



The Township of Sioux Narrows-Nestor Falls Community Newsletter November 2025

SIoux NARROWS REMEMBRANCE DAY CEREMONY

Join members of your community in saying thanks to those who have given their lives and those that served so we are able live in freedom.

When: Tuesday November 11th 2025
Time: 10:45 am

Where: Sioux Narrows Community Hall



Sioux Narrows-Nestor Falls COMMUNITY WREATH MAKING WORKSHOP WEDNESDAY NOVEMBER 19, 5PM to 7PM SIoux NARROWS COMMUNITY HALL



Greenery, frames, pine cones, florist tape and wire will be provided. Bring your own scissors & bling. There is a sharing table for supplies and tools.

Festive beverages and snacks will be served. Returning participants are asked to repurpose their wire frames if possible.

To volunteer or register Email
siouxnarrowsartsfestival@hotmail.com

S.N. REC COMMITTEE PRESENTS

FALL FEST

MUSIC - FOOD - FUN

NOVEMBER 8TH 2025

DOORS OPEN AT 5:30 P.M

DINNER AT 6 P.M TO 8 P.M

AT THE
SIoux NARROWS COMMUNITY HALL

\$25 a person
kids under 10 eat Free with adult

Tickets can be purchased at
Northwoods Realty

Mobile Mental Health and Addictions Clinic (MMHA)

The Mobile Mental Health and Addictions Clinic is a clinic on wheels that travels to participating rural and remote communities to increase access to mental health and addictions care.

Sioux Narrows: November 3rd & 17th
Nestor Falls: November 5th & 19th

Call 807-468-1838, press 5 to book an appointment or online at
www.cmhak.on.ca

Landfill Winter Hours in Effect

October 1st—April 30th
(Unless Otherwise Posted)

Open: Tuesday, Thursday & Saturday

Sioux Narrows Landfill: 9:00 am—11:30 am

Nestor Falls Landfill: 1:30 pm—4:00 pm

Closed All Civic Holidays

Greetings From the Chapel!



You are invited to join Knox United Church in Kenora, in person, each Sunday at 10:30 am, or worship online.

Sioux Narrows Chapel services will resume on May 17th, 2026 at 7:00 pm.

Chapel email is lowc.faith@gmail.com. Fall Blessings to all!

Sioux Narrows-Nestor Falls Fire & Rescue

Did you know that simply closing your bedroom door before you go to sleep can make a life-saving difference during a fire?

Closed Door:

- *Slows the spread of smoke, heat and flames
- *Keeps oxygen out, reducing fire growth
- *Can lower the temperature in your room by up to 900f compared to the hallway

Open Door:

- *Let's smoke and deadly gases fill your room within minutes
- *Increases heat and decreases visibility
- *Greatly reduces your chances of survival

Before Bed:

- *Close all bedroom door
- *Charge devices outside your room or on a hard surface
- *Make sure you smoke alarms are working properly
- *Plan your escape routes and practice them with everyone in your home

Stay safe!

Chief Michael Kakeeway

November 2nd
Change your
CLOCKS...



Change your
BATTERIES!



The Township of Sioux Narrows-Nestor Falls Community Newsletter November 2025

The Council of the Township of Sioux Narrows– Nestor Falls is pleased to announce that Heather Gropp has been appointed as the Chief Administrative Officer of the Township, and Maureen Hanson has been appointed as the Clerk/Treasurer of the Township.

The Township extends a sincere “Thank You” to Wanda Kabel for her many years of exceptional leadership, and we wish her the very best in her future endeavors.

The Township is also pleased to welcome Katie Rimmer-McGuire to the role of Trail Maintenance Lead and Brooke Hatfield to the role of Community Programmer.

Sioux Narrows-Nestor Falls Council Meetings

Meetings are held on the first Tuesday of the month and begin at 2:00 p.m., unless otherwise posted or updated. The locations alternate between the Sioux Narrows Municipal Office and the Nestor Falls Municipal Office. Everyone is welcome to attend these public meetings. For more information, please visit the municipal website at www.snnf.ca

November 4th– Nestor Falls

December 2nd—Sioux Narrows



**NORTHWESTERN
NATUROPATHIC**

Nourish and Flourish

Fall- Winter Health Series at the Sioux
Narrows Health Hub

NOV 17TH 2:00PM
Naturopathic Approaches to
Bacterial Pharyngitis

DEC 1ST 2:00PM
Soothing the Skin: Topical
Preparations for Rosacea

DEC 15TH 2:00PM
Managing Acute Coughs and
Insights into Pneumonia Care

JAN 5TH 2:00PM
Botanical Remedies for Urinary Tract
Infections: Support for Men and
Women

**RESERVE YOUR
SPOT NOW:
bhatfield@snnf.ca**



Sioux Narrows Health Hub—10 Fickas Road

The Health Hub is an initiative to bring additional supplemental Health Services to our community. We now have a naturopathic doctor practicing twice monthly, footcare services and workshops being held in the space.

November Practitioners:

DR. CHRIS BROWN, ND

To book appointments, call 807-683-7287 or online at
[Thunder Bay Naturopathic Clinic \(janeapp.com\)](http://janeapp.com)

LIFE LABS

Tuesday, November 4th 10:00 am—1:00 pm
Tuesday, November 18th 10:00 am—1:00 pm

Sioux Narrows Nursing Station

DR. KERRY ANDERSON, MD

Friday, November 14th 9:30 am—3:30 pm
Friday, November 28th 9:30 am—3:30 pm

DR. MAXINE CARLISLE, MD

Monday, November 3rd 10:00 am—4:00 pm
Monday, November 17th 10:00 am—4:00 pm

SUSAN MCLEOD, RN FOOTCARE SPECIALIST

Monday, November 3rd 9:00 am—4:00 pm

Please call 807-226-1081 during business hours to book appointments

Ambulance , Fire and Police—CALL 911