

Municipal Office

475-5229
conmee@conmee.com
Hours:
Monday – Friday
9 am – 4 pm

Conmee Landfill

Summer Hours

(May 15 – Oct. 14)
Wed: 3 pm – 7 pm
Sat: 9 am – 3 pm

Winter Hours

(Oct. 15 – May 14)
Wed: 1 pm – 5 pm
Sat: 9 am – 3 pm

Public Works

475-5337

Emergency Numbers

Non-Emergency OPP
1-888-310-1122
Emergency (fire,
medical, OPP): 911

Hydro Outages

1-800-434-1235

MTO Highway Concerns

Emcon
1-888-636-8704



MAYOR'S MESSAGE

A Beautiful Fall in Conmee

The colours are turning, and soon the leaves will be raining down on us once again for another beautiful fall in our township. I have to say, this is probably my favourite time of year to drive around Conmee. The colours that surround us are beautiful, and when you look out toward the horizon, the views are simply breathtaking. It is one of those times of year when we are reminded how fortunate we are to live in such a beautiful part of the country. It is hard to believe how quickly this year has gone by. Another summer has come and gone, and another school year is already underway.

As many of you are aware, this is also an election year, and with that comes a new Council. Before we look ahead, I would like to take a moment to recognize someone who has given an incredible amount of time and experience to our community. **Grant Arnold has served at the Council table for the past 18 years.** Grant made the decision to retire gracefully before the end of his current term, and I want to take this opportunity to say a very sincere **thank you** for his years of service. Grant has been a pillar at the Council table. Personally, I have had the pleasure of working alongside him for the past 12 years, and I can honestly say that he has been a pleasure to work with. His wealth of experience, both within the municipal world and beyond, has been invaluable. Through his involvement on various boards and committees, Grant has contributed far beyond the Council table, and his knowledge and commitment will certainly be missed. Grant and Marilyn, I hope you both enjoy many wonderful years ahead together. Take some time to relax, enjoy life and be proud of the impact you have made, and continue to make, on the residents of Conmee and our surrounding communities. **Grant, you are a true friend, mentor, and community leader. Thank you.**

With the election approaching, I encourage everyone to take the time to learn about the candidates and the issues that matter to you, and to make sure your voice is heard. **Election Day is October 26, with early voting taking place October 24.**

Upcoming Council Meeting

Tuesday, October 13, 2026 — 6:00 pm

Location: Conmee Community Centre

Virtual attendance is available.

Visit www.conmee.com for further information.

MAYOR'S MESSAGE *(continued)*

Grants & Community Projects

As usual, the municipal office has been busy working on grant applications for several important projects. The Fire Department continues to be a priority, and we are also looking at funding opportunities for our playground and surrounding recreation area. We were also recently made aware of another funding opportunity through the Minister of Infrastructure. Conmee has been advised that we have a very good chance of receiving funding to assist with the replacement of the **Enders Road Bridge**, which is approaching the end of its expected service life within the next five years. This is an exciting opportunity for our community. If successful, the funding could provide a significant contribution toward the construction of a **bigger and better bridge** to serve our residents for many years to come. We are one of only **37 municipalities out of 444** being considered for this opportunity, so we are hopeful that Conmee will be successful. There will be more information to come as we know more.

Public Works – Getting Ready for Winter

Our Public Works staff have been busy keeping our roads in good condition and preparing for that **“W” word, winter!** Brushing will begin as soon as the vegetation dies back enough for our workers to safely see the rocks, hazards and other dangers that can be hidden along the roadside. The goal will be to get to as many of the areas that need attention as possible. We appreciate everyone's patience as our Public Works crew works throughout the township. Keeping our roads maintained and safe is an ongoing job, and there is always plenty to do.

Fire Safety – Fall Is the Time to Check Your Alarms

This time of year is also a good reminder to check your **smoke alarms and carbon monoxide alarms**. Change the batteries and make sure all of your alarms are working properly. Every September, like clockwork, my own smoke alarms seem to remind me that it is time for new batteries! As the cooler temperatures arrive, many of us will also be turning on our wood stoves and fireplaces. Before you light that first fire of the season, make sure your **chimney has been cleaned and inspected** and that your wood stove is ready for another heating season. A few minutes of checking now can make a big difference when it comes to keeping your home and family safe.

