



Conmee Community Newsletter

March 2026

**Conmee
Municipal Office**
475-5229
conmee@conmee.com
Hours:
Monday— Friday
9 am—4 pm

**Conmee
Landfill**
Summer Hours
(May 15th—Oct. 14th)
Wed: 3 pm - 7 pm
Sat: 9 am - 3 pm

Winter Hours
(Oct 15th — May 14th)
Wed: 1 pm - 5 pm
Sat: 9 am - 3 pm

**Conmee
Public Works**
475-5337

Emergency Numbers
Non-Emergency OPP
1-888-310-1122
Emergency
(fire, medical, OPP)
911

HYDRO OUTAGES
1-800-434-1235

MTO Highway Concerns
Emcon 1-888-636-8704



Mayor's Message

Well, the groundhogs had conflicting opinions this year, but I think we can all agree we're still in for a bit more winter. Maybe we need to find a different animal to predict the weather! The Farmers' Almanac did say we would have plenty of snow and colder weather this winter, and it looks like they may have been right. Maybe we should listen to the farmers a little more.

I hope everyone is making their way through the winter without too much trouble. Snow, snow, and more snow, the wells should do well this year, and hopefully it will mean a better, safer summer from a fire-wise perspective.

Some residents have been burning brush piles during the winter, especially while no burning permits are required. However, if the Fire Chief deems a fire too large or if suppression resources are not available, you could still receive a warning or possible fine depending on what is being burned. A quick message or email to fire-chief@conmee.com before you light a large fire is always a good idea. It helps prevent unnecessary 911 calls from people who may think a structure is on fire.

On the same note, if you are planning to burn any type of structure, you **must contact the Township office and speak with the Fire Chief first**. Structure burning requires paperwork and may involve inspections or investigations, so please make sure you get approval beforehand.

The outdoor rink has been holding up pretty well this winter. It softened a bit during the warm days, but overall it has done well. Thank you again to the volunteers who make this possible every year. I'm looking forward to the rink renovations starting in the spring, the upgrades are definitely needed, and it will be exciting to see the improvements. Hopefully we can secure additional funding for projects like this in the future.

February seemed to fly by, and it's hard to believe we are already heading into March. Spring will be here before we know it.

The Community Centre has not had many events lately, mainly because the Social Committee is short on members. However, I would like to bring back the **Easter Brunch on March 28, 2026, from 9:30 a.m. to 11:30 a.m.** This was always a well-attended and

Upcoming Council Meetings: March 10th and 24th — 6:00 pm
Location: Conmee Community Centre. **Virtual attendance is available.**
Please see our website at conmee.com for further information.

enjoyable event for the community, and it would be great to see it return. Mark your calendars and watch for posters coming soon.

Our Fire Services have completed their yearly report for 2025. There were **41 callouts in total**, including **25 medical calls and 14 motor vehicle collisions or fire-related incidents**.

Even though it may seem quiet at times, our department is called out more often than many people realize. Larger municipalities respond more frequently and cover bigger areas, but for a small township we certainly have our share of calls. This is why volunteer firefighters are always needed. Our members all have full-time jobs and other commitments, but different work schedules help ensure someone is available when calls come in. Emergencies happen at all hours, day or night. If you have some time to give to your community, we encourage you to consider joining. We provide all training at no cost and supply the equipment you need. The biggest commitment is the initial training, which includes:

- * Firefighter Level 1 – approximately **three weekends plus 20–40 hours of online learning**

- * Emergency Response (ERF) – approximately **two weekends**

- * Weekly training – about **3 hours per week**

Out of 52 weeks in a year, that amounts to roughly **five training weekends plus weekly practices**. It's a great group of volunteers, and we truly look out for one another.

As I finish writing this message, the snow is coming down again. I would also like to clarify a note from my last newsletter about snow removal. The Highway Act states that snow **cannot be plowed onto or left on the roadway**. Snow may be moved across

the road if necessary, but it **cannot be left on any travelled portion of the road**. It must be pushed completely off the roadway and cleaned up afterward. Please do not leave snow trails across the roads. We understand the challenge of where to push snow, but municipal roads must be kept clear.

