

# *Conmee*

## *Community Newsletter*

MARCH 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 I sit here watching the snow gently fall, it's hard not to appreciate the peaceful beauty of winter's grip on the end of February. This season has blessed us with a bit more snow than usual, which is sure to help as we move into the warmer months ahead. While winter is still holding on, we can look forward to the melting process—and with that, some necessary work to prepare for spring.

As temperatures warm, the Public Works department will begin plowing the roads to clear out the snow and move the snowbanks toward the shoulder edges. This is a crucial step, as it helps ensure that as the snow melts, the roads will dry more efficiently. However, it's important to note that with the snowbanks pushed to the edges, the shoulder areas may become exposed.

In the coming weeks, they may not be as firm or stable, and we encourage everyone to avoid drifting too far off the main roadway. It's always a good idea to stay cautious and aware, especially as melting and roadwork begin.

In addition to snow removal, Public Works has already started working on the township's culverts. This important maintenance helps to manage water flow and prevent future drainage issues. As this process continues, please be extra cautious when driving along our township roads.

As winter winds down, the township office is gearing up for a busy period. The team is working hard to finalize this year's budget, ensuring everything is in place for the upcoming year. They're also wrapping up reports from last year that are needed for presentation to council. It's a lot of behind-the-scenes work, but it's essential for keeping things running smoothly.

As always, securing grants remains a constant priority for the office staff. With new grants being announced regularly, they stay on top of opportunities that could benefit our township. While some grants might not always fit the needs of small rural municipalities, the office applies for as many as possible. If it means securing funding to improve our infrastructure, it's worth trying.

One area we're looking into for the future is improvements to the rink and rink shack. The goal is to start planning and budgeting for some upgrades over the next couple of years. Whether it's enhancing the facilities for winter sports or improving accessibility, these updates would be a great way to better serve our

**OFFICE CLOSED—Monday March 6 and 7 2025—Staff Training**  
**Upcoming Council Meetings: March 11th and March 25th — 6pm**  
Location: Conmee Community Centre. **Virtual attendance is available.**  
**Please see our website at [conmee.com](http://conmee.com) for further information.**

community

The Fire Department has been working diligently with its volunteers to ensure they receive the necessary training and certifications in preparation for the upcoming deadline in July 2026. By that time, all volunteer firefighters involved in the fire aspect of the department will need to meet specific certification standards. Those serving as Emergency First Responders (EFR) will focus on EFR and continue training with the team but will not be involved with fire suppression at a scene. They will be at fire scenes for rehabilitation. All members of the fire team can do fire and/or EFR. We're also excited to welcome several new volunteers who have joined our team. Their experience has already proven to be a great asset to the department, and we're thrilled to have them on board. A big welcome to all our new members – we look forward to working together to continue keeping our community safe! In other exciting news, the Fire Department has successfully secured the first step of a three-step grant designed to enhance fire services. Step one focuses on improving infrastructure or training to enhance the health and safety of the volunteers. As part of this initiative, the department has purchased a specialized extractor washing machine. This machine is specifically designed to clean firefighting gear that has been exposed to hazardous chemicals at fire scenes. Carcinogens can cling to gear even after a regular wash, but this new equipment will ensure that the gear is thoroughly cleaned, protecting our volunteers from potential health risks. The health and

safety of our volunteers are top priorities, and this grant will go a long way in supporting that goal. Cancer remains a significant concern for firefighters, and this upgrade is an important step in safeguarding their well-being.

As always, if you have any questions or concerns, feel free to reach out to the office at 807-475-5229. If there's anything I can assist with, I'm happy to help when possible.

Stay safe this March—let's see if the saying "March comes in like a lion, out like a lamb" holds true. Only time will tell!

