



northern  
**Experience**  
Sioux Lookout & Area

2018/2019 \* Free

**Experience** *life*  
**Experience** *fun*  
**Experience** *success*

The Sioux Lookout Chamber of Commerce welcomes you to the Hub of the North—a vibrant, growing community in the heart of Northwestern Ontario.

# SIoux LOOKOUT Chamber of Commerce

+ TRAVEL INFORMATION CENTRE

The Chamber of Commerce is an association of business and professional people working hard to make Sioux Lookout and the surrounding area an attractive place to live, grow, and do business.

You are invited to visit our website or stop by the Travel Information Centre to meet the staff and gather information on local businesses, services, community events, and natural attractions.

[siouxlookout.com](http://siouxlookout.com)



Sioux Lookout offers a unique and diverse cultural backdrop. Combined with breathtaking natural beauty, it is the perfect destination for visitors, new residents, and new businesses.

P.O. Box 577, 11 First Avenue South, Sioux Lookout, Ontario P8T 1A1  
P (807) 737-1937 | F (807) 737-1778 | E [chamber@siouxlookout.com](mailto:chamber@siouxlookout.com)

# *This edition of the Northern Experience magazine is dedicated to Marnie Hoey and Harvey Friesen.*

As I write this memorial for both Marnie and Harvey together, I realize there is not enough space on the page to explain how important both these people were to the community of Sioux Lookout and what a loss this community has felt since their passing. I will touch briefly on their dedication to the community of Sioux Lookout.

Although Marnie and Harvey both loved their families and cherished their time with them, to both of them their second family was their community. If they were involved with an organization, they ended up leading the group; if there was Committee, they chaired it; if there was a fundraiser, they spearheaded it and made sure the target was met.

Marnie Hoey and her family owned Sioux Travel, D.E. Hoey Contracting Ltd and The Forest Inn and Conference Centre. Harvey Friesen and his family owned Bearskin Airlines and numerous other companies in the region. They put their heart into their respective businesses and with them at the helm, these businesses flourished.

They wanted their community to be a better place not just for business, but for everyone. They were both very active Chamber of Commerce members, both serving as President for more than one term and also sitting as active Board Members right up until their respective deaths.

Their biggest and most important local project came when they started the Sioux Lookout Meno Ya Win Health Foundation in 1994, with Marnie as Chairperson and Harvey as Treasurer. They truly cared deeply about improving Health Care services for the people of Sioux Lookout and the surrounding Northern communities. Both were instrumental in raising the local share of the new hospital project and were passionate about making sure our health facility was the best in the region. They contributed their time, expertise and resources and were role models who inspired us to take part and challenged us to give what we could.

We will remember both Marnie and Harvey fondly and keep their memory alive as we continue to promote Sioux Lookout and all it has to offer.

Christine Hoey



**Marnie Hoey**

November 16, 1940 - December 4, 2014



**Harvey Friesen**

March 4, 1948 - February 2, 2014

---

**PUBLISHED BY**  
Sioux Lookout Chamber of Commerce

**DESIGN & LAYOUT**  
Fifth Hammer Marketing Group  
(807) 407-7252

**WRITER** Kelsey Raynard

**PHOTOGRAPHERS** Pat Beaudoin, James Brohm,  
Holly Cosco, Mike Lawrence, Charles Pastuszka,  
Kelsey Raynard, Klaus Rossler, Ashley Webster  
(Silver Birch Photography)

© **SIoux LOOKOUT CHAMBER OF COMMERCE**

All rights reserved. Reproduction in whole or in part is prohibited without written consent by Sioux Lookout Chamber of Commerce.

Printed in Canada.



# BAMAJI AIR INC.



## Year Round Service

Floats in Summer & Wheels in Winter and an Amphibian Aircraft

Caravan, Cessna 185, Beaver and Found

Tel: 1-807-737-1020 Fax: 1-807-737-1040

**SIoux  
LOOKOUT**

**fresh  
MARKET**

**FOODS**

**Great Selection, Friendly Service**

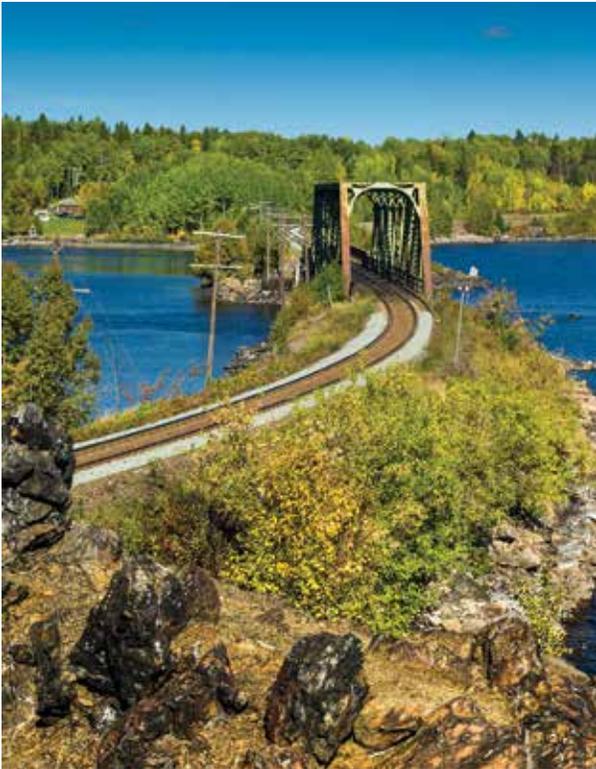
- **GROCERIES • BUTCHER SHOP •**
- **FRESH PRODUCE • OLD-STYLE BAKERY •**
- **GARDEN CENTRE •**

