



Conmee Community Newsletter

APRIL 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

As March storms continue to roll in, it's clear that the saying "March comes in like a lion" holds true. But with any luck, that means we can look forward to some nicer weather soon. I certainly hope that's the case! However, for now, let's keep our eyes on the skies, stay prepared, and most importantly—stay safe during any weather adventures that may come our way.

On a serious note, you may have heard about the *Sistonen's Corner* incident, and once again, it's making headlines. Unfortunately, it's a reminder that our roadways need more attention. The City of Thunder Bay is revisiting the **Designated Truck Route (DTR)** plan, but it's clear that simply diverting more trucks through this intersection doesn't solve the problem. It'll only add more risk, especially with dangerous goods and the additional pressure on our local roads, school buses, and families. Let's keep voicing our concerns and pushing for safer solutions for everyone.

In other news, the office is gearing up for the busy spring season. The budget review will be on the agenda soon, and conferences and training opportunities are on the horizon for our staff. The team is excited and feeling well-prepared for what's to come. I also want to acknowledge Adam for coordinating the test with surrounding municipalities—everyone did an excellent job, and OPG was impressed. As for the upcoming melt, we're staying ready. If a real emergency happens, residents will be notified. If you haven't signed up for our text messaging service yet, please call the office to get on the list.

I'd like to take a moment to thank everyone who responded to the social committee survey—your input is invaluable. If there's anything you'd like more information on from the newsletter, don't hesitate to

OFFICE CLOSED—Fri Apr 18 and Mon Apr 21—Statutory Holiday
Upcoming Council Meetings: April 1 (reschedule), April 8, April 22— 6pm
Location: Conmee Community Centre. **Virtual attendance is available.**
Please see our website at conmee.com for further information.

reach out to Karen at the office.

Public Works has been doing a great job with thawing culverts and keeping our roads clear as the weather changes. The cleanup at the landfill is also progressing well—thanks for all your hard work!

As we look ahead to spring, let’s keep our fingers crossed for a season of no major damage or setbacks. And lastly, I’d like to send a huge thank you to all the volunteers who helped keep the rink running this year. Michael Glinski and Bobbie Pajamaki put in countless hours, and Shawn G, your work with the doors and rubber matting was much appreciated. It’s the dedication of volunteers that truly makes our community shine.

The Fire Department has also been busy training and responding to calls, and we’re lucky to have such a dedicated team. Thanks to Fire Chief Day and all the firefighters for their continued service.

As always, take care, stay safe, and give your little ones an extra hug. We’ll see you next month!

Warm regards,
Mayor Sheila Maxwell

**EXCERPTS FROM
MINUTES—REGULAR
COUNCIL MEETING**

February 25

Minutes were reviewed and approved.

Clerk’s Report :

The Clerk and Treasurer attended the Thunder Bay District Municipal League conference on March 6 and 7. Staff posted notice of the office closure so they could attend the conference. Administration has ordered new filing cabinets and will be organizing our filing system.

Mr. Lazar continues to work on the sound systems in the Hall and Council Chambers.

Public Works Report:

Mr. Arps advised in the spring he usually includes information in the newsletter advising that Public Works will be moving the snowbanks off the shoulder to allow for water drainage. He advised this work has already commenced due to the warm weather. Mr. Arps will be installing posts with delineators on some roads with drop off sections for safety.

**2024 Council
Meeting Schedule**

April 1 (March 25th meeting rescheduled to this date)

April 8 and 22

May 13 and 27

June 10 and (Wed) June 25 (6:30)

July 8 and 22

August 12 and 26

September 9 and 23

October 14 and 28

November 12 (Wed) and 25

December 16

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.



Help Us Plan the Fun: Conmee Township Needs You!

Dear Residents of Conmee Township,

As part of our ongoing efforts to enhance community engagement and social activities, we are excited to post the Conmee Township Social Committee Survey. Your feedback is invaluable to us, and we kindly ask for a few minutes of your time to complete this survey on SurveyMonkey.

Why Participate?

- **Shape Our Community Events:** Your input will help us plan and organize events that cater to the interests and needs of our residents.
- **Voice Your Opinions:** This is your chance to share your thoughts and suggestions on how we can improve our social activities.
- **Get Involved:** By participating, you can directly influence the types of events and programs we offer.

Volunteer for the Social Committee We are also looking for enthusiastic volunteers to join our Social Committee. If you are passionate about community building and have ideas for social events, we would love to have you on board. Volunteering is a great way to meet new people, develop new skills, and make a positive impact in our township.

How to Participate:

1. **Complete the Survey:** Go to <https://www.surveymonkey.com/r/J6ZN8LF> to take the survey on SurveyMonkey. The survey is also available on the Conmee Website.
2. **Express Interest in Volunteering:** At the end of the survey, there will be an option to indicate your interest in joining the Social Committee.

