

Conmee Community Newsletter

November 2025

**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

Hello once again,

As the fall season settles in and winter approaches, it is hard to believe how quickly the year has passed. As we near the end of another busy year, we can look forward to several infrastructure improvements within our community. These projects have been made possible through funding that has been received, as well as through continued efforts to secure additional support for the coming year.

As the snowflakes have started to make their appearance, we remind residents to stay mindful of the changing weather conditions that come with this time of year. I also want to caution everyone about highway conditions—particularly with the increased traffic we've seen recently on Highway 11/17.

As of October 1st, 2025, the Ministry of Transportation and the City of Thunder Bay decided to redirect all commercial truck traffic to Highway 11/17, rather than maintaining the previous split between Highways 11/17 and 102. Our surrounding municipalities have been working diligently to meet with MTO officials and other representatives to address this situation.

Conmee Township will again be submitting delegations at ROMA in January to speak directly with the Ministry. We are also part of a group of municipalities—made up of mayors and clerks from across the region—focused on this issue. The DTR group (Designated Truck Route) continues to discuss how best to reach the right decision-makers and represent our residents effectively. We've raised concerns about public safety, resident impact, and infrastructure strain, as this change affects everyone—our residents, emergency services, public works, schools, and transportation systems. Many of our communities' roads and infrastructure are not equipped to safely handle the additional traffic volume. Please know we are committed to finding a better solution and will continue to advocate strongly for our region.

Our Social Committee has been busy this fall, hosting several successful events enjoyed by residents and neighbours alike. Thank you to everyone who attended and helped make these gatherings so special!

It's been wonderful to see our volunteers, including local high school students earning their volunteer hours, stepping up to help. If you have a student looking for hours, please reach out—we'd be happy to include them.

Office is closed Tuesday, November 11, 2025—Remembrance Day

Upcoming Council Meetings: November 12 and 25 — 6:00 pm

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

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

Our Harvest Day was full of fun and laughter. The Conmee Fire Team joined in, hosting activities and meeting community members. A highlight was the **tug-of-war** between the neighbourhood kids and the fire team—the kids definitely gave them a challenge! Children also had the chance to try some equipment and explore the fire trucks up close—thank you, Conmee Emergency Services!

The Halloween Party was another great success, featuring incredible costumes and the always-popular *Mummy Wrap* game. Thank you to everyone who came out, the fire team for handing out candy, and the Social Committee for organizing another fantastic event.

Looking ahead, our next event will be the Vendor fair in late November, a perfect opportunity to shop for one-of-a-kind Christmas gifts.

Speaking of Christmas—hall rentals are filling up quickly! If you're planning an event, please contact us at rentals@conmee.com to book your space.

We're excited to share that **MPP Kevin Holland** will be visiting on **Friday, October 31, 2025, at 4:00 p.m.** to make a **funding announcement for the township**. Everyone is welcome to attend!

As always, if you need anything, please don't hesitate to reach out. Here's hoping for a slow start to winter and mild temperatures ahead. Remember to check your chimneys and smoke detectors, and stay safe.

See you in November!

Warm regards,
Mayor Sheila Maxwell

EXCERPTS FROM MINUTES—REGULAR COUNCIL MEETING September 23

Minutes were reviewed and approved:

Clerk's Report :

September 23: The Clerk provided a report outlining several administrative updates. She advised Council that Canada Post would not be mailing newsletters due to strike action and described alternative distribution methods, including posting at the front counter, website, Facebook, and local businesses. She summarized recent CUPE negotiations, the LRMC meeting discussions on animal control and the enabling bylaw and noted that Conmee had been invited to apply for the FireSmart Communities Implementation grant. Updates were also provided on the Fire Protection grant, including progress on quotes for gear drying and bathroom retrofits. The Clerk requested Council's direction on a letter of support for the Canadian Heritage Rivers System Initiative and advised that agreements for the Integrity Commissioners were being prepared

Treasurer's

September 23: The Treasurer reported that Munisoft would be upgrading the General Ledger on November 13 and 14, and while Munisoft recommended closing the office, she felt limited services could still be offered. Notices would be posted to inform residents. She advised that the Township had received a cheque for nearly \$20,000 from Ontario Aggregate Resources, which would be allocated to roads.

