

Thanks so much to Karen Craib for this beauty shot on a stormy day on Fraser Road!

Valley Central Students helping out with their annual headstone cleaning at Stanley Cemetery

by Jim Gilbert

On Monday June 12 approx 45 grade 6, 7 and 8 students from Valley Central Public School spent the afternoon at the Stanley Cemetery. This has become an annual event, of cleaning off Veteran's headstones of what Mother Nature throws at them over time. Once the Veteran's areas were completed, the students went over to the west side of the cemetery and did a great job cleaning up of most of the other headstones, removing grime, sand, dirt and other organic matter from the headstones and the immediate area.

Special thanks to the members of the 18 (Thunder Bay) Service Battalion Senate for organizing this event again this year - and thanks to the Kakabeka Legion for putting together an awesome lunch of Hotdogs and Hamburgers for all of the participants. The Northwestern Ontario Military and Police Museum even brought over a 1954 M37 3/4 ton SMP truck which the students had the ability to check out first hand. Several members of the Senate, and the Legion who were present - not only drove those vehicles when they served, but even one of them regularly was responsible for fixing them up when they weren't working just right. The students had a lot of great questions about the military, and military life which were deftly handled by the Members of the Senate, and Legion Members who attended

Slate River Women's Institute **Annual Strawberry Social**

Where: Kakabeka Legion, 4556 Highway 11/17

Date: Thursday, July 13, 2023 Time: 6:30 PM - 8:30 PM

Cost: \$8.00 Various tables: White Elephant, Books, Baking and much more.



KB Legion and KP Park Team up for fun run on Healthy Parks, Healthy People Day July 21, 2023

July 21 marks the annual Healthy Parks, Healthy People event in Ontario Parks. This year - the Kakabeka Legion and the Kakabeka Provincial Park will be putting on a 5 K fun run for all ages, and all abilities in the Park, The 5 K course will run over part of the same course as the Kakabeka Half and Full Marathon. Come run/jog, or walk along the Poplar Point Trail on Friday July 21 starting at 1 pm. Unlike most fun runs, strollers and pets, on leashes of course, are more than welcome to participate.

The course starts at the top of the Big Hill in the Park - just before the entrance to the Electrical Sites and then progresses through the Poplar Point Trail and then down to the Falls where the finish line awaits. As it is Healthy Parks, Healthy People day - all parking in the Park is free -so your only cost is the registration fee of just \$10. Once you are done then you can check out all the other cool activity going on that day in the Park

Registration will be open soon - just check out our Facebook page "Kakabeka Falls Legion Half Marathon" for updates and a soon-to-be-coming registration link





Fossil digging kit.

Parental assistance may be required. I per child, limited quantity.

Drop in and create

using 'colour by sticker'

1 per child, limited quantity.



The Thunder Bay 4H Beef Club is a youth leadership club who's motto is "learning to do by doing". Our club focuses on promotion of agriculture and the beef industry specifically. We are building tomorrow's leaders!

On May 23/2023 we tied halters to the chairs and/or each other to remind and teach others how to practice the slip knots for tying your cow up'. At the last meeting, we were asked to bring in the feed samples that our show cow eats. This week we looked at the samples and what was in them. We did 4-H beef club elections for the 2023 show year. For president, we have Olivia Reid, for vice president we have Charleigh Givens. For the secretary, it is Bryson Rietdijk and for the press reporter, we have Emma Reid. At 7:30 pm Eastern time, we had two guest speakers from Manitoba that work for Trouw Nutrition, Joanne Armstrong, and Harley. It was called Beef Nutrition 101. The speakers talked about ruminant digestion, energy, micro and macro minerals, fats, nutrition, developing a feed program and the composition of feed components. This year we are making one scrap book per person about our 4-H beef calf mission. The 4-H Beef Club talked about what we could put in it. The 4H students are going to present them at the achievement day at Hymers.

by Emma Reid-Thunder Bay 4H Beef Club Press Reporter

Public Notice -Kakabeka Falls **Generating Station:**

Please be advised, due to recent instances of theft, vandalism and property damage, the Kakabeka Falls Generating Station access roads have been designated a "No Trespassing" area. Access roads gates leading to the Powerhouse and the Intake Structure will be locked and no longer available for public use.

For further information, please contact: Chad Tanner, **Corporate Relations Officer** 1 (807) 630-7774



Computer Repairs

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Computer/Laptop Sales



OPENING DAY **JULY 1!**

In the Kakabeka Legion parking lot

Saturdays 9:30 am - 12:30 pm July 1 - Sept. 23, 2023

LOCAL FRUITS & VEGGIES ~ BAKED GOODS JAMS & PRESERVES ~ ARTISAN CRAFTS ~ JEWELLERY

Kakabeka Farmers' Market is mask friendly!



THE CORPORATION OF THE MUNICIPALITY OF **OLIVER PAIPOONGE**

LANDFILL SITES - SUMMER HOURS

April 1, 2023 - September 30, 2023

Landfill Sites are CLOSED on all Statutory Holidays

NORTH LANDFILL SITE (1 Spence Road)

Tuesday: 12:00 noon to 8:00 p.m. Saturday: 9:00 a.m. to 5:00 p.m.

SOUTH LANDFILL SITE (154 Barrie Drive)

Wednesday 12:00 noon to 8:00 p.m. Saturday:

9:00 a.m. to 5:00 p.m.

Hymers Fair News

by Wendy Wright

Just a couple of months to go before Hymers Fall Fair!! Are your entries planted? Have you started your other homecraft exhibits?

The Board is getting excited to host another well attended weekend however we still need more volunteers to pull it off!

Do you have a few hours or more to spend with us that weekend? Please

hymersagsociety@gmail.com for more information and to sign up

The Ontario Association of Agricultural Societies is presenting a Special Agricultural Judging School on Grains, Forage Grasses, Flowers, and Vegetables. One day only, July 8, 2023, 8am - 5 pm in Thunder Bay.