Hang in there. Don't put those shovels away too quickly; spring will be here soon enough.

As always here to help—just a call or text away. Have a great March!

See you next month.

Warm regards,

Mayor Sheila Maxwell

EXCERPTS FROM
MINUTES—REGULAR
COUNCIL MEETING
January 13th and 27th

Minutes were reviewed and approved:

Clerk's Report :

January 13: Applications for summer student funding have been submitted and Administration is awaiting results. Resources for the provincial Power Outage Safety 2025 Campaign were received. A recommendation was made to include the materials in the Township newsletter and on the municipal website as part of preparedness initiatives leading up to scheduled Emergency Management exercises.

January 27: The Clerk reported that Spectrum Radio is installing a base radio at the Fire Hall to address ongoing outages at the Loch Lomond tower.

Treasurer's Report:

January 13: The Treasurer advised that North Rock has finished its portion of the 2025 Asset Retirement Obligation (ARO) work. MNP will now complete the accounting portion of the ARO, and the combined components will form the information required for 2025 audit compliance. The auditors will be onsite the last week of January to begin the 2025 audit.

January 27: Council supported switching to Starlink's \$70/month 100 Mbps tier or standby mode as appropriate. Auditors were onsite starting the 2025 audit.

Public Works Report:

January 27: The Holland/Maxwell stop sign will be raised in spring after the thaw.

2026 Council Meeting Schedule

March 10 and 24
April 14 and 28
May 12 and 26
June 9 and 23

Council meetings occur every 2nd and 4th Tuesday of the month at 6:00 p.m. unless otherwise noted. Please visit www.conmee.com to see agendas, minutes, and more. If you do not have internet access, the office can print this information for you.

FINANCIAL STATEMENTS AVAILABLE

In accordance with the Municipal Act, notice is made that a copy of the 2024 audited financial statements, the notes to the financial statements, the auditor's report and the tax rate information for the current and previous year as contained in the financial review are available at no cost to any taxpayer or resident of the municipality upon request.



AMO
Education



An Information Session for Youth Considering Running for Municipal Office

If you are a youth interested in running for municipal council in October 2026, we have a workshop for you! The Association of Municipalities of Ontario (AMO) is offering a series of workshops for young people thinking about running for municipal office in the October 2026 elections.

These sessions will provide insights and strategies to build your understanding and confidence around how to become a candidate and running a campaign.

Facilitated by three current municipal leaders, Natasha Salonen-Mayor of the Township of Wilmot, Cam Wales-Councillor, City of Brockville and Aidan Kallioinen-Councillor, Town of Espanola, you will gain firsthand insight into:

- What to expect running as a candidate and as young person
- Critical strategies for successfully campaigning for municipal office
- Understand what it takes to become a candidate
- Strategies for engagement including communication
- And more!

Dates:

- Wednesday, February 18, 6:30-8:00PM
- Wednesday, March 11, 6:30-8:00PM
- Wednesday, April 15, 6:30-8:00PM

Registration: FREE

Questions? Reach out to events@amo.on.ca

▲ Municipal Elections Update!

2026 is a municipal election year, and Conmee Township will be preparing throughout the coming months for Voting Day on **Monday, October 26, 2026**. This municipal election includes the offices of **Mayor** and **four Councillor seats**, each serving a four year term beginning November 15, 2026.

Thinking About Running for Council?

The formal **Nomination Period opens on May 1, 2026**.

Nomination Papers will be available at the Municipal Office and may be filed with the Clerk during regular office hours up to **Friday, August 21, 2026, at 2:00 p.m.**, which is Nomination Day

To qualify as a candidate for Council, you must:

- Be a **Canadian citizen**;
- Be **18 years of age or older**; and
- Be an **eligible voter in Conmee Township** (property owner, spouse of a property owner, or a resident/renter or their spouse). A full candidate package, including required forms and legislative guides, will be provided when you pick up your papers.

Voter Information

The **Voters List revision period** begins on **September 1, 2026** and continues until the close of voting on October 26.