Public Works Report:

September 23: Fall maintenance operations are underway, including road grading and gravel application. The Public Works department completed a cemetery closure and installed additional signage. Work at the Hunt Road pit has been delayed due to the extended absence of the Township's backhoe, which remains at Brant's Equipment for repairs. In the interim, staff have utilized a loaned backhoe and the loader to maintain essential services.

The Public Works Manager also noted that several driveway installations and culvert replacements remain pending due to the equipment shortage.

Fire Chief's Report:

September 23: Mayor Maxwell provided an update on behalf of the Fire Chief. She advised that the pumper truck had been returned to the fire hall following repairs to the brake calipers. However, the vehicle continues to experience mechanical issues, including a battery malfunction that produced a strong odour and triggered the carbon monoxide alarm in the garage. The Mayor described the vehicle as increasingly costly to maintain and noted that the Fire Chief is expected to provide further details in his next report.



2025 Council
Meeting Schedule
November 12 (Wed) and 25
December 16

2026 Council
Meeting Schedule
January 13 and 27
February 10 and 24

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.

“Lest We Forget: Honouring the Fallen”

Residents of Conmee Serving Their Country in the Armed Forces- as per Conmee History Book, “Our Storied Past.”

BOER WAR: Bert Hamm served in this war.

FIRST WORLD WAR: 1914 – 1918

The following men served in this war.

Laughlan Torrie, Arthur Torrie, Alfred Hamm, Mr. Colpitts, Richard Hunt Senior, Downsey McLean, Bert Price, Mr. Jones, Frank Ball and Percy Hamm.

Those who gave their lives were, Frank Ball, Percy Hamm and Mr. Jones.

There were two war brides, Downsey McLean and Laughlan Torrie.

SECOND WORLD WAR: 1941 – 1945?

Those serving were Alfie Hamm, Albert Ball, Donald Torrie, Gene Warpula, Thomas A. Hunt, Ray Eady, Ray Sjostrom, Harry Jones, Harold Smart, Clarence Illson, R.S. Warpula, S. Rantala, Harry Mado, Dale Maxwell, Ed Niemi, Edward Gordon, Herb Sovereign, Rauno Koivula, Onni Kauhanen, Veikki “Bill” Kauhanen and Tom Hellmuth. One wren who served was Ann (Torrie) Garbutt. Donald Torie was a prisoner of war.

Two of them gave their lives, Gene Warpula and Thomas Hunt RCAF when his plane crashed on a return flight.

During the First and Second World Wars the Women’s Institute raised money to pack boxes to send to these men. Also during the Second World War a young peoples group in Conmee sent the soldiers cigarettes. They got cards back from the saying they were much appreciated. After the Second World War was over the Women’s Institute sponsored a dinner held at the Blue Hall, to honor our returned men in May 1946. They charged \$.75 cents for adults and \$.35 cents for children. The Institute bought the chickens and the Township was canvassed for donations. They had Grandsmore’s Orchestra for dancing. It was a very successful evening with the hall crowded and plenty of food.



CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.

ROSSLYN COMMUNITY CENTER

3405 ROSSLYN ROAD



Come and join the fun and friendship!

Free exercise class for all ages and abilities.



Every Tuesday: Bands and Balls
Every Thursday Weights

At Rosslyn Hall from
11:30 to 12:00

No Registration necessary.

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

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

Call Rosslyn Library for more information 807-939-2312

Interested in a Food Cycler Unit?

We're putting together a list of those who would like to purchase a Food

Cycler Unit. If you're interested in reducing food waste and turning scraps into nutrient-rich soil, contact the

Conmee Township Office at (807) 475-5229 Monday to Friday between the hours of 9:00 a.m. and 4:00 p.m. or email adminassist@conmee.com to have your name added to the list. It's a great step toward sustainable living.

Expression of Interest: Food Cycler Units

Conmee Township is pleased to announce that we are opening an Expression of Interest for residents who would like to purchase a Food Cycler unit through the municipality.

This initiative supports our ongoing efforts to reduce food waste and promote sustainable living. The Food Cycler transforms kitchen scraps into a nutrient-rich soil amendment called Foodilizer, which can be used in gardens, lawns, and houseplants. It's a simple, odor-free way to reduce landfill waste and enrich your soil.

