayor Lucy

COME AND ENJOY AN AFTERNOON OF MUSIC, HOSTED BY KAKABEKA LEGION SUNDAY, OCTOBER 29TH 2 P.M.-4 P.M. JUST 4 YOU BAND (Jerry Wark, Rob Dowhaniuk, Harold Zweep, Vince & Lois Lofts) CASH DONATIONS AT THE DOOR FOR RURAL CUPBOARD FOOD BANK DANCING WELCOMED!! JUST COME AND LISTEN AND ENJOY ALSO! COFFEE AND GOODIES AT INTERMISSION GREAT TIME OF FUN & FELLOWSHIP! COME AND PLAY OR DANCE, SIT AND ENJOY AN EVENING OF MUSIC WITH MUSIC JAM HOSTED BY THE KAKABEKA LEGION AT THE LEGION - 7 P.M. TO 9:30 P.M. SUNDAY, OCTOBER 15TH, 2023 ARRANGED BY JERRY WARK & HAROLD ZWEEP!! CASH DONATION AT DOOR FOR RURAL CUPBOARD FOOD BANK! DANCING WELCOMED! OR JUST SIT AND ENJOY THE MUSIC! COFFEE AND GOODIES AT INTERMISSION!! HELD THE 3RD SUNDAY OF EVERY MONTH!!

Slate River W.I. Submitted by Dodie Legassick Now that we are moving into colder days and nights it’s time to start making soups. Soups are easy to prepare, inexpensive and with the addition of a sandwich make for an easy supper. In the fall we tend to drink less water so soups can keep you hydrated. They are a good way to use up the garden vegies .A simple chicken soup made by slow cooking chicken,onions, garlic, carrots, celery and some greens like kale or cabbage and herbs, all in a broth or water, produces a soup that’s great for a healthy immune system. Soups also freeze well. Here are two easy recipes packed full of vitamins and simple comfort. IDA’s FRENCH PUMPKIN SOUP by Ida Towell A. Cook over low heat the following for twenty minutes 3 tbsp.butter 2 lbs. pumpkin peeled and diced 1/4 tsp. mace or nutmeg Add 1 cup water B. Add 1 cup milk Salt and pepper Cook for ten minutes more then use a hand blender or sieve to create a smooth texture. C. Then add 1/2 cup light cream Bring just to a boil and serve hot as is with bread and butter or garnish with croutons Ida wrote this at the end “ my mother used to add little homemade dumplings made from egg and flour cut into very small pieces.” Today people often put a dollop of sour cream or a spoonful of plain yogurt into the middle of each bowl. COUSIN JUDY’S HOMEMADE MUSHROOM SOUP by Shari Pinner Simmer 20 minutes 1/2 lb. diced fresh mushrooms 1/4 cup onion 2 chicken cubes 2 cups boiling water In a large pan melt 1/4 cup butter Add 3 tbsp.flour 1 and 1/2 tsp.salt 1/8 tsp.poultry seasoning Add 3 cups milk stirring constantly till thick and smooth Bring to boil and add mushroom mixture This soup could be garnished with a sprinkle of paprika or black pepper or topped with a fresh herb. Some crusty garlic bread on the side would make a tasty addition. Submitted by Dodie LeGassick for the Slate River Women’s Institute.



JACKPINE SALON 2112 OLIVER RD jackpinesalon.com

SOMA FREE DANCE WITH Warmwood House 7:30-9:30 PM EVERY 3RD FRIDAY/MONTH MURILLO HALL ecstaticdance.org/dance/soma-free-dance \$20 SUGGESTED



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**ISA ONTARIO**

# 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, October 18***  
***Registration 9 am to 11 am***  
***Drive-Thru Pick-up***





# CHIEF'S CORNER

by Sean Horan, Fire Chief

## October is here! October means Fire Prevention Week!

This year, Fire Prevention Week runs from October 8th to 14th and the theme is:

Cooking safety starts with you!

Unattended cooking is a leading cause of home fires in Ontario. Some tips to improve your cooking safety:

- 1) Be Alert- Do not cook if you are sleepy or are impaired by alcohol, drugs or medicine that makes you drowsy.
- 2) Never leave the kitchen while you are cooking. If you must leave, turn the stove off.
- 3) Keep the space around the stove top free of oven mitts, dishcloths, paper towels etc
- 4) Keep a lid that fits the pot or pan that you are cooking with close by. If a fire starts, put the lid on the pot and turn the stove off. Wait until the pot or pan is cold before you take the lid off.
- 5) NEVER try to move a burning pot or pan if it is on fire! If you can not cover it with a lid, and have no means of controlling the fire safely, get yourself and your loved ones out of the house and call 911.