Conmee Emergency Services

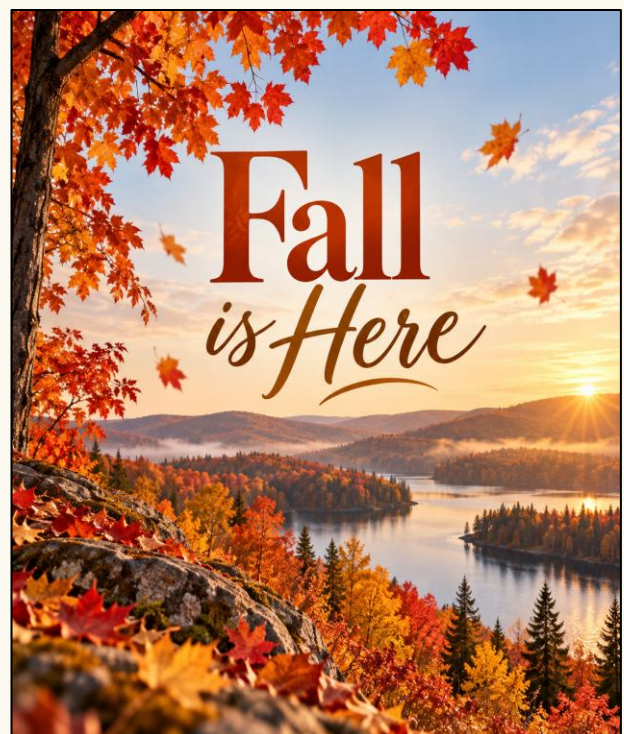
Our Fire Department continues to stay busy with

training. Wildland fire training has been a major focus, along with the regular training that is so important to keeping our firefighters prepared for the many different situations they may encounter. This time of year can be busy for everyone, but our members continue to make the effort to attend training whenever they can. Our First Responders will also be completing their recertifications soon. One thing we know in emergency services is that **you can never be fully trained, there is always something new to learn**. Our volunteers continue to put in the time and effort to make sure they are ready when our community needs them, and I want to thank them for their commitment.

Looking Ahead

Fall is a beautiful time in Conmee, but it is also a busy time. Between preparing our roads for winter, continuing our emergency-services training, working on grant opportunities and planning for important infrastructure projects, there is a lot happening behind the scenes. Thank you to our residents, volunteers, staff, and Council members for everything you do to make Conmee the community that it is. Enjoy the fall colours, stay safe, and take a moment to appreciate the beautiful place we call home. As always here if you need anything!!

*Warm Regards,
Mayor Sheila Maxwell*



HIGHLIGHTS FROM THE REGULAR COUNCIL MEETINGS

Held: August 11 & 26, 2026 (Note: Updates from approved council minutes)

CLERK'S UPDATE

Council reviewed the Clerk's Report. The Clerk provided updates regarding regional wildfire coordination efforts, long-term water supply discussions for the rink and fire hall, election preparations, and ongoing operational matters. Conmee Township has also provided formal support for the Municipality of Oliver Paipoonge's position regarding the Highway 11/17 Widening and Rerouting Project. A letter of support was forwarded to Oliver Paipoonge and the Highway 11/17 Project Team in accordance with Council Resolution 2026-147. Council discussed the status of the rink and fire hall water supply project, and the Clerk advised that discussions remain ongoing. Council also received an update regarding nominations for the 2026 municipal election, noting that nomination filings remain open. Council also reviewed a report regarding the potential purchase of a 2005 International 7400 Fire Tanker through the GovDeals online auction platform.

TREASURER'S UPDATE

The Treasurer reported that final tax notices had been issued and tax payments were beginning to be received. Council discussed upcoming grant applications for the Fire Department, including a decontamination shower project and wildfire preparedness funding opportunities. Council also discussed reports of hazardous material being transported through the region and requested that Administration make inquiries regarding notification protocols and emergency preparedness considerations.

PUBLIC WORKS UPDATE

The Public Works Manager reported on recent road maintenance activities, including grading, shoulder work, and ditch maintenance following heavy rainfall. Updates were provided regarding landfill operations, cemetery maintenance, seasonal staffing, and repairs to the two-ton truck. Council discussed ongoing efforts to minimize gravel loss from road shoulders.