To register, phone or text 807-620-9158



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Council News

Tuesday, July 18th at 5 pm

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

Approving submission of the comments on the proposed changes to the Provincial Policy; To amend the Municipal Zoning By-Law to allow special events in commercial zones; Approving the changing of the end time for motor vehicles racing from 10 pm to 10:30 with a grace period to 11 pm; Approving Terms of Reference for the Museum Board;

Awarding the RFP for the Bi-annual Bridge Inspections to TBT Engineering; Awarding the RFP for Water Quality Monitoring for Landfill Sites to North Rock Engineering Inc; Awarding RFQ for Crack Sealing to Northern Crack Sealers Inc; Declaring a Tractor Backhoe as surplus and that it be put up for sale; Approving the reassignment of funds for the Slate Rive Hall eaves trough to the re-shingling of the roof of the band/picnic shelter; Approving the removal of the Pole Line Road project from the 2023 projects due to a delay caused by a third party; Recommending engaging Walkerton Clean Water Centre to do a Pilot Testing Project in regards to removal of the arsenic in the Rosslyn Water System; Approval of the revised Building By-Law respecting Construction, Demolition and Change of Use **Permits**

2023 COUNCIL MEETING SCHEDULE

Tuesday, July 18, 2023	5:00 PM
Tuesday, August 8, 2023	5:00 PM
Wednesday, August 30, 2023	9:00 AM
Tuesday, September 12, 2023	5:00 PM
Wednesday, September 27, 2023	9:00 AM
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
TBD - December 2023	

SUMMER COUNCIL MEETING SCHEDULE

The following are the dates and times of regular Council meetings in July and August 2023:

Tuesday, July 18th at 5:00 pm Tuesday, August 8th at 5:00 pm Wednesday, August 30th at 9:00 am

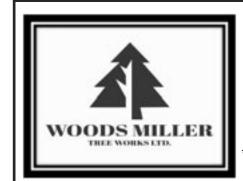
Please note meetings are held in the Council chamber at the municipal office located at 3250 Hwy 130. On our website through a link you can view meetings on YouTube.











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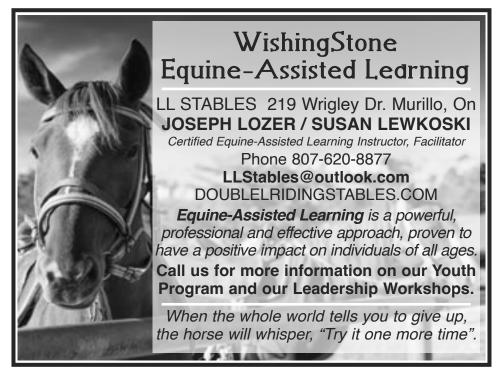
For a free estimate please call, text or email:

Grant: (807)-630-5359

Email: woodsmillertreeworks@gmail.com
Find us on Facebook @ WOODS MILLER TREE WORKS
Website: woodsmillertreeworks.ca

SA ONTARIO







JULY 2023 NorWest Community Health Centres Centres de santé WED Kakabeka Site 4785 ON-11 Unit B, Kakabeka Falls, ON POT 1WO CLOSED FOR CANADA DAY (807) 473-5528 Thunder Bay Site 525 Simpson Street Thunder Bay, ON P7C 3J6 Fly the C.O.O.P Walking Group LifeLabe Diabetes Education Mobile Clinic -(807) 622-8235 10am-11am Upsala 10am-3:30pm PROGRAM INFO. Fly the C.O.O.P Walking 20 Fly the C.O.O.P Walking Group Mobile Clinic Lifetates Meets outside of the Kakabeka site Armstrong 1pm-6pm 10am-11am Mobile Clinic -Call Shaun at (807) 473-5528 Armstrong 8:30am-No ext.1 to register for all programs 25 Mobile Clinic -10am-3:30pm 10em-11em Follow us! Please call to book an appointment for: www.norwestchc.org

RURAL 60 PLUS IS OPEN!

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

Tuesday - Weaving - 10 to 3

- Knitting - 10 to 3

Wednesday - Cribbage - 1 to 3 - Quilting - 10 to 3

- Beginner Carving - 10 to 3

Thursday - Weaving - 10 to 3

- Knitting - 10 to 3

Craft Room open 10 to 3 - Closed Monday to Friday

Have a great summer, everyone!



PUBLIC NOTICE

MTO Contract 2022-6018

Notification of Hwy Restriction

Please be advised that Highway 588 at the Kaministiquia River North Bridge, located 1.56 km South of Highway 11 will have a 1 lane closure to facilitate replacement of the superstructure. The closures will occur at 7am on April 3rd, 2023. The lane will be 3.1m wide, and TC-64 Signage will be posted March 20th, 2023. Traffic will be guided through the construction zone safely, directed by traffic signals and/or LH North personnel. Pedestrian access will be removed, and restricted to Construction Personnel only. Provisions shall remain in place to ensure safe passage of emergency vehicles during the closure period.

Kaministiquia North River Bridge Highway 588, 1.56 km South of Highway 11 April 3rd, 2023

Closure: 1 Lane until December 8th, 2023

Notification of any changes will be made as construction progresses.

PLEASE DRIVE WITH CAUTION AND OBEY ALL CONSTRUCTION SIGNS AND TRAFFIC CONTROL PERSONNEL

Any questions or concerns during this construction work can be directed to:

Jordan Mitchelmore Project Coordinator / Civil Engineer LH North Ltd. Tel: (807) 707-4671 Kolin Beck Project Manager LH North Ltd. Tel: (807) 621-2417

Rural Family Centre

Child and Family Centre

"Learning Through Play, Exploration & Inquiry" Connect with other Families!

(for children 0-6 years)

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

* EarlyON Child and Family Centre - Murillo

(Pre-registration on KeyON is required)

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

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

Save the dates!!

Northwestern Ontario Military and Police Museum will be holding their

2ND ANNUAL YARD SALE to raise funds for the museum.

Sat 15 July and Sun 16 July 9:00 am to 4:00 pm each day.

Lots to choose from. Come on out and support our museum.
7 Hume Rd West, Conmee.
4 km west of Kakabeka
on Hwy 11-17



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Chix in the Stix For the Love of Cows

Apparently not everyone screams 'cows' when they drive by a field of cows. According to my daughter. But I just can't contain my excitement. I'm not sure if that makes me more of a genuine country person...or less. I don't

know how city folks live without cows in their lives. Or how I ever did for that matter. I think one of my very early Chix pieces talked about my love of cows. And here I am more than a decade later and I still love them. I love that they are social creatures. That they appreciate music and even a good cuddle or nuzzle. They are sensitive and caring. They're smart too, and love a good mental challenge. They remember. They are loving and forgiving. Pretty awesome traits for even humans to aspire to don't you think? Of course I'm by no means an expert. Sheesh I don't even own a cow. Just between you and me I would not rule out having one as a pet one day.

