

Conmee Community Newsletter

January 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

Hello once again,

We thought we might be heading into a Christmas season with very little snow—and then *bam*, winter showed us otherwise. So far, we've actually had a good old-fashioned winter, much like the ones we remember growing up. While the snow itself does help insulate, the temperatures lately have certainly been chilly.

As many of you are aware, we have begun putting a base down on the rink and are hopeful that skating will be available soon. At the beginning of the flooding season, we became aware of an issue that had not been fully understood before. Flow restrictors had been installed on the well that services the hall and office. While some were aware of the restrictors, it was not known that we were operating on only **one well**, as the original well had been shut off.

In short, we are currently relying on a single well, and this is something that will need to be corrected in the spring. Because of the flow restrictors, flooding the rink may take a little longer than usual. To help establish a proper base, we have arranged for a few loads of water to be brought in. Once the base is set, the well will then be used for the top layers. I do apologize for this situation—had I known earlier, it would not have been this way. As the saying goes, *when life gives you lemons, make lemonade*.

In other township news, we are now into the Christmas break, and hopefully it is truly a break for everyone. Council held its last meeting on December 16, 2025, and will resume after the New Year.

Our Social Committee, being quite small this year, was unable to organize a Christmas event. That said, there have been numerous bookings at the hall, and it's great to see it being well used by residents and neighbours alike. Looking ahead, we are considering hosting a winter carnival—possibly in March or around Family Day. After the New Year, we will set a date. If you are interested in helping or participating, please contact myself or the office.

After the New Year, council will be turning its attention to the budget and once again getting things done early and back into the groove. The office has been actively searching for grants and has done very well. Thank you to staff for their hard work—these efforts have made a real difference. Grants like the rink funding will continue into the spring with upgrades that will benefit future years. Eventually, I would like to see a seasonal washroom and change room beside the rink, but that will only be possible with grant funding. Changes may be slow, but they do come to those who wait.

A couple members council will also be travelling to Toronto to meet with ministers, including the Minister of Emergency Preparedness and Response, the Minister of Finance, and the Minister of Infrastructure. We are currently waiting to hear from the Minister of Transportation. Along with

Upcoming Council Meetings: January 13 and 27 — 6:00 pm

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

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

Oliver Paipoonge, we are hopeful to secure a meeting—ideally attending together as a group of townships. At this time, the DTR committee is essentially on hold until we know whether a meeting will take place. If not, we will continue forward with other actions.

As we round out the year, Conmee Emergency Services is proud to recognize an outstanding group of members and the progress made toward compliance with the new requirements coming into effect in **July 2026**. This achievement would not have been possible without the dedication and commitment of our volunteer members. We are always seeking volunteers that can give some of their spare time to up, if more information is needed get a hold of Chief Day. Volunteering at this level is no small ask. The hours required for training, certifications, and service are significant, yet our members stepped up and met every requirement. This success is due in large part to the leadership and dedication of **Chief Day**, who has put in countless hours—not only earning his own certifications, but also ensuring training was completed, deadlines were met, and members were supported, all while balancing a full-time job and a growing family.

A heartfelt thank you also goes to **Cameo**, Chief Day's wife, who is currently on maternity leave. Though away from active duties, she continues to support the department through administrative work. Your commitment does not go unnoticed.

Conmee Emergency Services has also been actively applying for available grants, and we are pleased to share some great news. We have successfully secured funding that will allow us to:

* Install a **shower and decontamination system** at the fire hall so members can clean up before returning home to their families.

* Purchase a **specialized gear dryer** to match our existing washer (which was also grant-funded). This dryer is designed specifically for firefighting gear, helping remove carcinogens after fire calls

and reducing long-term health risks. Safety remains the number one priority for all members, and these upgrades are an important step forward.

A sincere thank you goes out to our **Public Works staff** for their dedication to maintaining township roads and responding to unpredictable weather conditions. Your hard work does not go unnoticed, and we hope the holiday season is kind to you.

As we step into the new year, I am hopeful—but cautious—about what 2026 will bring. My hope is that this year will be better than the last in every aspect, and that we will begin to see movement on key issues such as **DTR**, as well as progress on important township projects that need attention.

Our staff have been nothing short of amazing, and I truly appreciate the residents who I hope I have been able to assist, support, or simply provide clarity to when needed. We live in a great community—one that is a wonderful place to raise families or enjoy a quiet retirement—and it's important that we continue to protect that.

Holiday Wishes & Office Closure

The **municipal office will be closed from December 24 through the New Year**. If something urgent arises during this time that cannot wait, please message me directly and I will do my best to assist.

On behalf of **Council, Staff, Public Works, and Conmee Emergency Services**, I wish everyone a **safe and wonderful Christmas** and a **happy, healthy start to the New Year**.

See you in 2026!!!

Warm regards,
Mayor Sheila Maxwell

**EXCERPTS FROM
MINUTES—REGULAR
COUNCIL MEETING
November 12th and 25th
Minutes were reviewed and
approved:**

Clerk's Report :

November 12: The Clerk advised that the Township of O'Connor inquired whether Conmee had plans for the old rink boards and expressed interest in obtaining them. Council agreed to gift the boards, provided O'Connor handles transportation and removal. The Clerk confirmed that the Ontario FireSmart Transfer Payment Agreement was signed November 1 for \$15,000 in funding to support development of a Community Wildland Fire Protection Plan and hazard mapping. MTO has initiated a preliminary design and environmental assessment for widening Highway 11/17 from Kakabeka Falls to the Thunder Bay Expressway; notices were included under Other Agency Reports.