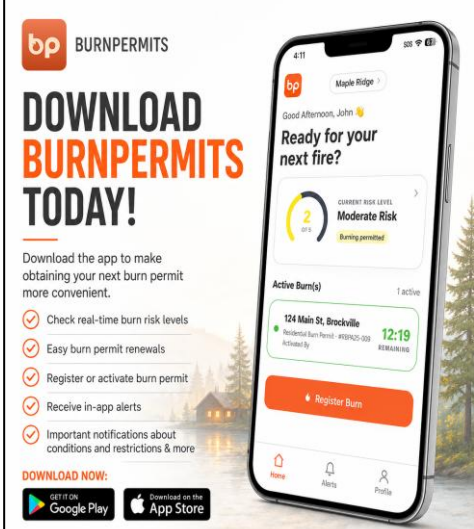
FIRE DEPARTMENT UPDATE

Council reviewed the Fire Chiefs Report. Mayor Maxwell provided updates regarding recent wildfire training, firefighter recruitment efforts, volunteer participation, and equipment donations received from GlobalMedic. The Clerk advised that information respecting the use of green warning lights by volunteer firefighters had recently been included in the municipal newsletter for public awareness purposes. Council discussed the use of green warning lights by Fire Department members.

2026 COUNCIL MEETING SCHEDULE

October	13
November	10 & 17 (Inaugural Meeting)
December	1 & 15

Meetings are held the 2nd and 4th Tuesday of each month at 6:00 p.m. unless otherwise noted. Agendas and minutes are posted at www.conmee.com — the office can print copies on request.



bp BURNPERMITS

DOWNLOAD BURNPERMITS TODAY!

Download the app to make obtaining your next burn permit more convenient.

- ✓ Check real-time burn risk levels
- ✓ Easy burn permit renewals
- ✓ Register or activate burn permit
- ✓ Receive in-app alerts
- ✓ Important notifications about conditions and restrictions & more

DOWNLOAD NOW: GET IT ON  Google Play  Download on the App Store



Before you burn or set off fireworks, make sure you know the rules. The full bylaw is available on the Township website. For permits you can acquire them online at <https://conmee.burnpermits.com/home> , the BURNPERMITS app, or at the Township office. For additional information, contact the Township Office – 807-475-5229

MUNICIPAL ELECTION 2026

The Municipal and School Board Election will take place on **Monday, October 26, 2026.**

MUNICIPAL AND SCHOOL BOARD ELECTION

The time is coming up for the 2026 Municipal and School Board Election!

There will be an advance vote held on **Saturday, October 24th from 10 am to 4 pm**

The regular election day is **Monday, October 26th from 10 am to 8 pm**

Both the advance vote and the regular election day vote will be held at the **Conmee Municipal Complex, 19 Holland Rd. West**

Municipal Government is important to the health and well-being of the community you live in. Please come out and vote.

ARE YOU ON THE VOTERS' LIST?

The Township uses the voters list provided by Elections Ontario. It's important to make sure your information is up to date before the election.

Visit: If you missed the deadline to update your information with Elections Ontario you can contact their municipal clerk directly to register to vote after August 12.

Take a minute to confirm your:

- Name
- Address (especially if you've moved recently!)
- School support designation

Keeping your information current will help ensure a smooth voting process in October.



WANT TO ADVERTISE?

Advertise your business, event, or happy ad in the next issue! Contact the Municipal Office for upcoming deadlines.

Full Page	\$20.00
Half Page	\$10.00
Quarter Page	\$5.00
For Sale Ad (card size)	\$2.50



COMMUNITY EVENTS & NOTICES

KAKABEKA FALLS LEGION — OCTOBER EVENTS

Friday, Oct 2nd	Dance with Quest	7 pm
Saturday, Oct 3rd	Veteran's Drop-In	9 am
Saturday, Oct 10th	Legion Executive Meeting	2 pm
Saturday, Oct 10th	Legion General Meeting	3 pm
Sunday, Oct 11th	Breakfast	8:30 to 11am
Saturday, Oct 17th	Dance with Quest	7 pm
Sunday, Oct 25th	Sunday Musical with Just 4 You Band	2 – 4 pm
Friday, Oct 30th	Dance with Quest	7 pm

To book an event, please call Alice at (807) 577-0418.

