



# Conmee Community Newsletter

June 2026

## Mayor's Message

June is here. If you look at it one way, we're already halfway through the year, but let's look at it another way... summer is finally here, and we can get back to all those outdoor activities we thought for a while we'd never get to.

The little bugs aren't out in full force yet, so we can enjoy some nice weather while we can. I wasn't saying that a couple of weeks ago when I needed a fall jacket on and was freezing outside! But the snow is gone, so let's make the best of it. Kids are almost done school, May long has come and gone, and summer is right around the corner.

With school still having a little bit of time left, I'd like to take a few words to recognize some very talented kids we have in our township and neighbouring municipalities. I'm very fortunate to have worked in some of these students' classrooms over the last few years and have had the chance to watch them grow into young teenagers. The possibilities are endless with the way they continue to challenge themselves and the opportunities they are earning through hard work.

First of all, congratulations to Aby Nelson, Avery Kidd, and Matthew Gouley from Kakabeka Falls School, who went to the Canada-Wide Science Fair out west. These three made not only Kakabeka Falls proud, but also Conmee Township, as two of them are residents here. Way to go, and all the best!

I'd like to recognize another amazing kiddo whose talent and hard work have taken her to incredible places. Rory Bernier has been involved in theatre since she was 3½ years old, and now at 13 years old, graduating soon and heading off to high school, she has put so much work into where she is today. Many of us have probably seen Rory in musicals. The first time I saw her perform was in *The Little Mermaid*, where she played Ariel. I was brought to tears listening to her sing. She truly took my breath away, and I became an instant fan. This summer Rory is heading to New York to attend a program with iTheatrics. Students audition by submitting a video of themselves, and only 50 students are selected each week over a six-week program. Rory earned herself a spot. One week after graduation, she'll be off on this amazing adventure. Students in Grades 6–12 from all over the world auditioned for the chance to attend, and Rory's hard work, dedication, and determination made it happen. I also want to recognize the love and support of her two amazing parents behind her. Her parents, longtime Conmee residents for the past 16 years, should be incredibly proud. Way to go, Berniers! Rory, I hope you get everything you wish for in your future endeavours. Keep reaching for those stars; we'll all be cheering you on.

I'd like to mention that this year is a municipal election year. If you're interested in being part of your community and making a difference, stop by the office and pick up nomination papers if a spot on Council is something you'd like to consider.

We're going to try something new in Conmee "Treasure Days" on **June 13 and 14**. If you have items you no longer need but think someone else may be able to use, place them at the end of

**Conmee  
Municipal Office  
475-5229  
conmee@conmee.com**

Hours:

Monday— Friday  
9 am—4 pm

### **Conmee Landfill**

Summer Hours  
(May 15th—Oct. 14th)  
Wed: 3 pm - 7 pm  
Sat: 9 am - 3 pm

Winter Hours  
(Oct 15th — May 14th)  
Wed: 1 pm - 5 pm  
Sat: 9 am - 3 pm

**Conmee  
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



**Upcoming Council Meetings: June 9th and 23rd — 6:00 pm**

Location: Conmee Community Centre. **Virtual Attendance is available.**

**Please see our website at [www.conmee.com](http://www.conmee.com) for further information.**

your driveway. Throughout those two days, people can drive around and pick up any free items that may otherwise end up in the landfill. This is an idea of the Social Committee, supported by the Township, and the Township holds no responsibility for items left out or taken. If you'd like to put a "Free" sign on your items, feel free to do so. Starting the morning of **June 15**, we ask that all leftover items be removed unless you're arranging something privately yourself. Please don't leave items behind for cleanup. Let's work together to make this a fun and successful community event. Participation is optional. We may also put a post on the Conmee residents page where people can comment with what they have available and where they're located. Let's give it a try and see how it goes. If all goes well, we can look at doing another one in the following months. And as always, please respect people's private property while participating.

The Fire Department, as always is training. Congrats to the last two volunteers who completed their FF1. As the beginning of July deadline approaches that all fire personnel must complete their FF1 and so on, at the department there is always training so we can be successful. We are always looking for volunteers for Fire and First response. If interested get a hold of the chief or office and they can direct you.

Work around the Township is ongoing especially now that the warmer weather is here, and hopefully it will be a successful year.

I hope everyone has a great start to the summer. Please remember, kids will be getting out of school near the end of the month, and graduations are happening around the area. Children are excited and having fun but be safe also. Anything I can do for you please send me a message or text. Have a great June!!!!

