



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

SATURDAY OCTOBER 14TH Sioux Narrows Free Community Arts Events



The 22Z Duo
Laura Cotton and Darcy Ura
IN CONCERT at 7PM
Northern Ontario Sportfishing Centre

LAUGHTER YOGA

3:30PM to 4:30PM

Sioux Narrows Community Hall

Laughter really is the best medicine and now we have the science to prove it! Laughter Yoga combines laughter exercises and pranayama (yogic breathing techniques), along with gentle invitations to accessible movement and mindfulness. Participants are encouraged to wear anything comfortable. Accessibility options for standing or sitting are offered throughout so Yoga mats are optional but not required.

Laura Cotton has been a certified yoga instructor YTT200, since 2019 and has been laughing professionally at the Arts Hub since 2021 where she hosts weekly Laughter Yoga gatherings.

DRUMMING WORKSHOP

12PM to 1PM

Sioux Narrows Community Hall

Participants will learn stick technique, beginning rudiments and how to apply them to patterns used in playing with other musicians. Drum pads and sticks will be provided by the Sioux Narrows Arts Council.

Darcy Ura, the Director of Music at Saint Thomas Aquinas High School in Kenora, is offering this popular workshop for the second time in Sioux Narrows.

Email kathyvalentini@hotmail.com to register for drumming, limited spaces

SPONSORED BY THE SIOUX NARROWS ARTS COUNCIL

Exciting Events Coming Up

Tentative schedule for the following facility opening events:

Four Season Multi-use Recreation Facility-
October 12.

Community Bike Trails Hike- Join us for a walk on the new bike trails in Nestor Falls to see them first hand and learn more about them— October 18.

Community Bike Ride- Join us on Saturday October 21 for the inaugural ride on the new Bike Trails in Nestor Falls.

Watch our social media for more information and confirmation of dates and times.



2023 **OCTOBER**

MOBILE MENTAL HEALTH AND ADDICTIONS CLINIC

SIOUX NARROWS: MONDAY, OCTOBER 23rd

NESTOR FALLS: WEDNESDAY, OCTOBER 25th

Call 807-468-1838, press 5 to book an appointment
or

Book online at www.cmhak.on.ca
Please follow our Facebook and Instagram for
program updates.

Safe Food Handler Course

The Northwestern Health Unit (NWHU) is offering an in-class safe food handler course on October 25, 2023 from 9 am – 4pm in Sioux Narrows. This course will take place at the Sioux Narrows Community Hall. Participants will write their certification exam at the end of the course. A certificate is issued to those who pass the exam with a score of at least 70%. Certification is valid for 5 years and recognized across Ontario.

There is a fee of \$75 per participant.

Print and complete a registration form from the NWHU website and return it along with the \$75 fee to your local NWHU office **by end of day October 18th.**

If you have any questions, please call 1-800-830-5978 ext. 310709 or email envhealth@nwhu.on.ca.

For more information, and to see our other safe food handler course options, please check out our website here: [Safe Food Handler Course – Northwestern Health Unit \(nwhu.on.ca\)](http://www.nwhu.on.ca)

The winners of the 27th Annual Bassin' for Bucks were:

Jay Samsal / Scott Dingwall with a 3 day Grand Aggregate weight of 55.94 lbs.

The weather sure cooperated giving us 3 Beautiful Days! A SPECIAL THANKS for all of our Sponsors and Fabulous Volunteers. Without them, this event would not be possible. Also a Big Thank you to the Township of Sioux Narrows-Nestor Falls.

~Barb Salvador





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

Sioux Narrows-Nestor Falls Fire & Rescue

Fire Prevention Week is October 8th - 14th 2023.



We strive to educate all children and adults (parents/guardians) on fire prevention in our area. We will be making presentations to three schools this year during Fire Prevention Week: Sioux Narrows Public School, Nestor Falls Public School and Baibombeh Anishinabeh School of Noatkamegwaning FN.

Also, to better prepare yourselves in an emergency, make sure your physical home address is clearly visible. If there are obstructions such as trees, branches, big rocks, snowbanks etc. Fire, Ambulance or Police could accidentally drive right by your home. Remember that every second counts.

-Fire Chief Mike Kakeeway



Turtle Portage Marine Railway on Lake of the Woods

The Turtle Portage Marine Railway will remain closed to the public for the remainder of the 2023 boating season. The facility will reopen in the spring of 2024. For more information please contact James Williams, Kenora District Resource Management Coordinator at 807-468-2543 or james.williams@ontario.ca

Lake of the Woods Chapel United Church

Sunday Services at 2:30 in the afternoon.
October 1st is World Communion Sunday. October 8th, Thanksgiving Sunday.
Would love to see you there! Everyone is welcome!
Hope you are enjoying the fall colours!



Winter Landfill hours in effect October 1st—April 30th

Open: Tuesday, Thursday & Saturday

Sioux Narrows 9:00 a.m. to 11:30 a.m. Nestor Falls 1:30 p.m. to 4:00 p.m.
Closed on Civic Holidays

SIOUX NARROWS NURSING STATION

DR. KERRY ANDERSON, MD

Tues. Oct. 3rd	9:30—12:30
Thurs. Oct. 12th	9:30—12:30
Tues. Oct. 17th	9:30—12:30
Tues. Oct. 24th	9:30—12:30
Tues. Oct. 31st	9:30—12:30

DR. ROWENA LASS, MD

Mon. Oct. 2nd	9:00—12:00
Fri. Oct. 13th	9:00—12:00
Fri. Oct. 20th	9:00—12:00
Mon. Oct. 23rd	9:00—12:00
Mon. Oct. 30th	9:00—12:00

RN. CAITLIN CAMPBELL

Mon. Oct. 2nd	10:00—1:00
Mon. Oct. 16th	10:00—1:00
Mond. Oct. 30th	10:00—1:00

DR. DEAN KOZAK, DENTIST TBD

SUSAN MCLEOD, FOOTCARE SPECIALIST
TBD

**Flu/Covid Shot Clinic will be held on
Thursday, October 19, 2023 10:30—3:30. Call Nursing Station to book appointment.**

Please call 807-226-1081 for appointments

Ambulance, Fire and Police—CALL 911