And so the novelty of seeing cows every day has not worn off. Because I won't let it. I refuse to let go of that child-like excitement I feel every single time. I refuse to be complacent about seeing not just the cows, but the horses, goats, pigs, rabbits, chickens, sheep, and more. And let's not forget those huge bales wrapped in white plastic that look like giant marshmallows. How can those not make you smile. If they don't then y'all gotta lighten up and try looking at the world with more child-like wonder. Try to relax a bit on that morning drive to town or that evening drive home. Drop your shoulders, take a breath, and enjoy! It changes everything really and is a perspective I try to adopt every chance I get. And after the few challenging years we have all had it's a good practice to dive into! We adults can get stuck in serious mode and we forget to have fun, we forget that we can make a choice to be silly and childlike when we want. I don't do it enough to be honest, but I can tell you that every time I make a conscious decision to do so, I never regret it. Hope you'll give it a try. And maybe it isn't cows that bring out your inner child. Maybe it's something else. But for me these days it's all about cows. I've become familiar with the nearby herds. I now anticipate the arrival of the new calves every year and the anticipation is always worth it. I really do wind down my window and yell good morning to them. There are the dairy cows laying in the shade under the trees so close to the dusty road you can look right into their eyes. There are the massive chonky boys that have the most amazing massive fields to graze in and I'm pretty sure they have a pattern but I haven't quite figured it out yet. I like seeing them off in the distance, but of course like it much better when they are closer to the road so I can say hello!

One thing I haven't thought about is where do they go at night? I'm assuming they go back into the barn but I honestly have no clue. And now I want to know and may just have to get up way earlier than I normally do (you know, like farmer's hours) because I bet watching them come out of the barn in the morning and head into the fields is a wonderful sight to behold. And I want to stay up super late now to see if and when they go into the barn. Or maybe they don't. But even imaging it is fun. And honestly it's more than cows. And I'm celebrating ALL the skunks I've encountered, or the damage done by the groundhogs, or the exceptionally loud crows, but there is so much amazement to be had immersed into the home and lives of so many different creatures and I wouldn't trade it for the world. I think I know now why when we were kids our grandparents always took those Sunday drives to the country. They knew it was a special magical place. In fact I think there should be some kind of program that matches up families in the city, especially those with kids, with families in the country, so they can just visit each other maybe once each season. At the very least let's make sure we remember to pause from the heaviness of adulting from time to time to enjoy the many blessings country life gives us, and share it with our urban friends when we can. And always wind down your windows and say hello to the cows!





2024 Calendar Ad Submissions

With the popularity of the Oliver Paipoonge calendar, local businesses have an opportunity to have their name and contact information visible to thousands. The calendars are distributed to the community free of charge and feature a banner of business ads at the bottom of each page. Ad space is limited.

The deadline to purchase an ad is July 28, 2023.

For more information on standards that must be met, please visit our website: www.oliverpaipoonge.ca, or contact Kerri Reid by phone at 807-935-2613 or by emailing: planning@oliverpaipoonge.on.ca

AD LAYOUTS

SAMPLE CALENDAR SPREAD







2024 Calendar Photo Submissions

Show off the beauty of Oliver Paipoonge with your photography skills! 12 photos that exhibit the spectacular countryside will be selected for the 2024 Calendar.

Please keep in mind that photo submissions must have:

- * A resolution of 300 dpi (5 megapixels) or better in JPEP file format
- * An identifiable landmark or landscape of Oliver Paipoonge
- * Animals within the scene are permitted, but recognizable faces of people are not
- * Include where and when the photo was taken
- * Include your name and email address

Please submit your photographs by email to planning@oliverpaipoonge.on.ca before August 11th, 2023.



CHIEF'S CORNER

by Sean Horan, Fire Chief/CEMC

HAPPY BIRTHDAY CANADA!

Hard to believe it is July! Seems like we jumped from winter to late summer over night!



Two items this month. First deals with forest fires. Canada is currently facing the worst fire season in recent history. Thousands, even tens of thousands of people have been or are currently being evacuated from their homes right across the country. Locally we have been under a restricted fire zone since May, with little relief in sight. The Southern portion of Northwestern Ontario has been relatively quiet on the fire front; however, the Northern portions are currently experiencing several fires that are growing unchecked. With the growing hazard in our local area, there is a very real potential for a large hard to control wildfire. I encourage everybody to ensure you respect the restricted fire zone and that you have a 72-hour kit that contains all your essentials to get you through the first 72-hours of an emergency.

Second, item I want to stress is working smoke alarms. We have had two structure fires over the last month resulting in total loss. Both fires highlight the importance of working smoke alarms. Please ensure you have working smoke and CO alarms in your home and ensure they are operating. Moving forward, the fire department will be issuing tickets if you do not have working



Make sure all your family members are prepared before an emergency strikes, even your pets. Know how to keep your pets safe during an emergency situation, prepare a *Pet Emergency Kit*.

When preparing an emergency kit for your pet, be sure you have:
food, potable water, bowls, paper towel and a can opener

- blanket and a small toy
- sturdy leash/harness
- cat litter/pan (if required) and plastic bags
- carrier for transporting your pet
- medications and medical records (including vaccinations)
- current photo of your pet in case your pet gets lost
- information on feeding schedules, medical or behavioral problems in case you must board your pet
- up-to-date ID tag with your phone number and the name/phone number of your veterinarian
- copy of licence (if required)
- muzzle (if required)

Keep this kit in the same spot as your household emergency preparedness kit for easy retrieval. It is important to note that some evacuation centres may not accept pets. Have a list of locations your pet could be boarded in the case of an evacuation.

For more information please visit: www.ontario.ca/ensure-every-ones-safety-during-emergency

The Rural Pharmacist: Reminder to Apply for the ODB Senior Co-Payment Program

by Devon Myers, Pharmacist/Owner of Evergreen Pharmacies

It's almost that time of the year: the Ontario Drug Benefit (ODB) program deductible season. Maybe this is your first year being eligible for coverage through the provincial drug insurance program. Special shout out to my Aunt Kathy who turned 65 last month by the way. Or maybe you've been a recipient of the program for past 10 years, and you didn't even know it! In any case, it's always worth a mention as August 1st seems to sneak up on all of us. We'll start off with a refresher of what the deductible represents. Furthermore, I'll discuss the parameters that allow certain patients to receive additional drug coverage under the ODB Senior Co-Payment Program. For our readers it may be worth following along as eligible households could stand to save a few dollars on drug costs.