Models Available

- Eco 3 – \$200
- Volume: 3.5L
- Processing Time: 4–8 hours
- Power Usage: 0.9 kWh per cycle
- Ideal for households of 1–3 people
- Eco 5 – \$300
- Volume: 5.0L
- Processing Time: 6–8 hours
- Power Usage: 1.3 kWh per cycle
- Ideal for households of 3+ people

Product Family



Resident Feedback

Residents who have already purchased and used the units report running them every two days to weekly, depending on household size and food waste volume. Many have seen a reduction in household garbage by 80–90%, which is a significant step toward extending the life of our landfill and reducing environmental impact.

Usage Tips

Following questions from residents, we've confirmed the following with Food Cycler:

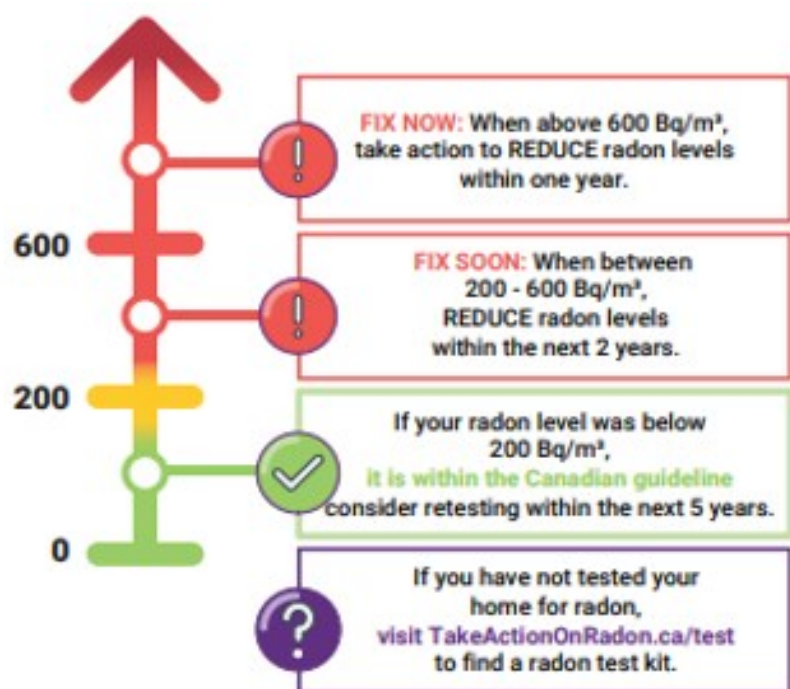
- Beef bones should not be added to the unit.
- You can compress food waste in the bucket, but lightly.

The resulting Foodilizer can be used right away, but it's best to let it rest in soil for a week before planting.

We've posted the Foodilizer Gardening Guide on our website, which includes helpful tips for using the product effectively and safely. For example, if Foodilizer sits too long without being mixed into soil, it may develop mold. The guide also outlines how to apply Foodilizer to different types of plants and soil conditions.

Visit [conmee.com](https://www.conmee.com) to view the guide and learn more at: <https://www.conmee.com/p/latest-news>. If you're interested in purchasing a unit, please email Karen Paisley, Clerk, at conmee@conmee.com to express your interest and specify your preferred model. This will help us determine how many units to order.

Let's continue working together to make Conmee a greener, more sustainable community!



Since radon levels fluctuate over time, testing with a long-term test (of at least 91 days) provides a better estimate of your annual radon exposure. Many digital detectors are available to purchase or to borrow for shorter test durations, but we still recommend testing for at least 91 days. If you borrow a digital monitor for a shorter test, consider following up with a long-term test.

Radon gas levels are reduced the most by installing a **radon mitigation system**. Research shows that **certified radon professionals** can reduce levels by over 90%. Other steps, such as increasing ventilation and sealing cracks, can help in the short-term but are less effective.



Missed your chance to test?

Check out Take Action on Radon's website for more information on how to access a long-term (91-day) test kit in your region and how to properly test your home.

[TakeActionOnRadon.ca/test](https://www.takeactiononradon.ca/test)



Already tested and want to help?

If you are willing to share your data to help us better understand radon in your community, submit your information to our online radon depository.

[TakeActionOnRadon.ca/share](https://www.takeactiononradon.ca/share)



HOW TO FIND A CERTIFIED PROFESSIONAL

[TakeActionOnRadon.ca/test/find-a-radon-mitigation-professional/](https://www.takeactiononradon.ca/test/find-a-radon-mitigation-professional/)

Certified radon mitigation professionals are trained to properly assess your home, and design systems to efficiently and effectively reduce your radon level.

