

FEBRUARY PUBLIC SKATE SCHEDULE NORWEST ARENA

6:00 P.M. - 7:00 P.M. February 3, 2024 February 4, 2024 5:00 P.M. - 6:00 P.M. February 10, 2024 6:00 P.M. - 7:00 P.M. 5:00 P.M. - 6:00 P.M. February 11, 2024 February 17, 2024 **NO PUBLIC SKATE NO PUBLIC SKATE** February 18, 2024 February 19, 2024 12:00 P.M. - 2:00 P.M. February 24, 2024 6:00 P.M. - 7:00 P.M. NO PUBLIC SKATE February 25, 2024

Hockey sticks and pucks are not permitted.









Rosslyn Women's Institute

Valentine Dessert Tea

on Thursday, February 8 from 7:00 pm - 8:30 pm

Rosslyn Village Community Centre

\$5 per person ~ Cookie Walk Available ~

Come and help us celebrate 100 years of the Rosslyn Women's Institute

For more info, please contact
J.Bailey at
807-628-5884

Seniors Carpet Bowling

Rosslyn Community Centre

Sponsored by Rosslyn Library

every Thursday

1:30 -4:00 pm

Call the library at 939-2312 for more information.

Please bring indoor shoes!

Seniors! Enjoy a fun game of carpet bowling!

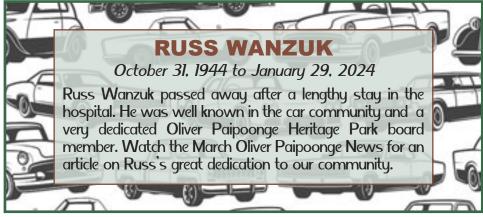
Relaxed & gentle pace of exercise

Socializing & Fun times Refreshments

Special days with prizes and snacks

Beginners welcome!!

See pages 6&7 for more library events!



COUNCIL MEETINGS

February 13th at 5 pm - February 28th at 9 am

The agenda will be posted by the Friday of the week before the week of the meeting. Council's objective is to be open to our residents, hear their concerns, and use our time & your money constructively. Please prearrange 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 revised Emergency Plan for the Municipality; Payment for firefighters taking certification training at a rate of \$100.00 per day; Amending the Municipal Comprehensive Zoning By-Law; Granting funding to establish a not-for-profit group to promote and financially support the Oliver Paipoonge Heritage Park; Of a 4% cost of living adjustment for 2024 Council members and non-union Employees; The submission of comments to the Ministry of Energy on the Future of Natural Gas Expansion and Home Hearing Affordability; Support of Enbridge Gas expedition to install natural gas to rural, remote and underserved communities such as Oliver Paipoonge; Awarding the NorWest Arena Panel & Automation Upgrades to City Wide Electric; Approval of the schedule of new cemetery fees; The Pending List rules for the remainder of the term of Council; The council Term Plan and Projects/Processes for the remainder of the term of Council; Advertising to fill the vacancy on the Committee of Adjustment; Lobbying the Government to bring back the 1/3 Funding Grant Programs.

Submitted by Mayor Lucy

February 13, 2024	5:00 PM	
February 28, 2024	9:00 AM	
March 12, 2024	5:00 PM	
March 27, 2024	9:00 AM	
April 9, 2024	5:00 PM	
April 24, 2024	9:00 AM	
May 14, 2024	5:00 PM	
May 29, 2024	9:00 AM	
June 11, 2024	5:00 PM	
June 26, 2024	9:00 AM	
TBD - July 2024		
TBD - August 2024		
September 10, 2024	5:00 PM	
September 25, 2024	9:00 AM	
October 8, 2024	5:00 PM	
October 30, 2024	9:00 AM	
November 12, 2024	5:00 PM	
November 27, 2024	9:00 AM	
TBD - December 2024		









- WETT Inspections and Certified Chimney Sweeps
- Wood Burning Appliance Sales and Service
- Authorized Heatmaster SS Outdoor Wood Furnace Dealer
- Oil-Fired Appliance Service

PHONE: 767-3643

countryman@tbaytel.net





485 Memorial Avenue 807 344 2433



CHIEF'S CORNER

by Sean Horan, Fire Chief/CEMC

For February's column of BE PRE-PARED, we ask that everyone be aware of the Oliver Paipoonge Emergency Plan and where it is located. The quickest way to find the plan is on the Municipal website: oliverpaipoonge.ca.

https://oliverpaipoonge.ca/municipal-office/fire-emergency-services/emergency-management.