Warm regards,  
**Mayor Sheila Maxwell**

## HIGHLIGHTS FROM THE REGULAR COUNCIL MEETINGS HELD: April 14th and 28th

### Clerk's Update

Planning is already underway for the **2026 Municipal Election**, with nomination packages now available for anyone considering running for Council. It's a great opportunity for residents to get involved in shaping the Township's future. The Township has secured **two Canada Summer Jobs positions**, helping boost seasonal services this summer. Behind the scenes, staff are busy advancing key projects like continuing discussions with the **Ministry of Transportation on road safety**.

### Treasurer's Update

The Township continues to make progress on funding and financial improvements. Recent highlights include **new grant funding for pothole repairs** and ongoing work on the **Inclusive Playground Enhancement Project**. Residents may also notice a new convenience at events. Paying at community events just got easier! **The Township has introduced a "Square" payment system**, allowing residents to use debit or credit cards at municipal social events. As always, staff are actively seeking additional funding opportunities!

### Public Works Update

Spring has brought its usual challenges, and Public Works have been working hard to manage **snowmelt, drainage issues, and road conditions** across the Township. Council also discussed culvert performance and water flow during runoff, which remain important as conditions change. **Reminder to residents:** Please do not remove safety cones placed on roads as they are there to protect everyone. Looking ahead, planning continues for major infrastructure needs.

### Fire Department Update

The Fire Department has remained active with **emergency calls and ongoing training**, ensuring firefighters are ready to respond when needed. New equipment funded through the **Fire Prevention Grant** is helping strengthen local emergency services. Discussions are also underway with neighbouring municipalities to explore **shared fire service opportunities**, which could improve efficiency and collaboration in the future.



### 2026 Council Meeting Schedule

**June 9 and 23**  
**July 14**  
**August 11**  
**September 8 and 22**

Council meetings occur every 2nd and 4th Tuesday of the month at 6:00 p.m. unless otherwise noted. Please visit [www.conmee.com](http://www.conmee.com) to see agendas, minutes, and more. If you do not have internet access, the office can print this information for you.





## Now Hiring: Summer Students – Township of Conmee

The Township of Conmee is currently accepting applications for two **Summer Student positions** for the 2026 season. These positions provide an excellent opportunity for students to gain valuable work experience while contributing to the community.

### Positions Available

#### Summer Student – Public Works Labourer

This role supports municipal operations through general labour and maintenance activities, including roadside brushing, litter control, and assisting with routine Public Works tasks. The position runs from **June 29 to August 21, 2026**, with working hours **Monday to Friday, 7:00 a.m. to 2:00 p.m.**, at a rate of **\$18.60 per hour**.

#### Summer Student – Recreation Program Leader

This position involves facilitating outdoor, drop-in recreation activities at the Conmee Community Centre playground, focused on providing fun, engaging, and inclusive enrichment opportunities for children and families. The program will run from **June 29 to August 21, 2026**, Monday to Friday from **9:30 a.m. to 3:30 p.m.**, with staff hours from **9:00 a.m. to 4:00 p.m.**, at a rate of **\$17.60 per hour**. Please note that this is an enrichment-based program and not a supervised childcare or drop-off service; parents or guardians are required to remain on site and are responsible for their children while they participate.

Both positions are funded through the **Canada Summer Jobs Program**, and applicants must meet the eligibility requirements of the Canada Summer Jobs Program, including being between 15 and 30 years of age, legally entitled to work in Canada, and a Canadian citizen, permanent resident, or protected person.

### Application Details

Interested candidates are invited to submit a resume and cover letter to:

- **conmee@conmee.com (Attn: Municipal Clerk)**
- **hrassistant@conmee.com (Attn: HR Assistant)**
- **Or drop off at the Township Office, 19 Holland Road West**

**Deadline:** Friday, June 5, 2026 at 4:00 p.m.

For full job descriptions and additional information, please visit the Township website: [www.conmee.com/p/employment](http://www.conmee.com/p/employment).



### Have You Seen These Pylons?

Public Works is missing a number of standard orange traffic pylons. If you happen to spot one where it shouldn't be, please let the Township know or return it.

Thank you for helping keep our community safe!



## 2026 MUNICIPAL & SCHOOL BOARD ELECTIONS



Anyone interested in running or is already running for office in the 2026 Municipal & School Elections and or becoming a Third Party Advertiser is encouraged to attend this session!

## CANDIDATE & THIRD PARTY ADVERTISERS INFORMATION SESSION

Wednesday, June 10, 2026

6:30 p.m. to 8:00 p.m.

Kakabeka Legion

4556 Hwy 11/17

There is no charge for the session

This session is being hosted in partnership with the Ministry of Municipal Affairs and Housing (MMAH) and will provide attendees with information on topics such as:

- role of council and staff
- nomination process
- municipal finance, filing of financial documents
- campaign period
- candidate duties and responsibilities
- third party advertisers

The session will be a presentation by MMAH followed by a "Question and Answer" period.