Treasurer's Report:

November 12: The Treasurer reported on reserve fund continuity, recommending the removal of inactive reserve fund accounts with no matching balances to clean up the ledger. She noted that budget preparation will begin shortly.

Fire Chief's Report:

November 12: Emergency Services continued weekly training and responded to medical calls and mutual aid fire calls in October. The Chief recommended urgent investigation into upgrading fire apparatus and noted a possible opportunity to purchase a used water tanker from Oliver Paipoonge. He also advised that the Shabaqua Local Services Board has requested assistance to maintain its fire department. Council agreed to explore options and include this issue in the ROMA 2026 delegation request to the Ministry of the Solicitor General.

**2026 Council
Meeting Schedule
January 13 and 27
February 10 and 24
March 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.

Conmee Emergency Preparedness

The Township of Conmee is committed to ensuring the safety and well-being of all residents during emergencies. To assist in planning and response efforts, we kindly request that each household provide accurate and up-to-date information.

Please complete all sections of the form with the requested details for your household. Ensure the information provided is accurate and current. Please submit the completed form by January 30th, 2026 through one of the following methods:

1. Dropped off at the Township Office during regular office hours
2. Mailed to the Township office
3. Scanned and emailed to adminassist@conmee.com, or
4. Through the Township website

Thank you for your cooperation in helping us keep our community safe.



DISASTER SUPPLY KIT CHECKLIST

General

- ☐ At least two weeks supply of medication, medical supplies used regularly and a list of allergies
- ☐ List of the style, serial number, and manufacturer information of required medical devices
- ☐ Flashlight
Do not use candles and be sure to have enough batteries
- ☐ Radio
Battery operated or hand cranked radio, a NOAA weather radio
- ☐ Cash
Banks and ATMs may not be available after a storm

Pet Care Items

- ☐ Pet food and water
- ☐ Proper identification
- ☐ Medical records/ microchip info
- ☐ A carrier or cage
- ☐ Muzzle and leash
- ☐ Water and food bowls
- ☐ Medications
- ☐ Supplies for your service animal

Clothing

- ☐ Include seasonal or rain gear and sturdy shoes or boots.

Special Needs Items

- ☐ Be sure to include specialty items for infants, small children, the elderly, and those family members with a disability.

First Aid

- ☐ First Aid Manual
- ☐ Sterile adhesive bandages of different sizes
- ☐ Sterile gauze pads
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages
- ☐ Scissors
- ☐ Tweezers
- ☐ Sewing needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tube of petroleum jelly
- ☐ Safety pins
- ☐ Soap
- ☐ Latex gloves
- ☐ Sunscreen
- ☐ Aspirin or other pain reliever
- ☐ Anti-diarrheal medicine
- ☐ Antacid
- ☐ Laxative
- ☐ Cotton balls
- ☐ Q-tips

Food and Water

- ☐ Food
Enough for at least seven (7) days, nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items
- ☐ Non-electric can opener
- ☐ Paper plates
- ☐ Napkins
- ☐ Plastic cups
- ☐ Utensils
- ☐ Water *(1 gallon per person)*

Important Documents

- ☐ Insurance cards
 - ☐ Medical records
 - ☐ Bank numbers
 - ☐ Credit card numbers
 - ☐ Copy of social security card
 - ☐ Copies of birth and/or marriage certificates
 - ☐ Other personal documents
Set of car, house, and office keys
 - ☐ Service animal I.D., veterinary records, and proof of ownership
 - ☐ Information about where you receive medication, the name of the drug, and dosage
 - ☐ Copy of will
- *Items should be kept in a water proof container*

Vehicle

- ☐ Keep your motor vehicle tanks filled with gasoline

Phone Numbers

- ☐ Maintain a list of important phone numbers including: county emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contact, friends & family

COVID-19 Supplies

- ☐ Face masks
- ☐ Disinfectant wipes
- ☐ Hand sanitizer



TOWNSHIP OF CONMEE RESIDENTS' EMERGENCY AWARENESS

All information collected will be kept confidential and will only be used in case of an emergency.

1. Family Name/s: _____ Physical Address: _____
 2. Number of Persons Living in House: _____ Pets: _____
 3. First Name/s and Year of Birth for Each Household Member:

Name	Year of Birth	Name	Year of Birth
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
 4. Telephone Numbers: Home _____ Work _____ Cell _____
 5. Medical Conditions of Any Household Member that May Pose a Problem or Concern in an Emergency: _____
 6. Should the Power Go Out, Do You Have Alternate:
Heat Supply _____ Water Supply _____ Back Up Power _____
 7. In Need to Evacuate Your Home, Do You Have Transportation Available? _____
 8. Do You Have Neighbours/Family Members Nearby to Help You or Take You In? _____
 9. Would You Be Able and Willing to Take Neighbors In? _____
 10. Would You Need Help Snowplowing Your Driveway in an Emergency? _____
 11. Would You be Able to Volunteer or Assist in the Event of an Emergency?: (Circle) YES NO If Yes,
What is the Most Likely Number That You Can be Reached at? _____ Are
You a Specialist in the Emergency/Medical Field? (Please specify) _____ Are
You a Specialist in Any Other Field that May be Helpful in the Event of an Emergency?
(ie. Special Vehicle Licensing, Community Support) _____ Do You
Own Any of the Following Equipment You Would be Willing to Provide/Assist With? Snowmobile _____
Tractors _____ Quads/ATV's _____
Skidders _____ Backhoes _____ 4 x 4 Trucks _____
Power Saws _____ Generators _____ Dump Truck/Trailer _____ Other
Equipment You May Deem Useful _____
 12. Additional information you feel pertinent to provide: _____
- Submitted by: _____ Date: _____

THANK YOU!