Our Emergency Preparedness Plan is updated each year. Our Plan was update and approved by Council late November 2023. On the website, you can find the Final Approved 2023 Emergency Plan. If you would like to see a hard copy, one can be found in the municipal office, by reception in a red binder. Take a moment to review the plan as there is some key information that may help you during a large-scale emergency.

Did you know that each year there are a number of Emergency Preparedness action items that we must complete. Things such a review and update of the Emergency Preparedness Plan, annual review of critical infrastructure and our HIRA, along with an emergency response test to ensure our plan is working and identify any areas of improvement. So, what is critical infrastructure or HIRA?

Part of any emergency plan is identifying critical infrastructure, or things that, if they fail, will cause widespread chaos. Critical infrastructure for any plan is considered confidential information so I won't get into what is listed in our plan, but I will say, we have updated out list for the 2023 Plan.



The HIRA or Hazard Identification and Risk Assessment is a list of potential emergencies that our Municipality can potentially face, based on historical and regional information and rates them based on a couple key factors. The HIRA is the basis for what type of emergencies our Emergency Plan should be tailored to. In other words, what should the Municipality be prepared for. There was a major review and update of our HIRA in 2023.

In 2023, them Municipal Emergency Control Group also completed an exercise that dealt with a large forest fire that at first threatened the Municipality and then quickly burnt into the Municipality. I'm happy to say that our Control Group handled the scenario effectively and efficiently. By running these mock emergencies, it give our Emergency Control Group the opportunity to practice their skills and be better prepared for when the real event happens.

You never know where or when there is going to be an emergency. Being prepared is critical to safely navigate your way through an emergency or disaster. Stay safe and be prepared!



Happy New Year to everybody and wishes for a safe and prosperous 2024! First, a huge THANK YOU to the members of the Oliver Paipoonge Fire and Emergency Services. We had another sharp increase calls for service ending the year with 524 emergency response page outs that the fire department responded to. That works out to 1.5 calls per day and is an increase of over 100 calls or 25% from 2022 which saw 417 calls for service. A very busy year for OPFES. It is not possible to deal with this level of response without the dedication of our volunteer members and the support of their loved ones. If you see one of the OPFES team members or any volunteer emergency first responder, take a moment to acknowledge their service to the community. Even better, consider joining the team. We are always looking for new members, especially in the Kakabeka Falls and Stanley areas. If you are interest in becoming a part of our team, you can complete an application found on the website http://www.oliverpaipoonge.ca/municipal-office/fireemergency-services Completed applications can be dropped off at the Municipal Office Attention: Sean Horan Fire Chief or you can email your application to fire.chief@oliverpaipoonge.on.ca. I look forward to hearing from you!

Following the theme of call volume, you can do your part to help OPFES by prac-

ticing fire safety and life safety principles. The following are just a few examples:

- Having working smoke and CO alarms and testing them regularly.
- Following safe cooking principles such as never leave your cooking unattended, even for just a minute, have a properly fitting lid close to snuff out a pot fire, do not cook with loose fitting cloths that may come in contact with a burner
- Take corrective action to reduce slips trips and falls such as clearing snow and ice from walkways.
- Ensure furnace exhaust vents are clear and venting properly to reduce the risk of CO in the house.
- Never leave lit candles unattended.
- If you burn wood for heat, ensure you have your system inspected and maintained by a certified professional and NEVER burn garbage in the wood stove. All small and simple things that reduce the risk of an emergency.

And finally, just a reminder, Fire Permits are required all year round. With the new year comes expired Fire Permits! Applications can be found on the Municipal Website https://www.oliverpaipoonge.ca/municipal-office/fire-emergency-services/burning-permit.

PREVENTION is the best way to Fight Fire!

Cheers, Sean



Rural 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!