- 6) Never cook with long or loose clothing that may hang over a hot stove. Clothing can catch fire very easily and quickly.

If Fire Prevention Week is not exciting enough for you, how about Halloween! The one night when all the ghosts and goblins come out to terrorize our neighborhoods. To improve the safety for all creatures roaming the streets, ensure everybody has battery operated flashlights or glowstick to increase visibility. When choosing costumes, consider not using masks that will limit your visibility or costumes with long trailing fabric that increase the risk of tripping.

For all you parents out there, please slow down when driving on Halloween night and watch out for our children!

If you are out trick or treating around the Kakabeka Falls, Rosslyn or Murillo Fire Stations, stop by for some treats and fire safety information for the kids.

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



First male finisher half marathon Nelson Pasciullo  
Presenter: Yuk-Sem Won of Yuk-Sem Visual Arts  
Jim Gilbert Photo



**We need to be prepared for an emergency too -  
Don't forget your pet**

Include ALL your family members in your family plan

OLIVER PAIPOONGE NEWS



**Be Prepared**

This month in Be Prepared I want to talk a little about helping our children cope when emergencies happen. I think we can all agree that it is not a matter of IF an emergency is going to happen to us, it is a matter of WHEN an emergency is going to happen. As a parent or guardian, it is important for us to know what to do to help our kids cope with an emergency. The first thing is to recognize that emergencies can be very stressful for children. We need to be strong and supportive for kids. Children can feel stress deeply and we can't ignore or diminish that stress. As a parent, the key to helping your child cope is simply to be there and make them feel safe and secure.

Some other tips include:

- Take their fears seriously and tell them that it's okay to be scared. Reassure them that they're safe and that you'll continue to help them when they feel afraid.
- Ask your children about their fears, feelings and thoughts on what has happened.
- Explain the events as best you can and

acknowledge what's frightening about what happened.

- Tell your kids what you think and feel. Doing so helps them feel less alone if they know that their feelings are like yours.

- Maintain familiar routines, like mealtimes and regular bedtime hours. These are comforting and help reinforce a child's sense of security.

While parents can play a huge role in helping children deal with feelings of anxiety, sometimes it may be helpful to talk to a professional such as a psychologist, social worker, physician, nurse or psychiatrist who can help children understand and cope with their emotions. There is no shame in asking for help for your children, and if you as a parent are struggling with the effects, please reach out for help, for yourself and your children.

Stay safe and Be Prepared!

Sean Horan  
Fire Chief/CEMC

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## The Rural Pharmacist: Flu Shot Season is Around the Corner!

by Devon Myers, Reigning Slate River Valley Rural Heritage Days Celebrity Plow Match Champion, and Pharmacist/Owner of Evergreen Pharmacies

Yes, you read that correctly. I will now be writing the monthly entries of the Rural Pharmacist as your reigning plow match champion! Jokes aside, I want to thank Susan McCrury for inviting Evergreen Pharmacies to attend this year's festival as well as all the other staff members for putting on such a fun event. Since I've proven that I've got the chops to hang with the folks in Slate River, maybe we can convince Henry to try his hand with a plow next year!

Now for the real business: flu shot season is just around the corner. We've had patients inquiring about the flu shot since as early as July and I'm happy to finally make available some concrete information for you. At the time of writing this article, the Ontario Ministry of Health had recently released a statement suggesting that flu shots would be

available by mid-October this year. Don't hold your breath as history would suggest that this is simply an estimate. However, give-or-take a week and, I think we'll likely see shipments arrive at the pharmacy within the second or third week of October.

Do you want to stay informed and find out exactly when we receive stock? Do you want to book your flu shots online and fill out your screening questionnaire before you even arrive at the pharmacy? The solution is simple: JOIN OUR NEWSLETTER! Our intent is not to overwhelm you with content you don't need. We use our online newsletter to share valuable information that we think our patients would appreciate. For example, the availability of flu shots and COVID-19 vaccines, links to online booking for appointments etcetera.