Thank you for your time and participation. Together, we can make Conmee Township an even better place to live!

Warm regards,
Conmee Township Social Committee





BINGO
BINGO
BINGO



Starting on Wednesday, April 2, 2025
and continuing weekly on Wednesdays

At St. Theresa's Parish

10 Porter Street (in the basement)

Kakabeka Falls, Ontario

(NO WHEELCHAIR ACCESS)

MUST BE 18 OR OLDER TO PLAY

CASH ONLY

Doors open at 6:30 p.m.; Bingo starts at 7:00 p.m.



Proceeds towards St. Theresa and St. Augustine Parishes.

Dear Residents,

We kindly request your cooperation in maintaining the cleanliness and efficiency of our landfill. Please follow these guidelines when disposing of your waste:

1. **Household Garbage:** Place all household garbage into the designated pit. **Please do not leave garbage along the edge of the pit.** Now that it's spring, bears will be more active, and improper garbage management can attract them. Bears can create a mess with garbage on the municipal roads and driving areas of the landfill.
2. **Furniture:** Place furniture and other household items in the designated furniture area.
3. **Recyclables:** Separate recyclables and place them in the appropriate bins or areas. This includes:
 - **Paper and Light Cardboard:** Place in the recycling bin. Please break down and flatten any boxes.
 - **Heavy Cardboard:** Break down and fold flat, then place in the designated trailer.
 - **Plastics:** Plastics labelled #1 to #7 are accepted.
 - **Metals:** Place in the designated metal recycling area.

For your convenience, please refer to the map below for the layout of the landfill:



Thank you for your cooperation in keeping our community clean and sustainable.



What is the theme for World Autism Day 2025?

'My Positive Autistic Identity'

The 2025 campaign focuses on embracing and uplifting the positive aspects of Autistic identity, empowering individuals to fully appreciate and take pride in their experiences.

What color is autism Day?

When we wear **blue**, it's not only about keeping that conversation going about autism but, it's also making sure that those with autism and their families don't feel alone. So on April 2nd and throughout World Autism Month in April please wear blue, and have others do the same.

What Are the Symbols for Autism?

Autism is represented by several symbols that aim to raise awareness about this complex neurodevelopmental disorder. Here are some of the most common Symbols for Autism:



1. Puzzle Piece: This well-known icon associated with autism was introduced in 1963 by the National Autistic Society. The puzzle piece depicts the mysterious and diverse character of autism. It emphasizes the notion that comprehending autism is a complicated work, quite similar to puzzle-solving. Furthermore, that of a single puzzle piece can reflect how people with autism often feel alone or detached from the outside world.

With evolution, puzzle pieces have acquired numerous colors highlighting more diversity and complexity of the autism spectrum. The color on the puzzle piece means the strengths and difficulties that can be found in people with autism. Nevertheless, it should be mentioned that the puzzle piece symbol has ignited controversy within the autism community. Some people believe that it reflects people with autism as being partial and as a puzzle that needs to be solved. However, the puzzle piece is a well-known symbol for autism awareness all over the world.



The Thunder Bay Community Pasture. Photo credit: Rachel Kehoe.



Thunder Bay Community Pasture

NOTICE OF ANNUAL GENERAL MEETING

Monday, April 7th, 2025

8:00 p.m.

Rural 60 Centre, 5 Pineview Road, Kakabeka Falls

off Hwy. 11-17

For more information contact Diana Bockus

Secretary/Treasurer

dlbockus@tbaytel.net

807-475-871

Everyone is welcome to attend



Rotational grazing in action. Photo credit: Nancy Van Sas.

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 } At Rosslyn Hall from
Every Thursday Weights } 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

Murillo Library

Monday 10 – 8:00 pm
Wednesday 10 – 8:00 pm
Saturday 9 -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 - 4:00
939-2312

The Lakehead Region Conservation Authority has set our libraries up with parking passes for their conservation areas. These passes can be checked out using your library card for a 1 week duration.



Join the Rural Family Centre-EarlyOn staff on Monday, April 7th For Drop-in Gym Time from 1 to 1:30. for ages 0 – 6 years.



Please bring indoor shoes and water and register as a member at www.keyon.ca.

Please call the Rural Family Centre at 935-3009 for more information

Meet Our TEAM



Rob Strachan, EFR Coordinator

Rob has been a member of the Conmee Emergency Services Team since 2022. He is a dedicated nursing student in Thunder Bay, known for his passion and compassionate care. He puts his heart into helping others, always going the extra mile to support his patients and make a difference in their lives. His kindness and commitment truly stand out, making him a valued part of his community.