Pancake Tuesday at St. James Anglican Church! February 13th 4:30-6:30 p.m.

Corner of John St. Rd. & Calvert

Goodwill offering



THE CORPORATION
OF THE MUNICIPALITY
OF OLIVER PAIPOONGE

LANDFILL SITES - WINTER HOURS

From October 1, 2023 - March 31, 2024

NORTH LANDFILL SITE

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

SOUTH LANDFILL SITE

Located at 154 Barrie Drive

Wednesday – 12:00 noon to 5:00 p.m.

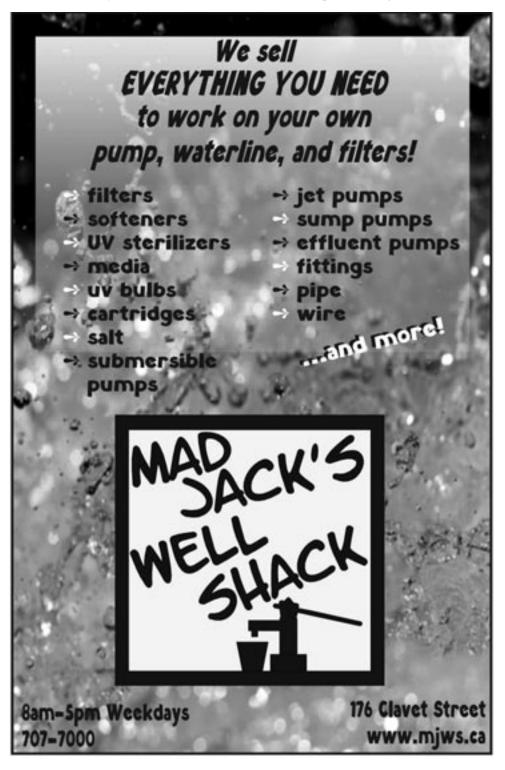
Saturday – 9:00 a.m. to 5:00 p.m.

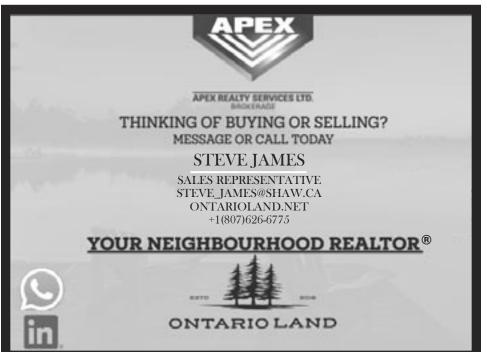
Landfill Sites are CLOSED on all Statutory Holidays



Chix in the Stix Pay it Forward

If you've never paid for coffee for the person behind you at the drive-thru I highly recommend doing it. Because when it happens to you it puts a smile on your face. So why not do that for someone else! Pay it forward. Our backwards in this case. I do suggest some strategies however. Just because there is only one or two people in the car behind you doesn't mean they are just ordering coffee, or food for two for that matter. And it is perfectly acceptable to check with the staff at the window before you decide. Not that you can't buy strangers lunch too if you want. By all means! It makes me think of all the really simple things we can do each day to bring even a small bit of happiness and good cheer to strangers we encounter. I have been trying to put this into practice more and more, mostly because the small demonstrations of kindness towards our family these past few difficult years have meant the world to us and some days helped us stay standing. Here's some ideas to get you started. Women this one's for you, and it has to do with complimenting other women.