Questions regarding the session may be directed to your local Clerk.

Municipality of Neebing, [clerk@neebing.org](mailto:clerk@neebing.org) or 474-5331

Township of Conmee, [conmee@conmee.com](mailto:conmee@conmee.com) or 475-5229

Township of Gillies, [gillies@gilliestownship.com](mailto:gillies@gilliestownship.com) or 475-3185

Municipality of Shuniah, [clerk@shuniah.org](mailto:clerk@shuniah.org) or 683-4540

Township of O'Connor, [twpoconn@tbaytel.net](mailto:twpoconn@tbaytel.net) or 476-1451

Municipality of Oliver Paipoonge, [deputyclerk@oliverpaipoonge.on.ca](mailto:deputyclerk@oliverpaipoonge.on.ca) or 935-2038

## **Municipal Elections 2026—Get Ready Conmee!**

This fall, Conmee residents will head to the polls to elect a **Mayor and four Councillors** for the 2026–2030 term. Voting Day is **Monday, October 26, 2026**—but there's lots happening before then!

### **Thinking About Running for Council?**

Now's the time to start thinking about it!

The **nomination period officially opened May 1** and runs until **August 21, 2026 at 2:00 p.m. (Nomination Day)**.

If you've ever considered getting involved in your community, this is your opportunity to make a difference at the local level.

To run for Council, you must:

- Be a Canadian citizen
- Be at least 18 years old
- Be eligible to vote in Conmee (resident, property owner, or their spouse)

Nomination packages are available at the Municipal Office, and staff are happy to help guide you through the process.

### **Important Dates to Watch**

Here are a few key milestones as we head toward the election:

- **May 1, 2026** – Nominations open
- **August 2026** – Preliminary Voters List provided to the Township
- **August 21, 2026** – Nomination Day (deadline to file)
- **September 1, 2026** – Voters List revision period begins
- **October 26, 2026** – Voting Day

### **Make Sure You're Ready to Vote**

Beginning September 1, residents will be able to **confirm or update their information on the Voters List**, which is key to ensuring a smooth voting experience.

When it's time to vote, you'll need identification showing your **name and address**. A full list of acceptable ID will be shared closer to Voting Day.

### **Stay Connected**

There's a lot to come over the next few months—including candidate information, voting details, and advance voting opportunities.

The Township will keep residents updated through:

- The Township website
- Facebook page
- Upcoming newsletters

**Get on the  
voters list  
today.**

RegisterToVoteON.ca  
1.866.242.3025



## Thinking of Running in the 2026 Municipal Election?

The Association of Municipalities of Ontario (AMO) has released *Lead Where You Live*, a comprehensive guide for anyone considering running for municipal office in 2026. The guide explains the role of council, what it means to serve your community, and how to launch a successful campaign.

AMO has also developed a **Candidate Resource Catalogue** with practical tools on deciding to run, building a campaign team, crafting your message, and engaging voters.

In addition, AMO is offering a series of **free workshops and leadership sessions** to support first-time and returning candidates, including programming for youth and underrepresented communities.

👉 Learn more and access these resources:

<https://www.amo.on.ca/amo-education-workshops/election-resources-supporting-your-run-municipal-office-2026>

Questions? Please reach out to [events@amo.on.ca](mailto:events@amo.on.ca)

### Planning to vote in the municipal election on **October 26**? Get on the voters list!

You can check, update or add yourself to the voters list with our online tool until **August 12**, or directly with your municipality after this date.



For information on eligibility and to register, visit [RegisterToVoteON.ca](https://www.registertovote.on.ca).

🌐 [RegisterToVoteON.ca](https://www.RegisterToVoteON.ca)  
✉ [info@RegisterToVoteON.ca](mailto:info@RegisterToVoteON.ca)  
☎ 1.866.242.3025

✓ Register to Vote





19 Holland Rd W. RR.#1  
Kakabeka Falls, ON P0T 1W0  
[www.conmee.com](http://www.conmee.com)

## **Royal Canadian Legion – 100th Anniversary**

**WHEREAS** the Royal Canadian Legion was established in 1926 and is Canada’s largest veterans’ service organization and a cornerstone of communities across the country; and

**WHEREAS** with approximately 1,350 branches from coast to coast to coast, Legion members provide services and supports to veterans, including Canadian Armed Forces and Royal Canadian Mounted Police members and their families, promote remembrance, and serve their communities and country; and

