



The Township of Sioux Narrows-Nestor Falls  
Community Newsletter  
April 2024

**Nestor Falls Fitness Centre**

The Nestor Falls Fitness Centre will be closed

Monday, April 8th—Monday, April 15th

We are excited to be finishing up our renovations and will be moving the fitness equipment into our new facility located next door to the current location.

All paid up memberships will be extended by one week. We are sorry for any inconvenience.



The Screen for Life Coach is visiting

**Sioux Narrows**

Sioux Narrows Community Centre

April 29, 2024

**NOR-WEST ANIMAL CLINIC**

Tuesday, May 8, 2024

Nestor Falls Community Hall  
11 Mortimer Road

For appointment, please call 807-274-7393

**Screening for Breast, Cervical, and Colon Cancer**

**Breast**

Mammograms for people age 50 to 74

**Cervical**

Pap tests for people with a cervix age 25 to 69

**Colon**

FIT kits for people age 50 to 74

To book your appointment call (807) 684-7777



Thunder Bay Regional Health Sciences Centre



[tbrhsc.net/screenforlife](http://tbrhsc.net/screenforlife)

**LOWDSA Seedling Day May 18, 2024**

Northern Ontario Sport Fishing Centre in Sioux Narrows from 10:00 a.m.—1:00 p.m.  
For more information or to place your seedling order, email [trails@snnf.ca](mailto:trails@snnf.ca)

Member pricing is \$15 for a bundle of 15 seedlings. Seedling orders are open until May 3<sup>rd</sup> and will be available for pickup during the seedling day. While you're there, don't forget to drop by our booth to explore how we're actively making a positive impact on the environment. Let's cultivate a greener future together!

**Lake of the Woods Chapel United Church**

I hope everyone is enjoying these longer hours of daylight!  
Services at the Chapel continue to be held at 2:30 on Sunday afternoons, except for April 14th and April 21st when they are cancelled. Happy Spring, everyone!



**ESSENTRICS  
WITH SHARRON**

Certified Canfitpro FIS, Peak Pilates, Essentrics, Zumba & Yoga Fit.

Free Fitness Classes—Open to the Public

Low Impact—suitable for all ages and fitness level

Sioux Narrows Community Hall  
April 4th and April 18th @ 2:30

Bring a mat, a towel or small pillow, a strap for stretching, a water bottle and a **big smile**.



Canadian Mental Health Association  
Kenora  
Mental health for all

2024 **APRIL**

**Mobile Mental Health and Addictions Clinic**

Sioux Narrows: Monday, April 8th and  
Monday, April 22nd

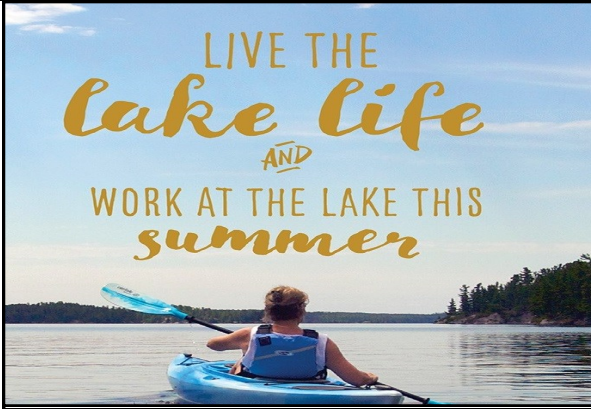
Nestor Falls: Wednesday, April 10th and  
Wednesday, April 17th

For appointment call 807-468-1838, press 5

[www.cmhak.on.ca](http://www.cmhak.on.ca)



# The Township of Sioux Narrows-Nestor Falls Community Newsletter April 2024






AS INTERESTING AS THE GEOGRAPHY THAT SURROUNDS IT, THE COMMUNITY OF SIOUX NARROWS-NESTOR FALLS BOASTS A UNIQUE LIFESTYLE OPPORTUNITY. WE CALL IT "LIVING THE LAKE LIFE"

The Township of Sioux Narrows-Nestor Falls has a variety of seasonal positions available in the areas of:

- Landscaping and maintenance
- Visitor Services
- Trail maintenance
- Parks
- Golf Course

WE OFFER: Competitive Wages | Flexibility | Training, including the opportunity to obtain certifications in some areas



To inquire more or apply please contact: [info@snnf.ca](mailto:info@snnf.ca)  
VISIT US: [snnf.ca](http://snnf.ca) | GET SOCIAL:   

## Sioux Narrows-Nestor Falls Fire Rescue

With the warm weather approaching and the very dry forest, Fire and Emergency Services encourages you to be extremely cautious when you burn brush and have campfires.

### Safety Tips:

- You must obtain a burning permit during fire season (April 1—October 31)
- Fires must be attended to at all times
- Burning times are no sooner than 6:00 p.m. and must be extinguished before 8:00 a.m.
- Burn only one pile at any time
- Ensure burn pile is less than two metres in diameter and less than two metres high
- Keep the fire at least two metres from any flammable materials or buildings
- Have tools and water on hand to adequately control fire at the fire site
- Never burn when it is windy
- If you don't burn safely or are burning without a permit, you can be fined and held responsible for the cost of putting out the fire and for any property damage

Fire Chief,  
Mike Kakeeway

**GET YOUR FIRE PERMIT ONLINE**  
Register for Fire Hazard & Restricted Fire Zone Alerts!  
[snnf.burnpermits.com](http://snnf.burnpermits.com)

## SIOUX NARROWS NURSING STATION

### DR. KERRY ANDERSON, MD

Tuesday, April 2nd 9:30 am— 12:30 pm  
 Thursday, April 4th 9:30 am— 12:30 pm  
 Tuesday, April 9th 9:30 am— 12:30 pm  
 Tuesday April 23rd 9:30 am— 12:30 pm  
 Tuesday, April 30th 9:30 am— 12:30 pm

### RN. CAITLIN CAMPBELL

TBD

### DR. DEAN KOZAK, DENTIST

TBD

SUSAN MCLEOD, FOOTCARE SPECIALIST TBD

Please call 807-226-1081 for appointments

Ambulance, Fire and Police—CALL 911