



Conmee Community Newsletter

May 2026

**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



Mayor's Message

Winter seems to be behind us, though I'll say that quietly to avoid tempting more snow. With the recent thaw, rivers and swamps are running high, and some may be at or near capacity. If you notice any concerns that haven't already been addressed, please contact the office to report them.

Road conditions remain a work in progress. Grading has begun and will continue as the frost leaves the ground and weather conditions allow. Additional maintenance will also take place during and after weather events as needed.

Looking ahead, summer construction projects will be starting soon. This includes the rink renovations that were unable to begin in the fall. During this period, the rink may be unavailable. At this time, we do not yet have a confirmed timeline but will provide updates as more information becomes available. Thank you for your patience and cooperation.

We would like to extend a sincere thank you and wish all the best to our Administrative Assistant as she transitions back to her hometown. She has been a valuable addition to the office, and her contributions have been greatly appreciated. Good luck, Anita, we wish you all the very best in this next chapter.

The office is currently finalizing this year's budget, and we are pleased to report that there have been no major surprises, which is always welcome news. Looking ahead, there are several infrastructure needs planned for the near future. One key project is the Enders Road bridge. As many are aware, the bridge requires significant repairs and upgrades. In planning this work, we must carefully consider a number of factors, including water flow, surrounding areas, and vegetation. Timing will also be an important consideration, as the bridge serves as a major thoroughfare for a portion of the township, and any disruption will impact travel distances.

Funding will be pursued through available sources, including the Ontario Community Infrastructure Fund (OCIF). While infrastructure improvements are an ongoing necessity, this bridge has been identified as a priority and has an estimated remaining lifespan of up to five years. Further updates will be shared as more information becomes available.

The Social Committee has suggested introducing "Treasure Days" in the township. This would give residents the opportunity to place items they no longer want at the end of their driveways, items that others may find useful. It's similar to programs offered in other communities and is a great way to promote reduce, reuse, and waste.

**Township Office will be closed Monday, May 18th to
celebrate Victoria Day.**

Upcoming Council Meetings: May 12th and 26th — 6:00 pm
Location: Conmee Community Centre. **Virtual attendance is available.**

Please see our website at conmee.com for further information.

We are looking at running these days from May through September, with two designated days each month. Participants can place items at the end of their driveway for the day. With the recycling shed no longer available, this initiative offers another way for residents to take part in sharing and reusing items, if they choose. We know some residents have already been doing this informally, and this will help coordinate those efforts across the township. Please note that all items must be placed at the end of your driveway, not on the roadway, and must be cleared away at the end of the day. Watch for upcoming dates and details. Participation is completely optional, and we'll see how things go as we get started. Thank you for helping make this a positive community initiative.

May is just around the corner. As always, please don't hesitate get a hold of myself or the office if there is anything you need, May will bring on the May long weekend, and with this I want to say, to please take extra caution on our waters and especially our highways. Have a safe, and healthy month, see you at the end.

Don't forget May 1st opens for nomination papers of the 2026 municipal election this year. Thinking of running, put your name in!! Contact office for forms and information. See you next month.

Warm regards,

Mayor Sheila Maxwell



**EXCERPTS FROM
MINUTES—REGULAR
COUNCIL MEETING
March 10th and 24th**

Minutes were reviewed and approved:

Clerk's Report :

March 10: The Clerk reported that she has contacted the Ministry of Transportation to request a follow-up meeting regarding Highway 11/17 safety concerns raised at ROMA. The Clerk also reported on the provincial announcement regarding conservation authority restructuring, confirming that the Lakehead Regional Conservation Authority (LRCA) will remain a standalone authority within a Northwest regional framework, and conveyed appreciation from the LRCA's CAO for Council's support.

March 24: The Clerk advised that preliminary discussions were held with North Rock on March 18, 2026, regarding the potential future expansion of the Sovereign Road Landfill. Council was also advised that the Township has registered to participate in the 2027 Provincial Emergency Exercise. Correspondence from the Ministry of Natural Resources and Forestry and the Northwestern Ontario Municipal Association was provided for information.

Public Works Report:

March 24: The Public Works Manager advised that winter road maintenance activities are ongoing, including plowing, snowbank cutting, scarifying, and ditch management. Council was advised of repeated maintenance required at the culvert located at the intersection of Holland Road and Maxwell Road..