The Ontario Building Code section 9.13.4.1 indicates that "where Methane or Radon gases are known to be a problem, construction shall comply with requirements for soil gas control in MMAH Supplemental Standard SB-9 "requirements for soil gas control" Testing is the only method available to determine if Radon is present. All new construction in areas where, by testing, Radon is known to be a problem must take measures to meet or exceed the requirements of SB-9.

The Canadian General Standards Board standard CAN/CGSB-149.11-2019 provides technical recommendations for radon-control measures in new low-rise residential construction.

Tarion Warranty provides coverage for radon mitigation within the first seven years after a home is built.

More information:

<https://www.tarion.com/homeowners-your-warranty-coverage/radon-and-your-warranty>

The Township of Conmee Wants to Hear From You!

The Township of Conmee is preparing its 2025 Asset Management Plan — and **your voice matters**.

We're asking residents to complete a short survey to help us understand what's working, what needs improvement, and what priorities you think we should focus on in the coming years. Your feedback will help guide how we invest in roads, bridges, parks, facilities, and other essential services.

This survey is part of our commitment to responsible planning and is required under **Ontario Regulation 588/17**.

📄 Take the survey today and help shape Conmee's future!

The survey is available in two formats: a paper version, which is included in the Newsletter, and an online version, accessible through our website.

Survey's can be picked up or dropped off at the Township Office between the hours of 9:00 a.m. to 4:00 p.m.

Monday to Friday. If you choose to do the survey via paper version, you can scan and emailed it to adminasist@conmee.com. **Survey deadline is Friday, November 14th, 2025.**

Stay Warm & Fire Safe

Have your heating system, chimney and vents installed by a **qualified technician**.

Ensure they are inspected and cleaned **every year**.


ontario.ca/firemarshal



The Facts About Portable Generators


More and more people are purchasing portable generators as a back-up power source.

While these appliances can provide alternative energy during power outages, portable generators can create electrical hazards if not properly installed, operated, and maintained.



Use Your Power Wisely!

Click on www.ofm.gov.on.ca for more fire safety information.



MPP Kevin Holland will be visiting Conmee Township to announce an important capital grant for our community!

📅 **Date:** Friday, October 31, 2025

🕒 **Time:** 4:00 p.m.

📍 **Location:** Conmee Community Centre – 19 Holland Road West

This exciting announcement marks a significant investment in our community's future. Everyone is welcome to attend and hear firsthand about the funding that will support important local initiatives. Let's come together to celebrate this milestone for our township!

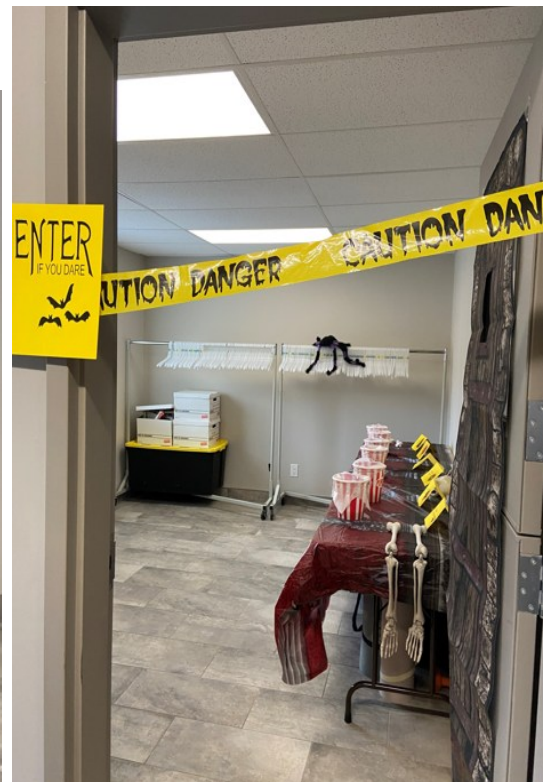
Spooktacular Fun at Our Halloween Kids Party!

We had a frightfully fantastic time celebrating Halloween with our little ghouls and goblins! From creative costumes and creepy crafts to games, treats, and giggles galore — the event was filled with joy, laughter, and plenty of spooky spirit. Thank you to everyone who joined us and helped make it a memorable day for the kids.



Our Mayor participating in the Mummy Wrapping

Halloween Sensory Table.



Enter if you Dare!!!!