**WHEREAS** the year 2026 marks the 100th anniversary of the Royal Canadian Legion, an occasion worthy of recognition and celebration; and

**WHEREAS** Kakabeka Falls Legion Branch #225 has served the local and surrounding communities since being granted its Charter on June 11, 1949, providing support to veterans and their families, community members, and local initiatives through advocacy, donations, bursaries, and remembrance activities; and

**WHEREAS** Kakabeka Falls Legion Branch #225 will be hosting activities in recognition of the Legion’s centennial during the week of June 8 to June 14, 2026;

**NOW THEREFORE I, Sheila Maxwell, Mayor of the Township of Conmee, do hereby proclaim the week of**

**June 8 to June 14, 2026**

as

**“Kakabeka Falls Legion Week”**

in the Township of Conmee and encourage residents to recognize and support the historic contributions of the Royal Canadian Legion and its members, past and present.

**Dated this 24th day of March, 2026**

**Sheila Maxwell**  
Mayor, Township of Conmee



# **KAKABEKA FALLS LEGION**

## **JUNE 2026 Events**

Saturday June 6th	Gun Show	9 am
Tuesday June 9th	100th Celebration Bon Fire	6 pm
Thursday June 11th	Community BBQ & Time Capsule	10 am to 4:30 pm
Saturday June 13th	Veterans Drop In	9 am
Saturday June 13th	Community Fun Run	9 am
Saturday June 13th	Executive Meeting	2 pm
Saturday June 13th	General Membership Meeting	3 pm
Sunday June 14th	Breakfast	8:30 am to 11 am
Saturday June 20th	Quest Dance (Finn - Summer Solstice)	7 pm
Friday June 26th	Quest Dance	7 pm
Sunday June 28	Music	2 pm to 4 pm

The Legion is still looking for more volunteers. If you can give even 1 hour, that would be so appreciated.

Many hands will make the projects much easier to complete.

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



**DO YOU HAVE FANCY TEA CUPS AND SAUCERS FROM YOUR GRANDMOTHER OR MOTHER THAT ARE NO LONGER IN USE?**

THE KAKABEKA LEGION WOULD BE HAPPY TO ACCEPT ANY DONATIONS OF TEA CUPS AND SAUCERS AND GIVE YOUR COLLECTION A NEW HOME.

**PLEASE CONTACT MONIQUE TO ARRANGE FOR PICK-UP OR DROP OFF.**

**807-631-4375**



THANKING YOU IN ADVANCE FOR ANY DONATIONS.

## **Father's Day – June 21, 2026**

### **Celebrating Fathers and Caregivers in Our Community**

On June 21, the Township of Conmee recognizes Father's Day and the important role that fathers, grandfathers, and caregivers play in shaping our families and our community.

Fatherhood takes many forms, and whether through support, mentorship, or quiet dedication, fathers and father figures contribute in meaningful and lasting ways. In rural communities like ours, this often includes not only raising families but also contributing to the strength of the community through volunteerism, skilled trades, and emergency services.

Their example helps guide future generations, instilling values of hard work, resilience, and compassion.

As we celebrate this day, residents are encouraged to take time to recognize the fathers and caregivers in their lives; whether through a phone call, a shared meal, or time spent together enjoying the outdoors that makes Conmee such a special place to live.

The Township extends best wishes to all fathers and father figures on this special day.

## **National Indigenous Peoples Day – June 21, 2026**

### **Recognizing and Honouring Indigenous Peoples**

June 21 marks National Indigenous Peoples Day, a time to recognize and celebrate the histories, cultures, and contributions of First Nations, Inuit, and Métis peoples across Canada.

This date, chosen to coincide with the summer solstice, holds cultural significance for many Indigenous communities and has long been a time for celebration, gathering, and connection to the land.

The Township of Conmee acknowledges that it is located on the traditional lands of Indigenous peoples in this region and recognizes the enduring presence, knowledge, and contributions of Indigenous communities, including Fort William First Nation and others throughout Northwestern Ontario.

National Indigenous Peoples Day provides an opportunity for residents to learn more about Indigenous history, traditions, and perspectives, and to reflect on the importance of respect, understanding, and reconciliation.

Residents are encouraged to explore local and regional events, educational resources, and cultural opportunities taking place throughout the area, and to take time to listen, learn, and engage in meaningful ways.

The Township remains committed to fostering awareness and respect as part of building a stronger, more inclusive community

# 🔥 FireSmart Family Readiness Fair 🔥

## *Father's Day Weekend Event*

### **Get Prepared. Stay Safe. Support Your Community.**

The Township of Conmee invites residents to attend a **FireSmart Family Readiness Fair** focused on emergency preparedness, wildfire safety, and building more resilient households.