Telling a woman, even a stranger, 'that colour looks great on you' or 'that sweater brings out your eyes' or 'I wish I could pull off that hair style as beautifully as you do'. These can be game changers some days. You never know what other people are facing and these little confidence boosters can be more impactful than you might ever know. And gentlemen, you too can pay forward compliments to other guys! It's totally a thing. Not to stereotype but men run into each other in the grocery or hardware store or at the gas station. And as they get older they will have more and more stories to share about their common experiences with recent medical procedures, compare notes on blood pressure and cholesterol etc. They might not be as receptive to comments about the colour of their t-shirt and how it makes their eyes sparkle, but a general 'you're looking good' does the trick and I guarantee they will take that compliment all the way home with them to their wives. And if there is an opportunity to mention what great chilli they make or how as you recall they do a great brisket on the BBQ, well those too are as good as gold. Men have feelings too. And there are so many other ways to pay happiness forward to the humans around you. Here are a few that we have tried or are going to try in the coming months. Join us on this quest to spread smiles! Let someone get in front of you in line whether in a store or on the road. Tell a mom with toddlers in tow in the mall that she is doing a great job. Hold a crying baby in a restaurant (with permission of course). Keep some small blessing-bags in your car (a wonderful thing to prepare at home with the kids or grandkids) and hand them out to the less fortunate folks you pass in your travels. Learn and remember the names of the service people you encounter regularly and use their names when you see them. Smile and say hello to someone in the elevator. Take muffins or cookies to a local shelter, fire station, or a neighbour. Drop off pet food or old towels or blankets to the Humane Society or other local animal shelter or rescue. Top up someone's parking meter when you're walking by. Put your phone away in the company of others so they know they have your complete attention. And don't forget to 'pay it forward' at home too! Valentine's Day is the perfect time to show extra love and kindness to your spouse as well. They might also enjoy cookies, or flowers, or chocolate, or being called by their first name (vs mom, dad, wifey etc.) And complimenting your loved one's appearance is always a win-win! Or simply ask those around you 'what can I do for you?' or 'what can I do to help?' Some folks may not answer, they may continue to say they are fine and are managing okay. But ask anyway. It lets them know that you see them and that you are there and that they truly aren't alone on the good days and the bad days. The cold winter months can be a difficult and isolating time for many folks and it's a good time to step up our individual and group efforts to make sure the



humans around us are doing okay, and to also not hesitate to speak up if

we need a helping hand. Accept the love! Spread the love!



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, February 21st
Registration 9 am to 11 am
Drive-Thru Pick-up

The Ultimate Wood Heat. CLASSIC FITANIUM HDX Outdoor Wood Furnace HBH IMPORTIERS 939-1152 3879 Hwy 11/17 hhimporters.ca



The Rural Pharmacist:

Evergreen Pharmacy Can Fill Compound Medications!

by Henry Tempelman, Pharmacist/Owner Evergreen Pharmacy

Compounded medications are created by combining individual medicinal ingredients to fit the exact strength and dosage form required by the patient to fit their unique needs. This can be a valuable service to a patient where there are no commercially available products in the proper strength or dosage form to treat their condition. Compounded medications can come in the form of topical agents (creams, gels, ointments), capsules, suspensions, injectables, etc. Compounded medications are common in pediatric and veterinary medicine due to lower weights and lack of availability of commercially available products, but people of all ages can benefit from compounded medication.

For example, a senior has difficulty swallowing a capsule so they get the medication compounded into a topical cream base to apply, or they can compound it into an oral suspension that's easier to swallow. (It is worth noting that different drug plans have different policies on what is covered for compounded medications.)

In the last decade, the regulating bodies in pharmacy have tightened the standards for a pharmacy to be able to do compounding in-house. This was a positive step in ensuring the safety of the service to the public by creating protocols and minimum standards for pharmacies to maintain when compounding medications

However, with the implementation of these higher standards comes a significant financial investment with professional equipment and designated staff. As some of you may know, there are less than a handful of pharmacies in Thunder Bay offer a compounding service. It is no longer feasible for each pharmacy to spend tens of thousands of dollars on compounding equipment without the compounding prescription volume to support it.

Naturally, this has created backlogs and longer wait times (sometimes up to 1 week) at these few compounding pharmacies in Thunder Bay that service the whole city. We have heard it from our patients; this can cause delays in treatment or interruptions in existing treatment.

We looked at our options so that we can offer a compounding service to our patients. We reached out to Create Compounding Pharmacy, with three locations across Canada, as an industry leader and proven track record. They are a high quality, state-of-the-art compounding pharmacy that has a singular focus: to create high quality personalized medication at an affordable price for Canadians.