KAKABEKA FALLS LEGION BRANCH 225

NOVEMBER EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>
Saturday, Nov 1st	Halloween Dinner & Dance (\$40) Halloween Dance Only (\$10)	5:30 pm - 10 pm 7-10 pm
Wednesday, Nov 5th	Guy Fox Bonfire (all welcome)	6 pm (bring your own chair)
Saturday, Nov 8th	Executive Meeting	2 pm - 3 pm
Saturday, Nov 8th	General Meeting	3 pm (executive elections)
Sunday, Nov 9th	Breakfast Remembrance Day Service 10:50 a.m.	8:30 - 11 am
Saturday, Nov 15th	Dance with Quest	7 pm - 10 pm
Sunday, Nov 23rd	Sunday Musical- Rusty Notes	2 pm to 4 pm
Saturday, Nov 29th	Dance with Quest	7 pm - 10 pm
	<u>DECEMBER</u>	
Saturday, Dec 6th	Dance with Quest	7 pm - 10 pm
Sunday, Dec 7th	Christmas Concert (Just 4 You)	2 pm - 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



Murillo Library

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

Email:

oliverpaipoongelibrary@gmail.com

Website:

<http://oliverpaipoonge.olsn.ca>

Rosslyn Library

Tuesday 10 – 8:00 pm
Thursday 10 to 8:00 pm
Saturday 1 to 4:00
939-2312

Rosslyn Library will be closed on Tuesday, November 11th in observance of Remembrance Day.



Now available at both branches:

**Parents like us.
An unofficial guide to
caring for a young
person who uses
substances.**

Written by parents for parents.

Created by the Thunder Bay District Health Unit. We have 4 copies at each branch to distribute at no charge or borrow a copy from our shelves.

WANTED:

Our library is looking for donations of cloth shopping bags and children's puzzles. If you have any of these items to spare, they can be dropped off at either library branch.

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 Foodbank.

Your donations enable the food bank
to remain open.

Next Food Bank

Wednesday, November 19, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up



YOU ARE NEVER TOO OLD TO HAVE FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carving 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Disking 1-2	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11	
	Knitting 10-3	Quilting 10-3	Weaving 10-3	
	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	

Next Dementia Café is Friday October 24 – Contact Shawn or Elaine for more information at 807-473-5528

Are you interested in learning to Carve? Rural 60 Plus will be holding an information session this Fall. Watch our website and Newsletter for more details.

Craft Sale, Saturday, November 15, from 10 AM to 1 PM. Tables are available for \$15. Call or email the Rural 60 Plus Centre to reserve.

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

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

Neebing Neebing Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

A BIG THANK YOU to OPG for the generous donation in support of our holiday endeavours.

A BIG THANK YOU to the ODENA for hosting our fall food drive and for all those who generously donated.

CHRISTMAS CONCERT

Sunday December 7th, 2-4pm

Kakabeka Legion, **JUST FOR YOU** performing



Join us for a monthly gathering in a supportive space for individuals affected by memory concerns or dementia, along with their families, caregivers and friends. We will have music, games and snacks in a safe and welcoming environment where all are welcome.

- September 26, 2025
- October 24, 2025
- November 28, 2025
- December 12, 2025

1:00 PM- 3:00 PM

- January 23, 2026
- February 27, 2026
- March 27, 2026

For more information:

Contact Shaun or Elaine at (807)-473-5528
Location: 60+ in Kakabeka Falls (5 Pineview Road)

NorWest CHC in partnership with:



NorWest Community Health Centres
Centres de santé communautaire NorWest



Centre for Education and Research on Aging & Health

Alzheimer Society
THUNDER BAY



Radon detectors available to borrow at
Oliver Paipoonge Library!



It is recommended that you test for radon during furnace season.
For more information regarding Radon visit Eco Superior:

<https://www.ecosuperior.org/homeenergy>

Conmee's finest duo:
Leonard and Kyle.
Keep up the great
work guys!



Municipality Newsletters- November 2025 Edition

Please be advised that the dumping of hazardous waste, garbage, and engine oil into outhouses in Conservation Areas is prohibited. It has come to our attention that this has been occurring at Little Trout Bay Conservation Area; excessive garbage is also being dumped into the composting toilets at Mission Island Marsh Conservation Area. As a result, the costs associated with pumping and repairs have increased and will impact the LRCA's available funds for maintaining and operating Conservation Areas. It is also advised that the dumping of residential waste/garbage bags at Conservation Areas is also prohibited. This is a regular occurrence at Silver Harbour, MacKenzie Point, Mills Block and Wishart Conservation Areas. Failure to comply with the above-mentioned prohibited activities could result in fines as per Ontario Regulation 688/21: Rules of Conduct in Conservation Areas. The LRCA's Provincial Offences Officers will continue to monitor the situation.