Joining the newsletter is easy! Simply go to our

website, [evergreenrx.ca](http://evergreenrx.ca), and scroll to the bottom of the webpage. When you see "Sign Up For Our Monthly E-Newsletter", enter your email address and hit the sign up button. That's it. If you're having any trouble, give either of our pharmacies a call and staff member will help you out.

Among the vaccines being distributed in Ontario are the Quadrivalent Inactivated Influenzae Vaccine (QIV) and the high-dose Quadrivalent Inactivated Influenzae Vaccine (QIV-HD). Big names, right? Basically, it just means that these inactive (not consisting of live virus) vaccines protect against 4 strains of influenzae virus that we think will be circulating during the flu season this year.

Most individuals 2 years of age and older are eligible for vaccination with the regular quadrivalent vaccine at the pharmacy. In contrast, the high-dose vaccine is reserved for those over the

age of 65. The idea is that as we age, our immune system isn't as effective at recognizing the influenzae vaccine. To counter that, a higher dose is given. However, the amount of high dose vaccines that are distributed is limited. We'll do our part to make sure that the right patients get the right dose. And if stock runs out, no problem! It's much more important to get a dose of regular vaccine than to wait for future stock that may take a while show up. Remember, it will take a few weeks after your injection for the vaccine to become effective.

Stay tuned for information about the most recently approved COVID-19 vaccine. Also, we'll be reporting on the newly approved vaccine for respiratory syncytial virus (RSV). But how will you get this information!? Hmm ... signing up for our newsletter is probably a good start! Until next time. Keep your furrow straight!

### 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 Rosslyn Library**  
(Stretch bands and balls on Tuesday, weights on Thursday) *Please bring indoor shoes and weights.*



We are considering a week day/evening  
craft/bake sale in December at Rosslyn Hall.

If you are interested in participating, please call  
Rosslyn Library at 939-2312 or email  
[oliverpaipoongelibrary@gmail.com](mailto:oliverpaipoongelibrary@gmail.com) and let us  
know by Wednesday October 18<sup>th</sup>

## CRIBBAGE

BEGINNERS WELCOME!

**EVERY TUESDAY 1 P.M.**

**ROSSLYN COMMUNITY CENTER**

**3405 ROSSLYN ROAD**



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## Carpet Bowling for Seniors Rosslyn Community Centre

Sponsored by Rosslyn Library

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

**Beginners welcome!!**



**Rosslyn Hall  
every Friday**

**1 - 3 pm**

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more information.

**Please bring indoor shoes!**



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## An EarlyON Storytime Adventure

**Tuesday, Oct 17<sup>th</sup>**  
1:00pm-2:00pm

We're taking storytime on the road to the Rosslyn Library! We will be meeting at the library to enjoy some engaging tales, free play and crafts!

All ages welcome, no pre-registration necessary!

Call the Rosslyn Library at 939-2312 or ask a Rural Family Centre staff member for more information!


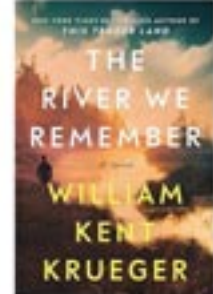




## Story Time with Kelsea

Every Thursday at 11:00 am  
at Rosslyn Library

# Cozy Up with a Good Book!

<p><b>Murillo Library</b> Monday 10 – 8:00 pm Wednesday 10 – 8:00 pm Saturday 9 – 12 pm 935-2729</p>	<p>Email: <a href="mailto:oplibrary@tbaytel.net">oplibrary@tbaytel.net</a> Website: <a href="http://oliverpaipoonge.olsn.ca">http://oliverpaipoonge.olsn.ca</a></p>	<p><b>Rosslyn Library</b> Tuesday 10 – 8:00 pm Thursday 10 to 8:00 pm Friday 10 – 3:00 pm Saturday 1 – 4:00 pm 939-2312</p>
 <p><b>Murillo Library will be closed on Thanksgiving Monday October 9<sup>th</sup>.</b></p> 	<p>Thank you to Lorraine Leveque for sponsoring the purchase of the latest novel by William Kent Krueger!</p> 	 <p><b>Rosslyn Library will be open until 8:00 p.m. on Tuesday October 31<sup>st</sup>.</b> If you are in the neighbourhood for 'treats' stop by the library!</p>



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### **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  
Chair – Dan Breukelman 624-8052  
Clerk – Joyce Vis 630-4632  
Sunday Service 10 a.m.