**79 QUEEN STREET, SIOUX LOOKOUT  
807-737-1630 Toll Free 855-644-1630**

**[www.freshmarketfoods.ca](http://www.freshmarketfoods.ca)**



# *inside this* **Experience**



*The Iron Bridge  
Cover Photo by Klaus Rossler*

- 3 Hoey & Friesen Memorial
- 7 Mayor's Message
- 8 The Legend of Sioux Lookout
- 10 Fast Facts

## **11 Experience *life***

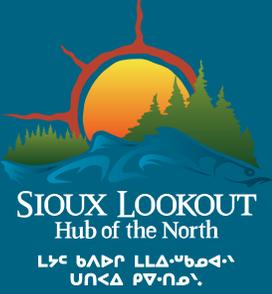
- 12 Sioux Lookout Meno Ya Win Health Centre
- 16 Sioux Lookout Urban Map
- 17 Experience Your Community
- 18 Sioux North High School

## **21 Experience *fun***

- 22 Outdoor Experiences
- 24 Beaches & Parks
- 26 Great Food Experiences
- 28 Recreational Clubs
- 30 What's Happening in 2018
- 33 Outfitters' Directory
- 36 Sioux Lookout Regional Map
- 38 Lac Seul First Nation
- 40 599 Wilderness Corridor

## **43 Experience *success***

- 44 Airport Upgrade
- 46 Regional Distribution Centre
- 49 MNRF Fire Management Headquarters



# SIOUX LOOKOUT

Innovation – Expansion –  
Invest in a Growing Community



**Vicki Blanchard**  
Economic Development Manager

**The Corporation of the Municipality of Sioux Lookout**  
25 Fifth Avenue, PO. Box 158, Sioux Lookout, ON P8T 1A4  
T. 807-737-2700 Ext. 2228 or vblanchard@siouxlookout.ca

CHECK OUT OUR WEBSITE AT:  
**siouxlookout.ca**

*“Sioux Lookout is about to become the service hub of the new Kiiwetinoong provincial riding, solidifying its identity as the 'Hub of the North' and the telescoping point for remote First Nations communities.”*



# Mayor's Message

Welcome to the Municipality of Sioux Lookout, a town of many opportunities. The town has a beautiful natural setting amid the forestland and lakes of the Boreal Forest. Our geographic location has also enabled a long history of being the 'Hub of the North'. We welcome tourists from both northern First Nation communities as well as urban locations to the south. We are truly a service centre and proud of that role. Some noteworthy developments include:

- A new high school, the Sioux North High School, is under construction and scheduled to open in the fall of 2018. On any given day we have approximately 700 high school students in Sioux Lookout—500 at the Keewatin Patricia District School Board school in town and 200 at the Northern Nishnawbe Education Council Pelican Falls First Nation High School 20 kilometres from town centre. Of those, 400 students come from surrounding First Nation communities.
- On any given day we have 180 people visiting our community for outpatient health care. This amounts to approximately 65,000 person-day stays per year. In addition to outpatients, the 60-bed acute care Sioux Lookout Meno Ya Win Health Centre is busy all year. Of note is the 500 births that take place annually at Meno Ya Win.
- The Sioux Lookout Municipal Airport welcomes 125,000 passenger movements per year. As well as health care, people are traveling for education, business, recreation, and many other reasons.
- As the hydro and road networks are extended north to First Nation communities, Sioux Lookout's role as a service centre continues to grow. The Municipality is home to training agencies and education facilities such as Sioux Lookout Area Aboriginal Management Board (SLAAMB), Lac Seul Training Centre, Confederation College, WAHSA, Sioux Hudson Literacy, Equaywuk, and others.
- The mining industry is becoming increasingly active in the area around Sioux Lookout. Noront Resources, a key player in the Ring of Fire has named Sioux Lookout as a key service centre for developments. First Mining is working closely with several First Nations as they advance gold mines in the traditional territory of Cat Lake, Slate Falls, and Lac Seul First Nations—all serviced by Sioux Lookout, and Pickle Lake to the north.

Sioux Lookout is truly a town of opportunity. We have what many towns and cities want—jobs and opportunities. One of the largest opportunities is the demand for housing. As well as specialty purpose-built housing related to health care, education, and social needs, there is a tremendous opportunity for development of both purchase and rental private units for the influx of people coming to work and live in Sioux Lookout.

Please enjoy your stay and please consider staying longer, coming back, or moving to our beautiful community.

Doug Lawrance  
Mayor, Municipality of Sioux Lookout



# the Legend of Sioux Lookout

*Sioux Lookout lies on an old water route between Lake Superior and Lake Winnipeg. The route runs via the English River, Minnitaki Lake, Abram Lake, Frog Rapids, Pelican Lake, and Lac Seul.*

Legend claims that late in the 1700s, a decisive battle was fought at Pelican Lake and there is ample proof of its authenticity. For many years the Sioux of the Western Plains had trekked to Lake Superior to make trade with furs for the copper and silver used by the Ojibway living at the foot of the Sleeping Giant and beyond the Peeping Squaw. Once the trade had been made the Sioux would wait till nightfall, then set their plan in motion. They covered themselves with the skins of large snakes and crawled into the wigwams of the Ojibway, and those who were not killed in their sleep, fled in terror.

Repeatedly, a number of Ojibway would escape by canoe only to be pursued by the Sioux and slaughtered.

One small band of Ojibway, on seeing the approach of the Sioux at Lake Superior, did not wait for their offer of trade. They gathered their children and as many possessions as they could carry and paddled along the Manistikwia River along the old waterways leading to the Northwest. This was the same route that the Sioux used on their return trip to what is now the Dakotas. The round trip took two years. It was necessary to camp for the winter at the mouth of the Winnipeg River where it empties into Lake Winnipeg.