The 2026 Explore Card Parking Pass will be available for sale beginning November 1, 2025! 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. It's convenient for frequent users, and a great stocking stuffer for the outdoor enthusiasts in your life!

The popular LRCA 2026 Calendar will be available for free beginning this month (November). Be sure to look for it at your municipal office and select businesses such as Safeway, Waverly Public Library, LU Bookstore and more. The LRCA will also have some copies available at our Administrative Office at 130 Conservation Road. The calendars go extremely fast, so be sure to get yours while supplies last! Thank you to all the sponsors for making this calendar possible for another year.

Get out and explore!



LAKEHEAD REGION
CONSERVATION AUTHORITY

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)

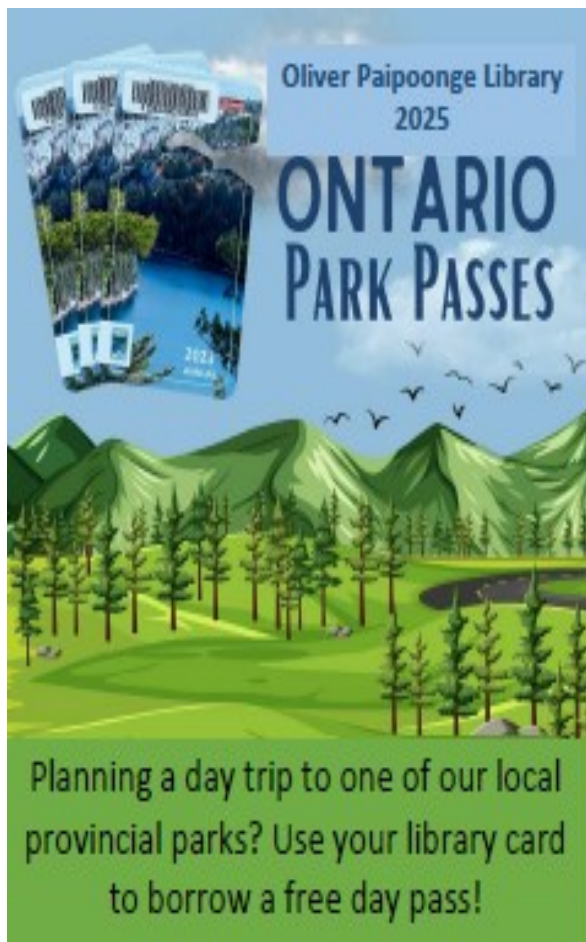
Planning to vote in the next municipal or provincial election in Ontario?

**Now you can get on the
voters list for both municipal
and provincial elections,
all in one place!**

Visit RegisterToVoteON.ca for information on
eligibility, registration and how to check, update
or add your information to the voters list.



@RegisterToVoteON | RegisterToVoteON.ca
@RegisterToVoteON | info@registerstovoteon.ca
@RegisterON | 1.866.242.3025



If you are interested in participating in indoor bowling games every Thursday afternoon, please contact the Rosslyn Library. We are trying to build a core group to get this program reestablished.

Rosslyn Library 807-939-2312



We're excited to offer Conmee Township merchandise for sale. Whether you're looking for a stylish cap, a mug for your morning coffee, or a fabric bag for shopping, we've got something for everyone.

Wearing Conmee gear is a great way to show your community spirit and support local initiatives. Perfect for gifts, events or everyday wear.

Hats: \$20.00 each tax included

Travel Mugs: \$15.00 each tax included

Fabric Bags: \$5.00 each tax included

Stop by the office to pick up your merchandise!