📅 **Saturday, June 20, 2026**

📍 **Conmee Municipal Complex**

🕒 **11:00 a.m. – 2:00 p.m. (drop-in anytime)**

### 👨‍👩‍👧 **What to Expect**

This **family-friendly, drop-in event** is designed so you can arrive at any time and explore at your own pace.

Throughout the afternoon, residents can enjoy:

- Hands-on demonstrations and practical safety tips
- Simple, realistic ideas for preparing your home and property
- Information on emergency kits and household readiness
- Opportunities to meet local first responders and community partners
- Kid-friendly activities and interactive learning opportunities

### 🎉 **A Father's Day Weekend Celebration**

Celebrate Father's Day weekend with a relaxed, welcoming community event where families can:

- Learn together through interactive activities
- Pick up practical take-home ideas
- Spend time connecting with neighbours and local responders

### 💛 **Community Participation**

Local emergency services and partner organizations have been invited to take part, offering information, demonstrations, and resources to support household preparedness.

### 👉 **Drop in, bring the family, and take a simple step toward becoming a FireSmart and ready household.**

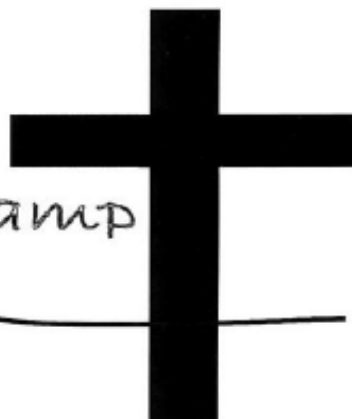
For more information, contact the Township Office.





# AURORA

Lutheran Bible Camp



## 2026 CAMP SCHEDULE

- July 5-10: Junior Camp (ages 7-10)
- July 10-12: Little Lambs Camp (ages 4-7)
- \*July 12-17: Intermediate Camp (ages 9-12)  
\*Currently full (wait list available)
- July 19-24: Senior Camp (ages 12-16)

## BRING A FRIEND \*BONUS\*

Bring a friend who has never been to Camp Aurora before and receive a \$50 discount (Not applicable to Little Lambs)



★ SUPPORTER ★

Private "camperships" also available – just contact us!

## CAMP RATES

- 1 child: \$300
- Additional children from the same family: \$250
- Little Lambs camp (1 child and 1 adult): \$100
- Additional Little Lambs from same family: \$50

## FURTHER INFORMATION & REGISTRATION FORMS

Voicemail: (807) 767- 2420

E-mail: [auroralutheranbiblecamp@gmail.com](mailto:auroralutheranbiblecamp@gmail.com)

Website: [www.auroralutheranbiblecamp.com](http://www.auroralutheranbiblecamp.com)

Follow us on Instagram @auroralutheranbible

"Like" us on Facebook: "Aurora Lutheran Bible Camp"



# Safely Sharing the Outdoors with Bears



*Be BearWise*  
**AT HOME**

## Six At-Home BearWise Basics



### Never Feed or Approach Bears

Intentionally feeding bears or allowing them to find anything that smells or tastes like food teaches bears to approach homes and people looking for more. Bears will defend themselves if a person gets too close, so don't risk your safety and theirs!



### Secure Food, Garbage and Recycling

Food and food odors attract bears, so don't reward them with easily available food, liquids or garbage.



### Remove Bird Feeders When Bears Are Active

Birdseed and grains have lots of calories, so they're very attractive to bears. Removing feeders is the best way to avoid creating conflicts with bears.



### Never Leave Pet Food Outdoors

Feed pets indoors when possible. If you must feed pets outside, feed in single portions and remove food and bowls after feeding. Store pet food where bears can't see or smell it.



### Clean & Store Grills

Clean grills after each use and make sure that all grease, fat and food particles are removed. Store clean grills and smokers in a secure area that keeps bears out.



### Alert Neighbors to Bear Activity

See bears in the area or evidence of bear activity? Tell your neighbors and share information on how to avoid bear conflicts. Bears have adapted to living near people; now it's up to us to adapt to living near bears.

Learn More:  
**BearWise.org**



*Helping People  
Live Responsibly with Black Bears*

# June is Seniors Month

Ontario Seniors — Let's Get Moving

## Information for Seniors in Ontario

The [Ministry for Seniors and Accessibility](#) works with community organizations to offer supports and services to help seniors stay active, safe and socially connected. Seniors and their families can find the information they need to connect to government services and community supports at [ontario.ca/Seniors](https://ontario.ca/Seniors).