The only hope that the Ojibway had was to outrun the Sioux and make to the land of the Assiniboines on the prairies. The Ojibway lacked the speedy canoes, the fighting braves, and the well-trained women of the Sioux bands. None but the most experienced and fearless were chosen by the Sioux for this round-about trip. Only the Sioux Chief was allowed to take his son—not yet a brave—on the trip, to learn the value of speed, intrigue, and swift killing to enrich the tribe.

The first band of Ojibway to escape the encounter with the Sioux at Lake Superior had no more than a week's head start on their enemy. Their progress was hampered by the elderly and small children on the long and hard portages. Frequent rests had to be made to hunt and fish for food.

The Ojibway finally reached the high peak of land on Pelican Lake and camped there. A lookout was posted day and night to watch the waters stretching eastward for signs of the Sioux's approach. On a fair day, a man with keen eyesight could see forty miles beyond Frog Rapids, across Abram Lake and to the south shores of Minnitaki Lake.

This particular summer morning, when the camp below was stirring awake, the lookout, with his hand shading his eyes to the rising sun, stiffened. Did he imagine it, or did he catch a glimpse of the flash of sun reflecting off wet paddles?



*Photo by James Brohm*

He stood for a moment straining his eyes. Yes, one long war canoe, and then another and another far in the distance.

Swift as one of his arrows, the scout ran down the mountainside to warn the camp. Cooking fires were immediately stamped out—all but one small burning spot over which a pot was hung. A council was called. The Ojibway could run or they could stand.

All the women and children were paddled out to a small island in the middle of Pelican Lake and told to be absolutely quiet. The Council held a quick meeting and decided the only strategy for survival was an ambush. The cliffs behind the camp would provide an excellent place for the Ojibway archers to hide and to rain their arrows down on the Sioux. Large fires were rekindled to create the atmosphere of great activity around the teepees. Then the young warriors, armed with bows and arrows, retreated in a semi-circle up the side of the mountain lookout. Only the old men remained. They busied themselves with fishing snares down at the water's edge, willing sacrifices if need be for the preservation of their families and tribe.

Swiftly, the powerful Sioux canoes approached, skillfully navigating Frog Rapids (no steel bridge rainbowed the narrow waters then) and swept down with the current. So confident were the Sioux of victory, that they brought their women along with them to claim the loot and look after their personal needs.

The invaders leaped ashore screaming their war cries. The Sioux women remained in their canoes, being completely capable of warding off any surprise attack by water if necessary.

Contemptuously, the Sioux warriors dashed past the old men on the beach, and rushed the campsite. Immediately, the elderly men leapt into action. They overturned the Sioux canoes and drowned the fighting women. At precisely the same time the Ojibway warriors descended from the hills and encircled their old enemy.

In the great slaughter that followed, all the invading party were either killed or drowned. All save one little boy, snatched from under a bloody hatchet by a compassionate Ojibway woman. Later, that boy was adopted into the Ojibway tribe. In time he became one of their most respected Chieftains. He was called Ogemah (leader of the tribe). His ancestors still live in the area and bear his name.

Never again did the Sioux embark on their tours of destruction from the prairie to Lake Superior and after pillage and murder continue westward to Lake Winnipeg.

Further substantiation of this historical incident was the discovery made years ago when the Canadian National Railway built a bridge over the Pelican Narrows, just downstream from Sioux Lookout. Here, caught in the rocks, were many skeletons and skulls identified as Sioux remains.

Sioux Lookout was built across the lake from the scene of the battle on a sandy beach, many years later. ✪



# Fast Facts



Sioux Lookout is located halfway between Winnipeg, Manitoba and Thunder Bay, Ontario with a population of approximately 5,600 people.



Sioux Lookout (and the surrounding area) spans approximately 536 square kilometres, about a third of which is water. It is nestled between Pelican Lake, Abram Lake and Lac Seul.



Sioux Lookout is accessible by: road (Highway 72) 65 km north of the Trans-Canada Highway; the CN Rail mainline (VIA rail passenger service); and by air at Sioux Lookout Airport.



Sioux Lookout is referred to as the “Hub of the North,” connecting 29 northern communities to various essential services including health care and education.



Sioux Lookout is home to booming tourism, education and healthcare industries:

- Sioux Lookout Meno Ya Win Health Centre boasts 450 employees
- Tikinagan Child and Family Services employs 380
- Keewatin-Patricia District School Board employs 235
- Northern Nishnawbe Education Council employs 110



Sioux Lookout is the second busiest airport in Northwestern Ontario with 10 airlines and 40 destinations.



Sioux Lookout is also home to countless fishing lodges and tourist outfitters, many of which offer fly-in fishing tours to remote lakes and pristine wilderness destinations.





# Experience *Life*

Life in Sioux Lookout is filled with opportunity: opportunity to experience the breathtaking wilderness of the area, opportunity to meet the vibrant and diverse people who live here, and the opportunity to begin a successful career in our growing economy.

Sioux Lookout provides small-town comfort and privacy with the high-quality services and amenities of a larger city; living in Sioux Lookout means having access to exceptional health care, reliable protective services and great schools and daycares. We are proud to connect 29 remote Northern communities with these services year-round.