RURAL 60 PLUS — FALL AT THE CENTRE



YOU ARE NEVER TOO OLD TO HAVE FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10–3 Carving 1-3	Craft Room 10–3	Craft Room 10–3	Craft Room 10–3	Craft Room 10–3
Chair Yoga 10-11	Weaving 10–3	Beginners Carving 10–3	Yoga 10-11	Friendship Café October 23 – 1-3
Disking 1-3	Knitting 10–3	Quilting 10–3	Weaving 10–3	
	Choir 1-2:30	Cribbage 1–3	Knitting 10-3	
			Euchre 1-3	

Friday October 30th at 1:00 pm information session on Power of Attorney for Personal Care and Health Care Consent.



ANNUAL

CRAFT SALE AND DRAWS

SATURDAY, NOVEMBER 14, 2026

10:00 A.M. TO 1:00 P.M.

To be held at 5 Pineview Road, Kakabeka Falls

All draws will be held at 1:00 p.m.

License No. M861998



First Prize Draw – “Kaleidoscope” - this beautiful First Place Award-Winning Quilt

Table Rentals - \$15.00 each: Call 807-475-5779 or email rural60@tbaytel.net

UNITS AVAILABLE FOR PURCHASE

Pennock Village

at the Crossroads

Rural Retirement Community — Learn more at PennockVillage.ca

Friendship Café

Food, Fun & Games!

October 23, 2026 1-3PM
5 Pineview Road, Kakabeka

Join us for an afternoon of food, fun and connection - no registration required!

Questions? Contact Shaun
at 807-473-5528



KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew

Upcoming Meeting Dates

AUGUST	11th
AUGUST	25th
SEPTEMBER	8th
SEPTEMBER	22nd
OCTOBER	13th
OCTOBER	27th

We meet the 2nd and 4th Tuesday
of every month
in basement at
O'Connor Community Centre
330 Highway 595
7-9pm



Thank you to all the local communities in and around Kakabeka Falls, and as far away as Thunder Bay. Your generosity in donating your cherished tea cups and saucers has been outstanding. Thanks to you, we now have our own collection of 250 sets which will enable the Kakabeka Legion to have many more high teas. Look out for your own tea cups when you attend our Legion events.

Kakabeka Falls and Rural District Legion 225

KAM RIVER FIGHTING WALLEYE

OCTOBER 2026 SCHEDULE

<u>DATE</u>		<u>ARENA</u>	<u>TIME</u>
Sat, Oct 3	Kam River Walleye vs Fort Frances	Norwest Arena	7 pm
Tues, Oct 6th	Kam River Walleye vs Ironwood	Norwest Arena	7 pm
Fri, Oct 9th	Kam River Walleye vs North Stars	Ft William Gardens	7 pm
Fri, Oct 16th	Kam River Walleye vs North Stars	Norwest Arena	7 pm
Tues, Oct 20th	Kam River Walleye vs Ironwood	Norwest Arena	7 pm
Fri, Oct 23rd	Kam River Walleye vs Sioux Lookout	Norwest Arena	7 pm
Sat, Oct 24th	Kam River Walleye vs Sioux Lookout	Norwest Arena	7 pm
Fri, Oct 30th	Kam River Walleye vs North Stars	Ft William Gardens	7 pm
Sat, Oct 31st	Kam River Walleye vs North Stars	Ft William Gardens	7 pm

POSTED LOCAL GAMES ONLY



VOLUNTEERS NEEDED



YOU'RE INVITED Volunteer Information Session

Discover how a few hours a month can bring sunshine to someone's life

Hospice Northwest trains caring community members to offer in-person, one-to-one companionship to people living with a life-limiting illness. Come learn what it's about, no commitment, just bring your questions.

WHEN

Monday, October 5, 2026

6:00 PM Eastern (Canada)

WHERE

Online, on Zoom, join from anywhere

Meeting ID: 856 6826 7583

Passcode: 350032



Scan to join

JOIN THE ZOOM MEETING
Click here to open the meeting

For more information, visit us at hospicenorthwest.ca

Making Moments Matter

Hospice Northwest Services- 63 Carrie St, Thunder Bay ON. hospicenorthwest.ca



*It's that
warm fuzzy
feeling and
vast social
connections
that enrich
my life*

Larry, 74, has been a volunteer with Hospice Northwest for ten years. Throughout his career he was always a people-person and still enjoys every opportunity to interact with others. He believes it is our moral responsibility to be there for others in time of need and the experience truly gives as much to him as it does to the clients he meets.