NOV 2025

MON	TUE	WED	THU	FRI
3 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	4 Fly the C.O.O.P Walking Group	5 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	6 Fly the C.O.O.P Walking Group LifeLabs	7
10 Good Food Box Order Deadline Chair Yoga @ O'Connor & Kam C.C. @10:00 am	11 Fly the C.O.O.P Walking Group	12 Mobile Clinic - Armstrong 1pm-6pm Walk-In Clinic 4:30pm - 7:30pm	13 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm LifeLabs	14 NP available for those who do not have MD or NP
17 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	18 Fly the C.O.O.P Walking Group	19 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	20 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala LifeLabs	21 NP available for those who do not have MD or NP *NEW Program* Rural Dementia Cafe 1-3pm
24 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	25 Fly the C.O.O.P Walking Group	26 Walk-In Clinic 4:30pm - 7:30pm	27 Fly the C.O.O.P Walking Group LifeLabs	28 NP available for those who do not have MD or NP



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 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 Parking Lot at 9:45am

Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C. 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

Rural Dementia Cafe @ Rural 60+ Centre.

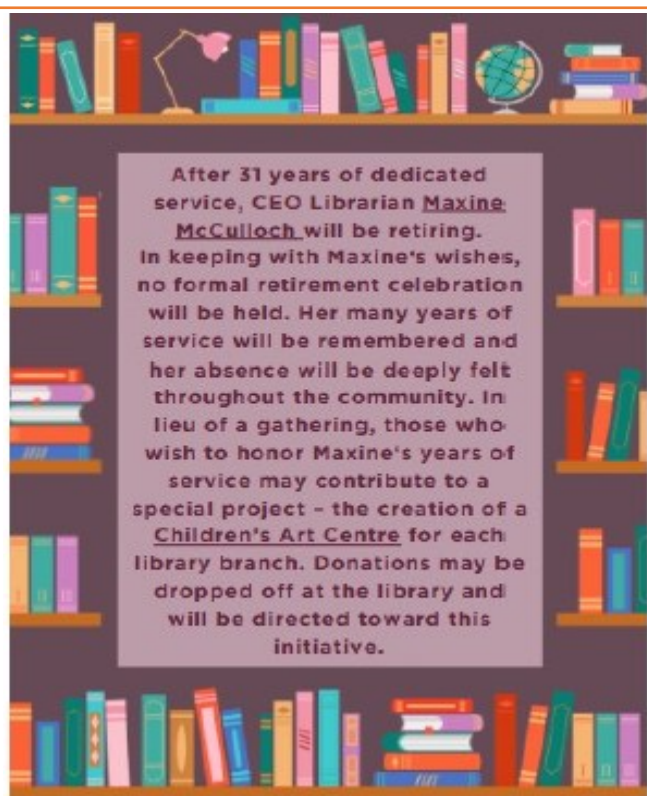
Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org



FALL

HOME MAINTENANCE CHECKLIST

INCORPORATE THESE SIMPLE STEPS
INTO YOUR HOME MAINTENANCE
ROUTINE AS WE TRANSITION FROM
SUMMER TO FALL:



- ☐ Check your home for water leaks.
- ☐ Have a certified chimney sweep inspect and clean the flues and check your fireplace damper.
- ☐ Clean off the covers and change the batteries in the smoke and carbon monoxide detectors/alarms.
- ☐ Blow out your lawn irrigation system.
- ☐ Clean the gutters and downspouts.
- ☐ Replace window screens with storm windows.
- ☐ Have a heating professional check your heating system every year.
- ☐ Remove any birds' nests from chimney flues and outdoor electrical fixtures.
- ☐ Protect your home from frozen pipes.
- ☐ Run all gas-powered lawn equipment until the fuel is gone.
- ☐ Test your emergency generator.



Remembrance Day Wordsearch

F D I T Y V D C W O W Z S R V U
E A J S V U E L E M P E H E A Z
B C M O A X A G Y N R A F S K W
M B I P N K R X Y V O L R E U M
R U I T N W M O I U A T C A D M
E W V S S W Y C T N Q R A H D N
I H F A R I E B D C O W T P A E
D D T L E Z M E K F I A U R H Q
L K A N V K R R R S E L E H K K
O P S Y E S F I A R B T F L P A
S O I Z I V A P W S E U M N T N
N P L D L Y E L M V A P G O O G
G P E N L E T L C T Q I L L L C
P Y N W E X S B E V J I L R E L
J C C F F R A N C E P O D O A R
E O E Q Q P Y N O V E M B E R Z

AIR FORCE	NOVEMBER
ARMISTICE	PARADE
ARMY	PILOT
BUGLER	POPPY
CENOTAPH	REVEILLE
CONFLICT	SAILOR
DAY	SERVICE
ELEVENTH	SILENCE
FLANDERS	SOLDIER
FRANCE	VETERAN
LAST POST	WAR
NAVY	WREATH