A big thank you to Bay City
Contractors and operator Randy
McDonald for their excellent
service!

Len & Kyle



ICE THICKNESS GUIDELINE

The minimum thickness to access a frozen body of water safely. This is a *estimate, not a rule.
Always proceed with caution and take the appropriate steps to ensure safety.

STAY OFF



Less than 4"



4 Inches

6-8 Inches

9-12 Inches

WALK ON

SNOWMOBILE & ATVS

UTVS & LIGHT VEHICLES

*Based on newly formed, hard / clear ice. Ice thickness does not guarantee safety - proceed at your own risk!





SARJEANT PROPANE WINTER PREPAREDNESS

Your Guide Against Cold Weather



As the winter season approaches, we want to help keep your home safe and your propane deliveries running smoothly and securely. Here are some quick tips to get ready for colder weather.

SAFETY TIPS



Keep Equipment Clear

- Keep appliance vents free of snow and ice.
- Don't pile, plow, or blow snow onto propane tanks, lines, or regulators.
- Please keep the area around your tank clear of tools, scrap materials, or debris to prevent slip or trip hazards that may be hidden under snow for you and delivery drivers.
- Be cautious when clearing snow from roofs; falling snow can damage tanks or lines below.



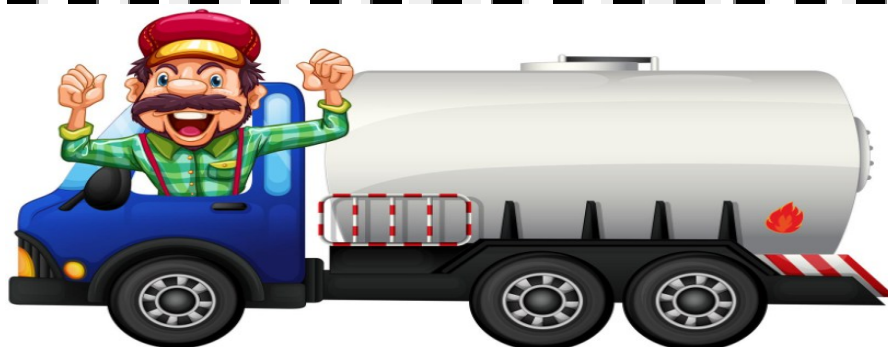
Safe Snow Removal

- When clearing the top of your tank, use a broom or brush, not a shovel, especially near the sensor wire.
- Clear a wide path to your tank and remove any dog waste along the route.



Help Our Drivers Access Your Tank

- Make sure your driveway and turnaround area are plowed wide enough for a propane truck, not just a personal vehicle.
- If delivery is coming and weather is icy, please salt or sand your driveway and the path to your tank.
- Mark long or winding driveways with stakes so the driver can safely stay on the cleared path.



Welcome savings

Insulation
UP TO
\$7,700

Solar & Storage
UP TO
\$10,000

Heat pumps
UP TO
\$12,000

See upgrades



Enbridge Gas and Save on Energy, with support from the Ontario Government, have partnered to launch the new **Home Renovation Savings™ program** to help Ontarians improve home energy efficiency and comfort.*

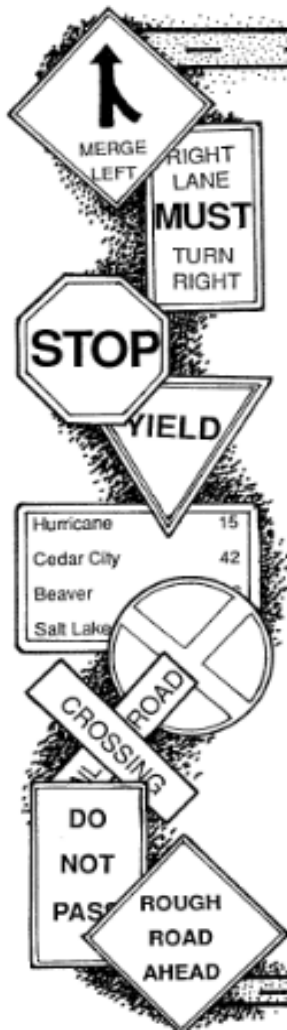
Homeowners now have more choice, with flexible options to choose single or bundled upgrades for greater savings.

KAKABEKA FALLS LEGION BRANCH 225

JANUARY EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>
Saturday, Jan 10th	Executive Meeting	2 pm - 3 pm
Saturday, Jan 10th	General Meeting	3 pm
Sunday, Jan 11th	Breakfast	8:30 - 11 am
Friday, Jan 16th	Dance with Quest	7 pm - 10 pm
Sunday, Jan 25th	Sunday Music	2 - 4 pm
Friday, Jan 30th	Dance with Quest	7 pm - 10 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



Winter Driving Tips



INCREASE FOLLOWING DISTANCE
to 8-10 seconds when driving on icy, slippery surfaces.