## Seniors Community Grant Program

This program funds local not-for-profit community groups and organizations to deliver projects, supports and resources for seniors that provide opportunities for greater social inclusion, volunteerism and community engagement. Find more information at [ontario.ca/SeniorsGrant](https://ontario.ca/SeniorsGrant).

## Seniors Active Living Fairs

Seniors can find information about government programs and services as well as information about healthy aging and active lifestyles to keep them active and engaged. Learn more about [seniors fairs in your community](#).

## Seniors Active Living Centre programs

This year marks the 60th anniversary of Ontario's Seniors Active Living Centres programs. These programs help local seniors stay active, become more involved in their community, and meet new friends in person or online.

These programs include:

- unique social activities
- learning and educational opportunities
- recreational programming.

The government has expanded the number of programs, so more seniors across the province can get the services that meet their needs close to home. There are now more than 400 programs across the province.

To find a Seniors Active Living Centre program, please:

- visit [ontario.ca/SeniorsCentre](https://ontario.ca/SeniorsCentre)
- contact your municipality
- call 2-1-1.

# June is Seniors Month



Ministry for Seniors and Accessibility  
[ontario.ca/SeniorsMonth](https://ontario.ca/SeniorsMonth)

Ontario

# June is Seniors Month

Ontario Seniors — Let's Get Moving

## Age-friendly communities

Age-Friendly Communities are inclusive, accessible environments with programs and services that help seniors stay connected. These communities can include improved transit and housing, as well as opportunities for civic and social participation.

Learn more at [ontario.ca/AgeFriendly](https://ontario.ca/AgeFriendly).

## Health811

Health811 is a free, secure and confidential service Ontarians can call or access online 24 hours a day, 7 days a week to receive health advice from qualified health professionals such as a registered nurse, locate local health services and find trusted health information.

This service is available in both English and French, with translation support offered in other languages.

- Call: 811
- Toll-free TTY: 711 and 1-800-855-0511
- Chat live online
- Visit [ontario.ca/Health811](https://ontario.ca/Health811)

## Seniors Safety Line

Seniors Safety Line is a 24/7, confidential and free resource. It provides counselling, information, safety planning and referrals in 240 languages for seniors in Ontario who are experiencing, or are at risk of, any type of abuse or neglect.

Call Toll-free: 1-866-299-1011 or TTY: 1-866-299-0008

## More information

Learn more about:

- Seniors Month at [ontario.ca/SeniorsMonth](https://ontario.ca/SeniorsMonth).
- ministry programs and services at [ontario.ca/msaa](https://ontario.ca/msaa).
- resources for seniors at [ontario.ca/SeniorsGuide](https://ontario.ca/SeniorsGuide).
- other programs and services available in your area at [211ontario.ca](https://211ontario.ca).
- Seniors' INFOLine  
Call: 416-326-7076  
Toll-free: 1-888-910-1999  
TTY: 1-800-387-5559

Follow us on social @SeniorsQN @SeniorsOntario @Seniors and Accessibility

Ministry for Seniors and Accessibility  
[ontario.ca/SeniorsMonth](https://ontario.ca/SeniorsMonth)

Ontario

# June is Seniors Month

Ontario Seniors — Let's Get Moving

[ontario.ca/SeniorsMonth](https://ontario.ca/SeniorsMonth)

Ontario



## Why Exercise Is a Lifesaver for Seniors



### Improved Longevity

Strength & cardio training lowers risk of premature death.



### Better Balance & Independence

Exercise prevents falls & supports mobility



### Cognitive Protection

Movement supports memory & reduces dementia risk



### Joint Health

Low-impact workouts keep joints nourished & flexible



### Emotional Well-being

Exercise reduces stress, anxiety & improves sleep

## HEALTHY LIVING TIPS FOR SENIORS



### STAY ACTIVE

Engage in physic activities, such as walking, swimmer, or yoga



### EAT HEALTHY

Follow a nutritious diet, consisting of fruits and vegetables

### STAY SOCIAL

Maintain relationships with



### GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep per night



### MANAGE STRESS

Practice relaxation techniques and mindfulness



### STAY HYDRATED

Drink plenty of water throughout the day

### MENTAL HEALTH

Engage in stimulating activities such as reading, puzzles



### SEE YOUR DOCTOR

Schedule regular check-ups and health screenings



### PREVENT FALLS

Make the home safe to reduce



### PREVENTIVE CARE

Stay up-to-date with vaccinations

# It's that time of year again. Join us for our yearly **Yard Sale**

**Sat. July 4, Sun. July 5**

**9:00 to 4:00**

7 Hume Rd. West, Conmee

4 km west of Kakabeka on Hwy 11/17

Come on out and support the  
Northwestern Ontario Military and Police Museum

**Something for everyone**



# Friendship Café

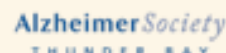
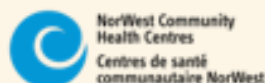
Food, Fun & Games!