### **The Village Church**

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Phone 807-475-7424 or email  
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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/  
Phone/Fax-939-1364 pinegrove@tbaytel.net  
www.pinegroveUC.org

### **Redeemer Lutheran Church**

P.O.Box 179 Kakabeka Falls, on. P.O.T 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.  
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Thunder Bay, ON P7E 2V6 Ph 626-5666  
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## EXCAVATING & EQUIPMENT RENTALS

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PH: 626-6267  
dig1@tbaytel.net

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

52 Haniak Rd, Rosslyn  
Ph 939-1014, Email office@petesbackhoe.com  
Dump Trucks, Excavation, Lot Development

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577-1988 or davebuobtrucking@live.ca

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hhimp@tbaytel.net

## **DOG TAGS FOR 2023**

Residents can purchase dog tags for \$15.00/year at the  
following locations:

**Oliver Paipoonge Municipal Office, 3250 Hwy 130,  
Rosslyn ON P7K 0B1**

**Wildwood Variety, 5531 Dawson Road**

OR click and print the form at:

https://oliverpaipoonge.ca/application/files/7015/7866/7828  
/Dog\_License\_Registration\_Fillable\_Form.pdf

Fill out the form and mail it with payment by cheque; or  
bring it in person if paying by cash or debit to any of the  
above locations.

***Deadline for NOVEMBER's Oliver Paipoonge  
News is OCTOBER 20!***  
**designhouse@tbaytel.net 628-7271**

**REMINDER: Burning permits are required all year. Charges  
will be laid if you burn without a permit. Daytime burning is  
allowed from Nov 1 to March 31. Burning Permits available at:  
both libraries, LULUS, Rosslyn Service, Wildwoode Variety,  
Valley Store in Murillo and also online at**

**www.oliverpaipoonge.ca.**

You are not allowed to dispose of used oil, paint at our landfill site. The Municipality is no longer accepting appliances that contain Freon. In order for these appliances to be accepted at the Landfill Sites, they must have the Freon removed by a Certified Refrigeration Specialist and tagged to indicate that they are Freon-free. Once the Freon is removed and the appliance is tagged, it can then be disposed of in the designated area at either Landfill Site without charge. You must present both your Landfill Access Card and Photo ID (driver's license) to the Landfill Site Attendant upon arrival effective July 11, 2015....landfill sites are for residents only. Non profit event planners can submit an online request to have their event placed on our municipal calendar located on the website. Go to our website www.oliverpaipoonge.ca and click on the events calendar icon on the home page and from there click on the link "submit an event" for free advertising. Remember to RECYCLE – our sites are filling up with recyclable items. The Municipality is legislated to recycle, so please do your part!! We remind residents that charges can be laid in regards to insecure loads and garbage flying onto the roads. Please ensure your garbage is secured in your vehicle or trailer!  
**Remember: You must have your pet under your control at all times. DOG TAGS are av available at Municipal Office, Wildwoode Variety on Hwy 102**

## **COUNCIL & STAFF**

### **Contact Information**

**Office Located at 3250 Hwy 130, Rosslyn ON P7K 0B1**

## **COUNCIL**

### **Lucy Kloosterhuis, Mayor**

mayor@oliverpaipoonge.on.ca  
807-473-5658 (office)