WHEN DRIVING UP AND DOWN HILLS,
observe how other vehicles are reacting and maintain safe distance.



STEER AND BRAKE
with smooth, careful, and precise movements rather than quick, jerky motions.



DRIVE IN THE LANE
that's been most recently plowed, and avoid changing lanes unless necessary.

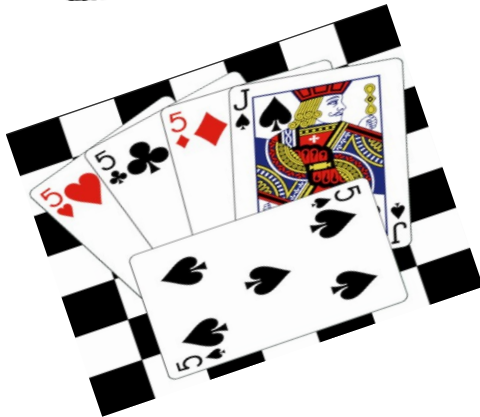


DO NOT USE CRUISE CONTROL
when driving on any slippery surface.



TAKE EXTRA CARE
when driving on shaded spots, bridges, overpasses, and intersections.

04-16



CRIBBAGE

BEGINNERS WELCOME!

EVERY TUESDAY 1 P.M.

ROSSLYN COMMUNITY CENTER

3405 ROSSLYN ROAD

Come and join the fun and friendship!

JANUARY

is Alzheimer's Awareness Month

#AlzheimersAwarenessMonth



WANT TO ADVERTISE?

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

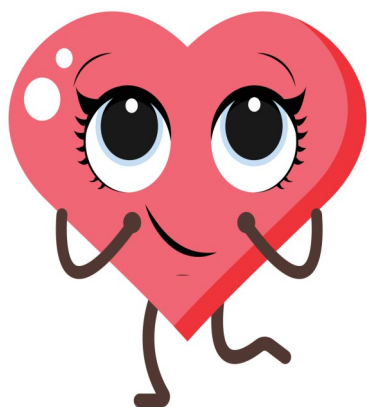
Full Page: \$20.00

Half Page: \$10.00

Quarter Page: \$5.00

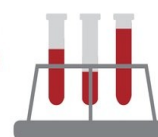
For Sale type Ad: \$2.50

(Business card size)



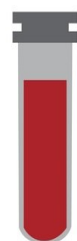
NATIONAL BLOOD DONOR MONTH

EVERY **2 SECONDS**
SOMEONE NEEDS BLOOD



BLOOD DONATIONS
ARE USED IN:

- + CANCER CARE
- + SURGERIES
- + TREATMENT OF SERIOUS DISEASES



Of the **38%** of eligible donors in the U.S.
less than 10% are blood donors.

WHAT YOU CAN DO

DONATE

Donate blood regularly. You can donate blood every 56 days.

VOLUNTEER

Volunteer your time to help the blood program.

ENCOURAGE

Encourage family and friends to donate blood.



Over **38,000 pints** of blood are needed daily



PROPERTY TAX NOTICES 2026

Property Tax Notices are mailed out to property owners twice a year to the current address on file. If there has been a change to your mailing address please contact the Township Office to update your information.

	Date Mailed	1st Installment Due	2nd Installment Due
Interim Tax Notice	February 3rd, 2026	February 25th, 2026	April 29th, 2026
Final Tax Notice	August 5th, 2026	August 26th, 2026	October 28th, 2026

We accept cheque, money order, bank draft, cash, and debit or credit card at the Township Office during regular hours of business. eTransfers can be made through treasurer@conmee.com.

10 ways to reduce your risk of dementia

Alzheimer Society



Be physically active each day
Get moving! Any physical activity is better than none at all.



Protect and support your hearing
Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.



Stay socially active
Stay connected and engaged with your family, friends and community. Social isolation in later life can increase dementia risk by an average of 60%.



Manage your medical conditions
In collaboration with your health-care provider, try to manage complex conditions such as diabetes and obesity as best you can.



Quit smoking
Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.



Seek support for depression
Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.



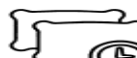
Drink less alcohol
Drinking more than 12 standard drinks a week in midlife increases dementia risk by an average of 20%. If you need help in quitting or limiting alcohol, speak with your health-care provider.



Protect your heart
Working with your health-care provider, monitor and manage your blood pressure and heart health. What's good for the heart is also good for the brain!



Avoid concussion and traumatic brain injury
Steer clear of activities where you might put your brain at risk of harm. Play, travel and work safe!



Aim to get quality sleep
Work toward sleeping well for 6 to 8 hours each night. If you experience sleep apnea or other sleep issues, talk to your health-care provider for treatment options.

The more actions you take, the better! Learn more at alzheimer.ca/ReduceYourRisk.

© June 2023, Alzheimer Society of Canada.

Beat the Silent Killer

Make sure **YOUR** household is safe from carbon monoxide poisoning.