The ODB program allows individuals 65 years of age and older to receive coverage for an array of medications in Ontario. However, to gain access to the program individuals must pay an annual deductible of \$100. Most people are familiar with the concept of a deductible. Imagine driving down Highway 61 and a transport throws a stone into your window. Crack! Hopefully that didn't hit too close to home with anyone. For your windshield to be fixed you may have to pay a deductible before your insurance kicks in. That's essentially it. The same concept applies to the deductible paid through the ODB program. The good news is that once your deductible has been satisfied the regular co-pay, the amount paid per prescription, goes back to normal.

Now here is where certain households may find some cost savings: eligible seniors get additional coverage through what is known as the Seniors Co-Payment Program (SCP). This program is intended to help reduce the cost of medications for individuals who have an annual income below a certain threshold. In this program, recipients do not have to pay an annual \$100. They also have smaller co-payments with each prescription. In August 2021, the income eligibility for the SCP was updated from \$19,300 to \$22,200 (for single seniors) and from \$32,300 to \$37,100 (for senior couples). This may sound familiar as I wrote about this topic in a newsletter from 2021 as we approached a new ODB deductible season. However, don't hold your breath. We don't expect those numbers to change in 2023.

The application process for the SCP is straight forward. An application form can be found on the Ontario Ministry of Health's website. Can't find it? We can help you out! Just ask for a copy at the pharmacy in Rosslyn or Kakabeka. Once you've completed the application the government will ask for certain documents to verify your income. That's it.

If you think that you may qualify for the program, it's worth the few minutes to apply. Perhaps you have family or friends that you think may be eligible. A fair estimate of \$200 per year could be saved for someone using 5 chronic medications, for example. Over the past few years, we've helped several patients get onboarded with this program. It is rewarding to help our patients find savings so please do not hesitate to contact our pharmacy if you have any questions.

With that I am going to keep our article short and sweet this month as I'd like to take advantage of the beautiful June weather we've been having. Have a great summer everyone!



Kakabeka Legion Events

Saturdays: Market Breakfast every Saturday 9-noon July 1st, July 8th, July 15th, July 22nd, July 29 Sunday July 9th Monthly Buffet Breakfast from 8:30noon

Sunday July 9th Horse Gymkhana from noon-finish Saturday July 15th Dance with Quest from 7-10 Sunday July 23rd Horse Gymkhana from 10-finish Saturday July 29th Dance with Quest from 7-10

Call the Legion Hotline for any changes at 473-9122

There are no Exec/General meetings, Jam Sessions or Afternoon of Music during July and August.

Enjoy your summer!

Less than 2 Months to go - KB Legion Race Weekend

by Jim Gilbert

The 6th annual Kakabeka Falls Legion from Old Fort William will be out Half Marathon and 8 K is going ahead on sending the runners out on the course SUNDAY AUGUST 20. For the second in style; bright and early at 7 am year we will also be running the Full There is still room to register for any Marathon, 26.2 miles of absolute awe- one who wants to give a go. If a Full someness. We have changed the Full marathon or Half Marathon is not your marathon course slightly so runners now cup of tea, keep in mind we have the leave the Half Marathon course at Mile very popular 8K event which starts at 12.5 and head east on Pole Line Road the Legion, at the same time as all of until the hit Pointe Demureon Road. the other runners. These folks head They then head north until the get to directly down the closed Trans Canada Oliver Road where they will continue on towards the Park, a quick circle in the back towards Kakabeka, but first will run through the heart of Murillo, along McLean and Mcgillvary Aves. We encourage any residents living in these areas, to come sit at the end of your driveway and cheer them on -- even put on some music for them if you wish -- if the You can get more information from our weather is really hot, and you are so inclined, a lawn sprinkler would be extra special to cool them off. The first runners should hit Pole Line Road heading east by Falls Legion Half Marathon about 815 am on Sunday August 20.

anniversary of the creation of the Royal Hotel and Green Acres Variety for their Canadian Naval Reserve and the 80 th support and would welcome other local anniversary of the Battle of Ortona during business joining with us to help put on World War 2. The Thunder Bay Police this annual event Pipe Band and a contingent of Soldiers

lower level parking area, a short jaunt down the Hydro generating road and then back to the Legion. At the finish line your medal awaits you along with a hot breakfast to celebrate

Facebook page at https://www.facebook.com/runkbfalls - or just type into your Facebook search bar - Kakabeka

We want to thank Everygreen Our race this year honours the 100th Pharmacy, the Miller Group, Telstar





Volunteers needed! Thunder Bay Therapeutic Riding Association (Corner of John St. Rd and Calvert Rd)

No horse experience needed. Must be 16 plus to volunteer. Mondays and/or Thursdays. 5:30 Groom (We will teach you how to groom our gentle giants)

6:30 First Ride 7:30 Second Ride

Just Popping In Feeling Meloncholy

by Karen Craib

Hello. I just read the sad news of the passing of Rosslyn resident, Sandy Vibert.

It's fitting that I write this in the "Ideas" notebook that I received from the Women's Institute. Sandy picked out the gifts and all of them were so thoughtful. My sympathy to her family. And to her Women's Institute family.

It's June and that reminds me of my parents, this month marks the 90th anniversary of their marriage. Wow!!! It's hard to believe the 50th anniversary party was at the Rosslyn community center 40 years ago. So much has changed, many attendees are no longer with us.

Back then it felt like my whole life stretched out before me, now I'm poking 70 with a short stick.

Yesterday I was leaving Dolce after a yummy iced coffee (and it didnt cost \$5.80, im talking to you Las Vegas Starbucks). I heard someone calling my name. It was my favourite library patron and his friend. They read my article to see if it sounded the same as the story I told them about my Vegas encounter with a "Sopranos" actor.

Mr. T. has planted 40 pounds of potatoes. Wow! He showed me an impressive map of his garden. They mentioned potato bugs, which in fact inspired me to write this article. I told them when I was a kid my Dad paid me 1 cent a bug to pick them.

Since their 50th anniversary was 40 years ago that means this August marks 40 years since my Mom died. That's a long time, a really long time. If I glance out the kitchen window I can see the tete-a-tete we gave them for their anniversary. I think it's aged better than I have.

That hit home 2 days ago when I stained the deck. Doing it was a challenge, I realized just how stiff I am. I still ride my exercise blke daily so I don't know why I'm so stiff.

That evening I noticed I had several bug bites. I have even more now. They look like puffed up mosquito bites. My arm looks like it did when I reacted badly to the shingles shot.