Volunteers needed

Visit www.hospicenorthwest.ca
or call 626-5572 to learn more



AT THE LIBRARY — FALL 2026

Murillo Branch

4569 Oliver Road

Murillo, ON

(807) 935-2729

Open Monday and Wednesday
and Saturday 9 AM – Noon



Weekday hours: 10AM – 8 PM

<https://oliverpaipoonge.olsn.ca>

Rosslyn Branch

3405 Rosslyn Rd

Rosslyn, ON

(807)939-2312

Open Tuesday and Thursday
and Saturday 1 – 4 PM

THE HUB OF THE COMMUNITY

Where residents come together to exchange ideas and discover and create rich meaningful experiences

October 2026				
Murillo	Rosslyn	Murillo	Rosslyn	Murillo/ Rosslyn
Monday	Tuesday	Wednesday	Thursday	Saturday
Tuesdays and Thursdays - Exercises at Rosslyn branch 11:30 Free and welcome to all ages and abilities!			1 CARPET BOWLING 1 PM	3
5 BOOK CLUB 7 PM	6 CRIB 1 PM Looking to learn? please visit	7 Students! Drop by the library after school	8 SCIENCE FOR SENIORS A.I. 101 12:30 PM	10
12 Happy Thanksgiving Murillo branch closed	13 CRIB 1 PM All are welcome	14 Play a Board game	15 HALLOWE'EN CRAFT for adults 12:30 P.M.	17
19	20 CRIB 1 PM Refreshments are served	21 After school Hallowe'en craft	22 BOOK CLUB/ CRAFTS 12:30	24
26	27 CRIB 1 PM	28	29 AGE FRIENDLY PRESENTATION SR. FRAUD/SCAMS 12:30	31 Hallowe'en Party both branches wear a costume! and receive a treat

SCIENCE FOR SENIORS

A.I. 101

Artificial Intelligence 101

OLIVER PAIPOONGE PUBLIC LIBRARY

THURSDAY, OCTOBER 8
12:30-1:30PM

Learn How to Protect Yourself from Fraud

Join Us for a Seniors Information Session at Blake Hall

Date: October 3, 2026

Time: 1:00 p.m. to 3:00 p.m.

Location: Blake Hall, 71 Blake Hall Road

Fraud and scams continue to affect Canadians of all ages, making it more important than ever to stay informed and know how to protect yourself and your loved ones.

Join us at Blake Hall on **Saturday, October 3, 2026**, for a Seniors Information Session featuring a presentation from the Canadian Anti-Fraud Centre (CAFC). While the session is part of our seniors information series, **everyone is welcome to attend, regardless of age.**

A representative from the Canadian Anti-Fraud Centre will provide an engaging and informative presentation covering:

- Who the Canadian Anti-Fraud Centre is and the role they play in combating fraud
- Common tactics used by fraudsters
- Popular payment and solicitation methods used in scams
- Current top-reported frauds across Canada
- How to recognize warning signs and protect yourself
- How and where to report fraud

The presentation will last approximately one hour and will be followed by an open question-and-answer period, giving attendees the opportunity to ask questions, share experiences, and gain practical advice directly from an expert.

Whether you want to protect yourself, support an aging parent, or simply learn more about the latest fraud trends, this session offers valuable information for everyone in our community.

Admission is free. We encourage all interested residents to attend and help spread awareness about fraud prevention.

For more information, please contact the Neebing Municipal Office at 807-474-5331.

Fraud: Recognize. Reject. Report.

Presented in partnership with the Canadian Anti-Fraud Centre, the OPP and the RCMP.



AROUND THE WATERSHED — CONSERVATION AUTHORITY NEWS

News and events from the Lakehead Region Conservation Authority (LRCA) — October 2026.

A Level I Low Water Condition was issued on August 17, 2026 and remains in place. The Level I condition was issued due to below average precipitation received over the last several months and the below average flow of area watercourses. A Level I Low Water Condition is an early indication of a potential drought condition. Staff will continue to monitor for low water conditions and will update messaging when warranted.