Ensure all fuel-burning appliances and vents in your home are inspected annually. Find a registered contractor at COsafety.ca



Install and regularly test carbon monoxide alarms



of all carbon monoxide deaths and injuries in Ontario occur in homes



Symptoms of carbon monoxide poisoning are similar to the flu without the fever

It is often referred to as The Silent Killer



No Odour



No Colour



No Taste

Many Ontario homes have on average **4-6 fuel-burning appliances** that produce carbon monoxide



Fireplace



Portable Fuel Heater



Dryer



Furnace



Stove



Water Heater



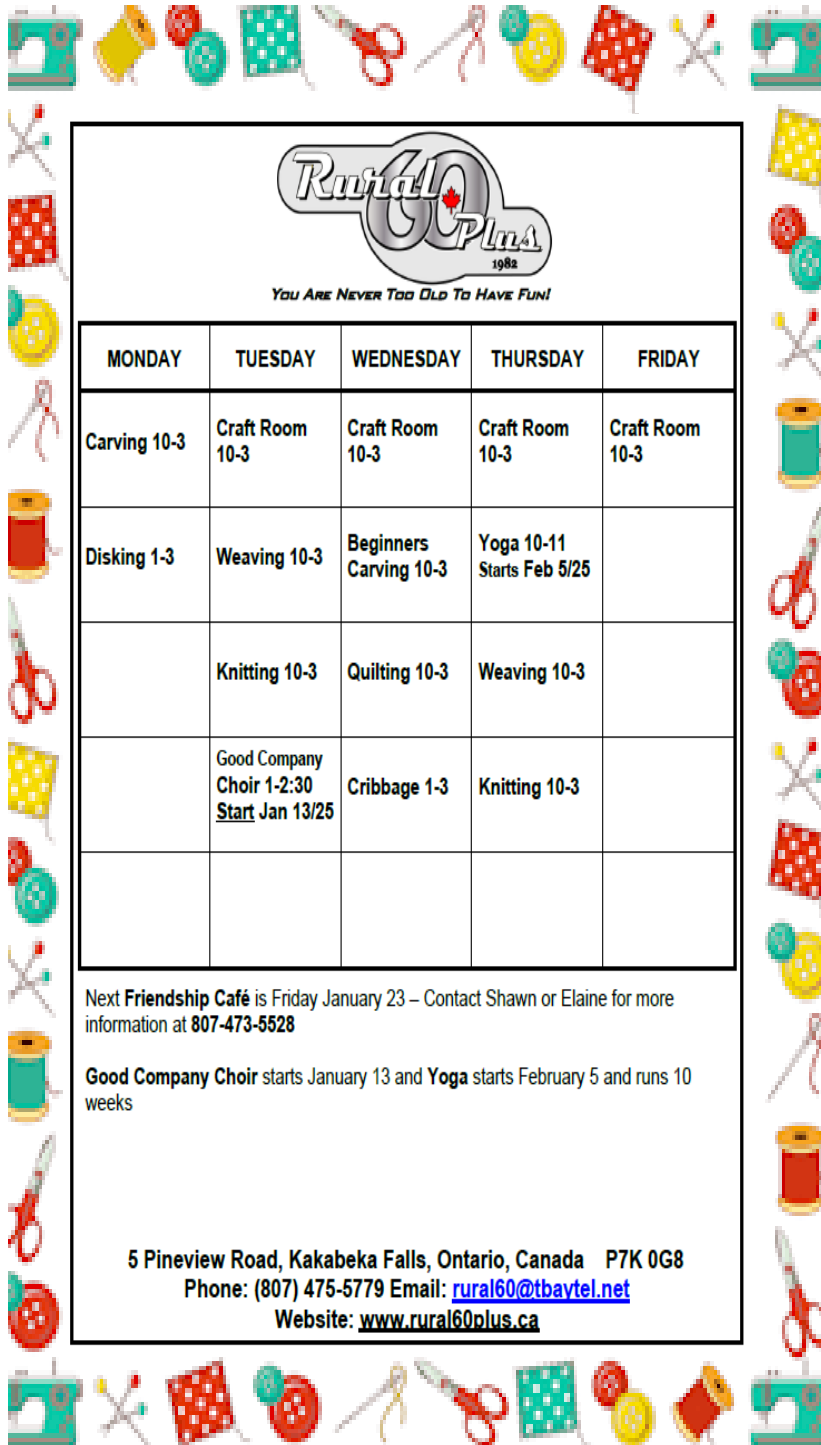
Portable Fuel Fired Generator



COsafety.ca
[@TSSAOntario](https://twitter.com/TSSAOntario)



ontario.ca/firemarshal
[@ontfiremarshal](https://twitter.com/ontfiremarshal)



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 1-3	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11 Starts Feb 5/25	
	Knitting 10-3	Quilting 10-3	Weaving 10-3	
	Good Company Choir 1-2:30 Start Jan 13/25	Cribbage 1-3	Knitting 10-3	

Next **Friendship Café** is Friday January 23 – Contact Shawn or Elaine for more information at 807-473-5528

Good Company Choir starts January 13 and **Yoga** starts February 5 and runs 10 weeks

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

FROSTBITE PREVENTION TIPS FOR YOU



Winter hiking and snowshoe adventures leave a smaller margin for safety than three season hiking. Be prepared to avoid or spot frostbite with these 8 tips.