We partnered with Create Compounding Pharmacy and are now able to fill all compounded medications. How it works: you drop off your prescription at the Evergreen Pharmacy of your choice and we will process the prescription and order the compounded medication from Create. They will send it to us with a two day turnaround so that we can dispense it to our patient! This is an incredibly valuable service for our pharmacy and patients in that we can offer this in a timely manner and we can trust that the compounded medication was produced in a state-of-the-art compounding lab with proper techniques to create a product that will meet our patients' needs.

We are very excited about this newest service offering. We believe that this is another step for our rural community pharmacy to expand its offerings as we strive to meet the needs of each and every patient.

(Maybe I should ask if they can CRE-ATE my lunch? Compound me a casserole please? Personalized with extra sausage and a little extra spice. Mmmmm..)







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



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

Radon detectors available to borrow at Oliver Paipoonge Library!

It is recommended that you test for radon during furnace season.

For more information regarding Radon visit Eco Superior:

https://www.ecosuperior.org/homeenergy

Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls Every Thursday Weights

At Rosslyn Hall from 11:30 to 12:00

No Registration necessary.

We still have room for anyone wishing to keep active and join others in fun, laughter and conversation.

These activities are open to anyone interested in getting out of the house and meeting new people.

Call Rosslyn Library for more information 807-939-2312

CRIBBAGE

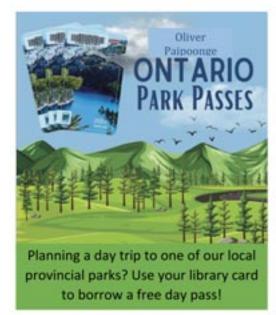
BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.
ROSSLYN COMMUNITY CENTER



Thank you!

isslyn Cribbage Club just celebrated their 1st iversary on Oct. 17th. Over the year we grew m 9 to 34 players with room for many more. So come and join the fun and friendship!







KUBOTA THUNDER BAY
635 HEWITSON ST. THUNDER BAY, ON. P7B5V5
807-344-8901 | WWW.KUBOTATHUNDERBAY.COM







https://www.nofia-agri.com/northern-ontario-ag-conference

An EarlyON Storytime Adventure Tuesday, February 20 1:00pm-2:00pm

The Rural Family Centre is 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 Rural Family Centre at 935-3009 or ask a staff member at the library for more information!











Safe and seamless septic service

GFL has the expertise and custom solutions to manage your individual septic service needs.

We offer:

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- Specialized vacuum truck service for septic tank pumping and maintenance
- Septic line jetting and flushing

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ROYAL LEPAGE



SLATE RIVER BAPTIST CHURCH

80 McCluskey Drive 475-5140

FAMILY WORSHIP SERVICE

Sundays @ 11am

ALL ARE WELCOME

Contact us re prayer requests, visits, questions etc.

Follow us on Facebook or visit our website



FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 LifeLabs Walk-In Clinic 8:30am-4:30pm	2
5	Fly the C.O.O.P Walking Group Diabetes Educator	7	8 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	9
12 Chair Yoga @ O'Connor C.C & CHW drop in appts	13 Fly the C.O.O.P Walking Group Dictition	14 Chair Yoga @ KBF Legion	15 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	16 Walk-in Clinic 8:30am-4:30pm
CLOSED - Family Day	20 Fly the C.O.O.P Walking Group Diabetes Educator Walki-In Clinic 8:30am-4:30pm	21 Chair Yoga @ KBF Legion	22 Fly the C.O.O.P Walking Group LifeLabs	23
26 Mobile Clinic - Armstrong Ipm-6pm Chair Yoga @ O'Connor C.C & CHW drop in appts	27 Mobile Clinic - Arnsstrong 8:30am:1:30pm Fly the C.O.O.P Walking Group Dictitian	28 Chair Yoga @ KBF Legion	29 LifeLabs It's a leap year!	



www.norwestchc.org



www.dunrite.com



JACKPINE SALON 2112 OLIVER RD jackpinesalon.com

RURAL 60 PLUS!

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

Monday - Carving - 10 to 3

- Disking - 1 to 3

Tuesday - Weaving - 10 to 3

- Knitting - 10 to 3

- Good Company Choir - 10 to 3

Wednesday - Beginners Carving - 10 to 3

- Quilting - 10 to 3

- Cribbage - 1 to 3

Thursday - Weaving - 10 to 3

- Knitting - 10 to 3

- Yoga - 10 to 3

Craft Room open Monday to Friday 10 to 3

Yoga will start Thursday February 1st running until Thursday April 4th and drop-ins are welcome.