### **Bernie Kamphof, Councillor**

councillorkamphof@oliverpaipoonge.on.ca  
807-935-3344

### **Dan Calvert, Councillor**

councillorcalvert@oliverpaipoonge.on.ca  
807-620-7777

### **Donna Peacock, Councillor**

councillorpeacock@oliverpaipoonge.on.ca  
807-627-7016

### **Allan Vis, Councillor**

councillorvis@oliverpaipoonge.on.ca  
807-935-220



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# Chix in the Stix

## For the Love of Seasons

This is my favourite time of year! And it's a season that gets me right in the feels. I mean the changing seasons at the best of times stirs up all my emotions, but especially fall. The change in temperatures and the change in light can have a profound impact on one's body, mind and soul! Good to be aware of that and to be extra kind to yourself during these times of change. And while I do feel like it is way too soon to be facing another winter when the memory of the previous one is still lingering, I am still looking forward to each and every crispy sunny colourful day in the coming weeks. We really are blessed to live in a country that has 4 distinct seasons. And most days I love them all. But there are of course days when I think of the hard work of winter and it's easy to start daydreaming about living in a more tropical climate. I've done some research and Costa Rica seems nice! And I'm sure you can come up with some suggestions of your own. They will all have their up-sides, but I also find that most of them have some down-sides too. Usually related to natural disasters, or deadly wildlife, snakes and other venomous critters I can live without. In the end I will take our country, and this province, and this community hands down. And while I know there are other places that are lucky enough to have 'seasons', our four really are the best. In fact I think that one of the reasons that we Canadian folk are generally kind, compassionate, polite and other good things, is partly because we live with 'seasons'. I mean whether we like it or not, from the time we were itty bitty we have been practicing a lot of soft skills without even knowing it. Every year we have experienced longing, patience, anticipation, excitement and joy, followed by resolve, anticipation again, loss and even grief. This whole cycle of the seasons really impacts our lives in ways we probably haven't even considered. I mean growing up our school year alone was driven by the seasons. Summer and end of the school year was always what we longed for. Fall was a bit of sad time because it meant the holidays were coming to an end. Thank heavens we had Thanksgiving and Halloween to take our minds off it a bit. Winter wasn't bad when we were young (not so much as you get older) and of course there were snow days to hope for and Christmas to look forward to. Then there was that sort of long 'dark' period where we had to wallow in what was and just wait it out till there was a change again and next thing you know we could see the bright light of summer in the distance again. I still find it hard to shake the notion that Fall is the real new year and that preparing for a new school year is the real clean slate we all look forward to to motivate us to get organized for winter. I'm not sure what people do who have summer weather all year round. I wonder if I'd get sick of it. Or if I would come to take it for granted. I probably wouldn't appreciate it the way I do now. Where we live we have no choice but to seek out and embrace something even from the seasons that might not be our favourites. We have learned to look for the good in things. I love summer, but am not a fan of the heat, but there are many other things that make summer grand. I am not a huge fan of winter, but I do cherish the cozyness of winter when we hunker down inside. I'm not a big fan of the spring mud, but I do love the possibilities of spring and the signs of re-birth. And fall is the winner for me. The bugs have retreated. The sun may not give us as much warmth, but it's still there. The nights are clear and you can enjoy them earlier. The first whiff of a neighbours wood stove is almost euphoric. And the foliage is a masterpiece. Keep your eyes open. It goes by so fast. Fall. The seasons. And the seasons of Life. Embrace every moment, every sense, every memory along the way. Don't judge your year, or your life based on one season only. There will always be good ones and better ones behind us and ahead. Every season has a purpose. And when things get tough you can count on there always being a change ahead. I am facing this fall season with immense gratitude that we live somewhere where we get to experience these miraculous changes and the palette of emotions it affords us. With or without pumpkin spice, I am wholeheartedly and sincerely giving thanks this year for every season, every encounter, every experience and relationship, every smell,sight and sound along the way. Happy Autumn and Happy Thanksgiving rural neighbours. Wishing you the best!

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**Connect with other Families!**  
(for children 0-6 years)

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\* EarlyON Child and Family Centre -  
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For more info, please:  
Email: [ruralfrcc@tbaytel.net](mailto:ruralfrcc@tbaytel.net) or  
Private FB message us or  
Call: 935-3009

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

page 10, The Oliver Paipooonge News, October 2023 - Sweater UP & Go Outside!





# October Events

[gilliescommunitycentre@gmail.com](mailto:gilliescommunitycentre@gmail.com)  
#1835 HWY 595 South Gillies

## MONDAY EVENINGS GENTLE FLOW YOGA

4 week gentle flow yoga series  
October 9, 16, 23 & 30  
7:00pm - 8:00pm  
Suitable for beginners  
\$50 for the series  
\$15 \*drop-in option\*  
Register at  
[krista.bannan@gmail.com](mailto:krista.bannan@gmail.com)  
(306)581-2444

## TUESDAY MORNINGS PLAYGROUP

Join us for FREE playgroup  
10:00am-12:00pm  
Ages 0-4 accompanied by a parent  
Follow the Facebook Group for updates!