*Mayor Sheila Maxwell*

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**EXCERPTS FROM  
MINUTES—REGULAR  
COUNCIL MEETING  
January 28 and Feb 11**

Minutes were reviewed and approved. Clerk's Report : The Clerk will be attending a Municipal Clerk's education program March 19, 26 and April 9, 16. The program's topics include: government and governance, information management access and privacy, appointed and elected official relationships, communications management, municipal budgeting and basic finance, effective meeting management, customer service and service orientation, bylaws policies and procedures, municipal law: the legislative framework, and licensing and legislative service. The Clerk is ensuring the Township's Website is AODA (Accessibility for Ontarians with Disabilities Act) Compliant. Council approved administration staff's attendance to the Thunder Bay District Municipal League Conference on March 6 and 7. The

Township Administrative Office will be closed on those dates.

Public Works Report:

The Public Works Manager inspected the issue with the walkway in front of the Food Bank door and advised a frost heave was impeding the door from closing properly. In the spring, he will repair the area.

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**2024 Council  
Meeting Schedule**

- February 11 and 25
  - March 11 and 25
  - 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](http://www.conmee.com) to see agendas, minutes, and more. If you do not have internet access, the office can print this information for you.

## 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





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.

**NEW ONTARIO SHOOTERS ASSOCIATION INC.**

*PRESENTS*

# **2025 SPRING GUN SHOW**

**Saturday, March 8th • 9 a.m. to 4 p.m.**

**Sunday, March 9th • 9 a.m. to 3 p.m.**

**SLOVAK LEGION**

801 Atlantic Avenue, Thunder Bay, ON

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**\$5 Admission**

Children 12 & under FREE with paid adult admission

*DOOR PRIZES*

*FOOD & REFRESHMENTS AVAILABLE*

**BUY • SELL • TRADE • DISPLAY**

**Guns • Knives • Reloading Supplies • Optics  
Ammunition • Cartridges • Club Displays • Accessories • Literature**

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**This show is a fundraiser for the Junior Shooters Program**

[www.nosa-newontarioshooters.org](http://www.nosa-newontarioshooters.org) | Facebook: New Ontario Shooters Association Inc. - NOSA

**For more information call Samantha 807-626-4003 | Jordan 807-631-9903**



OUTREACH | PROGRAMMES EXTERNES



Join the Science North Bluecoats  
for some hands-on fun!

Thursday, March 13<sup>th</sup> Murillo Hall 1:00 to 3:00 p.m.

*Free Family event hosted by Oliver Paipoonge Library*

**Sponsored by**

**Tammy & Rob Richardson and Sue & Jake de Boer**

### Municipality Newsletters- March 2025 Edition

LRCA staff have continued to conduct bi-monthly snow surveys at the three historical snow survey locations (Hazelwood Lake, Vibert Road and Madeline Street). As of February 1<sup>st</sup>, snow depth and water content were below average for that time of year with depth ranging from 36-46 centimetres (8% below average) and water content ranging from 62-91 millimetres (12% below average). Lake Superior's beginning of February level was 16 centimetres below the beginning of February average and 14 centimetres lower than the level last year. A Level I Low Water Condition remains in effect for the LRCA Area of Jurisdiction.

MNR's snow monitoring data is now available to the public through the [Ontario GeoHub](#). The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2024).

In partnership with the Thunder Bay Public Library, Dorion Public Library, and Murillo and Rosslyn branches of the Oliver Paipoonge Public Library, our Explore Card Parking Pass is now available to be signed out the same way as a library book! This is a great way for watershed residents to experience our Conservation Areas without any cost. If you decide you enjoyed your visits and would like to continue exploring them, you can purchase your very own Explore Card directly from us!

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.

Be sure to Follow, Like and Share the LRCA on social media and sign up for our e-newsletter! We have tons of great events and activities in the works for 2025 and we don't want you to miss any of them!

Get out and Explore!