The LRCA's 2027 Explore Card Parking Pass will be available for sale on November 1, 2026! Explore cards can be purchased by visiting our website (www.lakeheadca.com/product/explore-card/) by calling us at (807) 344-5857 or at our Administrative Office at 130 Conservation Road in Thunder Bay. Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$45.00 +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. 2027 Explore Cards are valid from November 1, 2026 until December 31, 2027.

The LRCA has lots of great new merch, including t-shirts, buttons, patches, stickers, and water bottles, all featuring new Conservation Area logos! We will also be restocking our super popular ball caps and toques. All of our merch is available on our website and at our office. Also, our merch will be available at a pop-up kiosk at Intercity Mall on December 5 and 6, so be sure to stop by, say hi, browse our merch, and grab your 2027 Explore Card!

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



LAKEHEAD REGION
CONSERVATION AUTHORITY

RURAL CUPBOARD FOOD BANK

FOOD SECURITY

Food Security is the state of having reliable access to a sufficient quantity of affordable, healthy food. This includes availability, access, utilization, and stability, as well as resiliency to future disruptions of food supply due to various risk factors such as droughts, floods, shipping, disruptions, fuel shortages, economic instability, and wars.

Food insecurity is the opposite of food security: a state where there is only limited or uncertain availability of suitable food. Food insecurity goes beyond hunger; it includes people who do not have regular access to nutritious and sufficient food, even if they may not necessarily be suffering from hunger.

If you or anyone you know is struggling with food insecurity, help is available through the Rural Cupboard Food Bank (RCFB). The RCFB operates a food bank offering non-perishable goods, provides enough food for seven days and one week of school lunches, and org ongoing food drives.

Families and individuals that reside in rural areas west of Thunder Bay to Upsala, north of Thunder Bay including Kaministiquia, Lappe, Shuniah and Pass Lake, and south of Thunder Bay to USA border at Pigeon River are eligible.

Service Area(s):

- Conmee
- Kakabeka Falls
- Kaministiquia
- Murillo
- Neebing
- Nolalu
- O'Connor
- Oliver Paipoonge Township
- Raith
- Rosslyn
- Shebandowan
- Slate River
- South Gillies
- Upsala

Application Process

- Initial registration requires a piece of photo ID and proof of address
- Operates on a drop-in basis during food bank hours

Documents Required

Identification to prove rural residence (ie. utility bill), as well as ID for each person living in the household.

NOTE: Every six months, clients will be asked to bring in proof of address. Proof of Residency and ID is a requirement for clients attending and registering with the food bank in order to obtain food hampers on a monthly basis.

Office: 807-285-0836

Email: ruralcupboardfoodbank@gmail.com

Mailing Address:

19 Holland Rd W.

Kakabeka Falls, ON, P0T 1W0

Regular Hours of Operation

Third Wednesday of the month: 9am-11am (in the month of December, the Food Bank will operate on the Second Wednesday of that month only).

For anyone or any business wishing to help out, donations can be brought to the following locations during their regular business hours:

- Oliver Paipoonge Libraries in Rosslyn/Murillo Villages
- Neebing Municipal Office
- O'Connor Municipal Office
- Conmee Municipal Office
- Hopper's Variety
- Whitefish Valley Public School
- Odena Foods

Watch for the RCFB regular monthly ad in your community newsletter!



NEXT FOOD BANK

Wednesday, October 21, 2026

Registration 9:00 – 11:00 am • Drive-Thru Pick-up

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T 1W0

807-285-0836

Drop-Off Locations

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)

Nolalu: Hoppers Variety

Gillies: Whitefish School (Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags

With Gratitude

- **A BIG THANK YOU** to our many volunteers who work behind the scenes at the food bank and are there on distribution day, the time they donate is greatly appreciated.
- **A BIG THANK YOU** to Kam Community Centre for several bags/boxes of food donated.
- **A BIG THANK YOU** for donations received from The Steve Maxwell Golf Tournament.
- **A BIG THANK YOU** to Lois and Stan Myslicki, and the guests of their 50th Wedding Anniversary Celebration who donated in lieu of gifts.
- **A BIG THANK YOU** to Odena Foods for hosting our Fall Harvest Food Drive.

**Fall Harvest Food Drive
October 8, 9, 10
Odena Foods, Kakabeka Falls**

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 the food bank.

Your donations enable the food bank
to remain open.