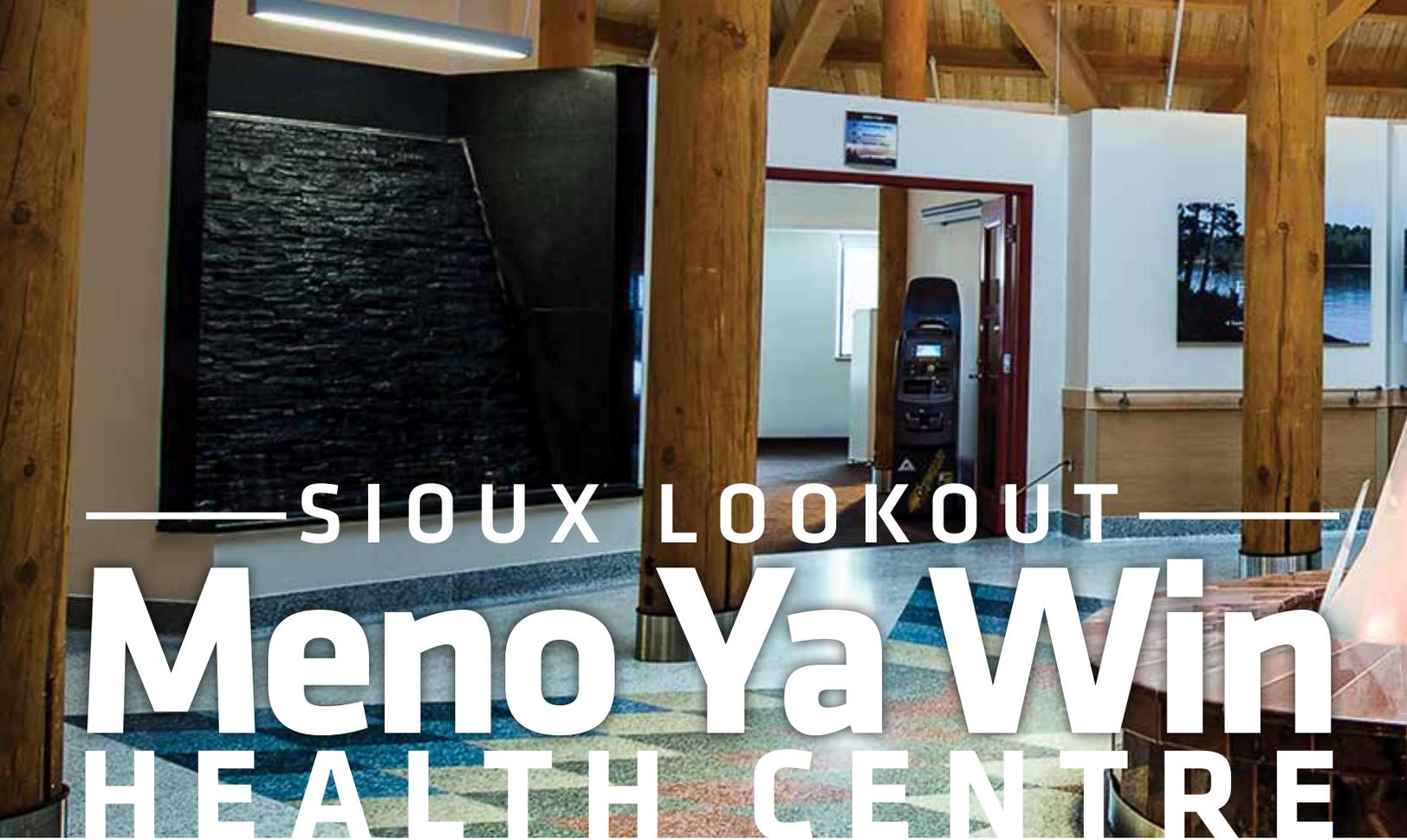
Nestled in between Pelican Lake, Abram Lake and Lac Seul, Sioux Lookout is a dream for outdoor enthusiasts. In addition to the phenomenal fishing and hunting the area has to offer, the vast, untouched wilderness of the area provides ample opportunity to explore. Boating, kayaking, canoeing, hiking, cycling, quadding, snowmobiling, snowshoeing and skiing are just a few of the ways in which one can explore Sioux Lookout and the surrounding area. Whether you are looking to catch your limit in walleye or simply to enjoy

a breathtaking sunset, Sioux Lookout truly has something to offer to everyone.

While our natural environment is at the heart of Sioux Lookout, it is the tight-knit cooperation and celebration of our community that makes Sioux Lookout a standout city. Fishing derbies, hockey tournaments, and community events (such as the memorable Blueberry Festival) bring together community members from far and wide. While here, enjoy the various amenities that Sioux Lookout has to offer, such as the public library, the museum, the fitness centre and the community arena.

There are many reasons to love Sioux Lookout and the life we have to offer here. Take a look inside this guide, or come and discover for yourself! No matter who you are or where you come from, Sioux Lookout has something to offer you.





# — SIOUX LOOKOUT — Meno Ya Win HEALTH CENTRE

The Sioux Lookout Meno Ya Win Health Centre's mission is to care for people, embrace diversity, and to respect different pathways to health. Their vision states: "We will be a Centre of Excellence in First Nations and northern health care by working together to improve the health status of individuals, families and communities now and for generations to come." They value compassion, respect, quality and teamwork.

In the annual report for the Sioux Lookout Meno Ya Win Health Centre (SLMHC), new CEO Heather Lee states, "The 2016/17 year has been one of transition for SLMHC and embracing it has pulled us further along in our journey toward 'Excellence Every Time'. As we begin 2017/18, supported by our new mission, vision, and values, and three-year strategic plan, it is encouraging to see the opportunities within our reach that will help elevate the Health Centre to an even higher level of performance. Guided by our strategic priorities we are moving closer to realizing our vision of being a Centre of Excellence in First Nations and northern health care by working together to improve the health status of individuals, families and communities now and for generations to come."

Along with its role as a hospital, SLMHC continues to advocate for improved health outcomes for the population that they serve. This means working alongside various partner

organizations to collaborate on initiatives that enhance health services at the community level. Initiatives such as supportive housing projects and elder care are just two examples where SLMHC is working with various partners in the region. Moving forward into 2017/18, SLMHC is committed to focusing on the following high-level goals:

- Employee experience
- Patient experience and culture
- Timely access to inpatient beds
- Community relationship building and engagement
- Effective and efficient utilization of resources

According to the SLMHC annual report, First Nations patients make up 85 per cent of its service profile. The management of SLMHC has recently reached out to the First Nation communities in a number of positive ways in order to demonstrate their commitment to maintaining a positive, reciprocal relationship between patients and patient care providers.