**2026 Council
Meeting Schedule**

**May 12 and 26
June 9 and 23
July 14
August 11**

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





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 or 474-5331

Township of Conmee, conmee@conmee.com or 475-5229

Township of Gillies, gillies@gilliestownship.com or 475-3185

Municipality of Shuniah, clerk@shuniah.org or 683-4540

Township of O'Connor, twpoconn@tbaytel.net or 476-1451

Municipality of Oliver Paipoonge, deputyclerk@oliverpaipoonge.on.ca or 935-2038

▲ Municipal Elections Update!

2026 is a municipal election year, and Conmee Township will be preparing throughout the coming months for Voting Day on **Monday, October 26, 2026**. This municipal election includes the offices of **Mayor** and **four Councillor seats**, each serving a four year term beginning November 15, 2026.

Thinking About Running for Council?

The formal **Nomination Period opens on May 1, 2026**.

Nomination Papers will be available at the Municipal Office and may be filed with the Clerk during regular office hours up to **Friday, August 21, 2026, at 2:00 p.m.**, which is Nomination Day

To qualify as a candidate for Council, you must:

- Be a **Canadian citizen**;
- Be **18 years of age or older**; and
- Be an **eligible voter in Conmee Township** (property owner, spouse of a property owner, or a resident/renter or their spouse). A full candidate package, including required forms and legislative guides, will be provided when you pick up your papers.

Voter Information

The **Voters List revision period** begins on **September 1, 2026** and continues until the close of voting on October 26.

Eligible electors for the 2026 municipal election will be required to show **identification that includes their name and address**. A complete list of acceptable IDs will be posted on the Township website and published in upcoming newsletters. The Preliminary List of Electors (PLE) will be delivered to municipalities by Elections Ontario in **August 2026**.

Residents will be encouraged to verify their information early to ensure a smooth voting process.

Staying Informed

Throughout the year, Conmee Township will provide updates regarding:

- Candidate nominations;
- Voters List information;
- Voting dates and locations, including advance voting;
- Accessibility plans; and
- General election reminders.

Updates will be shared through the Township's **website**, **Facebook page**, and future **newsletters** as key dates approach.

If you have questions about the election process, candidacy, eligibility, or voting procedures, please contact the Municipal Office. Staff are available to guide residents through the 2026 election cycle.

**Get on the
voters list
today.**

RegisterToVoteON.ca
1.866.242.3025



An Information Session for Urban Indigenous Peoples' Considering Running for Municipal Office

If you are an urban Indigenous person interested in running for municipal council in, we have a workshop for you! The Association of Municipalities of Ontario (AMO) is offering a series of workshops for urban Indigenous peoples' thinking about running for municipal office in the October 2026 elections.

These sessions will provide insights and strategies to build your understanding and confidence around how to become a candidate and running a campaign.

Facilitated by Melanie Pilon, the first Indigenous Mayor of Municipality of Wawa and member of Wiikwemkoong|Unceded Territory and William Morin, member of Michipicoten First Nation and founder and leader of The First Peoples National Party of Canada (2004-2013), you will gain firsthand insight into:

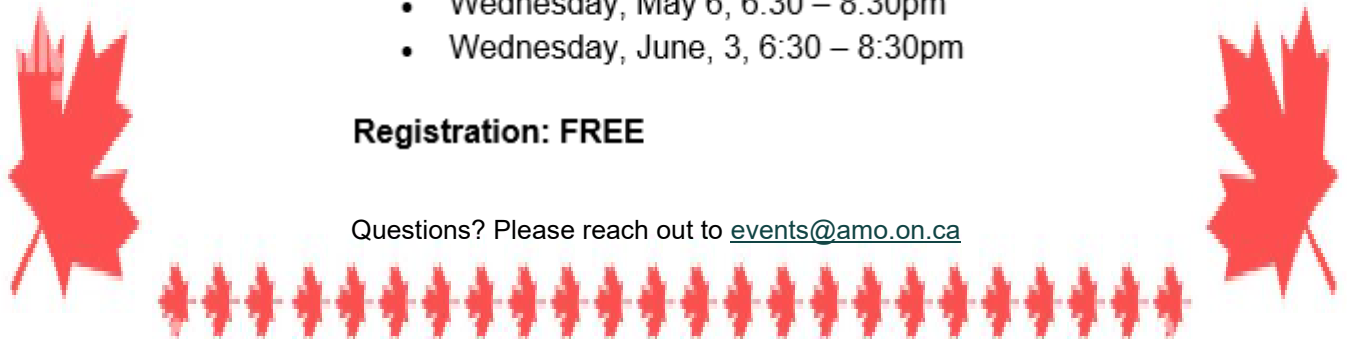
- Why increasing Indigenous representation matters in Municipal governance?
- Critical strategies for successfully campaigning for municipal office
- Understand what it takes to become a candidate
- Strategies to build confidence to lead with cultural integrity
- And more!