Next Food Bank

Wednesday, October 21, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up



OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 Fly the C.O.O.P Walking Group LifeLabs	2
5 Chair Yoga @ O'Connor CC	6 Flythe C.O.O.P Walking Group	7 Walk-In Clinic	8 Flythe C.O.O.P Walking Group LifeLabs	9
12 CLOSED FOR THANKSGIVING Good Food Box Order Deadline	13 Fly the C.O.O.P Walking Group	14 Walk-In Clinic	15 Fly the C.O.O.P Walking Group LifeLabs	16
19 Chair Yoga @ O'Connor CC	20 Flythe C.O.O.P Walking Group	21 Good Food Box Pickup at KB Clinic Walk-In Clinic	22 Flythe C.O.O.P Walking Group LifeLabs	23 Friendship Cafe
26 Chair Yoga @ O'Connor CC	27 Fly the C.O.O.P Walking Group	28 Mobile Clinic - Upsala Community Centre (Footcare and primary care 10AM-3:00PM) Walk-In Clinic	29	30

 NorWest Community Health Centres
Centres de santé communautaire NorWest

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

PROGRAM DETAILS

Call KB Clinic Reception for more information

WEDNESDAY WALK-IN CLINIC
HOURS 4:30 PM - 7:30 PM

Fly the C.O.O.P Walking Group
Meet at KB Park at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor & Kam Community Centres at 10:00AM

Good Food Box Program
Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org

Friendship Cafe
@ Rural 60+ Centre, KB
1:00PM-3:00M

Come socialize and meet new people, make friends and lifelong connections. Snacks and refreshments provided

 **Follow us!**
NorWest Community Health Centres -
Kakabeka Falls Clinic
www.norwestchc.org



Halloween SAFETY

Have a Safe and Happy Halloween!

-  **Choose Safe Costumes**
Make sure costumes are well fitting, fire resistant and allow for clear vision.
-  **Be Seen**
Wear bright colours or reflective tape so drivers can see you.
-  **Trick-or-Treat Together**
Go with a parent or trusted adult. Stay in well-lit areas and avoid unfamiliar places.
-  **Check Your Treats**
Only eat factory-wrapped treats and check for any signs of tampering.
-  **Drive with Caution**
Slow down in residential areas and watch for children on the roads and sidewalks.

Costume Safety

Choose light-coloured, flame-resistant costumes with reflective strips so kids are easily seen at night. Make sure costumes are short enough to prevent tripping. Add reflective tape to bikes, skateboards, and brooms for better visibility. Avoid costumes with masks or items that obstruct vision—opt for face paint instead. Steer clear of open flames and candles as costumes can be highly flammable.

Trick-or-Treating Tips

Children should stay on sidewalks—walking, not running, and definitely no slithering or sneaking in the street! Plan a trick-or-treat route ahead of time and ensure kids follow one side of the street before crossing to the other. Cross the street only at intersections or crosswalks. Remind kids to look both ways for cars, trucks, and the occasional low-flying broomstick. Carry a flashlight to help see and be seen by others.

Travel in Groups

Ensure trick-or-treaters travel in groups of at least four or five. Young children should always be accompanied by an adult. Visit homes that have the porch light on to signal that they're open to trick-or-treaters. Set boundaries for where kids can go and make sure they return home on time.

Candy Safety

Accept treats at the door only—never enter strangers' homes or cars. Remind children not to eat candy until it's inspected by an adult at home. Avoid consuming treats if the packaging is already opened. Be mindful of small, hard candies that could pose a choking hazard to younger kids.

Additional Tips for Parents

Identify where the Block Parent houses are in your neighborhood as a safe spot if needed. Teach Halloween safety through conversations and role-playing. Reiterate the importance of staying with the group and being aware of their surroundings. Want to learn more about keeping your family safe during Halloween and beyond? Consider enrolling in one of our [First Aid at Home courses](#). These courses are perfect for parents, caregivers, and anyone wanting to be prepared in case of an emergency.

Halloween Safety for Pets

Don't forget about your furry family members! Here are some Halloween safety tips for pets: Keep pets indoors or in a quiet, secure room to avoid the noise and stress of visitors. Ensure your pet's costume is comfortable and safe with no small parts that could be swallowed. Make sure your pet has updated ID tags, just in case they get out during the festivities.

Stay Safe, Have Fun!