**June 26, 2026 | 1-3PM**

**5 Pineview Road, Kakabeka**

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

Questions? Contact Elaine  
or Shaun at 807-473-5528



**Murillo Branch**  
4569 Oliver Road  
Murillo, ON P0T 2G0  
(807) 935-2729  
Mondays and Wednesdays  
10 AM to 8 PM  
Saturdays 9 AM to Noon



Email: [oliverpaipoongelibrary@gmail.com](mailto:oliverpaipoongelibrary@gmail.com)  
Website: <http://oliverpaipoonge.olsn.ca>

**Rosslyn Library**  
3405 Rosslyn Road  
Rosslyn, ON  
(807) 939-2312  
Tuesdays and Thursdays  
10 AM to 8 PM  
Saturdays 1 – 4 PM

## An EarlyON Storytime Adventure



Tuesday, June 16  
1:00pm-2:00pm

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

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!



### JUNE ACTIVITIES

Park passes are once again available at both branches of the library.  
Good for one week!

#### **STORYTIME JUNE 2 ROSSLYN BRANCH 10:30**

Please reserve your spot today!

Heather is looking for craft ideas for the summer – please let her know if there is something you would like to try or have done and want to do again.

**CRIB** – every Tuesday at 1 PM at the Rosslyn branch

All are welcome. Just a beginner? Come out and give crib a try!

**EXERCISES** – Tuesday and Thursday 11:30 at the Rosslyn branch

**FREE** and all are welcome

Working with bands on Tuesday and weights Thursday

**REMINDER:** Closed July 1 and closed Saturdays through July and August

# **RURAL CUPBOARD FOODBANK 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  
**Needing** Needing Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.



**FILL THE OPP CRUISER  
ODENA FOODS, KAKABEKA VILLAGE  
JUNE 12<sup>th</sup> 10am-7pm**

All goods and financial donations go to  
Rural Cupboard Food Bank

**A BIG THANK YOU to Odena Foods for hosting this event**

**GIANT COMMUNITY INDOOR YARD SALE  
June 13<sup>th</sup> 10am-4pm**

**MURRILLO HALL** in support of Rural Cupboard Food Bank  
donations of canned or dry goods would be greatly appreciated.

Food will also be available for sale, pop by and have lunch

**A BIG THANK YOU to the THUNDER BAY GROWING PROJECT for the donation of beef  
again to the Food Bank**

## **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, June 17, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A flyer for the KB Rural Area Stitch and Craft Group. The title is 'KB Rural Area Stitch and Craft Group' in blue text. Below it, it says 'Bring your project & Join our Needle & Natter Crew'. The flyer features a list of upcoming meeting dates: May 26, June 9, June 23, July 14, and July 28. It also states that they meet on the 2nd and 4th Tuesday of every month in the basement at O'Connor Community Centre, 330 Highway 595, from 7-9pm. The background is light blue with a white checkered pattern and includes illustrations of sewing supplies like spools of thread, a basket of yarn, and a sewing machine.

**KB Rural Area  
Stitch and Craft Group**  
Bring your project & Join our Needle & Natter Crew

**Upcoming Meeting Dates**  
May 26  
June 9  
June 23  
July 14  
July 28

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

## Municipality Newsletters- June 2026 Edition

The public is invited to a VIRTUAL information session on Wednesday, June 10 from 6:30 p.m. – 7:30 p.m. to learn about the Lakehead Coastal Resilience Management Plan Project! Curious about how coastal natural hazards and climate change are shaping your life along the Lake Superior Coastline now and in the future? Join the project team for a virtual public update to learn about project progress, review preliminary findings, and hear about next steps. Visit [www.lakeheadresilience.ca](http://www.lakeheadresilience.ca) for a link to join the virtual meeting, and to learn more about the project. Questions/comments may be directed to Melissa Haresign, Project Manager and Lead Water Resources Engineer at [mharesign@ksggroup.com](mailto:mharesign@ksggroup.com).

The 2025 Lakehead Region Conservation Authority Annual Report is now available on our website ([www.lakeheadca.com/about/annual-reports](http://www.lakeheadca.com/about/annual-reports)). Physical copies are being distributed via the Chronicle Journal and are also available at our Administrative Office. We are proud of the work completed during 2025 and look forward to continuing our mission to lead the conservation and protection of the Lakehead Watershed in service of our vision of a healthy, safe and sustainable Lakehead Watershed for future generations at the local level.