Excuse me a minute the washing machine stopped. Or did it? It's very sneaky...Well it had finished washing. Many times we start down the basement and it starts up again. I'm sure I've mentioned this, as a teen I wanted a washer and dryer some day, such lofty goals. The dryer is still kicking, it turned 43 this spring.

Back to my Mom, I'm trying not to think about this big anniversary. The year of her 20th anniversary I had a hard time leading up to it. And an even harder time the day of it, when I got home from work and discovered our 18 year old cat Nermal had passed away in the basement. Maybe I had a sense that something was going to happen. It's like when I turned 40. I would have done anything to stop it from happening. And then...less than a month later my Dad passed away. No other birthday has bothered me like that one.

After 40 years I'm still surprised by people who will share little stories about my Mom. I cherish every one of them. I liked an idea in a novel, it said that you are remembered until the last person who knew you is gone.

Anyhow...it's been a long time but I still miss my Mom. I always say no matter how old is get it will always miss my parents. They gave me so much to be thankful for.

And my Mom would be so happy to know people still remember her. Rest in peace, Margaret Rose Sideen.





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For more information call 623-2353

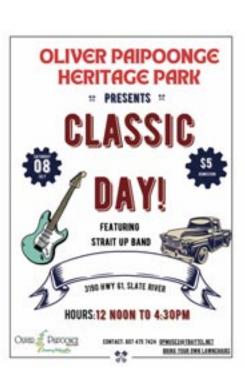




















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Murillo Minor Athletic Association 2023 Spring Softball League

by Joe Ladouceur

Hello Everyone! By the time you see this article, the 2023 Murillo Minor Athletic Association (MMAA) spring softball season will have drawn to a close with our Tournament and BBQ Day Grande Finale on June 24th. We will report on Tournament Day results in the August newsletter, or check out our website.

This season's player numbers were the highest ever, with over 415 youth registered making 33 teams in the T-Ball, 3-Pitch, Atom, PeeWee and Bantam divisions; and more than 100 volunteer Coaches! If anyone is interested in re-starting youth softball in Kakabeka Falls (particularly T-Ball & 3-Pitch), the MMAA would be pleased to help organize it to relieve capacity issues.

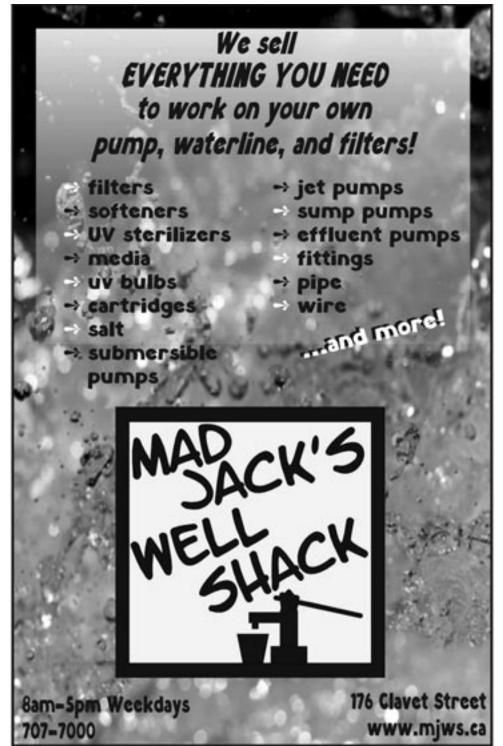
THANK YOÙ TŎ THE 2023 LEAGÜE SPONSORS, SUPPORTERS & VOL-UNTEERS

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Thank you to the Municipality of Oliver-Paipoonge for the ongoing support to the MMAA League and maintenance of recreation facilities. A special Thank You to Canadian Tire on Arthur Street West for the fantastic donation of a variety of new softball equipment – much appreciated!

FOR MORE INFORMATION: Please contact us by email at: mmaa1@tbaytel.net, or visit our website: http://mmaa.tbay.me/





The Ontario Association of Agricultural Societies is presenting a Special Agricultural Judging School on Grains, Forage Grasses, Flowers, and Vegetables.

One day only, July 8, 2023, 8am – 5 pm in Thunder Bay.

To register, phone or text 807-620-9158

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THINGS I REMEMBER..... Continued....

by Lois Garrity

MURDER IN THE OLD HOUSE AT FOUNDERS......

Sometime back in the late '50's Jim Wark, who had purchased the Founders property from Herb Cook, my Dad, decided to rent the house out to a family named Thomson, I think. The tenants consisted of a father and his two teen age children, a boy and a girl. I have not got many details, having heard the story second and third hand but will recount what I have been told here.

The son was observed walking down hwy 61 coming home from Swanson's store, by a group of children playing in their yard. They knew him from school and so tried to convince him to stop and play with them. He refused, saying he had to get home right away and continued walking without stopping. Later it was learned that when he arrived home some sort of argument ensued, the result of which ended in him killing his sister and badly injuring his father with a knife. Another witness to the aftermath, a person driving to town, saw him walking in the direction of town, and picked him up. They saw that his hands and arms were covered with blood and quickly went to the police station with him and turned him over to authorities. They investigated and found the dreadful mess in the house. I later heard that he was found to be mentally deficient and was shipped to a mental health facility in eastern Ontario! I have heard nothing of him since, except that about 30 years later someone said that he had been released. I don't know how much of this is true, as witnesses are no longer available. But this explains the ongoing story that Founders is haunted. Most of the information that I have shared here, came to me from one of the children who spoke to him that day on his way home from the store.

And during a tour of the facility 25 years ago I heard the tour guide telling guests that this is the house that the Cook family lived in, and the brother killed the sister here!! Yikes!! I said nothing but went to the office and set them straight. I told them that maybe my brother would have liked to kill me sometimes but we never got that violent, and this is not the original house, and it was not the Cook family involved. We had long-since moved away from there. The house that is on display at Founders is not the house the Cook family lived in! Fred tore the old house down when he looked at the cleanup involved and decided he didn't want to clean up the blood that was sprayed around in there, and so tore it down, and built a new one. The new one is much larger than our house was. And it is two story which ours was only 1 story with 4 rooms.

The present house contains the remains of the fireplace from the original Fort William City Hall which burned many years ago. Fred rescued it and put it up in the living room of the present Pioneer Home when he was building it.

It has been determined that the Pioneer Home needs some crucial repairs, and so it has been closed in 2022 temporarily until the repairs can be completed, for the safety of those who want to tour the house.