Dates:

- Thursday, April 9, 6:30 – 8:30pm
- Wednesday, May 6, 6:30 – 8:30pm
- Wednesday, June, 3, 6:30 – 8:30pm

Registration: FREE

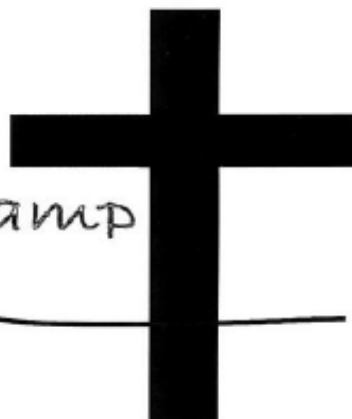
Questions? Please reach out to events@amo.on.ca





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

Website: www.auroralutheranbiblecamp.com

Follow us on Instagram @auroralutheranbible

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



STASH & LATCH YOUR TRASH



BearWise.org

Spring Pet Safety

ALLERGIES
Seasonal plants can cause allergies. Talk to your vet if you notice irritation.

PLANTS
Lilies and other seasonal plants can be toxic.

SPRING CLEANING
Household cleaning products are a poison threat.

PESTICIDES
Lawn care and gardening products can be hazardous.

MICROCHIP
More outdoor time equals greater risk of a lost pet. Be safe, microchip 'em.

PREVENTATIVES
Talk to your vet about parasite prevention.

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DVMmultimedia™
DVMMultimedia.com

SPRING SAFETY TIPS

Ah, spring is finally here! Nice weather, blue skies - what better reason to get outside after long cold months cooped up indoors. Just remember some tips to stay in top health during the spring!



Kids are happy to be outside after the winter, but so are bees/wasps/hornets. If you encounter these insects, stay calm or walk away; do not swat as this angers them. If stung, immediately remove stinger and apply ice to reduce swelling. If stung, and child is allergic, use epinephrine shot or Epi-Pen, and contact doctor immediately.



Running around the yard/parks/the woods means kids might come across poison ivy. So teach them what this plant looks like. ("Leaves of three, leave them be!") Wear long sleeves and pants in areas that might contain poison ivy. If you come in contact with it, apply calamine lotion/hydrocortisone cream; avoid scratching). If a fever develops after exposure, contact your doctor.



Spring frequently brings extra rain, which might make your kids' favorite creek a little faster and deeper than they are used to. Remind them to be extra careful around water, and it's a good idea to check out any water for depth and safety before your kids play around it.



Nice weather means bike weather! If you and/or your children go bike riding, always wear a helmet. Look both ways before crossing the street, and follow crosswalk instructions. Only ride on sidewalks and bike paths that are free of cars.

The **2026 Provincial Day of Action on Litter in Ontario** will be observed on Tuesday, May 12, 2026.

Every year, this event brings together communities, businesses and organizations across the province to help build a greener, cleaner and more sustainable environment for our communities today and for future generations.

Litter can enter our waterways and break down into microplastics, harming wildlife and damaging entire ecosystems. By coming together through local cleanups and promoting waste reduction, we can make a meaningful impact.



Organizations like yours play a pivotal role in making the 2026 Day of Action on Litter another success. Here's how you can get involved:

- 1. Promote participation**
Encourage your networks to join local cleanup and help raise awareness about the impacts of litter. Use the [Day of Action on Litter Toolkit](#) for ready-to-use resources like tips and sharable photos and to help with promotion.
- 2. Host a cleanup**
Organize a litter cleanup on or around May 12 and invite the public, volunteers, employees or members to participate.
- 3. Share cleanup resources**
Help spread the word about the [Litter Cleanup Guides](#) which include planning tools, safety tips and activities for schools and youth.
- 4. Amplify on social media**
Share before and after pictures of your cleanup and use the hashtag #actONlitter.