Eligible electors for the 2026 municipal election will be required to show **identification that includes their name and address**. A complete list of acceptable IDs will be posted on the Township website and published in upcoming newsletters. The Preliminary List of Electors (PLE) will be delivered to municipalities by Elections Ontario in **August 2026**.

Residents will be encouraged to verify their information early to ensure a smooth voting process.

Staying Informed

Throughout the year, Conmee Township will provide updates regarding:

- Candidate nominations;
- Voters List information;
- Voting dates and locations, including advance voting;
- Accessibility plans; and
- General election reminders.

Updates will be shared through the Township's **website**, **Facebook page**, and future **newsletters** as key dates approach.

If you have questions about the election process, candidacy, eligibility, or voting procedures, please contact the Municipal Office. Staff are available to guide residents through the 2026 election cycle.

**Get on the
voters list
today.**

RegisterToVoteON.ca
1.866.242.3025



Planning to vote in the next municipal or provincial election in Ontario?

Now you can get on the voters list for both municipal and provincial elections, all in one place!



Visit RegisterToVoteON.ca for information on eligibility, registration and how to check, update or add your information to the voters list.

 Register to Vote

 @RegisterToVoteON | RegisterToVoteON.ca
 @RegisterToVoteON | info@registerstovoteon.ca
 @RegisterON | 1.866.242.3025



CENSUS JOBS

Your census. Your community. Our future.

Statistics Canada is hiring in your community for the 2026 Census!

Census information is important for you and your community and is used to plan services that support employment, education, public transportation and healthcare.

Join the 2026 Census team for meaningful work and community impact.

Important to know:

- There are approximately 32,000 census jobs available across Canada.
- Pay is **\$25.87 per hour** for non-supervisory positions and **\$31.32 per hour** for supervisory positions, plus authorized expenses.
- The time frame for census jobs is between **March and July 2026**, depending on the position and location.
- You must be available to work flexible hours including days, evenings, and weekends.



Apply now and tell a friend
census.gc.ca/jobs

If you need assistance with your application, please call **1-833-830-3106**
Teletypewriter (TTY): **1-833-830-3109**



Statistics Canada

Statistique Canada

Canada



Spring Cleaning for Fire Safety



Inside The Home

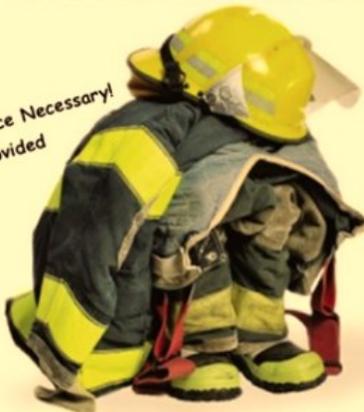
- Test your home's smoke and carbon monoxide alarms.
- Don't use electrical appliances with frayed cords.
- Check for water around electrical appliances.
- Clean debris from your clothes dryer lint trap and exhaust duct.

Outside The Home

- Remove dead leaves and other debris around foundations, decks, porches, and stairs.
- Check grills for rust, worn parts, insects, grease, and other debris before use.
- Grills should only be used when at least 10 feet away from your house or any building.

Maybe It's Time To Add A New Suit To Your Wardrobe

No Experience Necessary!
Training Provided



Volunteer Firefighters Are Needed



Township of Conmee

19 Holland Rd W, Kakabeka Falls, ON

For More Information

Call The Office at (807) 475-5229



For more information and to access the [Volunteer Fire Department Orientation Package](#) and [Application Form](#), please visit the Conmee Website: www.conmee.com/p/emergency-services

Keep it outside!

Refuel generator **outside**
Store generator fuel **outside**
Only use a generator **outside**



ontario.ca/firemarshal



REMINDER

Fire Permits are required April 1st to October 31st for all burning other than small campfires for cooking and/or warmth.