Rob provides our team with emergency first responder medical training, demonstrating not only his expertise but also his genuine commitment to saving lives. His training sessions are both informative and hands-on, ensuring that each participant is fully prepared to act in high pressure situations. Rob's ability to break down complex medical information and procedures into easy-to-understand steps has helped build confidence in those he trains, making them more effective and capable when responding to emergencies.

Rob's dedication to improving the skills and readiness of our first responders is truly commendable, and his impact is felt far beyond the classroom.

Thank you Rob, we appreciate you!



Working
**SMOKE ALARMS
SAVE LIVES**
Change Your Clock, Change Your Battery

Municipality Newsletters- April 2025 Edition

Warmer weather means more people will be out visiting our Conservation Areas and exploring nature. Please be mindful of trail conditions and the weather. Trails may be slippery due to wet, muddy, icy, and snowy conditions, so be prepared for your visit and wear appropriate footwear. Additionally, LRCA staff do not monitor ice conditions, so proceed with caution and at your own risk.

The LRCA is glad to be hosting several public events during 2025, including our second annual Little Trout Bay Fishing Derby and the Dorion Birding Festival! Keep an eye on our website for more information about upcoming events and registration openings.

Tickets are now on sale for our annual Wine Tasting & Dinner at Whitewater fundraising event. It is being held on Friday, May 9, 2025, at Whitewater Golf Club. Tickets are \$125 each, include a tasting of six wine varieties and a five-course meal as well as a silent auction. Tickets can be purchased through our webstore or over the phone/in-person at our office.

The Tree Seedling Program returns in 2025, in partnership with Hill's Greenhouses! Orders will open on Friday, April 11 at 4:00 p.m. and will be accepted online only. Bundles of 25 one-year-old seedlings are available at a cost of \$12 per bundle. Species for 2025 include Jack Pine, White Spruce and Black Spruce. Visit www.store.lakeheadca.com on April 11th to place your order! All proceeds from the sale of tree seedlings are in support of the LRCA's environmental education program.

The 2025 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.



LAKEHEAD REGION
CONSERVATION AUTHORITY

RURAL 60 PLUS

- Monday – Carving - 10 – 3
- Disking -1-3
- Tuesday – Weaving – 10 – 3
- Knitting – 10 – 3
Choir – 1- 2:30
- Wednesday - Beginners Carving – 10 – 3
- Quilting – 10 – 3
- Cribbage - 1 – 3
- Thursday – Weaving – 10 – 3
- Knitting – 10 – 3
-Yoga – 10 - 11
- Craft Room open Monday to Friday - 10 – 3

The Rural Dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, care givers and friends to create a sense of belonging and community in a warm and safe welcoming environment.

Come out and enjoy music, games, snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café.

Dates are Friday April 25, Friday May 28, Friday June 27 and Friday July 25.

Time is 1-3 pm and the location is Rural 60 Plus 5 Pineview Road Kakabeka Falls.

Contact Shaun or Elaine for more information at 807-473-5528.

Rural 60 Plus will be holding a Wool and Material Sale on Saturday April 5 & 12 from 10am to 1:00pm

APRIL 2025

MON	TUE	WED	THU	FRI
	1 Mobile Clinic - Armstrong 8:30am-1:30pm	2 Walk-In Clinic 4:30pm - 8:30pm	3	4
7 Chair Yoga @ O'Connor C.C 10:00 am Good Food Box Order Deadline	8	9 Walk-In Clinic 4:30pm - 8:30pm	10 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	11
14 Closed for Agency Day	15	16 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 8:30pm	17 LifeLabs	18 Closed for Good Friday
21	22	23 Walk-In Clinic 4:30pm - 8:30pm	24 Fly the C.O.O.P Walking Group LifeLabs	25 *NEW Program* Rural Dementia Cafe 1-3pm
28 Chair Yoga @ O'Connor C.C 10:00 am	29 Fly the C.O.O.P Walking Group	30 Walk-In Clinic 4:30pm - 8:30pm		



NorWest Community Health Centres
Centres de santé communautaire NorWest

Kakabeka Site

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 Indoor Walking Group

Starting at 10am at the KB Legion

Chair Yoga In Person & Virtual
Hosted at O'Connor 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



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Rural Dementia Café

The Dementia Café is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers, and friends. Join us for music, games, and snacks in a safe and welcoming environment.