You can also follow @ONenvironment on [Facebook](#), [X](#), [LinkedIn](#) and [Instagram](#) for shareable content

Here are some ideas to help boost participation:

Create a fun, friendly competition: Turn the cleanup into an exciting contest! Split participants into teams and offer fun awards like Most Creative Litter Find or Most Enthusiastic Team.

Partner with local partners: Join forces with nearby neighborhoods, local businesses and organizations to expand reach and impact.



In 2026, the Canada Strong Pass offers free admission to national parks and historic sites from June 19 to September 7, while the Discovery Pass provides year-round access outside this period.



Fibre Art-Needle Felting Rural Workshops

with Shannon

FIBRE ART- NATURE FUSION SPRING LEAVES!

WHEN: May 7, 2026 @ 6:30-8:30pm
WHERE: Gillies Community Centre, 1835
Hwy 595, Gillies

PAINTING WITH WOOL & SILK 3D-STYLE

WHEN: June 7, 2026 @ 6:30-8:30pm
WHERE: Blake Community Hall, 71 Blake
Hall Road, Neebing

No experience necessary!

COST: \$40 each session except kids under 13 yrs \$20 (with parent) and return participants \$30

REGISTER: Email Shannon at dariasmith1942@gmail.com

All materials included. Take home your masterpieces.

Group Pricing available for charming & beautiful "Make & Take" workshops for Bachelorettes, Showers, Birthdays, Fundraisers, Community Programming, Homeschoolers (educational), etc.

www.earthcircle.ca coming soon!



Community Baseball Notice!



The Alf Olsen Baseball Diamond in Pearson Township (Hwy 597 near Wamsley Rd, Neebing) will be up and running in May! The community welcomes families near and far to **come with a glove (and helmet if possible) on May 15, May 29, June 5 and June 19** for some old fashioned, all ages, fun baseball (slo-pitch) @

6:30pm (or when you can) – until you feel done!

This is totally casual and at everyone's own risk, so plan on staying/playing with your kids. :)

At least one family is bringing a BBQ, chips and many hotdogs to share! Feel free to bring things to share.

*If enough interest, this can be formalized into something more through summer or annually.

SPRING

Along with spring cleaning, lets take the time to make sure our homes and family are safe from the threat of fire.

Here is a check list you should go over with your family:

⇒ *Working smoke alarms cut the risk of dying in reported home fires in half*

- Ensure smoke alarms are installed inside every bedroom, outside each sleeping area and on every level of the home, including the basement
- Test them at least once a month by pushing the test button
- Replace the batteries in all smoke alarms. Best way to remember is when you change your clocks, change your batteries.

⇒ *The leading cause of home clothes dryer fires is failure to clean them.*

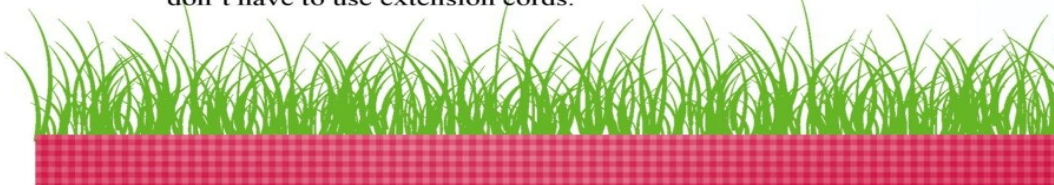
- Clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing.

⇒ *Most cooking fires in the home involve the stovetop.*

- Keep anything that can catch fire - oven mitts, wooden utensils, food packaging, towels, or curtains - away from your stovetop.
- Always stay in the kitchen when frying on the stovetop.

⇒ *Extension cord fires outnumbered fires beginning with permanent or detachable power cords by two-to-one.*

- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use.
- Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.