Douglas Semple, First Nations Advisor to the Board and CEO, highlights these initiatives: "Community visits were made by senior management along with their program managers, who met and got to know the Tribal Council people running health programs. The SLMHC is making presentations to the Sioux Lookout Chief's Assemblies and to the Chiefs Committee on Health. The SLMHC has also gave assistance to the Sioux Lookout First Nations Health Authority (SLFNHA) in the development of information briefs on health issues and subjects that affect the northern communities. In addition to affecting the external environment, SLMHC embarked on an internal organizational change program. This program





*Photos by Klaus Rossler*

developed a work environment in which employees feel safe and valued. In it, they are encouraged to make decisions in the day-to-day care of patients using the values of SLMHC as a guide, these values focus on quality care for patients.”

The Traditional Healing Medicine Food and Support (THMFS) is a program unique to the SLMHC that is integrated throughout the daily operations of the organization. There are five specific components to the program:

- Weechee’iwewin (Patients & Client Support)
- Odabiidamageg (Elders Council)
- Andaaw’iwewin (Traditional Healing)
- Mashkiki (Traditional Medicine)
- Miichim (Traditional Food)

Supporting the program and functioning in an advisory role to the Board of Directors and Senior Executive team, the Elders council provides direction and guidance on program development, issues management and strategic planning as well as providing input on policies and services as they affect the First Nations community. Within their role, Elders provide communications to the First Nations community in Sioux Lookout and the far northern communities served by the hospital. SLMHC is very honoured to have a broad range of Elders representing various groups, including Sandy Lake, Mishkeegogamang, Mattawa First Nations Council, Windigo First Nations and a Traditional Healing Advisor. The program is also supported by two Elders in Residence who visit patients and often sit with palliative patients and their families for both emotional and spiritual support.

During the last year, the Ministry of Health and Long Term Care (MOHLTC) announced additional funding that would in part support the Health Centre to operate at its full capacity of 60 beds. Now, the centre is working collaboratively with the Northwest Local Health Integration Network (NWLHIN) and the MOHLTC on getting an approval for the 96-bed Long Term Care facility proposed in 2014.

Another important component of the THMFS program is the involvement of medical interpreters and traditional healers who are available to provide support to staff and patients throughout the hospital. Emily Gregg, Elder in Residence, explains “I’ve worked over for over 50 years in health care, here and at community level. I’ve seen a lot. I can say the service we provide has greatly improved. Long time ago, children, for example, we just sent out without escort and this caused so much stress to patients, family and community. Today, we don’t do that. We treat the patient with more care and respect and we all work as a team to help the patient out. Here at SLMHC, we really work to look after all patients in the hospital



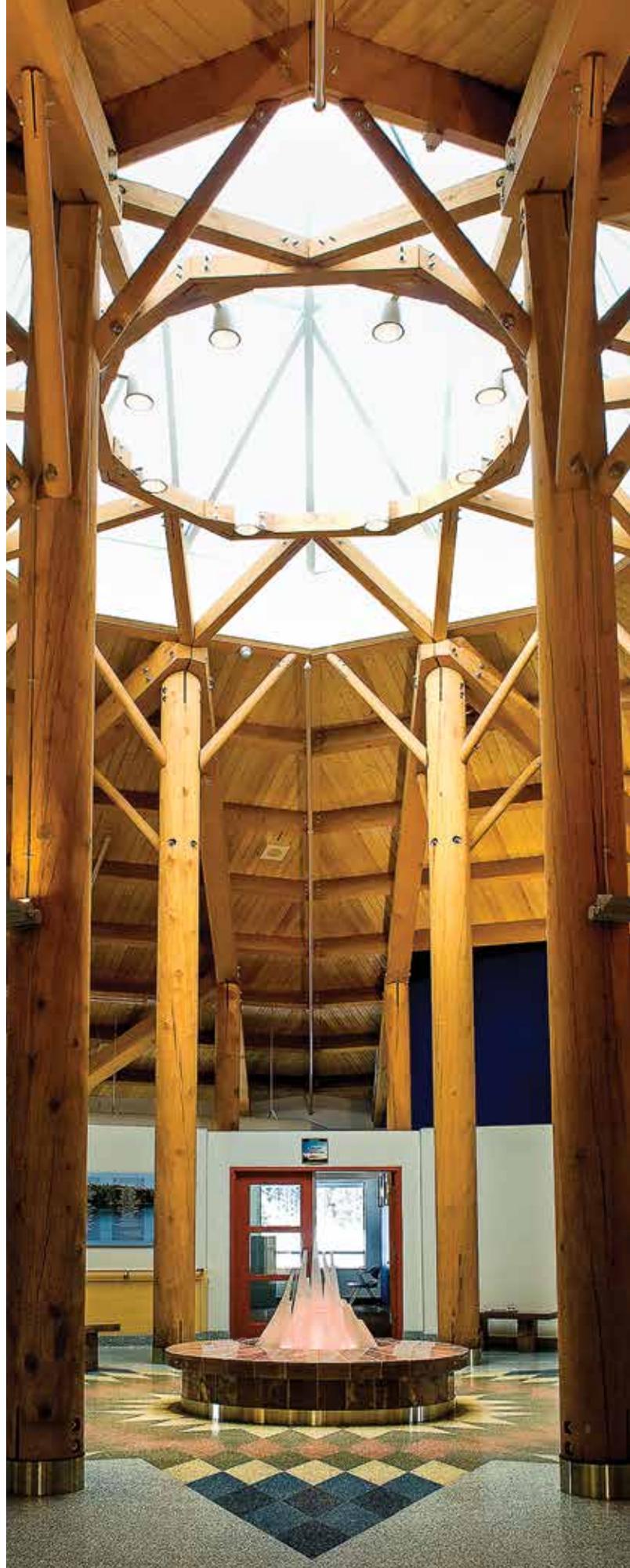
and work with communities to improve the care we provide. I like being part of this process and very happy to see all these positive changes in my time. There is great team work at the hospital, in all areas and everyone works together to look after the patient and families. Patients and clients ask for spiritual support and advocacy services, and I am proud to be part of this group who works hard to help patients/clients in this manner.”