We have a Luncheon coming up on Friday February 16th at the Kakabeka Legion from 12 to 1. Cost is \$5 for members and \$15 for guests, please signup before Friday February 9th.

We have our Annual General Meeting coming up and if anyone is interested in running for



a position on the Board of Directors please submit your name and phone number to the current Board.

LONG TERM RENTAL WANTED

Retired professional wants to rent a year 'round cabin or tiny house - long term. Desired area is in the countryside, any direction outside the city of Thunder Bay. Please phone 807-632-9169.







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

February 1 - Coffee and Cinnamon Buns 10 AM February 15 - Soup and Sandwich lunch 11:30 Hope to see you there!

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



Lakehead Region Conservation Authority

submitted by LRCA Staff

This is a reminder that the LRCA does not monitor ice conditions at any of our Conservation Areas. Make yourself aware of weather conditions before heading out to explore, and always ensure you are dressed appropriately and are wearing appropriate footwear while visiting. There is no winter maintenance on any of our trails. Please be safe when visiting.

Staff conduct snow surveys on a bimonthly basis on the 1st and 15th of the month between November and May of each year. There are three historical snow survey locations which are located at Hazelwood Lake Conservation Area (Current River), Madeline Street (McVicar Creek), and Vibert Road (Pennock Creek). Snow depth and weight (water content) are collected and forwarded to the MNRF's Surface Water Monitoring Centre as part of the Flood Forecasting Program.

The January 15, 2024 snow surveys indicate that the snow survey locations are below average for snow depth and water content, when compared to the historical averages for January 15. The water content results were also below average for

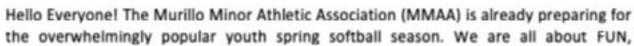
two of the three snow courses, with an equivalent water content ranging from, 52.0 millimetres (mm) at Pennock Creek to 63.6 mm at Hazelwood (Current River), while McVicar Creek results were on average at 56.4 mm equivalent water content. The next snow survey measurements will be taken on February 1, 2024.

MNRF's snow monitoring data is now available to the public through the Ontario GeoHub. The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2023).

The 2024 Explore Card Parking Pass is now on-sale! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$40.00 +HST, it's convenient for frequent users. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas. Get out and Explore!

MURILLO MINOR ATHLETIC ASSOCIATION

2024 SPRING SOFTBALL LEAGUE REGISTRATION



FRIENDSHIP and FITNESS! A softball glove is all a player needs - all other equipment is provided.

This year's season starts on Monday April 29th. Games are played weekday evenings at the ball diamonds in Murillo. There may be Saturday games depending on how many players register, or for weather-related make-up games. There are no set game days of the week, as there are multiple teams per division; and each team will play each of the other teams a few times. The season wraps up with our Tournament and BBQ Day on Saturday June 22nd.

SOFTBALL DIVISIONS: There are five softball divisions:

- T-Ball: youth born in 2020, 2019 & 2018 All players bat using a "T"; score not recorded.
- . 3-Pitch: youth born in 2017, 2016 & 2015 All players bat from Coach pitch; score not recorded.
- . Atom: youth born in 2014, 2013 & 2012 Modified softball rules; players pitch; score recorded.
- PeeWee: youth born in 2011, 2010 & 2009 Normal softball rules; score recorded.
- Bantam: youth born in 2008, 2007, 2006 & 2005 Normal softball rules; score recorded.

<u>PLAYER REGISTRATION</u>: Registration is now open, and it closes on Saturday March 1st. Both a completed registration form <u>and</u> payment are required to be considered registered. The cost is \$75 per player to a maximum of \$225 per family (siblings). Cash or cheque payment only. Please visit our website at http://mmaa.tbay.me/ to see your options for registration, including in-person registration dates at the Murillo Community Centre. The T-Ball and 3-Pitch Divisions reach capacity very quickly, so don't delay!