SUMMER PICNIC AT Oliver Paipoonge Heritage Park

Make your family, business or church summer picnic a special one at Oliver Paipoonge Heritage Park. For more info please call Jean Mayo at 807 620 3636 or email opmuse2@tbaytel.net.

"Memoirs of Fred Goodfellow"

This article will be a monthly presentation of the writings of Fred Goodfellow, founder of the Oliver/Paipoonge Heritage Park, formerly Founders Museum and Pioneer Village.

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

THE PROBLEM

Written by Fred Goodfellow Preface: by Fred Goodfellow

My problem is an adult one since this age group calls the plays. The serious lack of sensitivity by parents and educators to the tremendous potential of museums for a teaching tool, has given this writer cause for great concern!

"During the last decade the museum has rallied all its powers to overcome the lethargy of the public towards first hand knowledge of art and science.

Without adult interest and participation, collections do not take place and just as the setting sun darkens our environment so do our pictures of the past dim as items become more scarce and more expensive.

Due to the absence of a museum depot, older people wishing to make bequests have no place to dispose of their historical items, and these valuable artefacts are often lost forever. Children pass through school with little insight of their past heritage. "our great metropolitan museums have educational offerings to make that can only be conveyed to their proper recipients, the general public through the ingenuity and energy of every group enlisted with the task of adult education.

I shall attempt in the following pages to reverse this situation by showing the many and varied educational services which can be provided by an effective museum establishment with an attendant intellectual growth within the viewer, of appreciation, awareness, and understanding for our founding fathers. The word "antiques" will be used periodically in order to maintain your interest in search for pieces of eight which I prefer to call knowledge. I intend to lead you along the path to learning as any good museum should do!

By Fred Goodfellow 1972

Continued in the next issue. Submitted by Lois Garrity, Curator

New Name—Same Great Place!

Oliver Paipoonge Heritage Park is opened for the season each weekend from noon to 4:30 p.m. Pack yourself a picnic lunch and enjoy the view of the Nor'Westers or just relax in the country atmosphere. Visit the Duke Hunt Museum, The Village and Russ's Garage. Oliver Paipoonge Heritage Park accepts cash only. Watch for upcoming special events.

May & June—Friday-Sunday July & August—Thursday-Sunday September-Saturday & Sunday Noon—4:30pm

Admission--\$5.00, ages 12 and under FREE! Donations in excess of the admission fee are greatly appreciated. To book a family reunion, birthday party, photo shoots, work or church group picnic or other event of your choice, contact Jean at opmuse2@tbaytel.net or phone 807 475 7424

OLIVER PAIPOONGE HERITAGE PARK

FEATURING DUKE HUNT MUSEUM, RUSS'S GARAGE AND THE VILLAGE

The Oliver Paipoonge Heritage Park is located at the corner of Hwy 61 and Gillespie Rd in Slate River. Now, in 1 location, you have 3 different collections on display. With such a large area of buildings to view, we are asking if you would consider donating time with us to make this special place one of the best tourist attractions in the Thunder Bay area. The following is a list of placements or interests that we would appreciate your help with. Positions are available for students age 16 and up, and adults. This is a great way for students to collect their volunteer hours.

VOLUNTEER POSITIONS NEEDED

- Tour guides
- Scrapbooker
- Duke hunt building volunteers
- Auto display volunteers
- Musicians/entertainers
- Crafters to assist on special events days
- Anyone who would like to teach a trade or craft to kids or adults
- Special events parking attendants
- We will consider any new ideas that you would like to share with us

There is a free short course that is mandatory for all workers and volunteers in Ontario to complete prior to starting a placement. It can be done on a computer or on paper at your own speed. Packages are available through the municipal office, 807 935 2613, or Oliver Paipoonge Heritage Park (OPHP), 807 475 7424, Jean Mayo at 620 3636 or by emailing opmuse2@tbaytel.net. We look forward to hearing from you!

OLIVER PAIPOONGE HERITAGE PARK EVENTS

- July 8--Classic Day, Strait Up Band at Paterson Pavilion, craft vendors & Food on site
- **July 15**--Family Day, Pat Cupp & Diane Wolframe at the Paterson Pavilion, family games and kid's crafts
- July 16—Church Service at our own church. Everyone welcome.
- July 21, 22, 23-- Antique Tractor display
- July 22--Mink Mountain Band at the Paterson Pavilion
- **July 22,23**--Kid's Art Classes with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 14
- July 29—Butch's Country Classics at Paterson Pavilion
- Aug 5—The BOONDOCKS at Paterson Pavilion
- Aug 12—Kid's Day, crafts and games, Rodney Brown on Paterson Pavilion
- Aug 19—Jane Austin Society English Country Dance at the Paterson Pavilion
- Aug 26—Craft Vendors on site
- Aug 26, 27 Kid's Art Class with Irene Warmenhoven (2 day class), pre-register at OPHP office, \$12 to cover supplies, ages 7 14
- Sept 16—Tail Gate Sale, Car Swap Meet, Richard Veurink at the Pavilion
- Sept 17—Tail Gate Sale, Car Swap Meet, Racers Memorial Day, BOON-DOCKS at Paterson Pavilion
- Sept 23—Closing weekend, Road Worn Chaps at the Paterson Pavilion
- Sept 24—Closing weekend, Volunteer Appreciation Day, Butch's Country Classics at the Paterson Pavilion

For more info, please phone 807-475-7424 or email opmuse2@tbaytel.net Admission is \$5, 12 and under FREE! Please pay at the Train Station. We are a cash-only facility.

Preserving the History of Oliver Paipoonge



Take a Walk Through the Past

Oliver Paipoonge Heritage Park is looking for people with a history in the municipality to come forward to share your information with us so we can preserve it for many years to come. The information could be about you and your family or you could be a relative of a person who lives or has lived in our community. Also of interest is municipal businesses and farms, etc. Including pictures is optional but helps to tell a story. If this interests you or someone you know, please contact Jean Mayo, Assistant Curator, of Oliver Paipoonge Heritage Park. Please email at opmuse2@tbaytel.net or phone 807 475-7424

ENTERTAINERS and FOOD VENDORS WANTED

Oliver Paipoonge Heritage Park is looking for Entertainers for family audiences including children's entertainment. We have a wonderful covered outdoor stage that is wired for sound systems. Please contact Jean Mayo at 807 620 3636 if this interests you.

New to Oliver Paipoonge Heritage Park!