The Best BBQs are Fire Safe

- 1 Clean **rust** and **debris** from burner ports.
- 2 Check for **damaged hoses**.
- 3 Apply a water/soap mix to all connections. Bubbles means there's a **leak**.



ontario.ca/firemarshal



REMINDER

Fire Permits are required April 1st to October 31st for all burning other than small campfires for cooking and/or warmth.





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, 2025

Sheila Maxwell
Mayor, Township of Conmee

MOM

KAKABEKA FALLS LEGION BRANCH 225

MAY EVENTS

DATE	EVENT	TIME
Friday, May 1 st	Dance by Quest	7:00 pm to 10:00 pm
Saturday, May 9 th	Executive Meeting	2:00 pm
Saturday, May 9 th	General Meeting	3:00 pm
Sunday, May 10 th	Mother's Day Breakfast	8:30 am to 11:00 am
Saturday, May 23 rd	Dance by Quest	7:00 pm to 10:00 pm
Friday, May 29 th	International Buying Auction	9:00 am to 4:30 pm
Saturday, May 30 th	Dance by Quest	7:00 pm to 10:00 pm
Sunday, May 31 st	Sunday Music— Together Again	2:00 pm to 4:00 pm

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

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



YOU ARE NEVER TOO OLD TO HAVE FUN!

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
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Weaving 10-3	Arthritis Society Friday May 8th 1:00pm
Carving 10-3	Knitting 10-3	Quilting 10-3	Knitting 10-3	Friendship Café Fri. May 22nd 1 - 3
Disking 1-3		Cribbage 1-3	Games Day Euchre 1-3	

Next Friendship Café is Friday May 22nd- Contact Shaun or Elaine for more information at 807-473-5528

Games Day is now every Thursday at 1pm

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

HEALTHY LIVING TIPS FOR SENIORS



STAY ACTIVE

Engage in physical activities, such as walking, swimming, 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





Friendship Café

Food, Fun & Games!

May 22, 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



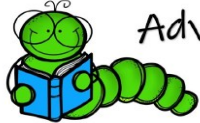
Murillo Branch
 4569 Oliver Road
 Murillo, ON P0T 2G0
 (807) 935-2729
 Mondays and Wednesdays
 10 AM to 8 PM
 Saturdays 9 AM to Noon



Email: oliverpaipoongelibrary@gmail.com
 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



Monday, May 25th
 1:00PM-2:00PM

We're taking storytime on the road to the Murillo 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 library staff member for more information.



EVENTS IN MAY

at the ROSSLYN branch of the LIBRARY

Tuesdays 1 PM – Crib - all (including beginners) are welcome
 Tuesday / Thursday 11:30 AM Exercises

May 7 – Spring Craft Day 12:30“ish”

May 14 / 28 – Carpet Bowling 1:00 PM

The library will be closed May 18 for Victoria Day

Need to download a book to read while away but your library card has expired? No need to visit in person for that. Just give us a call. Getting ready for the camping/outdoor season? Then, do come and visit if you would like a Provincial Park parking pass (subject to availability) or you would like a puzzle for those rainy days at camp!



HOW TO SURVIVE SPRING ALLERGIES



TAKE DOCTOR-RECOMMENDED MEDICATIONS



USE AN AIR CONDITIONER



FLUSH SINUSES WITH A NASAL RINSE



SHOWER IN THE EVENING TO WASH AWAY POLLEN



USE A HEPA FILTER



KEEP DOORS AND WINDOWS CLOSED



VACUUM EACH WEEK



WEAR A SCARF ON WINDY DAYS

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, May 20, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

8 THINGS THAT SHOULD BE IN YOUR EMERGENCY DISASTER KIT

BY BLIST



Emergency preparedness starts with you
be prepared



make a plan

ontario.ca/BePrepared



build a kit



stay informed

Ontario

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipooonge: 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.

Municipality Newsletters- May 2026 Edition

Be sure to follow the LRCA on social media and sign up for our newsletter to stay in-the-know about all of our exciting upcoming events. Registration will be opening soon.

Tickets to the 2026 Dorion Birding Festival are now on sale and moving fast! Be sure to get your ticket ASAP to secure your space on this popular birding outing, being held on May 23-24, 2026. Tickets and more information is available at www.lakeheadca.com/events.