### OCT 12

#### Cornhole League Begins!

Join our new Cornhole League at the Gillies Community Centre  
We meet every Thursday evening at 7pm to play  
Contact Andrew for more details or to register  
[gcc.president@outlook.com](mailto:gcc.president@outlook.com)

### OCT 21

#### Halloween Family Dance Parties

Kids party | 5pm - 8pm | \$2 entry | Pumpkin carving contest, treats & more  
Adults party to follow at 9pm | \$10 entry  
Cash bar, concessions, contests and surprises!  
[All details on Facebook](#)

### OCT 27

#### Waldorf Play Group

10:00am-12:30pm  
Join Melanie for a Waldorf inspired playgroup  
Please bring a fruit to share for snack time  
Email Melanie for more details [melkaltenbach@gmail.com](mailto:melkaltenbach@gmail.com)

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THE GILLIES COMMUNITY CENTRE IS DONATION BASED & VOLUNTEER RUN.  
THANK YOU TO ALL OF THE VOLUNTEERS AND THOSE WHO DONATE - WE ARE INCREDIBLY GRATEFUL!





## Lakehead Region Conservation Authority

*submitted by LRCA Staff*

The Level I Low Water Condition declared on August 3, 2023, for the LRCA Area of Jurisdiction, remains in effect. This declaration is based on one-month and three-month received precipitation and observed flow conditions in area streams when compared to the lowest average summer flows. Affected residents (households utilizing private wells) are advised to monitor their water levels and usage, as they may experience shortages if the lack of precipitation continues into the fall.

The LRCA's 2024 Explore Card Parking Pass will be available for sale on November 1, 2023! Explore Cards can be purchased by visiting our webstore ([www.store.lakeheadca.com](http://www.store.lakeheadca.com)), by calling us at (807) 344-5857 or at our Administrative Office at 130 Conservation Road in Thunder Bay. 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, and a great gift idea. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. 2024 Explore Cards are valid from November 1, 2023 until December 31, 2024.

Attention teachers: the LRCA offers a variety of outdoor environmental education programs, including field trips to a Conservation Area, outdoor programming at your school, and in-class presentations. If you are interested in booking one of our excellent programs, please contact us by emailing [education@lakeheadca.com](mailto:education@lakeheadca.com).

Autumn is a wonderful time to explore a Conservation Area. The falls colours are now in full swing, and the weather is cooling off a bit which means less bugs. While visiting a Conservation Area, please note that all pets must be on-leash at all times and picked up after, place garbage in the proper receptacles, and remember that campfires and overnight camping are prohibited.

### TAKE OFF POUNDS SENSIBLY



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

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#### TUESDAY 5:10:00 AM

Baptist Community Church  
Corner Mudlake & Oliver Rds.  
Munillo  
CONTACT 807-577-5924

#### TUESDAY 5:30 PM

Blake Community Hall  
71 Blake Hall Road  
Neebing  
CONTACT 807-577-5924

#### WEDNESDAY 5:30 PM

O'Connor Community Center  
330 Hwy 595  
O'Connor  
CONTACT 807-577-5924

#### TUESDAY 5:10:15 AM

Hope Christian Reform Church  
1315 Crawford Ave.  
Thunder Bay  
CONTACT 807-577-5924

### Thank You!

I would like to thank all the visitors and volunteers who helped to make this year such a special one at Oliver Paipoonge Heritage Park. Our visitors came from near and far; from the Thunder Bay and rural areas as well as the United States and overseas. In our guest book some of the sign ins were: 'Imalda & Steven of Derby, United Kingdom, Sepherl family of Grabenstatt, Deutschland (Germany), Jerry from Westville, N.S., Paul and Anna of Layton, UT, Ryan of San Jose, CA, Stefane & Nolan of Calgary, AB, Sue & Mana of Luxemburg, WI, Shirley of Sydney, NS, Madeline of Ireland and Jimmy of Palm Desert, CA. So as you can see our visitors are a diverse group. It is always so interesting to visit with them and hear their thoughts of our area and especially of OPHP. Some comments were: 'excellent display. Sooooo interesting!', 'this is what our city should be making a priority—history', 'so much to see and take in-marvelous! Thank You', 'we will be back next year'.

OPHP was a hub of activity this year. We had a variety of entertainment on stage almost every weekend, vintage car visits, kid's art classes, clowns, crafts and games. We hope everyone who came out enjoyed their visit. Why not bring your out-of-town visitors next year or make a family day of it. We encourage groups and businesses to consider a pre-booked visit and tour our great displays. Have you thought of where your 2024 staff picnic will be? We can help you with that!