Halloween is a time for fun and adventure, but safety should always come first. Follow these Halloween safety tips to ensure your trick-or-treating night is full of good memories—not incidents.

Fire Department Safety Information



CHEAP CHARGER? DON'T CHANCE IT.

Use the cord and charger that came with your device or one approved by the manufacturer.

Why it matters: Using the wrong charger can damage the battery and increase the chance of fire. Cheap or off-brand chargers may not meet important safety standards.



SOFT SURFACE? HARD PASS.

Charge on a hard, flat surface like a table, desk, or bare floor.

Why it matters: Devices and chargers create heat during normal charging. Soft surfaces like beds, pillows, and couches can trap heat and block airflow, which can cause a battery to overheat.



FEELS HOT? STOP USING IT.

Stop using your device if it feels very hot, starts to swell, smells strange, leaks, smokes, or makes popping or hissing sounds.

Why it matters: A damaged battery can overheat and start a fire.



FULLY CHARGED? TIME TO UNPLUG.

Unplug your device when it is fully charged.

Why it matters: Leaving a device plugged in can increase heat and stress on the battery.



FOR TOOLS AND RIDES, CHARGE OUTSIDE.

Charge large items like e-bikes, scooters, and power tools outside when possible. Do not block exits when charging.

Why it matters: These batteries are larger and store more energy. Fires can grow quickly if the battery fails.



OUT OF SIGHT? NOT IN FLIGHT.

When on a plane, keep devices where you can see them while charging. Do not charge e-cigarettes or vapes on the plane. Tell a flight attendant if you notice a problem with your device, such as if it feels very hot, starts to swell, is smoking, or has a strange smell.

Why it matters: If a battery overheats or fails, it is important for the flight crew to be able to respond quickly.

— Working smoke alarms and a home fire escape plan can help make a life-saving difference. —



BATTERY SAFETY STARTS BEFORE YOU PLUG IN

Buy products listed by a nationally recognized testing laboratory, such as UL, ETL, or CSA.* Listed products meet important safety standards.



NATIONAL FIRE PROTECTION ASSOCIATION
The Leading Information and Knowledge Resource on Fire, Electrical, and Related Hazards

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*The listing of specific commercial products or services herein is solely for educational purposes and does not imply endorsement by NFPA, nor discrimination against similar services not mentioned.

ATV SAFETY

RIDE SMART. RIDE SAFE.



WEAR A HELMET AND PROTECTIVE GEAR

A helmet can save your life.
Wear eye protection, gloves, long sleeves,
pants and boots.



KNOW YOUR ATV

Read your owner's manual and understand
your ATV's controls and capabilities.



RIDE WITHIN YOUR LIMITS

Go at a safe speed and avoid
taking unnecessary risks.



NEVER RIDE UNDER THE INFLUENCE

Alcohol and drugs impair your judgment
and slow your reaction time.



RIDE RESPONSIBLY

Stay on marked trails, respect private property,
and ride with a buddy. Let someone know
your plans.



**THINK SAFE.
RIDE SAFE. COME HOME SAFE.**



STAY ON
DESIGNATED TRAILS



AVOID STEEP HILLS
AND ROUGH TERRAIN



NO DISTRACTIONS –
NO CELL PHONES



CHECK THE WEATHER
AND BE PREPARED

Safety tips

Follow these tips to stay safe when riding an ORV:

Before a trip

- Get proper training by taking an ORV safety course
- Know your ORV and read its operator's manual
- Do a pre-ride inspection and check:
 - Oil
 - Gas and other fluid levels
 - Lights
 - Brakes
 - Tire pressure
- Let someone know where you're going and when you expect to return
- Check with your local municipality to see if they have a bylaw permitting you to ride on roads

When you are riding

- Always ride according to the trail, road and weather conditions
- Use extreme caution when turning, crossing, climbing and descending hills
- Drive sober — it's illegal to drive while impaired by alcohol or drugs
- Ride in designated areas only
- Respect the environment and keep noise levels low

Courtesy of Ministry of Transportation Ontario (MTO)

You can also refer to the Official Ministry ATV/ORV Handbook at the following link:

<https://www.ontario.ca/page/driving-road-vehicle-orv>



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Healthy Living Naturally

19 Holland Road West • 475-5229 • conmee@conmee.com

www.conmee.com