SLMHC continues to grow in all areas of physician services in keeping with Sioux Lookout’s growing population, increasing services in the hospital and the Centre’s specific needs in pediatrics and mental health services. Dr. Terry O’Driscoll, Chief of Staff, explains that there has been a significant restructuring in the delivery of in hospital services over the last year: “Some notable developments include increased physician coverage of the emergency department for an additional four hours each day to support increased volumes; more phone coverage for northern nursing stations when a physician is not in the community; and there is now a daily presence of a physician in the outpatient withdrawal services.”

Some interest facts about the growth of SLMHC:

- The volume of CT studies has risen consistently over the years from 4,000 studies in 2015 to 6,000 in 2016.
- The Obstetrical Unit had 422 deliveries last year, up from 390 the previous year.
- The Admitting department completed 110,527 patient registrations in 2016/17, which is a 5.8 per cent increase from 2015/16.
- The Integrated Pregnancy Program handled 10,912 visits in 2016/17.
- The lab receives approximately 14,000 specimens per month. There are 20 staff members who operate 24/7. Between 60-65 per cent of the workload comes from the northern communities. The samples are flown to Sioux Lookout from the nursing stations each day.
- Mental Health and Addictions Program (MHAP) continues to receive more referrals and complete more visits. In the 2016/17 fiscal year, the SLMHC saw 7,037 individuals and 13,325 visits with our counselling staff.

The Sioux Lookout Meno Ya Win Health Centre is driven by the diverse group of community members who work tirelessly to provide culturally-sensitive and holistic healthcare to all patients. Heather Lee concludes, “Together we will continue to remove the barriers to equitable health services that have been created over many years; so that each and every one of us have the opportunity to access safe, high-quality and culturally appropriate care as close to home as possible.” ✨



# “Excellence Every Time”

## Mission:

Caring for people  
Embracing Diversity  
Respecting Different Pathways to  
Health

## Vision:

We will be a Centre of Excellence  
in First Nations and northern  
health care by working together  
to improve the health status  
of individuals, families and  
communities now and for  
generations to come.

## Values:

We value compassion, respect,  
quality and teamwork.



SIoux LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

## Expression of Values:

**Compassion:** We promise to provide care that is compassionate and reflects humility, caring, dignity, empathy and love.

**Respect:** We promise to be respectful and embrace honesty, integrity, humility, engagement, accountability, responsiveness and truth.

**Quality:** We promise to provide high-quality, individualized care that is innovative, meets best practice standards and reflects our awareness of cultural safety.

**Teamwork:** We commit to working as a team and collaborating in a care planning that involves the patient. We value leadership, wisdom, and bravery.

Visit us on the web  
[slmhc.on.ca](http://slmhc.on.ca)



# Sioux Lookout Urban Map

Cedar Bay

Sioux Lookout Airport

CN Rail Yard

TOWN BEACH

ROTARY PARK

PELICAN LAKE

## LEGEND

-  Hospital
-  Information
-  Police
-  Restaurant
-  Hotel
-  Municipal Office
-  School
-  Train Station
-  Arena / Rec Centre
-  Golf Course



# Your Community *Experience*

## SIoux LOOKOUT COMMUNITY MUSEUM

The Sioux Lookout Community Museum, established July 18, 1981, offers a wonderful collection of artifacts and archives significant to the unique history of the area. Special items include pieces that are dated back to the first people's occupation of these waterways between 4,000 - 8,000 years ago, as well as more recent items that exhibit the Sioux Lookout way of life in the 1930s and 1940s. The Sioux Lookout Community Museum has also recently digitized a select number of artifacts from the museum's permanent collection. Drawing from the rich cultural history of the area, this exhibit contains artifacts from our First Nations communities, our local industries and the families that have called our community home.



The museum also hosts cultural programs and community events throughout the year. Painting nights for both children and adults, art exhibits, arts and craft sales, film nights, and workshops make the museum a hub of activity. The museum gift shop is stocked with gifts and souvenirs, including t-shirts, bags, postcards, jewelry and artwork. The museum is located on the second floor of the Sioux Lookout Heritage Railway Station, at 53 Front Street. It is open Mondays, Wednesdays, Thursdays and Saturdays from 12:00 p.m. to 4:00 p.m. For more information, visit [siouxlookoutmuseum.ca](http://siouxlookoutmuseum.ca).

## YOUTH CENTRE

In May 2012, the Youth Centre relocated to the Centennial Centre (54 Front St). Since this relocation, the Youth Centre has been recording average monthly visits in excess of 400 youth. The Municipality of Sioux Lookout has created the Youth Development Commission and continues to oversee partnership development among youth-serving organizations within the community. For more information on youth programs and hours of operation, call (807) 737-2700.

## RECREATION CENTRE

Sioux Lookout's Recreation Centre is located at 85 King Street. It is a multipurpose facility which includes an arena, fitness centre with a gymnasium, weight room, cardio room, indoor walking track, sauna, meeting room, and squash courts



for all of your fitness needs. Daily, weekly, monthly, and yearly memberships are available. For hours of operation, membership fees, and more information, visit [siouxlookout.ca/en/living-here/recreation-centre.asp](http://siouxlookout.ca/en/living-here/recreation-centre.asp).