1 LAYER UP

A moisture wicking base layer, long sleeve shirt topped with fleece or down vest, long johns or wicking tights under water proof pants, and a waterproof jacket.



2 LEAVE SOME ROOM

Layered does not mean stuffed like a sausage. Allow room between your layers for warm air to be trapped, and so you can freely move your arms and legs.



3 FOOTWEAR IS CRITICAL

Leave your summer hiking boots and trail shoes at home. Invest in a decent pair of insulated, properly fitted winter boots. Wear moisture wicking socks, too.



4 PROTECT EXPOSED SKIN

Never wear gloves? Hate hats? Suck it up and get into the habit of guarding your epidermis against freezing cold temperatures and prolonged exposures.



5 EAT AND EAT AND EAT

Winter hiking is not the time to skimp on calories. Pack dense foods that are easy to digest and won't freeze in your pack. Stand up to save body heat while snacking.



6 STAY WELL HYDRATED

Bring a large double walled insulated bottle full of hot fluids. Wrap your bottle in an old sock. Remind yourself to sip frequently, even if you don't feel thirsty.



7 GET OUT OF THE WIND

Change your route if you're headed into a cold wind. Duck behind a wind break during your hydration and food stops. Wear a hat with ear flaps to prevent aches.



8 WATCH FOR SYMPTOMS

Numb or tingling digits, ears, or nose along with a change in skin color are your first signs of trouble. Don't ignore them.



Lots more trustworthy tips at www.hiking-for-her.com



SIGNS OF CARBON MONOXIDE POISONING



Fatigue



Dizziness



Tightness in Chest



Headache



Nausea

What to do if these symptoms are felt?

- Open windows and doors
- Turn off fuel-burning appliances
- Leave the building
- Seek medical attention

What if someone else is a victim?

- Quickly move victim into fresh air
- Call 911 or emergency assistance
- Administer oxygen
- Start CPR

6 Tips to Avoid Slips in the Winter

- 1 When outside wear shoes or boots with heavy treads for increased traction and avoid icy areas.
- 2 Keep walkways, stairways, and other work areas clear by removing hazards like snow immediately.
- 3 Look where you are going and have your hands ready to steady yourself should you slip.
- 4 Avoid carrying heavy loads that may compromise your balance.
- 5 Mark hazardous areas by using signs, cones, or barricades to warn pedestrians.
- 6 Make yourself visible to drivers by wearing a brightly colored jacket or clothing.

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

JANUARY EVENTS



Saturday, January 24

Meet the new librarian
Heather Holland

Rosslyn branch 1:30 – 3:30

Bring your questions for Heather

Refreshments will be served

Scavenger hunt for the children and
there may even be a chance at a
prize or two!

Donations for the Children's Art

Centre created in honour of

Maxine's many years of service will
be accepted as well

An EarlyON Storytime Adventure



Monday, January 12th
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.



**Puzzles are always available at both
libraries for those long winter nights!**

Conmee Township Christmas Merchandise

Perfect gifts for the holiday season!

Township of Conmee History Books:

Hard Copy—\$15.00 tax included

Soft Copy—\$10.00 tax included

Hats: \$20.00 each tax included

Toques: \$10.00 each tax included

Travel Mugs: \$15.00 each tax included

Fabric Bags: \$5.00 each tax included

Get yours today (while supplies last) and celebrate local pride this Christmas!



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, January 21, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

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.

A BIG THANK YOU to ODENA Foods for hosting our Fill the Cruiser food drive, the OPP officers that attended and assisted us by lifting and filling the cruiser, to the Metropolitan Moose for donating coffee to keep us warm, to Lorna Krieg and Penny Kramer for donating cookies to hand out, to all the volunteers that sat to greet people as they entered, and to all that chose to make a food or monetary donation. We are so grateful for our generous community.

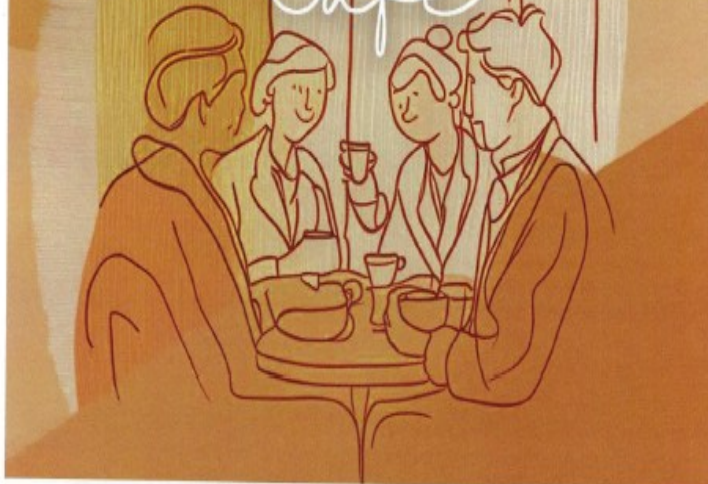
A BIG THANK YOU for the generous donation from ITEC 2000 Equipment.

A BIG THANK YOU to Eleanor Valliant for the beautiful handmade mitts donated for the Christmas hampers.

A BIG THANK YOU to Lorna & Harry Krieg, Allan & Sharon Scott, Penny & Mike Kramer, Murray Scott & Sue Jacobson for donating oranges to put in the Christmas hampers.

