



The Township of Sioux Narrows-Nestor Falls Community Newsletter

December 2018



In touch

P/C Karen Rustige #8788 Sioux Narrows/ Nestor Falls Detachment Community Safety Officer



I would like to take this opportunity to express my sincerest gratitude to all of you who continue to support the annual Stuff-a-Cruiser event. This year the Sioux Narrows event was held on Nov. 21st – a little earlier than normal – but also a little warmer. I apologize to those of you in Nestor Falls who won't get a chance to tell me to "Stuff It" in person this year, but due to circumstances and timing, unfortunately I will not be there with the cruiser. However, Dalsegs is graciously accepting food donations until the 8th of December, when they will be delivered to the Stuff-a-Cruiser event in Emo. Support for this event is overwhelming, and I cannot express how appreciative I am for the contributions to this very worthwhile cause. The Salvation Army in Kenora and the Emo Food Bank are very appreciative of the donations which will certainly go a long way to help those who may need some extra assistance this Holiday Season. A special thank-you to Santa who was able to make an appearance again this year. I wish everyone a very safe and prosperous New Year.



TIS' THE SEASON FOR FIRE SAFETY
The SNNF Fire Department wants to
Wish you a Very Happy and Safe Holiday Season
 Cooking is the leading cause of fires during the Holiday Season.
 Never leave the stove unattended while you are cooking.
 Don't forget to test your Carbon Monoxide and Smoke Alarms.

Sioux Narrows Public School
Christmas Concert &
Bake Sale
 December 18th, 2018
 SN Community Hall
 Doors Open at 5:30 pm.
 Concert starts at 6:00 pm



Lake of the Woods Chapel
It's Advent! Join us for the following festivities at Lake of the Woods Chapel.
Saturday, Dec 1st, Christmas Bake Sale, Craft Sale, Soup & Sandwich Lunch (proceeds to support local charities)
Sunday, Dec. 2nd, White Gift Service (gifts are given this year to those at Birchwood Terrace who have no one to remember them at Christmas)
Monday, Dec. 24th, Christmas Eve Service, 7:00 p.m.
And, please enjoy the Nativity Scene in front of the church, which is lighted daily in the early evening hours. Everyone is welcome at the Sunday services which are at 2:30 p.m.; however, there will be no service on December 23rd.

8th Annual White Elephant Sale
 Sioux Narrows Community Hall
 Wednesday, December 5, 2018
 12pm—5pm
 We are looking for donations of new or gently used items that children can purchase for their families. Cost per each item is 25 cents. We also need donations of time on that day to help the kids shop and wrap.
 All children are welcome to make purchases whether they attend the Sioux Narrows public School or not.



Please call the school to donate and ask for Suzanne 226-5254 ext1. Donations can be dropped off at the school anytime between 8:30 and 2pm. Thank you!

Merry Christmas

Nestor Falls School
Christmas Concert
 December 20th, 2018
 Nestor Falls Community Hall
 Concert starts at 6:30 pm

Stuff-A-Cruiser
 Volunteers are needed for the annual Stuff-a-Cruiser food drive on December 8, 2018 from 10-4 at Cloverleaf Grocery. Volunteers are needed for 1-2 hours to help hand out bags and to collect groceries at the doors. All items collected go to the Emo Food Bank which services people north to Nestor Falls and Onigaming First Nation, west to Chapple/Stratton boundary and east to the LaVallee/Alberton boundary. Students can earn volunteer hours. Call Charlene McTavish at 486-3455 for information or to sign up.



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Municipal Musings

Heat Recovery Ventilator Maintenance

Winter is upon us and since it's that time of the year, there are many things to do to prepare for the season around the home. One chore you may not have considered doing is maintenance on your Heat Recovery Ventilator (HRV). Many more homes nowadays, whether renovated or new, have an HRV installed as the home's principal ventilation system. While many people have an idea what they are and how they work, their maintenance is not well understood or undertaken. It's a good idea to inspect and thoroughly clean the unit and associated equipment at least twice a year, ideally each Fall and Spring.



Before you do any cleaning or maintenance, it's important to read your manufacturer's manual that came with the unit for instructions specific to your unit. If you don't have a copy on hand you should be able to find one on-line. Also, ensure you unplug the unit before you open the hood and start working inside. Most, if not all, units will automatically shut off as soon as you open the door. Here is a general breakdown on maintenance of a typical unit:

1. Start with inspecting and cleaning the exterior ventilation hoods outside of your home. These look the same as a dryer vent expect larger. Often times there will be two labeled "exhaust air" and "intake air". These hoods will have a wire mesh screen that will clog with spider webs, dust and other debris.
2. Clean all interior exhaust air grilles. These will generally be located up on the wall in your laundry room, bathroom(s) and kitchen. The kitchen exhaust grill should contain a small grease filter that will need to be changed from time to time. *Note: in some instances, such as during renovations, HRV's may be connected to the return air duct of the furnace only and will not include any exhaust air duct work and grilles at these locations.*
3. Open the HRV unit to clean the intake and exhaust air filters, HRV core, fan blades, drain pan, and condensate drain. The fan blades can be dusted, while the filters can be rinsed and then air dried. The HRV core should be vacuumed and then thoroughly soaked and rinsed in a laundry or bath tub. The drain pan at the bottom, which drains water during defrost cycles in the winter, can be wiped down. Ensure the condensate hose connected at the bottom of the pan is clear to drain.

In the olden days homes were cold and drafty so ventilation took care of itself. These days building envelopes are made air tight, to maximize energy efficiency, so homes simply do not breath. An HRV is an efficient way to maintain good indoor air quality by exchanging air through a heat recovery process. This is why they are now mandated for all new housing construction in Ontario, and often required during major renovations. If you have one, don't forget your maintenance!

Cullen Robb—CBO, Building Inspector

NURSING STATION

DR. ROWENA LASS

Tues. Dec. 4th 8:45am—11:45 am
Mon. Dec. 10th 8:45 am 11:45 am

CAITLIN CAMPBELL, RN

Fri. Dec. 21st 8:00 am—12:00 pm

DR. KERRY ANDERSON

Mon. Dec. 3rd 11:00 am—2:00 pm
Wed. Dec. 12th 2:00 pm—5:00 pm
Fri.. Dec. 21st 11:00 am—2:00 pm
Fri. Jan. 4th 11:00 am—2:00 pm

DR. KRILL SCHROTH, DENTIST

Thurs. Dec. 13th 9:00 am—4:00 pm

Please call 807-226-1081 for appointments and leave your name and phone number. You will receive a call back with your scheduled appointment date.

NURSING STATION 807-226-1081
AMBULANCE, FIRE AND POLICE CALL 911