



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

**Fraud Alert for Seniors**

Fraud is the number one crime against older Canadians and is dramatically increasing. Though people of all ages can be victims of fraud, older people get targeted more than others. Some of the reasons are that they are often home during the day to answer the door or phone, they can be more trusting and they may not have family or friends close by to ask for a second opinion.

People who commit fraud and scams are commonly called con artists. Con artists don't just target people who have a lot of money. A con artist may steal a small amount from many people. They use a variety of ways to reach people, including the Internet, phone calls, social media and even door-to-door visits.

**Tips and safeguards**

- Keep all personal documents in a secure place. If you don't need them, do not carry your birth certificate, passport or SIN card.
- Never tell another person your PIN or account passwords and take care to cover your hand when entering your PIN at bank machines and when making store purchases.
- Safely dispose of old bills and statements—shredding is best.
- Do not click on pop-up windows or respond to e-mails, open attachments or go to Website links sent by people you do not know. Your bank or credit union will not send you anything by e-mail unless you ask them to.
- Never give out your credit card, bank account, or personal information to someone over the phone, at the door, or over the Internet unless you know the person or organization you are dealing with, or you made the contact.
- Do not sign an agreement or contract to buy anything without giving yourself time to think it over. If a salesperson insists that an "offer" is "time limited" and you must decide that moment, it is probably better not to buy.
- Be suspicious if someone you don't know asks you to send them money or a cheque, or to return money they "accidentally" sent you.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and references and check them out.

**What should I do if I think I have been scammed?**

All fraud and scams should be reported, even if you are embarrassed or feel the amount of money is too small to worry about. While you might not be able to get your money back, you can help stop the con artist from scamming other people.

Report all fraud and scams to the police.

**Working SMOKE ALARMS SAVE LIVES**  
Change Your Clock, Change Your Battery  
"Dedicated To Life Safety"

**Fire and Emergency Services - Spring Ahead!**

We would like to remind residents to change their clocks (one hour forward) on Sunday, March 9, 2025 and at the same time, check smoke and carbon monoxide alarms to ensure they are in working order. Change your Clock, Change your Battery. Stay safe!

**NEW MONDAY MARKET! JUNE 30TH**  
The 2nd Annual SNNF **Farmers Market**  
Every other Tuesday, 10-2  
June 24th, 30th  
July 8th, 22nd  
August 5th, 9th  
September 2nd, 16th, 30th



**JOIN THE SNNF TRAILS SNOWSHOE CLUB**  
ONCE A MONTH, JOIN THE FREE CLUB FOR AN ADVENTURE ON YOUR SNOWSHOES ON THE TRAILS!  
FOR UPDATES, VISIT [FACEBOOK.COM/GROUPS/SNNETRAILS](https://facebook.com/groups/snnetrails) OR EMAIL: [TRAILS@SNNF.CA](mailto:TRAILS@SNNF.CA)  
FINAL WALK OF THE SEASON



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Lake of the Woods Chapel

Welcomes you to worship with us Sunday afternoons at 2:30 with Rev. Pat Chabluk.  
Join us in the season of Lent & Easter.  
Please note there will be no service on March 30, 2025



**MOBILE MENTAL HEALTH & ADDICTIONS CLINIC (MMHAC)**

Sioux Narrows: Mon. March 10th  
Mon. March. 24th

Nestor Falls: Wed. March 12th  
Wed. March 26th

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

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

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](http://www.snnf.ca)

**NORTHWESTERN  
NATUROPATHIC**

**Nourish and Flourish**

Spring Health Series at the  
Sioux Narrows Health Hub

**MARCH 10TH 2:00PM**  
Soothing Lozenge for Sore and Irritating Coughs

**APRIL 21ST 2:00PM**  
Skin Salve for Rashes and Skin Injuries

**MAY 12TH 2:00PM**  
Digestive Tonic for Stomach Flus and Gastritis

**JUNE 16TH 2:00PM**  
Cooling Herbal Sprays for Sunburns and Bug Bites

**HEALTH HUB—10 FICKAS ROAD**

**Northwestern Naturopathic Nourish and Flourish**

Registration spots are limited! Register for any of these events by scanning the QR code, or emailing [trails@snnf.ca](mailto:trails@snnf.ca)



March Practitioners:

**DR. CHRIS BROWN, ND**                      Monday, March 10th

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

**SHANNON MATHESON, RPN, FOOTCARE NURSE AND EDUCATOR**

To book appointments: Please call 807-0407-7767 or online at [healedsole@gmail.com](mailto:healedsole@gmail.com)

**SIoux NARROWS NURSING STATION**

**DR. KERRY ANDERSON, MD**

Fri. March 7th                      9:30 am— 12:30 pm  
Fri. March 21st                    9:30 am— 12:30 pm  
Wed. March 26th                 9:30 am—12:30 pm

**DR. MAXINE CARLISLE, MD**

Mon. March 10th                10:00 am— 1:00 pm  
Thurs. March 20th              10:00 am— 1:00 pm

**SUSAN MCLEOD, RN, FOOTCARE SPECIALIST—TBD**

**LIFE LABS**

Tues. March 11th                10:00 am—1:00 pm  
Tues. March 25th                10:00 am—1:00 pm

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

**Ambulance, Fire and Police—CALL 911**