<u>VOLUNTEERS NEEDED</u>: The MMAA operates on volunteer power and new volunteers are always needed, especially as Team Coaches and Assistant Coaches. The only prerequisite is a desire to help the players and have fun. If you have some softball/baseball knowledge – even better!

<u>SPONSORS NEEDED</u>: Team sponsors are needed in all divisions. Team sponsors will have their business name / logo printed on team shirts and hats. The league is also open to donations for equipment purchases, field maintenance supplies, and Tournament & BBQ Day supplies.

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

RURAL BUSINESS SERVICES DIRECTORY

ALL TERRAIN VEHICLES

Rosslyn Service Home Hardware
Repairs to all makes: ATV, Snowmobiles, Tractors

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

APARTMENTS - SENIORS

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

AUTO REPAIR

Art's Auto

Automotive repair and diagnostics All makes and models; Art Blekkenhorst 935-2835; 4582 Oliver Road, Murillo Charlie's Auto

Automotive Service Technician, Charles Clair 953 Candy Mountain Dr., 473-5456 708-5536 Mirabellis Garage

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

Rick's Auto Repair

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

BIRTHDAY PARTIES

Laugh Out Loud with BoBo BoBo the Clown! Fabulous entertainment for

birthday parties!

CATERING, HALL RENTALS &

MEETINGS

Royal Canadian Legion Hall Kakabeka, 473-9122 kakabekalegion@tbaytel.net

CHEESE FARM Thunder Oak Cheese Farm 611 Boundary Drive West

Neebing, Ontario P7L 0C2 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 Fiorito 935-2514 (office) or 935-2563 (church ph. & fax) www.murillobaptist.blogspot.com

First Christian Reformed Church

Hwy 130 North at Cooper Rd. Pastor - Matthew Guichelaar 905-518-4526

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

The Village Church

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

Pinegrove United Church

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

Redeemer Lutheran Church P.O.Box 179 Kakabeka Falls, on. POT 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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DOG TAGS FOR 2024

Residents can purchase dog tags 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 MARCH'S Oliver Paipoonge **News is FEBRUARY 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!

COUNCIL & STAFF

Remember: You must have your pet under your control at all times. DOG TAGS are av available at Municipal

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

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 807-935-2200

HALL RENTALS

Call the Municipal Office 807-935-2613

ADMINISTRATION

Wavne 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

The Hymers Agricultural Society (HAS) is pleased to introduce its 2024 Board of Directors:

Erin Laforest, President Laura Loan, 1st Vice President Randy Creighton, 2nd Vice President Rhonda Prystanski, Recording Secretary Debbie Hoover, Exhibit Secretary Oona Szyja, Treasurer

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Please visit our new website at https://hymersfair.ca and find our Volunteer Application Form under Volunteers.

Forms can be emailed to: volunteers@hymersfair.com or mailed to: PO Box 196 Kakabeka Falls, ON, P0T 1W0

For full details on becoming a Committee Lead or Volunteer, please email: Debbie Hoover at info@hymersfair.com or Erin at hymersagsociety@gmail.com

Slate
River W.I.
Submitted by
Dodie
Legassick

During the month of February we often take time to reflect on our health and sometimes feel the aches and pains in our joints and muscles after snow shovelling and carrying in the firewood. What is important to think about is how oftentimes the foods and spices we use may benefit our health. Recent

research confirms many health benefits in Indian spices. For example, turmeric has become well known for its anti inflammatory properties, and as an antioxidant boost. Ginger and cumin are great as digestive aids. I found it interesting that cauliflower has all the same benefits.

So, here is a recipe that will take your tastebuds onto a pleasant adventure. It is quite delicious and is always a hit when I bring it along to potlucks.

CURRIED CAULIFLOWER and SWEET POTATO

Note: In this recipe it is important to cook the sweet potato cubes but don't overcook the cauliflower florets.