- February 28, 2025
- Friday, March 28, 2025
- Friday, April 25, 2025
- Friday, May 23, 2025
- Friday, June 27, 2025
- Friday, July 25, 2025

1:00PM - 3:00PM

60+ in Kakabeka Falls (5 Pineview Road)

No fee or eligibility criteria to attend rural cafe



Société Alzheimer Society
THUNDER BAY

For more information:
Contact Shaun or Elaine at (807) 473-5528

RURAL CUPBOARD FOODBANK 25TH ANNIVERSARY

SATURDAY, MAY 24TH
5 PM TIL 11 PM

Doors open at 5 pm
Dinner at 6 pm
Dinner & Dance tickets \$40.00
Cash Bar

Tickets available by calling Lorna at 807-577-1035
Or
At the O'Conner Township Office 807-476-1451

Available until May 14th

Dance - doors open at 8
Dance only tickets \$10.00 (at the door)
Music by Ted Von



RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Nolalu: Hoppers Variety
Whitefish School (Sept to June)

O'Connor: O'Connor Municipal Office
Whitefish School (Sept to June)
Hoppers Variety

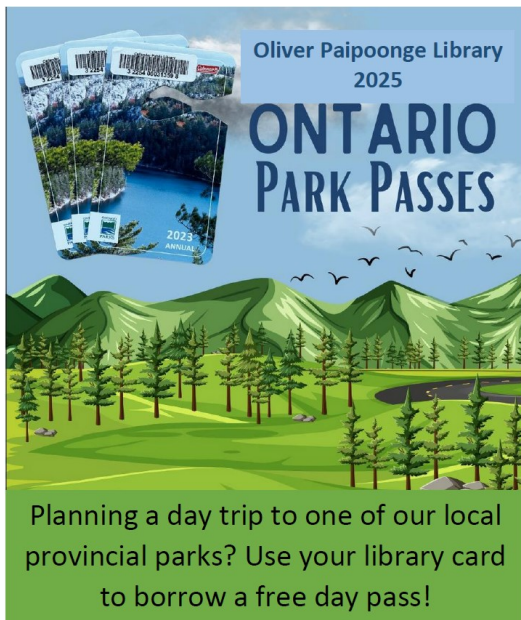
Needing: Needing Newsletter - Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

If you would like to be a drop off for the Rural Cupboard Foodbank, please call Lorna at 807-577-1035



Spring Fever? The outdoor courts will be bare soon.
Oliver Paipoonge Library has tennis and pickleball
equipment available for you to borrow
using your library card!



Planning a day trip to one of our local
provincial parks? Use your library card
to borrow a free day pass!

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 us.

Your donations enable the food bank
to remain open

Next Food Bank
Wednesday, APRIL 15, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

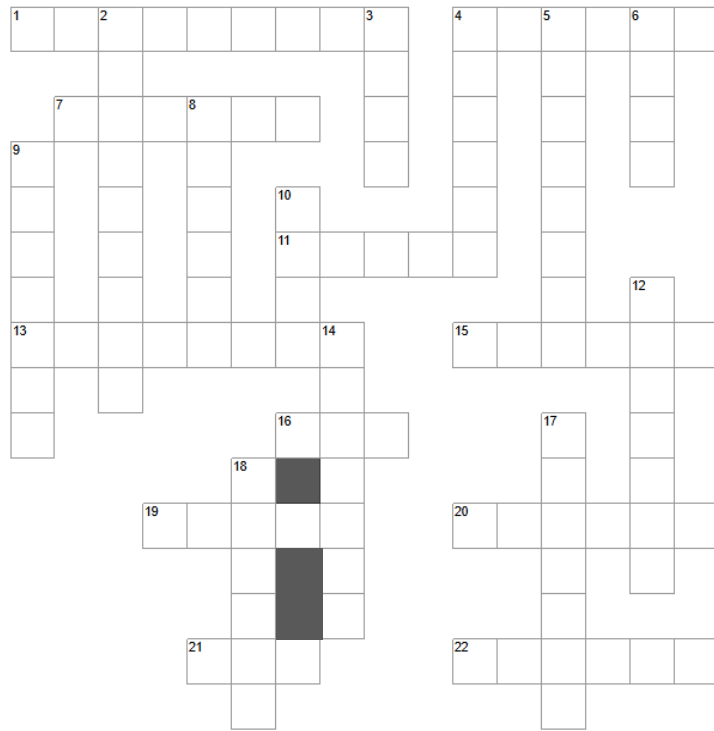
SPRING!

ACROSS

- 1 Bird's seasonal journey
- 4 Rainy day collection
- 7 Spring's plant activity
- 11 Spring month
- 13 Spring's warming light
- 15 Spring allergy trigger
- 16 Developing flower in spring
- 19 Spring color
- 20 New plant sprouts
- 21 Another spring month
- 22 New plant growth

DOWN

- 2 Spring activity of planting
- 3 Bird's spring home
- 4 Spring holiday
- 5 Yellow spring flower
- 6 Springtime newborn animal
- 8 Increasing spring temperature
- 9 Spring flower
- 10 Common spring weather
- 12 A new beginning in spring
- 14 Spring's start date
- 17 Common spring weather
- 18 Related to springtime



Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA

