



The Township of Sioux Narrows-Nestor Falls Community Newsletter May 2019



Emergencies can happen anytime.
Are You Ready?
Emergency Preparedness Week **May 5-11**

ontario.ca/beprepared

Ontario 



The week of May 5th - 11th is **Emergency Preparedness Week** and the theme this year is “**Are you ready?**” But if you ask yourself this question only once this week, will you really be ready if something happens in the middle of July or at the end of January?

The Office of the Fire Marshall and Emergency Management has laid out several thoughts for consideration following this format:

- *There is a risk of flooding... “Are You Ready?”
- *Forest fires are threatening evacuations... “Are You Ready?”
- *If the power went out for an extended period of time... “Are You Ready?”
- *There is a severe thunderstorm warning... “Are You Ready?”
- *A tornado warning has been issued... “Are You Ready?”

These are large scale events that have the potential of affecting the entire town, but what about emergencies that only impact you?

- *Your small brush fire is getting out of control... “**Are you ready?**”
- *Your spouse is suddenly tired and short of breath, do you know all the signs of a heart attack or stroke? “**Are you ready?**”
- *You swerved to miss a deer and lost control of your car, now you are stuck in the ditch with no cell service... “**Are you ready?**”
- *A sudden storm blew in while you were out fishing, making it impossible to make it back home... “**Are you ready?**”

By asking yourself this question, you can make steps to ensure that **You Are Ready**, and when you're ready, instead of adding to the problem, you become part of the solution, and possibly aide in helping someone else.

For more information on being part of the solution, visit: www.ontario.ca/beprepared.

You will find many tips to help you **be prepared**. From how to make emergency plans, what you should carry in your 72 hour kit, and how to stay informed of situations in your area.

Have fun, Be safe, and **Be Prepared**.

Tyrell Griffith

Fire Chief, CEMC



Township of Sioux Narrows-Nestor Falls
Fire Rescue Services



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**23rd Annual Sioux Narrows
SPRING BBQ**

Saturday, May 11th, 2019
Sioux Narrows Community Hall

Cocktails at 5:30p.m—Dinner at 6:00p.m

Tickets are \$25 available at Gills Trading Post,
Copperfin Credit Union & Mayer Hardware
SN Nursing Station, Dalseg's Fine Foods

Local Celebrities, Cash Bar, Silent Auction,
Professional Auctioneer, DJ Maverick Judson,
A Chance for Romance



**Burning Permits Required
April 1st—Oct. 31st**

**Get your Burning Permit online and register
for the Hazard & Restricted Fire Zone Alerts.
snf.burnpermits.com**

Landfill Hours

Starting May 1st Landfill Hours will change to:
Open 5 Days a week
Sioux Narrows 8:00am-11:30am
Nestor Falls 1:30pm– 5:00pm
Closed Mondays, Wednesdays and Civic Holidays

***At Lake of the Woods Chapel, Sunday services
are at 2:30 p.m. On May 19th, Victoria Day
weekend, worship services move to the evening
at 7:00. All are welcome.
Hope everyone is enjoying the lovely weather
we've been having. It's so nice having longer
daylight hours.***



Sun Safety:

With summer just around the corner (we hope), it's time to think about making sure you are safe when you are out in the sun. We want everyone to enjoy the sun safely. Some key sun safety recommendations include: Protect your skin.

- ***Time:** When the UV Index is 3 or higher, protect your skin as much as possible, usually from 11am to 3pm, between April & September.
- ***Shade:** Seek shade or make shade (e.g. with an umbrella).
- ***Cover up:** Wear clothes that cover as much skin as possible and a hat with a wide brim; they should suit the activity and the weather.
- ***Sunscreen:** Apply plenty of sunscreen and reapply when needed. Use sunscreen with SPF 30 or more, labelled "broad spectrum" and "water-resistant".

Protect your eyes.

- *Wear sunglasses or eyeglasses with lenses that protect your eyes from UV rays.
- *Wear a hat with a wide brim to help protect your skin and eyes.



Sioux Narrows Nursing Station

DR. ROWENA LASS

Thursday, May 2nd
Wednesday May 22nd & 29th
8:45 am—11:45 am

DR. KERRY ANDERSON

Tuesday May 7th 11:00 am—2:00 pm
Thursday, May 9th 9:00 am—12
Friday, May 17th 9:00 am—12
Thursday, May 23rd 9:00 am—12

CAITLIN CAMPBELL, RN.

Wed. May 15th - Blood Monitoring Clinic
Tuesday, May 21st
Monday, May 27th
9:00 am—12

DR. DEAN KOZAK, DENTIST

Monday, May 27th 9:00 am—2:00 pm

SUSAN MCLEOD, FOOT SPECIALIST

Thursday, May 23rd 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
AMBULANCE, FIRE, POLICE CALL 911