1/2 cup vegetable oil 1/2 tsp. cumin seeds

1/2 tsp. of black mustard seeds 1 tbsp. finely chopped ginger

root

1 tsp. salt

3/4 cup finely chopped onions 1/2 tsp. turmeric

1 medium sized sweet potato peeled and cut into small cubes

peeled and cut into small cubes
1 large cauliflower separated into florets 2 ripe tomatoes finely chopped
1 red or green chilli seeded and finely chopped (optional)

2 tsp. ground cumin

In a large pan, heat the oil over medium heat. Stir in the mustard seeds, cumin seeds ginger and onions. Cook stirring constantly for one minute. Add the salt and turmeric and continue stirring for 3 to 4 minutes until fragrant. Add the sweet potatoes then the cauliflower florets and stir until evenly coated with the onion mixture. Stir in the tomatoes, chilli pepper (opt'l) and the ground cumin. Reduce the heat to low until the sweet potatoes and cauliflower florets are tender, about 8 to 10 minutes. Careful not to overcook. Serve on a heated platter or store in the fridge for a day and reheat gently just before serving. Makes 6 to 8 servings.

CORNMEAL MUFFINS

This next recipe is from one of our regular Women's Institute contributors, Marie Hamilton, who is well known for her baking. Serve these muffins while still warm with a bit of butter or bring to a friend's home to share with a cup of tea or coffee. These are very good!

INGREDIENTS:

1 cup all purpose flour 3 tbsp. white sugar

1 tsp. salt 2/3 cup milk 3/4 cup cornmeal 1 tbsp.baking powder

1 egg

1/3 cup melted butter

In a bowl combine the flour, cornmeal, sugar, baking powder and salt. Beat together the egg, milk and melted butter; add to dry ingredients all at once stirring until just moistened.

Spoon into greased or paper lined muffin cups filling two thirds full.Bake at 425 degrees F. for twenty minutes or until golden brown on top and firm to touch.

Variation: Try adding some raisins or craisins into the dry mix.

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

(formerly Founders Museum)

"Museums ... Their Operation and Educational Values"

No matter what the environment, the fundamental needs were universal: food, clothing and shelter. The manner in which these requisites were met varied with the culture and the terrain, but these goals still remained basic to all societies. As these objectives were realized, people had more time to think and to create. Man entered into the never-endless age of invention which was dimensional evidence of his intellectual approach to problem solving. Today these articles are called 'antiques'.

The word 'museum' comes from the Greek "mousein" signifying location of the muses, the goddesses of liberal arts and sciences.

Originally it was a sacred place dedicated to these "flying females" of Greek mythology. Gradually the meaning took on its present definition: "Museums are institutions for the preservation, study and display of natural objects or of those made by man."

From these private conclaves gradually emerged establishments we now call museums: but for many years they were patronized mainly by the upper classes and in many respects these institutions remained 'a closed shop' as far as the masses were concerned.

This was due to the depth of the exhibits, the somber atmosphere, and the total un-relatedness of the objects to the immediate environment. This was drastically changed, however when a new philosophy gained a hold in Europe-particularly in Germany which pioneered the use of displays in a lighter and more appetizing way. "Exhibitions of this kind required showmanship techniques which were adopted by museums; many institutions in various parts of the world were remodeled on a vast scale. (continued in the next issue)

Written by Fred Goodfellow Submitted by Lois Garrity, Curator

OLIVER PAIPOONGE HERITAGE PARK

by Jean Mayo, Curator

Winter is quickly moving ahead and I am looking forward to a new season at Oliver Paipoonge Heritage Park (OPHP). With the help of the museum board, we are developing new ideas and events to entertain you and your friends this year. Opening day will be May 18, 2024 from 12 noon to 4:30 p.m. Please plan to join us on that weekend and any other days that we are open. There is so much to see there that you will want to return.

Once again, we are offering a place to hold your company picnic or special family event. Our quaint, historic, country church is a great place for weddings. Next to it is the Paterson Pavilion, a covered area where music or catered meals can be arranged. The site makes a wonderful backdrop for family or special event photo opportunities. The sky is the limit there, so if any of this interests you, please contact me for more information regarding options, fees and reservations.

We are planning to re-arrange some of our display items and I'm asking for your assistance! If you have an interest in crafts, sewing or just helping out, please contact me for more info. We are also in need of more volunteers for helping during events or behind the scenes. I can be reached at mayojeanp@gmail.com or 807 620 3636.

Museum Board Members 2024

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