**LAKEHEAD REGION**  
CONSERVATION AUTHORITY



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



## **Thunder Bay Community Pasture**

### **NOTICE OF ANNUAL GENERAL MEETING**

**Monday, April 7<sup>th</sup>, 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

## **RURAL CUPBOARD FOOD BANK**

***Neighbours Helping Neighbours***

Conmee Municipal Complex  
19 Holland Rd, Kakabeka Falls POT1W0  
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, MARCH 19, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

## Murillo Library

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

Email:

[oplibrary@tbaytel.net](mailto:oplibrary@tbaytel.net)

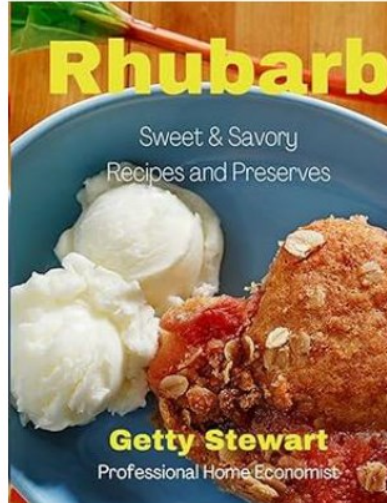
Website:

<http://oliverpaipoonge.olsn.ca>

## Rosslyn Library

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

We would like to thank  
Carole and Bob  
Klapprat  
for sponsoring the  
purchase of books in  
memory of two  
local residents,  
Michael Ellchook  
and Wayne Barrie.



Drop by the library during  
The Rosslyn Winter Carnival  
and make your very own  
friendship bracelet!



CANADA : POSTES  
POST CANADA

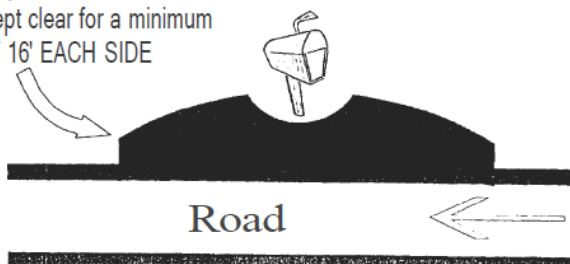
From anywhere ... De partout...  
to anyone jusqu'a vous

Canada Post is committed to maintaining healthy and safe conditions for employees to deliver mail as well as safeguarding our customers. As a result, Canada Post is seeking your assistance to provide safe access to your mail receptacle.

The approach to your receptacle must be kept clear of snow and other impediments and the ground must be kept reasonably level with the roadway. The delivery vehicle must be able to pull safely up to your mail receptacle and deliver mail without exiting the vehicle. The diagram below shows the minimum requirements for safe access.

Failure to provide safe access may result in a disruption to your mail service. If you have any questions or concerns, please call Canada Post customer service at 1-800-267-1177.