Come out to see the Brill Buses, our newest acquisition. They have just arrived and are ready for you to climb aboard and relive the past. They are original and were part of the fleet of the Port Arthur and Fort William Transit. We thank owner Charlie Brown and the Brill Buddies for choosing Oliver Paipoonge Heritage Park to put them on display. Open the same hours as the Heritage Park, Thursday to Sunday in July and August--noon to 4:30. 3190 Hwy 61 S, Slate River.

THE TRACTORS ARE COMING! THE TRACTORS ARE COMING! TO OLIVER PAIPOONGE HERITAGE PARK

JULY 21, 22, 23, 2023 FRIDAY TO SUNDAY **NOON TO 4:30**

ANTIQUE TRACTORS ON DISPLAY MUSIC ON SATURDAY BY MINK MOUNTAIN BAND

> 3190 HWY 61 S AT GILLESPIE RD **SLATE RIVER, ON** opmuse2@tbaytel.net 807 475 7424

Sunday Service Oliver Paipoonge Heritage Park 3190 Hwy 61 S. Slate River, On

> Sunday July 16, 2023 2-3 pm. with an outdoor tea afterward

Officiated by Tracy Harasymchuk Hurlbert Music by Patt Cupp and Diane Wolframe Free admission for Church Service

A non-denominational service will be held at the former Church of the Messiah, located at Oliver Paipoonge Heritage Park

Oliver Paipoonge Heritage Park fee is \$5.00 to tour the complete site, payable at the Train Station.

For more information contact Jean Mayo at 807 475 7424





Lakehead Region **Conservation Authority**

submitted by LRCA Staff

Are you a paddler? Be sure to visit Hazelwood Lake Conservation Area and Hurkett Cove Conservation Area to check out our floating docks which feature accessible kayak launches! These launches make getting in and out of your kayak or canoe super easy and stable. The LRCA is proud to offer access to Hazelwood Lake and Lake Superior, so get out and explore!

The LRCA and Municipality of Shuniah is proud to present Silver Harbour Day on Saturday, August 26, 2023. The event, in celebration of Shuniah's 150th anniversary, will feature activities and information booths from local organizations such as Science North, the Thunder Bay Field Naturalists, Thunder Bay Indigenous Friendship Centre, MNRF, OPP, and Canada Coast Guard. Additionally, Fire Shuniah Emergency Services will also be hosting a BBQ in celebration of their anniversary and in support of their initiatives. Keep your eyes on the LRCA's website and social media channels for details and specifics!

Registration for our Watershed Explorers Programs are up and running on our webstore. Space is limited and pre-registration is required, but at the time of writing there is still space on our Butterflies, Fall Photo, Fish & Aquatics, Neebing Birding Day and Trees & Fall Colours programs. A non-refundable, \$5.00 registration fee is required to book your spot. Visit our webstore at www.store.lakeheadca.com to pre-register. Funding for these programs is generously provided by the TD Friends of the Environment Fund.

The 2023 Explore Card Parking Pass is a great way to show your support for the LRCA! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities, such as boating, fishing, hiking and more at our seasonal and year-round Conservation Areas for the low price of \$40.00 +HST. It's convenient for frequent users, and a great gift idea! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

Get out and Explore!



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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 July 19th

Registration 9 am to 11 am

Drive-Thru Pick-up

Murillo Library

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

Email: oplibrary@tbaytel.net Website:

http://oliverpaipoonge.olsn.ca

Rosslyn Library

Tuesday 10 - 8:00 pm Thursday 10 to 8:00 pm Friday 10 - 3:00 Saturday 1 - 4 pm



Visit our used book sale at the **Strawberry Social, Thursday** July 13th at the Kakabeka Legion 6:30 to 8:30! Murillo Library will be closed on Monday July 3

Looking for a good summer read? Both libraries also have used book sales with all items listed at 50 cents! Pickleball set available

oliverpaipoongelibrary @gmail.com



We now have 1 for borrowing with your library card (4 paddles/balls) perfect for use at the **Rosslyn courts!**



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

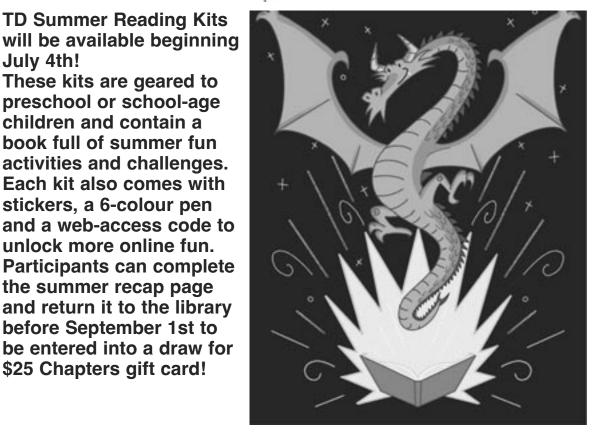


This safe low-impact routine works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation resulting in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities.

July 4th! These kits are geared to

TD Summer Reading Kits

preschool or school-age children and contain a book full of summer fun activities and challenges. Each kit also comes with stickers, a 6-colour pen and a web-access code to unlock more online fun. Participants can complete the summer recap page and return it to the library before September 1st to be entered into a draw for \$25 Chapters gift card!

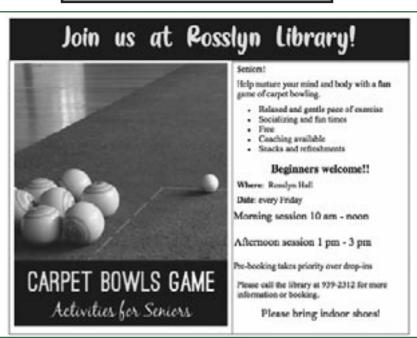


Drop in every Tuesday and Thursday from 11:30 - 12:00 at Rosslyn Library

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







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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 Fiorito 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 Chairman - Rudy Buitehuis - 632-4587 Clerk - Wilma Finke 630-2577 Sunday Service 10 a.m.

The Village Church

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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

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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 Studv 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

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Oliver Paipoonge Heritage Park RUSS'S GARAGE - Aa 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 3190 Hwy. 61S @ Gillespie Rd. Slate River, Ont.