A BIG THANK YOU to all our wonderful volunteers that work behind the scenes at the food bank and those quiet donators that make things run smoothly, we wouldn't be able to continue without you.

Rural Dementia Cafe



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:



Centre for Education and Research in Aging & Health

Alzheimer Society THUNDER BAY



YOUR HOME WINTER STORM — SURVIVAL — CHECKLIST

SAFETY FIRST

- | | |
|-------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> FLASHLIGHT | <input type="checkbox"/> 7-DAY SUPPLY OF MEDICATIONS |
| <input type="checkbox"/> BATTERIES | <input type="checkbox"/> COPIES OF PERSONAL DOCUMENTS |
| <input type="checkbox"/> RADIO | <input type="checkbox"/> SPACE HEATER |
| <input type="checkbox"/> FIRST AID KIT | <input type="checkbox"/> BACKUP POWER GENERATOR |
| <input type="checkbox"/> EXTRA BLANKETS | |
| <input type="checkbox"/> BASIC TOILETRIES | |

STOCK THE KITCHEN

- | | |
|--------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> 3-DAY SUPPLY OF NON-PERISHABLE FOOD | <input type="checkbox"/> MATCHES |
| <input type="checkbox"/> 3-DAY SUPPLY OF WATER | <input type="checkbox"/> COOLER FILLED WITH ICE |
| <input type="checkbox"/> NON-ELECTRIC CAN OPENER | <input type="checkbox"/> PET FOOD AND SUPPLIES |
| | <input type="checkbox"/> BABY FOOD AND SUPPLIES |

Dr. Miss Portables



Check On Your
Elderly Neighbours
This Winter

WINTER DRIVING SAFETY TIPS

- SLOW DOWN & LEAVE EXTRA SPACE BETWEEN VEHICLES
- TURN ON HEADLIGHTS
- CLEAR ALL WINDOWS, LIGHTS & THE LICENSE PLATE
- REMOVE DISTRACTIONS



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.



 Register to Vote

📍 @RegisterToVoteON
📞 @RegisterToVoteON
📧 @RegisterON

RegisterToVoteON.ca
info@registerstovoteon.ca
1.866.242.3025



THREE TIPS TO STAY **WARM AND SAFE** DURING EXTREME COLD



1 PROPER LAYERING IS KEY

HEAD – wear a hat that fully covers your head and ears

UPPER BODY – thermal base layer, mid-layer of a sweater, fleece or jacket and a top layer of a waterproof shell

HANDS – wear waterproof gloves and avoid texting gloves with missing fingers

LOWER BODY – wear long underwear underneath pants and top with snow pants

FEET – wear 1-2 pairs of thick socks and warm shoes or boots, preferably waterproof

2 STAY DRY –
FROSTBITE
STRIKES
FAST WHEN
BODY PARTS
ARE WET



3 LIMIT TIME
OUTDOORS
TO PREVENT
HYPOTHERMIA



Rural resident 55 or older? Time to invest in peace-of-mind

Pennock Village is a new not-for-profit seniors community just outside of Rosslyn, which offers a rural lifestyle, comfortable modern housing, and the secure investment of Life Leasing – your path to a *meaningful retirement starts here!*

✓ Inclusivity ✓ Investment Protection ✓ Estate Planning

Learn more & secure your spot:

UNITS NOW AVAILABLE FOR PURCHASE!

PennockVillage.ca

Municipality Newsletters- January 2026 Edition

The LRCA has launched our brand-new website! Visit www.lakeheadca.com and browse the newly revamped store, look for upcoming events, see our integrated Instagram social media feed, sign up for our newsletter, and more!

The 2026 Explore Card Parking Pass is now on-sale. Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$40.00 +HST, it's convenient for frequent users! All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

The LRCA has many exciting events and workshops planned for 2026! Be sure to keep an eye on our website and social media channels for more information and for when registration opens, etc. Visit us on Facebook and Instagram @lakeheadregion and at www.lakeheadca.com. Sign up for our e-newsletter as well, and we will send you information about upcoming events, job opportunities, and more!

Get out and Explore!



LAKEHEAD REGION
CONSERVATION AUTHORITY



JAN 2026



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 the 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 and Rural 60+ 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

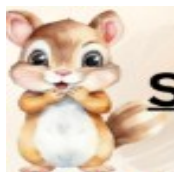


Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

MON	TUE	WED	THU	FRI
			1 Closed for New Year's Day	2
5 Chair Yoga @ O'Connor C.C 10:00 am Mobile Clinic - Armstrong 1pm-6pm	6 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	7 Walk-In Clinic 4:30pm - 7:30pm	8 Fly the C.O.O.P Walking Group LifeLabs	9
12 Chair Yoga @ O'Connor C.C 10:00 am Good Food Box Order Deadline	13 Fly the C.O.O.P Walking Group	14 Walk-In Clinic 4:30pm - 7:30pm	15 Fly the C.O.O.P Walking Group LifeLabs	16
19 Chair Yoga @ O'Connor C.C 10:00 am	20 Fly the C.O.O.P Walking Group	21 Good Food Box Pickup at KB Clinic Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	22 Fly the C.O.O.P Walking Group LifeLabs	23 *NEW Program* Friendship Cafe 1-3pm
26 Chair Yoga @ O'Connor C.C 10:00 am	27 Fly the C.O.O.P Walking Group	28 Walk-In Clinic 4:30pm - 7:30pm	29 Fly the C.O.O.P Walking Group LifeLabs	30