Tree Seedling orders close on May 6, so act fast to get your order in! For people who have already placed your order, please note that Tree Seedling Pick-Up Day is on May 13 at the LRCA Administrative Office (130 Conservation Road) in Thunder Bay from 9:00 a.m. – 7:00 p.m. Please note that you must have placed an order for seedlings prior to May 6.

Spring is upon us which means that people will be out visiting our Conservation Areas and enjoying the great outdoors once again! We would like to remind visitors that all dogs must be kept on-leash, and that mountain bikes are not permitted on our trails. If you visit frequently, consider purchasing an Explore Card Parking Pass for \$40.00 +HST, which 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! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.



LAKEHEAD REGION
CONSERVATION AUTHORITY



Wise Planning

Plan Today for Tomorrow's Well-Being

Discover senior living at Pennock Village. Drop-in at Rosslyn Hall on **Saturday, June 6th from 10am-noon**, for a community information event.

More details at PennockVillage.ca/Events

MAY 2026



NorWest Community Health Centres
Centres de santé communautaire NorWest

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

MON	TUE	WED	THU	FRI
				1
4 Chair Yoga @ O'Connor CC	5 Fly the C.O.O.P Walking Group	6 NP available for those without an MD or NP Walk-In Clinic 4:30pm - 7:30pm	7 Fly the C.O.O.P Walking Group LifeLabs	8
11 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	12 Fly the C.O.O.P Walking Group	13 NP available for those without an MD or NP Mobile Clinic - Upsala Nursing Station (No NP Today) Walk-In Clinic 4:30pm - 7:30pm	14 Fly the C.O.O.P Walking Group LifeLabs	15
18 Closed for Victoria Day	19 Fly the C.O.O.P Walking Group	20 NP available for those without an MD or NP Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	21 Fly the C.O.O.P Walking Group LifeLabs	22 *NEW Program* Friendship Cafe 1-3pm. Theme - "Our Community Our Stories"
25 Chair Yoga @ O'Connor CC	26 Fly the C.O.O.P Walking Group	27 Walk-In Clinic 4:30pm - 7:30pm	28 Fly the C.O.O.P Walking Group LifeLabs	29

PROGRAM INFO

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

Fly the C.O.O.P Walking Group

Meet at Kakabeka Legion @10am or a ride is provided at Evergreen Pharmacy Parking Lot 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 or call 473-5528 for more info

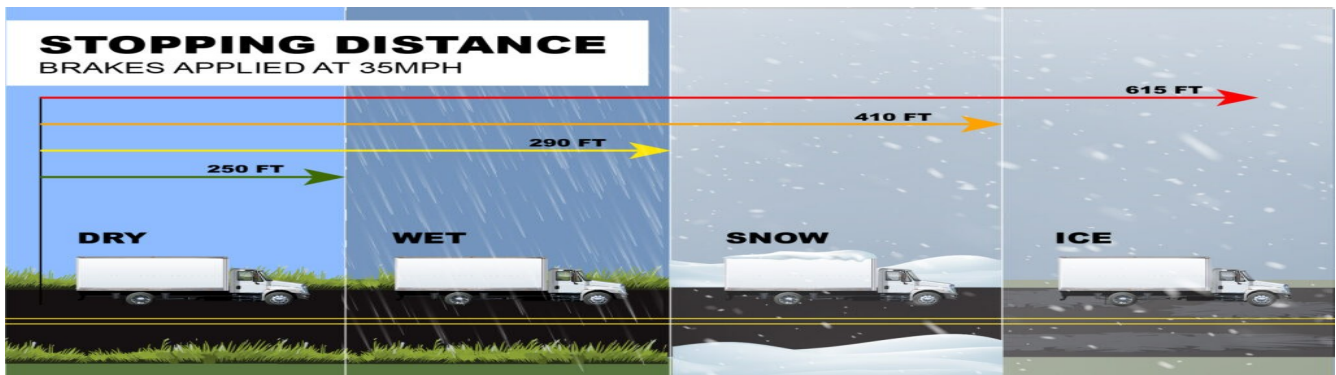
Friendship Cafe @ Rural 60+ Centre.