# Sioux North *High School*



*Construction of Sioux North High School, Winter 2017  
Photo provided by Keewatin Patricia District School Board*



Construction has begun on Sioux Lookout's new \$28 million high school. Contracted to replace Queen Elizabeth High School, Keewatin-Patricia District School Board trustees voted to name the new facility Sioux North High School in April 2017. Heading construction is Everstrong Construction Ltd., with MC Lough Electric and GT Plumbing & Heating as notable subcontractors. At peak construction, the Sioux North project will employ up to 200 people a day.

*Architectural rendering of Sioux North High School, set to be completed fall 2018.*



Sioux North High School will have a total gross area of approximately 6,003 m<sup>2</sup> and is approved for 513 students with 23 classrooms. In addition to brand new equipment for shop classes, communication labs, and food and nutrition programs, Sioux North is partnering with various organizations throughout Sioux Lookout and Northwestern Ontario to create a unique community space.

There will be room specifically allocated in the new high school to house Confederation College staff and students as an integrated, leased program. This partnership will create post-secondary classrooms as well as staff offices and administrative areas within the new facility. Furthermore, Sioux North will house various FIREFLY programs, including space for administrative staff and therapy rooms.

The school cafeteria has been designed as a multi-purpose cafetorium for use both by the school population and outside permitting groups and partners. Full dramatic arts capabilities are included in the design functionality of the space, which includes telescopic seating, integrated lighting, an elevated stage, and a new sound system. The cafetorium will be located in an arts program cluster to allow close proximity for music program delivery, food services, visual arts and other events and activities.

Other contributing partners for the project include the Municipality of Sioux Lookout, the Sioux Lookout Meno Ya Win Health Centre and Sioux-Hudson Entertainment Series. With completion slated for September 2018, Sioux North High School will function as much more than a secondary school. Housing a growing generation of youth within Sioux Lookout, Sioux North will be a grand venue for community growth and involvement for years to come. ✨





## Careers in Health – *Do What You Love & Love What You Do*

The Sioux Lookout First Nations Health Authority (SLFNHA) is a rapidly growing organization serving 33 remote First Nations in Northwestern Ontario. SLFNHA is seeking dynamic and dedicated professionals to fill many new and upcoming positions in the areas of public health, primary care and mental health. Positions include:

Physicians (locums and full time contracts) - Nurses - Social Workers - Physical Therapists - Dieticians - Nurse Practitioners - Psychologists - Speech Therapists - Occupational Therapists - Administration ... and many more!

Resumes and expressions of interest are always welcome at any time. For specific postings go to our website at [www.slnha.com](http://www.slnha.com) or visit our facebook page at [www.facebook.com/SLFNHA](http://www.facebook.com/SLFNHA)



Sioux Lookout  
First Nations  
Health Authority

[www.slnha.com](http://www.slnha.com)  
Ph. 807-737-1802

A Proud  
Supporter of:



Mikinakoos  
Children's Fund



# Experience *fun*

Whether winter, spring, summer, or fall, there is always fun to be had in Sioux Lookout.

Our lakes, beaches, and many forest trails offer access to the pristine wilderness of the area any time of the year. During the winter months, skate on a frozen lake or at Sioux Lookout's community arena; with figure skating clubs, hockey, learn-to-skate programs, and open ice time, skaters of all ages and abilities can take advantage of the long winter months here in Sioux Lookout. Explore the many trails of the Ojibway Power Toboggan Club, or make your way down one of the many skiing trails maintained by the Nordic Nomads. With road and fly-in access to countless bodies of water, Sioux Lookout and the surrounding area is well-known for its ice fishing. For indoor winter fun, visit Sioux Lookout's Golf & Curling Club.

During the warmer months, visit the nine-hole golf course or one of the many beaches. Access the lakes and many river systems by boat, kayak, canoe or paddleboard. Explore the area on your mountain bike, quad, or off-road vehicle. Simply walking or hiking around the area will demonstrate the expansive and breathtaking scenery that Sioux Lookout has to offer. Within the town, there are playgrounds, baseball diamonds and basketball courts to enjoy. Trade shows, farmers' markets and community festivals provide fun for all ages.

Regardless of your age or level of ability, there is ample opportunity for fun and exploration within Sioux Lookout.



# Outdoor Experiences



## Hike Sioux Mountain

To access Sioux Mountain from Sioux Lookout, drive south on Highway 72 and turn down the Hudson Highway (Hwy 664). Turn north onto Pelican Falls Centre Road and then east onto Radar Base Road. Since there is no developed parking area, vehicles must park on the side of the road by the gated radar base.

The network of trails is a combination of abandoned forestry and government roads that are now used for hiking, cycling, hunting and snowmobiling. The long, uphill hike is well worth the picturesque view of Pelican Lake and the city of Sioux Lookout. On a clear day, binoculars can be used to view Abram and Minnitaki Lake.

As with any outdoor adventure in the area, precautions should be taken when hiking Sioux Mountain; this area is home to a variety of wildlife—including bears—and visitors must be aware and respectful of the animals that call Sioux Mountain home.

Sioux Mountain is accessible year-round and is one of many outdoor attractions that showcase the beauty of Sioux Lookout.



## THE UMFREVILLE TRAIL

Named after the famous explorer Edward Umfreville, the Umfreville Trail is a 3.6 km paved recreational trail that is maintained by the municipality's Parks & Recreation Department with the support of local volunteers. Closed to vehicle traffic, the trail is used for hiking, jogging, biking, walking, in-line skating and wheelchair traffic. It begins at the Sioux Lookout Travel Information Centre and winds its way to Frog Rapids Bridge adjacent to Umfreville Park.