The LRCA has exciting news! We will be hosting a grand re-opening of Mills Block Conservation Area on Thursday, July 9, 2026, from 3:00 p.m. – 8:00 p.m., to showcase the exciting new upgrades. Mark your calendars, and be on the lookout for more information closer to the event.

The LRCA has several exciting Watershed Explorer programs scheduled for this season, including Traditional Foods & Medicines, Fall Nature Hike, Fall Macro Photography Workshop, Archaeology, and more! Please keep an eye on our website and social media channels for more upcoming summer events information.

On Saturday, July 25 we will be celebrating Silver Harbour Day in partnership with the Municipality of Shuniah, and on Saturday, August 22 the LRCA and the Municipality of Neebing will be hosting our third annual Little Trout Bay Fishing Derby! More information to come, so stay tuned to our social media channels and website.

If you plan on visiting us at a Conservation Area this summer, consider purchasing an Explore Card Parking Pass! If you visit frequently, an Explore Card Parking Pass for \$40.00 +HST permits 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! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY

## *Join us for a drop-in* **Community Information Event**

Learn about retirement & beyond at Pennock Village.

Saturday June 6<sup>th</sup> | 10:00am - noon

Rosslyn Community Hall 3405 Rosslyn Road

More details at [PennockVillage.ca](http://PennockVillage.ca)



Rural Retirement Community



*You Are NEVER Too Old To Have*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room, 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
	Weaving 10-3	Beginners Carving 10-3	Weaving 10-3	Friendship Café June 26 1pm
	Knitting 10-3	Quilting 10-3	Knitting 10-3	
		Cribbage 1-3	Games Day 1-3	

Next Friendship Café is Friday June 26 at 1pm – Contact Shawn or Elaine for more information at 807-473-5528  
 There will be an information session at the next Friendship Café in June called “Getting Your Ducks in a Row”  
 That means being in control, organized and ready for any eventuality should anything happen to you.

Games day is now every Thursday from 1 to 3

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8  
 Phone: (807) 475-5779 Email: [rural60@tbaytel.net](mailto:rural60@tbaytel.net)  
 Website: [www.rural60plus.ca](http://www.rural60plus.ca)

**WANT TO ADVERTISE?**

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

Full Page: \$20.00

Half Page: \$10.00

Quarter Page: \$5.00

For Sale type Ad: \$2.50

(Business card size)



**JUNE 2026**

MON	TUE	WED	THU	FRI
<b>1</b> Chair Yoga @ O'Connor CC	<b>2</b> Fly the C.O.O.P Walking Group	<b>3</b> Walk-In Clinic 4:30pm - 7:30pm	<b>4</b> Fly the C.O.O.P Walking Group LifeLabs	<b>5</b> NP available for those without an MD or NP
<b>8</b> Chair Yoga @ O'Connor CC Good Food Box Order Deadline NP available for those without an MD or NP	<b>9</b> Fly the C.O.O.P Walking Group	<b>10</b> Mobile Clinic - Upsala Nursing Station (NP & Footcare Nurse) Walk-In Clinic 4:30pm - 7:30pm	<b>11</b> Fly the C.O.O.P Walking Group LifeLabs	<b>12</b>
<b>15</b> Chair Yoga @ O'Connor CC NP available for those without an MD or NP	<b>16</b> Fly the C.O.O.P Walking Group	<b>17</b> Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	<b>18</b> Fly the C.O.O.P Walking Group LifeLabs	<b>19</b>
<b>22</b> Chair Yoga @ O'Connor CC	<b>23</b> Fly the C.O.O.P Walking Group	<b>24</b> Walk-In Clinic 4:30pm - 7:30pm	<b>25</b> Fly the C.O.O.P Walking Group LifeLabs	<b>26</b> *NEW Program* Friendship Cafe 1-3pm. Theme - "Our Community Our Stories"
<b>29</b> Chair Yoga @ O'Connor CC	<b>30</b> Fly the C.O.O.P Walking Group			



NorWest Community Health Centres  
 Centres de santé communautaire NorWest

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

**PROGRAM INFO**

Call KB Clinic Reception at (807) 473-5528 or email Shaun at [speirce@norwestchc.org](mailto:speirce@norwestchc.org) to register for all programs

**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, and Rural 60+ Centre at 10am.

**Good Food Box Program**  
 Monthly access to a box of affordable fruit and vegetables. For more information visit [www.goodfoodboxtb.org](http://www.goodfoodboxtb.org) or call 473-5528 for more info

**Friendship Cafe @ Rural 60+ Centre.**

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



**Follow us!**

NorWest Community Health Centres - Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)