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



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic
www.norwestchc.org



12 Tips on How to Drive Safely in Heavy Rains

Check Your Tires

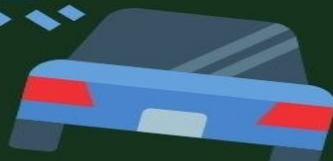
Ensure Wipers are Functional

Inspect Brakes

Reduce Speed

Increase Following Distance

Avoid Sudden Movements



Consider Hydroplaning

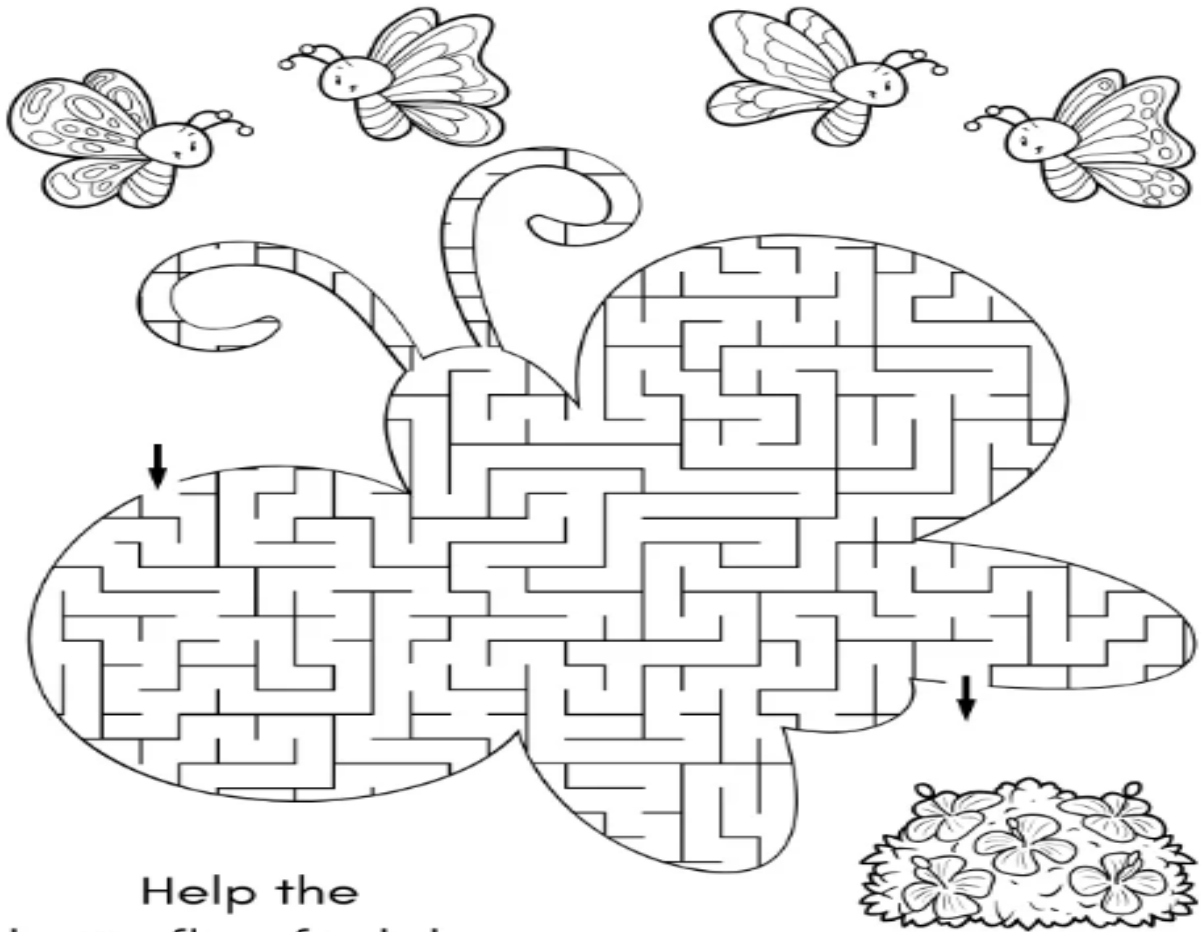
Use Headlights Wisely

Control If You Skid

Pulling Over Safely

Stay Clear of Flooded Areas

Emergency Preparedness



Help the butterflies find the flowers!

MATH PUZZLE

Put the numbers 1 - 8 in each of the squares so that each side adds up to the middle number

	12	

	13	

	14	

	15	