



The Township of Sioux Narrows-Nestor Falls  
Community Newsletter  
March 2023

41st ANNUAL NESTOR FALLS



March 3-5, 2023  
Friday, Saturday and Sunday!

For event listing, check  
local bulletin boards or the  
'Nestor Falls Recreation  
Committee' on Facebook.

**S.N. Rec Committee Presents**

## MARCH-A-PALOOZA

**MARCH 24, 25, 26**

**FRIDAY  
6PM-8PM**

**FAMILY FUN NIGHT**  
Indoor Kids Games with Popcorn & Drinks

**SATURDAY  
1PM-3PM**

**OUTDOOR KIDS GAMES**  
Prizes available

**SATURDAY  
6PM-10PM**

**ALL YOU CAN EAT LASAGNA**  
incl. Salad & Bun. CASH BAR. \$10 per person

**SUNDAY  
9AM-11AM**

**PANCAKE BREAKFAST**  
With help from the S.N. Girl Guides! \$5 per person

**SUNDAY SNOWMOBILE SCAVENGER HUNT  
12PM-3PM**  
Meeting at Gov't Dock - weather dependant

All events being held at SN Community Hall - See you There!

### Winter Carnivals

Come and join us for some winter family fun!  
Nestor Falls—March 3rd—5th  
Sioux Narrows March 24th—26th

**WINTER  
FUN!**



**Change your  
CLOCKS...**



**Change your  
BATTERIES!**

### Fire and Emergency Services

We would like to remind residents to change their clocks (one hour forward) on March 12, 2023, and at the same time, check electric and battery operated smoke and carbon monoxide alarms to ensure they are in working condition.

All alarms should be tested monthly and replaced after 7 to 10 years, or on recommendation from the manufacturers instructions.

*Stay Safe*

### Lake of the Woods Chapel United Church

March! The month that brings us to Spring.....melting snow (I know that melting takes a couple of months) green growth on the trees, rabbits becoming brown again, and more daylight! This is also the season of Lent, commemorating the 40 days Jesus spent in the desert enduring temptation by Satan.

As is usual, Sunday services at Lake of the Woods Chapel will be at 2:30 in the afternoon led by our minister, Pat Chabluk. The service on the 19th will be followed by the Annual Congregational Meeting. Everyone is welcome.

There will be no worship service on March 26th as Pat will be away.

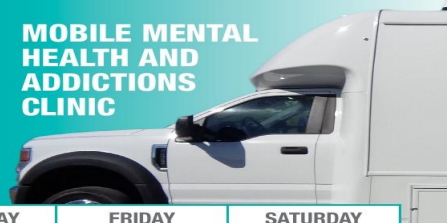


# The Township of Sioux Narrows-Nestor Falls Community Newsletter March 2023



2023 **MARCH**

**MOBILE MENTAL  
HEALTH AND  
ADDICTIONS  
CLINIC**



(SN) Sioux Narrows



(NF) Nestor Falls



(GNFN) Asubpeeschoseewagong  
Netum Anishinabek  
/Grassy Narrows First Nation



(ELFN) Migisi Sahgaigan  
/Eagle Lake First Nation



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6		7	8	GNFN 10:00am -2:00pm	10
11	12	13	GNFN 10:00am -2:00pm	14	15	ELFN 10:00am -2:00pm
18	19	SN 10:00am -2:00pm	20	GNFN 10:00am -2:00pm	21	NF 10:00am -2:00pm
25	26	27	GNFN 10:00am -2:00pm	28	29	ELFN 10:00am -2:00pm
					30	31

Please follow our Facebook and  
Instagram for program updates



@cmhakenora



@cmhakenorabran

Call 807-468-1838,  
press 5 to book an appointment  
book online [www.cmhak.on.ca](http://www.cmhak.on.ca)



## Recycling Program Information

We are finding an increase in garbage, dirty diapers, food waste, liquid residue and bottles/containers with caps/lids still fastened at our recycling collection depots.

Please ensure that no garbage, food or dirty containers are deposited for recycling. Please clean, wipe out and rinse well all food and liquid from containers. Also, please ensure that all bottle caps and container lids are removed (caps and lids of recyclable containers can be included with the items, just not fastened to them).

Garbage cannot be combined with recyclables. Garbage and dirty containers contaminate items rendering them non-recyclable.

If you have any questions, please ask the Landfill Attendant or contact the municipal office.

## Sioux Narrows Nursing Station

### DR. KERRY ANDERSON, MD

Thursday, March 2nd 9:30 am—12:30 pm  
Monday, March 6th 1:30 pm— 4:30 pm  
Tuesday, March 14th 9:30 am—12:30 pm  
Tuesday, March 21st 1:30 pm— 4:30 pm  
Thursday, March 23rd 9:30 am— 12:30 pm  
Tuesday, March 28th 1:30 pm— 4:30 pm  
Thursday, March 30th 9:30 am—12:30 pm

### RN. CAITLIN CAMPBELL

Monday, March 13th 9:30 am—12:30 pm  
Monday, March 20th 9:30 am—12:30 pm  
Monday, March 27th 9:30 am—12:30 pm

### DR. DEAN KOZAK, DENTIST

TBD

### SUSAN MCLEOD, FOOTCARE SPECIALIST TBD

Please call 807-226-1081 for appointments

AMBULANCE, FIRE and POLICE—CALL 911