Approaches must be  
kept clear for a minimum  
of 16' EACH SIDE



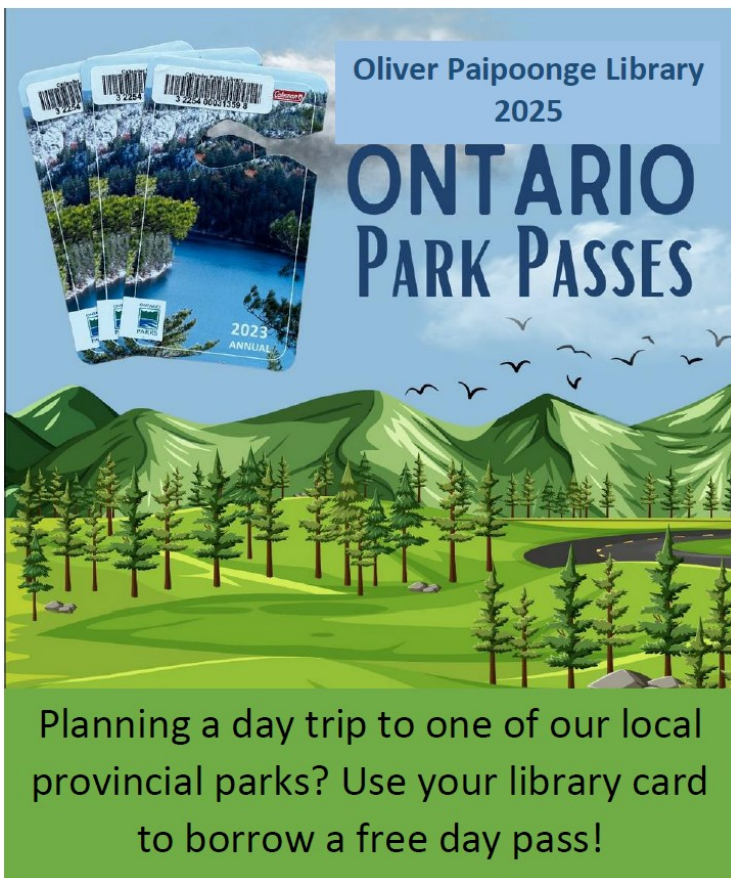
**Important change:**

**Effective March 1, 2025**

Drop-in for  
commissioning &  
notarizing

**Thursdays**  
**1:30 pm to 3:30 pm**

86 S. Cumberland Street  
Thunder Bay, ON



Oliver Paipoonge Library  
2025

# ONTARIO PARK PASSES

2023 ANNUAL

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

## RURAL CUPBOARD FOODBANK'S 25 ANNIVERSARY

We will be celebrating our 25th Anniversary  
on May 24, 2025

at the Kakabeka Legion Branch 225

The evening of celebration will include a  
dinner and dance

with music by Teb Vondrasek

Please watch the newsletters and face book  
for updates and availability of tickets.

## THANK YOU

From the Rural Cupboard Foodbank to all those that donated food or money at our Stuff the Cruiser on February 1<sup>st</sup>. You really did stuff the cruiser!!! The event was a success not just because of the donations of food and money but because of the volunteers that gave of their time such as

- the OPP
- The Odena,
- The Walleye for their prize donations
- The Metropolitan Moose for donating the hot chocolate
- The Rural Cupboard Foodbank volunteers

Neighbours Helping Neighbours

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>

# KAKABEKA FALLS LEGION BRANCH 225

## MARCH EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>
Saturday, March 1st	Dance with Quest	7 - 10 pm
Saturday, March 8th	Executive Meeting	2 pm
Saturday, March 8th	General Meeting	3 pm
Sunday, March 9th	Breakfast	8:30 to 11:30 am
Friday, March 14th	Ceili Dance	7 - 10 pm
Saturday, March 15th	St. Orgo's Dance	7 - 10 pm
Saturday, March 22nd	Dance with Quest	7 - 10 pm
Sunday, March 23rd	Sunday Music	2 - 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.

### 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

Rural 60 Plus will be holding Yarn and Material Sale on Saturday April 5 and 12 from 10am to 1pm.

The Rural Dementia Café is a monthly gathering for people impacted by 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 March 28, 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.

# MARCH 2025

MON	TUE	WED	THU	FRI
				1
3 Chair Yoga @ O'Connor C.C 10:00 am	4 Fly the C.O.O.P Walking Group	5 Walk-In Clinic 4:30pm - 8:30pm	6 Fly the C.O.O.P Walking Group LifeLabs	7
10 Chair Yoga @ O'Connor C.C 10:00 am Good Food Box Order Deadline	11	12 Walk-In Clinic 4:30pm - 8:30pm	13 Mobile Clinic - Upsala 10am-3:30pm LifeLabs	14
17 Mobile Clinic - Armstrong 1pm-6pm	18 Mobile Clinic - Armstrong 8:30am-1:30pm	19 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 8:30pm	20 Fly the C.O.O.P Walking Group LifeLabs	21
24 Chair Yoga @ O'Connor C.C 10:00 am Mobile Clinic - Armstrong 1pm-6pm	25 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	26 Walk-In Clinic 4:30pm - 8:30pm	27 LifeLabs	28 *NEW Program* Rural Dementia Cafe 1-3pm



NorWest Community Health Centres  
Centres de santé communautaire NorWest

## Kakabeka Site

4785 ON-11 Unit B,  
Kakabeka Falls,  
ON POT 1W0

(807) 473-5528

## PROGRAM INFO

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

### Fly the C.O.O.P 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](http://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](http://www.norwestchc.org)