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Tractor Implements and Attachments 100 McCluskey Drive Tel: 807-475-5171 Email: re@afortek.com www.afortektractors.com

Rosslyn Service Home Hardware Yanmar tractors, loaders, backhoes & implements 21 to 45 HP, 807-939-2521 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/Óffice:939-2572

TRUSSES

Kam Ridge Manufacturing Commercial & Residential trusses, floor joists & LVL beams, prefab walls

3933 Hwy. 11/17 W 939-2524 fax 939-2546 WATER FILTRATION

Axel's Water & Plumbing R.R.#1 Murillo 623-4488 2 • our Emergency Service. Available for all your water and plumbing needs

WATER HAULING

Tempelman Water Haulage Bulk water in stainless steel tanks for wells, holding tanks, swimming pools, skating

rinks, residential & commercial. 767-9173, Mon.-Fri

WATER TREATMENT

Brad's Water Treatment Authorized Purifiner 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 PH: 626-6267

Kershaw Well Services 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

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 AUGUST's Oliver Paipoonge News is JULY 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 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

COUNCIL & STAFF

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

COUNCIL

Office, Wildwoode Variety on Hwy 102

Lucy Kloosterhuis, Mayor mayor@oliverpaipoonge.on.ca 807-473-5658 (office)

Bernie Kamphof, Councillor

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

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

Dan Calvert, Councillor

Donna Peacock, Councillor councillorpeacock@oliverpaipoonge.on.ca

807-627-7016

Allan Vis, Councillor councillorvis@oliverpaipoonge.on.ca 807-935-2200

HALL RENTALS

Call the Municipal Office 807-935-2613

ADMINISTRATION

Wayne Hanchard, CAO/Clerk cao-clerk@oliverpaipoonge.on.ca 807-935-2614

John MacGillivray, Treasurer/Deputy CAO treasurer@oliverpaipoonge.on.ca 807-935-0258

Chris Bowles, Director of Operations directorofoperations@oliverpaipoonge.on.ca 807-935-8670

Kerri Reid, Manager of Planning planning@oliverpaipoonge.on.ca 807-935-3300

Sean Horan, Fire Chief fire.chief@oliverpaipoonge.on.ca 807-935-8674 Cell 807-628-4867

page 14, The Oliver Paipoonge News, July 2023 - OFFICIALLY SUMMER!

Submitted from Dodie LeGassick, Slate River Women's Institute Submitted by

Dodie Legassick The Slate River Womens Institute is holding their Annual Strawberry Social again this July 13 at the Kakabeka Legion. As a tribute to our past

Strawberry Socials, last year I gave you the recipe for the Hot Milk Cake that the women used to bake for the strawberries and ice cream. However, I regret that I forgot to add the sugar much to the dismay of the readers. With my apologies I am resubmitting the recipe with the sugar added. Please try it out and enjoy with your strawberries or any in season berries with ice cream. It's always a family pleaser.

HOT MILK CAKE

Recipe used for Strawberry Social cakes, back in the day when we could bake them at home! Submitted by Doreen Rogers.

2 cups flour 2 tsp. baking powder 4 eggs 2 tbsp. butter 2 cups sugar 1 cup milk 1 tsp. vanilla 1/4 tsp. salt

Beat eggs until light and fluffy. Add sugar, beat well. Add flour, salt and baking powder, mixing well. Heat milk, butter and vanilla. Slowly add to first mixture, beating well.

Pour into greased 9X13 pan. Bake at 350 for 30-35 minutes

If desired, you can make a yummy icing, too!

1/2 cup butter 1 cup brown sugar 1 cup chopped nuts 1 cup coconut 2 tbsp. milk

Heat in microwave until butter is melted and mixture can easily be combined. Spread over top of cake after it is baked. Return to oven for about 5 minutes to set icing and brown slightly.

By now most of you have tried some of this year's rhubarb as a sauce or in some baking. Here is an alternative to experiment with and it is very good for you because rhubarb is full of antioxidants,a good amount of vitamin k, fibre calcium and vitamin c. This refreshing drink can also be made ahead and frozen. Enjoy on a hot summer's day!

RHUBARB REFRESHER

Cook until soft 2 lbs. of chopped rhubarb in 5 cups of boiling water. Sieve. For each cup of juice add 1/3 cup sugar or less to taste. You may also use honey as your sweetener. Stir until dissolved. Now, you can serve this juice as is with ice and as an option you can add 1/4 cup of lemon juice or orange juice. Ginger ale is often added just before serving.

We are sad to say that Sandy Vibert, a long term member of the Rosslyn Women's Institute recently passed but she has left as part of her legacy her recipes.

The following recipe is one-of her many legacy recipes from her collection as shared with the Rosslyn Women's Institute and submitted by Joan Bailey.

This is a delicious sweet and sour pork recipe to be served over a hot bed of your favourite rice such as Jasmine, Basmati or brown or white rice. Please enjoy the sweet and sour tastes along with the colourful array of red, yellow and orange peppers on a lovely summer's night.

SWEET AND SOUR PORK

2 tbsp. oil 1 15 ounce can of pineapple chunks 2 tbsp. ketchup 1 crushed clove of garlic

2 tbsp. of corn starch 1 lb. boneless pork cubed 1/2 cup corn syrup 2 tbsp. soya sauce

1/4 cup vinegar

green, red, yellow, orange peppers cut into pieces

Brown pork in oil.

Add the pineapple, corn syrup, ketchup, soya sauce, garlic, and vinegar. Bring to a boil. Simmer for 10 minutes. Mix the cornstarch with 2 tbsp. of water. Add to the pork with the peppers. Boil for two minutes stirring constantly.



2023 CAMP SCHEDULE

July 7-9: Little Lambs Camp (ages 4-8) July 9-14: Children's Camp (ages 7-12) July 16-21: Youth Camp (ages 11-15)

BRING A FRIEND *BONUS*

to Camp Aurora before and receive a \$50 discount_register before June 1 and save another \$25! (Not applicable to Little Lambs)



Private "camperships" also available - just contact us!

CAMP RATES

1 child: \$275

Additional children from the same family: \$225 Little Lambs (1 child and 1 adult): \$100 Additional Little Lambs from same family: \$50

PAY IN FULL BY JUNE 1, 2023 AND DEDUCT \$25 FROM EACH RATE (DOES NOT INCLUDE LITTLE LAMBS)

FURTHER INFORMATION & REGISTRATION FORMS

Voicemail: (807) 767- 2420

E-mail: auroralutheranbiblecamp@gmail.com Website: www.auroralutheranbiblecamp.com "Like" us on Facebook: "Aurora Lutheran Bible Camp'













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