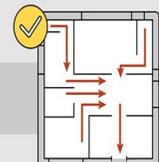
5 PREPAREDNESS TIPS FOR EMERGENCIES



Update your emergency contacts and communication strategy



Create / update your emergency kit and don't forget the disinfectant / masks / gloves



Create an emergency evacuation plan for home and work



Charge electronic devices and invest in a battery bank



Keep essential documentation, supplies and cash in a crushproof, waterproof Pelican case



KAKABEKA FALLS LEGION BRANCH 225

MARCH EVENTS

DATE	EVENT	TIME
Sunday, March 8th	Breakfast	8:30 am to 11 am
Saturday, March 14th	Executive Meeting	2:00 pm
Saturday, March 14th	General Meeting	3:00 pm
Saturday, March 14th	Dance with Quest	7:00 pm
Sunday, March 22nd	Music	2:00 pm to 4:00 pm
Friday, March 27th	Dance with Quest	7:00 pm
Saturday, March 28th	Royal Canadian Legion Annual	10:00 am

The Legion is still looking for more volunteers. If you can give even 1 hour, that would be so appreciated.

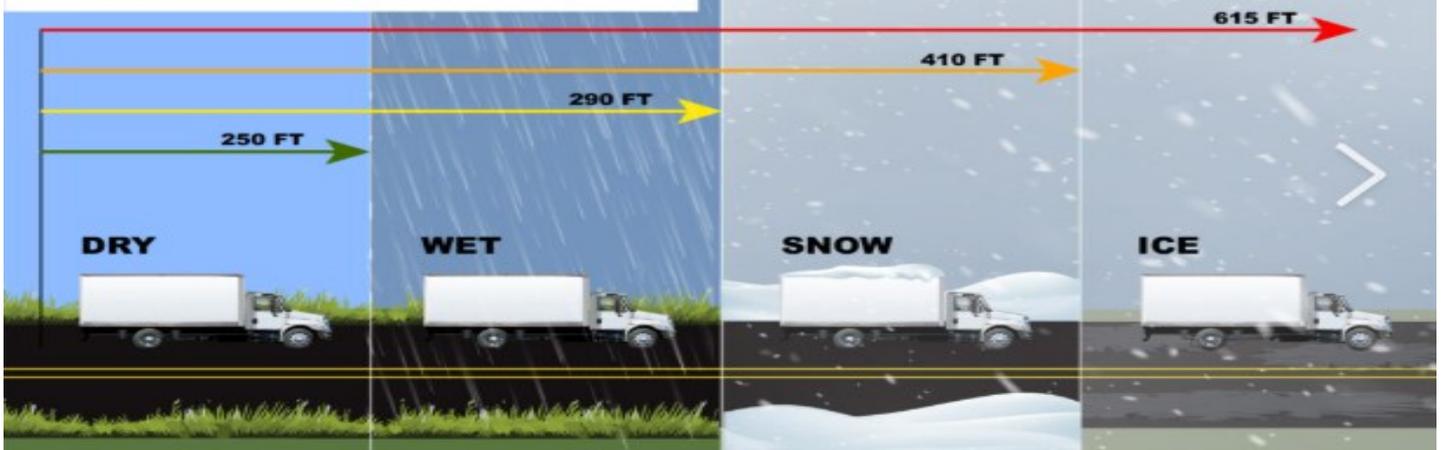


BLACK ICE DRIVING TIPS

- REDUCE SPEED
- INCREASE FOLLOWING DISTANCE
- STEER STRAIGHT, AVOID SUDDEN TURNS
- DO NOT BRAKE
- STEER IN DIRECTION OF SPIN

STOPPING DISTANCE

BRAKES APPLIED AT 35MPH



NAVIGATING ON SNOW AND ICE

- Dress with appropriate winter clothing and footwear
- Don't rush and risk a slip and fall injury
- Take extra care on stairs, ramps, entrances and exits
- Focus on your surroundings, not your phone!

Thunder Bay
**URBAN
ABORIGINAL
STRATEGY**

Annual Community Forum

WHEN:
Thursday, March 5, 2026
4:00 pm – 7:00 pm

WHERE:
Prince Arthur Hotel
17 N. Cumberland Street

Please join us for supper, committee elections, visiting and more! We are seeking reps to join the Urban Aboriginal Advisory Committee. If you are interested, please join us at the community forum.