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)

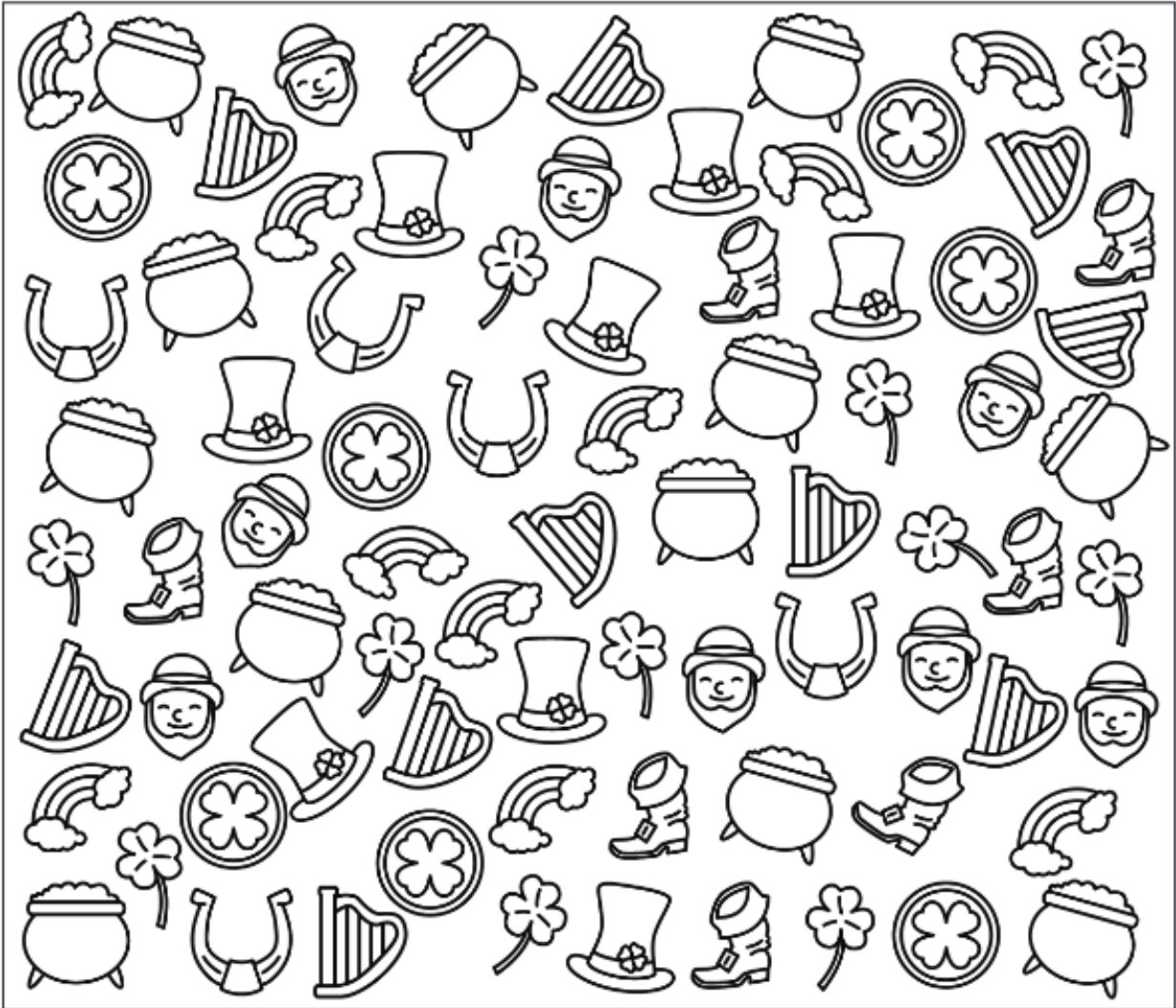
No fee or eligibility criteria to attend rural cafe



Society Alzheimer Society  
THUNDER BAY

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

# ST. PATRICK'S DAY I SPY



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