



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

# 42<sup>nd</sup> ANNUAL Nestor Falls WINTER CARNIVAL

A Weekend of FUN Activities for the whole family!

**Friday March 1<sup>st</sup> - Sunday March 3<sup>rd</sup>**

## FRIDAY Events

5 pm - 9 pm  
7 pm Supper

### **Fish Cook-Off Dinner & Dessert Competition**

Nestor Falls Community Hall

No Entry Fee for Participants

Dinner: \$15/Adult \$5/Child - includes  
fish, caesar salad, a bun, dessert  
and a beverage.

Cash Bar Available

### **Prizes for Both Categories**

**1<sup>st</sup> Place: \$300 VISA Gift Card**

**2<sup>nd</sup> Place: \$150 VISA Gift Card**

**People's Choice: TBD**

To register for the fish cook-off or dessert competition please contact Pam 807-484-2103 or [pam.edwards34@hotmail.com](mailto:pam.edwards34@hotmail.com)

## SATURDAY Events

7 am - 4 pm

**Fish Derby** Entry \$20/person • **Fish Check-In from 3 pm - 4 pm SHARP at the Nestor Falls Community Hall**

Fish Derby Tickets Available at Mel's Marine, Sunset Cove Resort, Bite Me Bait & Tackle, Helliars' Resort, Nestor Falls Bait & Tackle

9 am - 3 pm

**Snowmobile Scavenger Hunt** Entry \$10/person

Cards can be picked up at the Nestor Falls Community Hall and must be returned by 3 pm.

9 am - 4 pm

**Nestor Falls Photo Contest** Free to Enter

Send us your best photo that represents Nestor Falls. One entry per person. Photo must be emailed to [nfreccom@gmail.com](mailto:nfreccom@gmail.com) by February 25<sup>th</sup>.

11 am - 6 pm

**Community Hall Canteen & Cash Bar**

11 am

**Cribbage Tournament** at the Nestor Falls Community Hall • Entry \$20/team

5 pm

**Event Awards/ Prize Draws**

9 pm - 1 am

**Dance! Live Band: Shadow Junction**

Free Entry before 10pm - \$10 entry after  
Cash Bar (Age of Majority)

Taxi Service available  
from 11pm - 2am

## SUNDAY Events

10 am - 12 pm

**Kids Curling** Nestor Falls Curling Rink (Free to Enter)

Parents must stay with kids

12:30 pm

**Lumberjack Competition** Falls Hardware • \$10 Entry

Everyone welcome to watch!

**\$500 VISA Gift Card All Participants Prize Draw**

For More Information please call (807)464-5198 or reach out on our Annual Nestor Falls Winter Carnival Facebook Page



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



Sioux Narrows Arts Festival August Long Weekend

### CALL TO ARTISTS

SIoux NARROWS, LAKE OF THE WOODS, ONTARIO

63RD ANNUAL ARTIST SHOW AND SALE

SATURDAY AUGUST 3 AND SUNDAY AUGUST 4, 2024

Application Deadline March 27, 2024

info @ [www.siouxnarrowsartsfestival.com](http://www.siouxnarrowsartsfestival.com)



### 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 levels

Sioux Narrows Community Hall  
Thursdays 2:30 pm—3:30 pm  
February 29th—March 28th

Essentrics: A full body workout that engages every muscle through dynamic strengthening and lengthening exercises.

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

### Lake of the Woods Chapel United Church

The month of March is in front of us..... a busy month!

At the church, we will continue with Sunday services at 2:30 p.m. All are welcome!

Because this is also the month when Easter is celebrated, the Good Friday service will be on March 29th at 2:30 p.m., Easter Sunday on March 31st.

A couple of other things of note for this month.....

Daylight Saving Time, March 10th

First Day of Spring, March 19th

I hope all of you are smiling with pleasure regarding a future of more daylight hours and the anticipation of observing plant life awakening from its winter sleep. Hallelujah!



March 10th  
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 10, 2024 and at the same time, check smoke and carbon monoxide alarms to ensure they are in working order.

Stay Safe!

### Winter Landfill Hours Oct. 1st—April 30th

Open Tuesday, Thursday & Saturday

Closed All Civic Holidays

Sioux Narrows: 900 a.m.—11:30 a.m.

Nestor Falls: 1:30 p.m.—4:00 p.m.

Residents are required to have a Landfill Permit. There is no fee and the permit can be picked up the municipal office during regular business hours.



2024 MARCH  
(SN) Sioux Narrows (NF) Nestor Falls



The Mobile Mental Health & Addictions Clinic (MMHAC) is a clinic on wheels that travels to participating rural and remote communities to increase access to mental health and addictions care. The MMHAC team is comprised of mental health and addictions services providers who offer a range of services. This includes intake and brief services, referrals to existing services, and psychiatric support and follow up. Clients are supported across the lifespan (young to old).

To book your appointment call 807-468-1838, press 5 or online at [cmhak.on.ca](http://cmhak.on.ca)

MMHAC is not an urgent or crisis service. If you are experiencing a mental health emergency, please contact Kenora Rainy River District Crisis Response Services: 1-866-888-8988.

### Sioux Narrows Nursing Station March Schedule

Schedule was not available at time of print. To book an appointment, please call 807-226-1081.

Ambulance, Fire and Police—call 911