We will also be creating mini Red Dresses and discussing community safety.

To Register – 1 of 4 ways:
Click this link >
<https://forms.office.com/r/c8nzDa8YdC>
Call: 807-623-3442 ext. 8110
Email: mmcguire@onwa.ca

Scan the QR code

Pre-register or register at the door!

Ambe- Wiisini = Come Eat

Ontario Native Women's Association (ONWA)

www.onwa.ca | [@ONWA7](https://www.facebook.com/ONWA7) | [@_ONWA_](https://www.instagram.com/_ONWA_) | [@onwa_official](https://www.linkedin.com/company/onwa_official)

DAYLIGHT SAVING TIME 2026

SPRING FORWARD!

MARCH 8th

Thunder Bay Community Pasture

NOTICE OF ANNUAL GENERAL MEETING

Monday, March 16th, 2026

7:30 p.m.

Rural 60 Centre, 5 Pineview Road, Kakabeka Falls
off Hwy. 11-17

For more information contact Diana Bockus
Secretary/Treasurer
dlbockus@tbaytel.net
807-475-8761

Everyone is welcome to attend

Note: Copies of the revised Constitution are available by emailing dlbockus@tbaytel.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11	Friendship Café Friday March 27 1-3
Carving 10-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
Disking 1-3	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Games Day 1-3 on March 26	

Next Friendship Café is Friday March 27– Contact Shawn or Elaine for more information at 807-473-5528
Games Day is Euchre, Scrabble, Chess at 1pm 4th Thursday of the month

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8
Phone: (807) 475-5779 Email: rural60@tbaytel.net
Website: www.rural60plus.ca



Friendship Café

Food, Fun & Games!

March 27, 2026 | 1-3PM

5 Pineview Road, Kakabeka

Join us for an afternoon of food, fun and connection - no registration required!

Questions? Contact Elaine
or Shaun at 807-473-5528



MARCH BREAK

2026

March 16-20

Get ready for a week of sunshine, relaxation, and fun!

Whether you're traveling, hanging out with friends, or just enjoying some well-deserved downtime—
March Break is the perfect chance to recharge and make great memories.

— Mark your calendar: —
March 16-20, 2026

Your break begins!

SCIENCE NORTH SCIENCE NORD

OUTREACH

IMAGINEERING

Test your Imagineering skills with Science North's exciting hands-on and interactive stations! Visitors will use the engineering method to brainstorm, design, and test various engineering and architecture challenges!

From building and testing your very own race car and marble tracks to learning about electricity by building circuits, this event is sure to engage future engineers of all ages!

Science North is an agency of the Government of Ontario and a registered charity #10796 2079 RR0001

Murillo Branch
 4569 Oliver Road
 Murillo, ON P0T 2G0
 (807) 935-2729
 Mondays and Wednesdays
 10 AM to 8 PM
 Saturdays 9 AM to Noon

Oliver-Paipoonge Public Library

Email: oliverpaipoongelibrary@gmail.com
 Website: <http://oliverpaipoonge.olsn.ca>

Rosslyn Library
 3405 Rosslyn Road
 Rosslyn, ON
 (807) 939-2312
 Tuesdays and Thursdays
 10 AM to 8 PM
 Saturdays 1 – 4 PM

MARCH ACTIVITIES

Rosslyn & Murillo Libraries

Rosslyn Branch

- EXERCISE DAYS - FREE! Tuesdays & Thursdays • 11:30 AM**
 • Tues: Resistance Bands | Thurs: Weights
- CRIB CLUB Tuesdays • 1:00 PM**
 • Beginners Welcome!
- MARCH BREAK DROP-IN March 17**
 • Explore the Art Centre!
- SCIENCE NORTH IMAGINEERING! March 19 • 1:00–4:00 PM**

Murillo Branch

- Gym Drop-In March 2 • 1:00 PM**
- Storytime! March 23 • 1:00 PM**
- March Break at the Art Centre**
 • March 16 & 18

UPDATE YOUR LIBRARY CARD!
 Call us to renew over the phone!