Until next season, I hope your winter is a great season for you and don't forget to consider us in your summer plans next year. To make early arrangements, contact the municipal office at 807 935 2613.

-Jean Mayo

### Racing Memorial Celebration-September 17, 2023

By Jean Mayo

There was a fabulous turn-out for this event held at Russ's Garage at the Oliver Paipoonge Heritage Park on September 17. Many people came together to honour those who raced, swapped stories and view the impressive auto and racing collection and memorabilia on display. Drivers of the past and of today gathered along with sponsors, pit crew, fans and families. They are all such a big part of this sport. Merv Dove, who is over 90 years old and raced at the Canadian Lakehead Exhibition track in the 1950's, shared stories of past races. His pitman and life-long friend, Bruce Larsen, was at his side. Both can still be seen at the Wednesday night racing on a regular basis. Also present were track officials from the new Thunder City Speedway. Members of the Richard Schutte and Nadin families, who are directly responsible for the fabulous new race track in our community were also in attendance. We all thank you for your great efforts in this endeavor. Miriam Kettering and her racing family were also present.

Outside of Russ's Garage on full display, is the Bunny Massaro #9 car, the A&W car, the Jeff Marshall/Greg Dupont B Mod that raced up until last year and the Jimmy Bolduc car and trailer. Jimmy, who was a true-life real character, was lost in a tragic accident. Many people brought in and donated family racing photos and memorabilia for the racing facility.

We would like to thank Don Young for helping to organize the event and for providing the luncheon. Also, a big thank you to Johan Vas for doing extra promotions for us. It was so good to see such a large number of the racing community and public come together to support this racing event. Racing in the Thunder Bay area is over 100 years old!

### Items from the 1972 Thesis written by Fred Goodfellow, founder of the OP Heritage Park, "Museums...Their Operation and Educational Values"

I had the feeling that people weren't interested in museums!!! Ironically the help received was from young children that lived nearby. They cleaned and blackened some old box stoves and to this day their names are on a placard proving that they have participated in Canada's Centennial. One child wasn't allowed to return because he had dirtied his clothes and the parents showed no interest in what he had accomplished.

"If we could cure the apathy of parents we wouldn't need to worry about the children".

This museum caters to many tastes. Its diversity, although creating many problems does have the advantage of a wider range of appeal. As a boy of ten, I had the good fortune to visit Henry Ford's Greenfield Village and see at first hand the articles of the interesting and intriguing world of an earlier generation. This experience has not been forgotten and was, I believe, instrumental in giving me a sense of appreciation of the past and a purpose to provide others with a similar opportunity.

This, in brief, is my background for this paper. Entering the year 1972, no interest has yet been shown by educators and still less by tourism officials whose cars pass by daily. An awakening must take place if we wish to instill within the youth an understanding of the problems faced by an earlier generation.

Importance of Museums:  
Museums provide links in the chain of history which provide a continuity between past and present cultures as well as a forecast for the future. In our present jet, pet and debt age, and in our philosophy of planned obsolescence, museums must assume ever-increasing responsibilities. The articles of today, due to mass production techniques and high labour costs, do not possess the pride of design or the steadfast qualities of their forbears.

In our sophisticated machine age, viewers, particularly at the elementary level, will have trouble in understanding the operation of those automatons-especially so if early models are not preserved to show the preliminary thinking and fundamental concepts which prefaced the present scientific items in use. Continued in next issue...

Written by Fred Goodfellow 1972  
Submitted by Lois Garrity, Curator





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# STEM Club!

- ✓ Wednesday nights
- ✓ 6:30-8:00 pm
- ✓ Ages 5-12
- ✓ Slate River Baptist Church
- ✓ Starts October 11

**NEED MORE INFO?**  
<https://slateriverbaptist.church>  
Pam at 625-0292

*Nate Saint, missionary pilot →*



**STEM activities, Bible Stories, & Snacks**



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## Stay Fire Safe this Halloween

Use a **battery-operated candle** or **glow stick** in jack-o-lanterns.

When choosing costumes, **stay away from long trailing fabric.**

Teach children to **stay away from open flames**, including jack-o-lanterns with candles in them.



[ontario.ca/firemarshal](http://ontario.ca/firemarshal)





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