Squirrel Treats

- 1 cup oatmeal
- 4 Tbs of coconut oil
- 2 Tbs of peanut butter
- 15 drops of vitamin drops (for rats, hamsters, etc. that you can get at the pet store)

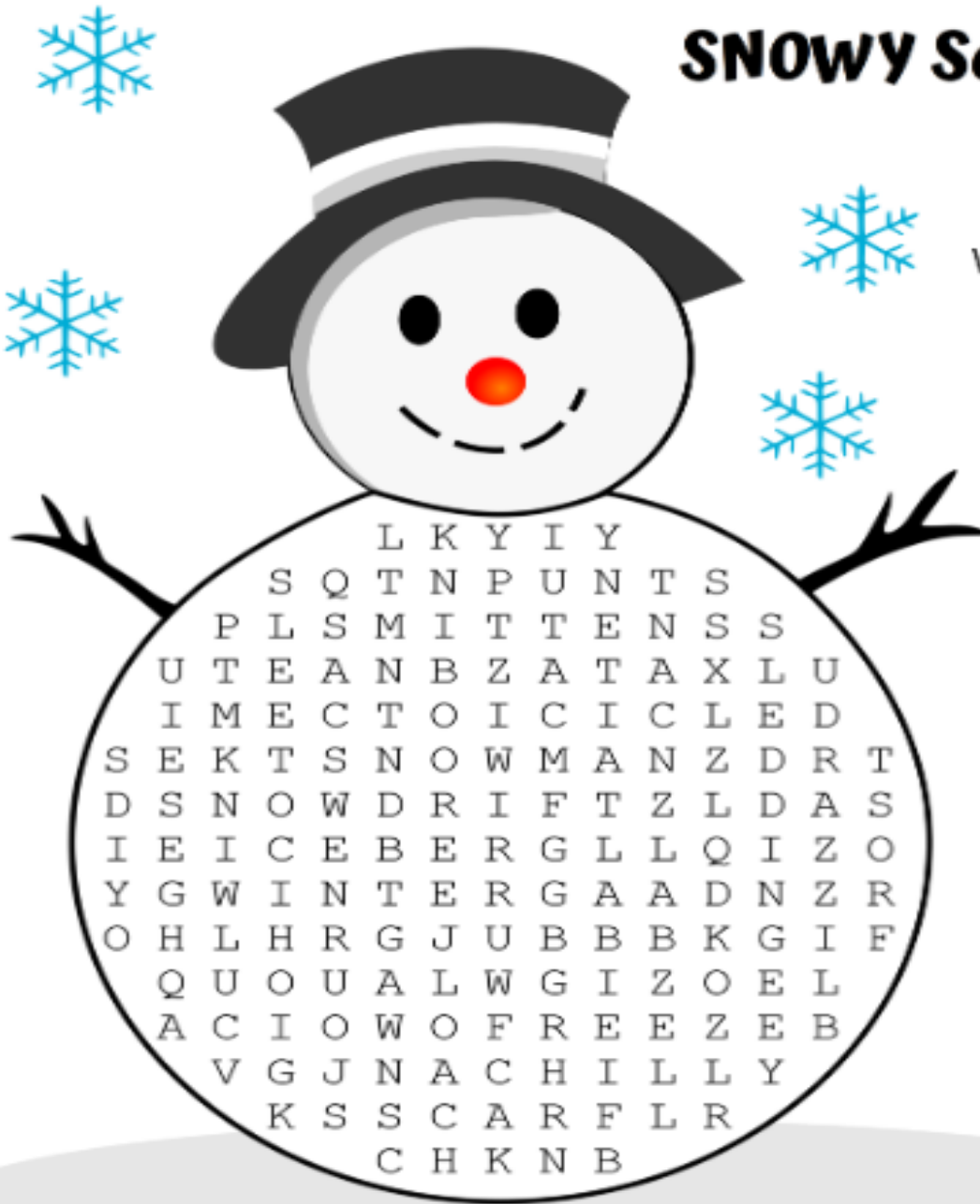
The following ingredients are optional but highly recommended.

- 10 drops of CBD oil
 - 1 tsp Flaxseed Oil
 - 1/4 Banana
 - 1 tsp Nutritional Yeast Flakes
 - 2 Tbs Crushed Peanuts - no shell
 - 2 Tbs Crushed Walnuts - no shell
- (or any crushed nuts out of the shell you may have)

Mix it up and then form it into 1/2" balls. Freeze and pull them out as needed.



SNOWY Scenery



Word list:

BLIZZARD
CHILLY
FREEZE
FROST
ICEBERG
ICICLE
IGLOO
MITTENS
SCARF
SLEDDING
SLEET
SNOWBALL
SNOWDRIFT
SNOWFLAKE
SNOWMAN
WINTER

Tricky Riddles

- 1: In a one-story house at the corner of the road, the bedrooms were yellow, the kitchen was orange, the living room was red, the garage was blue, the entry hall was green, and the sitting room was purple. What color were the stairs?
- 2: What can run but never walks, has a mouth but never talks, has a head but never weeps, and has a bed but never sleeps?

1. There's no colour because there are no stairs—
it's a one story house.
2. A river.