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls P0T1W0
807-285-0836

We sincerely thank all those that continue
to support the food bank.

Your donations enable the food bank
to remain open.

Next Food Bank

Wednesday, March 18, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up



RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge:	Murillo & Rosslyn Libraries (during open hours)
Nolalu:	Hoppers Variety
Gillies:	Whitefish School (Sept to June)
O'Connor:	O'Connor Municipal Office
Needing	Needing Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

A BIG THANK YOU to Kakabeka Legion for hosting the RCFB Christmas dinner and the music events that collect donations.

A BIG THANK YOU to the musicians that perform for donations for the RCFB at the Kakabeka Legion.

A BG THANK YOU to Evergreen Pharmacy , Kakabeka and Rosslyn, locations for their donations.

A BIG THANK YOU to Pinegrove United Church for their donation.

A BIG THANK YOU to the friends and family in memory of Charlie Mintenko for their donation.

A BIG THANK YOU to Kenny Whent for his donation.

A BIG THANK YOU to First Christian Reform Church for their donation.

For anyone that donated to the RCFB in 2025 and requested a charitable donation receipt, and hasn't received one by mid March, please call 807-285-0836.

Municipality Newsletters - March 2026 Edition

LRCA staff have continued to conduct bi-monthly snow surveys at the three historical snow survey locations (Hazelwood Lake, Vibert Road and Madeline Street). As of February 1st, snow depth and water content were above average for that time of year with depth ranging from 40-62 centimetres (18% above average) and water content ranging from 115-173 millimetres (59% above average). Lake Superior's beginning of February level was 36 centimetres below the beginning of February average and 3 centimetres lower than the level last year.

MNR's snow monitoring data is now available to the public through the [Ontario GeoHub](#). The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 - 2025).

The 2026 Explore Card Parking Pass is now on sale! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$40.00 +HST, it's convenient for frequent users. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.

Be sure to Follow, Like and Share the LRCA on social media and sign up for our e-newsletter! We have tons of great events and activities in the works for 2026 and we don't want you to miss any of them!

Get out and Explore!



LAKEHEAD REGION
CONSERVATION AUTHORITY

For those who value a
rural lifestyle
into retirement
& beyond:

Pennock *Village*
Rural Retirement Community
at the Crossroads

CONSTRUCTION HAS STARTED!

Learn more & secure your spot at PennockVillage.ca

MARCH 2026



NorWest Community Health Centres
Centres de santé communautaire NorWest

4785 ON-11 Unit B,
Kakabeka Falls,
ON POT 1W0

(807) 473-5528

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor CC	3 Fly the C.O.O.P Walking Group	4 Walk-In Clinic 4:30pm - 7:30pm	5 Fly the C.O.O.P Walking Group 10am-3:30pm LifeLabs	6
9 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	10 Fly the C.O.O.P Walking Group	11 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor CC	17 Fly the C.O.O.P Walking Group	18 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Walking Group LifeLabs	20
23 Chair Yoga @ O'Connor CC	24 Fly the C.O.O.P Walking Group	25 NP available for those who do not have MD or NP Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Walking Group LifeLabs	27 *NEW Program* Friendship Cafe 1-3pm
30 Chair Yoga @ O'Connor CC	31 Fly the C.O.O.P Walking Group			

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at speirce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group

Meet at Kakabeka Legion at K Falls Park @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor, Kam, and Rural 60+ Centre at 10am.

Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Friendship Cafe @ Rural 60+ Centre.

Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org



Check On Your
Elderly Neighbours
This Winter

FIRST DAY OF
Spring
MARCH 20

IF IT'S
TOO COLD
FOR YOU
IT'S TOO COLD
FOR YOUR PETS

please
BRING
THEM INSIDE



St. Patrick's Day Word Search



CLOVER
COINS
CORNER BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



CRAYONSANDCRAVINGS.COM

Tricky Riddle

- I have keys but no locks. I have space but no room. You can enter, but there's no door. What am I?
- What kind of animal can you always find at a baseball game?
- Which fish costs the most?

Answers

- A keyboard.
- A bat.
- A goldfish.