## OJIBWAY PROVINCIAL PARK

Located 25 km south of Sioux Lookout off Highway 72, Ojibway Provincial Park is managed by Community Living Dryden, the Municipality of Sioux Lookout, the Ministry of Natural Resources and Ontario Parks. The park offers camping from early May until Labour Day with daily, weekly, monthly, or season-long rental options for both electrical and non-electrical sites. Ojibway Provincial Park also offers boat storage, picnic shelter rental, a laundromat, affordable canoe, kayak, and paddleboat rentals, group camping, and special events throughout the season.

With a beautiful beach area, various boat launches, a playground, scenic lookouts and over 11 km of pristine nature trails, Ojibway Provincial Park has everything to suit your camping needs. For more information, visit the park's website at [ojibwaypark.info](http://ojibwaypark.info) or contact staff at (807) 737-2037.



# BE FireSmart®

It's wildfire season,  
don't be the reason.



The Ontario Ministry of Natural Resources and Forestry reminds the public that no burning is allowed during the day from **April 1 to October 31**.

Permits are not required for most small-scale burning of wood, brush, leaves or wood by-products if the following conditions are met:

### All Fires

- The fire must be at least two metres from any flammable materials.
- Fires must be tended at all times by an adult until extinguished.
- Adequate tools or water must be available to put the fire out.
- The fire is to be started no sooner than two hours before sunset and must be put out no later than two hours after sunrise.

### Piled Material

- One pile only that is less than two metres in diameter and less than two metres in height.

### Grass and Leaves

- The total area to be burned is less than one hectare.
- The length of the flaming edge is less than 30 metres.

### Incinerators

- Must be an enclosed device.
- Must be at least five metres from a forest.
- Must be covered with a lid made from five mm or smaller wire mesh.

Residents in municipalities must check with their local municipal office for other burning restrictions or bylaws.

When a Restricted Fire Zone Order is implemented no outdoor fires are permitted.

For more information visit our website.

© Registered Trademark of Partners in Protection Association.

[ontario.ca/fireprevention](http://ontario.ca/fireprevention)

Paid by the Government of Ontario



# Beaches & Parks

## MNR Beach



Located on Highway 72 across from Second Sandy Beach, MNR Beach sits just beyond the Sioux Lookout Fire Management Headquarters on the shores of Abram Lake. The beach is both road and boat accessible and provides picturesque views of Abram Lake and the Frog Rapids bridge.



*Photo by Holly Cosco*





**SECOND SANDY BEACH**

Located on Highway 72 just beyond Ojibway Baits, Second Sandy beach sits on the shore of Pelican Lake and is just minutes away from the core of Sioux Lookout. With pristine sand, ample room and a slow, gradual decline into the water, Second Sandy Beach is ideal for families with children. The beach features outdoor washrooms and off-road parking.

**FARLINGER PARK (TOWN BEACH)**

Located on Wellington Street as you enter Sioux Lookout, Town Beach is centrally-located with bathrooms, a dock, an outdoor stage, a playground, and various picnic areas.

**BERNIER’S BEACH**

Located just east of Hudson, Bernier’s Beach offers a quiet getaway with washroom facilities and picnic tables.

**TRAVEL INFORMATION CENTRE PARK**

Located beside the Chamber of Commerce office on the shores of Pelican Lake, the Travel Information Centre park offers lots of green space to enjoy. The park features picnic tables, ample parking, and a brand new play structure for children to enjoy.

**CEDAR BAY**

Cedar Bay Outdoor Recreation Complex is a municipally-owned facility located along the shores of Pelican Lake in Sioux Lookout. The facility features a horse stable and paddocks, eight log cabins situated along 700 m of lake shore, a sand beach and a play field. The facility is surrounded by forest and a 25+ km network of nordic ski trails. Open year-round, Cedar Bay Recreation Complex has something to offer for visitors of all ages and interests.



# Great Food Experiences

## ROY LANE

84 ½ Front Street | (807) 737-4313

[roylane.com](http://roylane.com)

**Open Daily: 6:00 a.m. - 6:00 p.m.**  
**Open Sundays: 8:00 a.m. - 5:00 p.m.**

Roy Lane is a quaint, locally-owned and operated coffee shop that offers healthy lunches and unique gifts. Visit Roy Lane for a handcrafted latte or cappuccino, a delicious bagel and a wide variety of specialty teas and coffees. Roy Lane also provides catering services and hosts a Sunday morning running group.

## DICK'S GRILLHOUSE

12 First Avenue | (807) 737-4600

[facebook.com/dicksgrillhouse](https://facebook.com/dicksgrillhouse)

**Open Weekdays: 11:00 a.m. - 10:00 p.m.**  
**Open Weekends: 4:30 p.m. - 10:00 p.m.**

Dick's Grillhouse is a locally-owned and operated bar and grill specializing in Northern hospitality. Visit Dick's for a wide variety of food, including homemade pizza, fresh wings, a steak dinner, and various beers on tap. Lunch and Dinner specials available daily.

## FOREST BAR & GRILL

11 May Street | (807) 737-1330 | (807) 737-2767

[forestinn.net](http://forestinn.net)

**Open Monday - Saturday: 4:00 p.m. - 10:00 p.m.**

The Forest Bar & Grill offers a wide range of homestyle and pub-style foods with the help of its exceptional head chef, who has over twenty years of experience in the industry.

Enjoy the same great menu upstairs in the Lakeview Lounge. Every Thursday is Wing Night, so grab your friends and enjoy the latest sporting event on two 60" plasma TVs. Age of majority is required.

## SUBWAY

36 Front Street | (807) 737-3193

[subway.com](http://subway.com)

**Open Daily: 7 a.m. - 9 p.m.**

Casual counter-serve chain for build-your-own sandwiches and salads.

## CHICKEN CHEF

45A King Street | (807) 737-0007

[chickenchef.com](http://chickenchef.com)

**Open Monday - Saturday: 10 a.m. - 9 p.m.**

Chicken Chef is a family restaurant with dine-in and take-out service.

## FOXY'S DINING

2385 Highway 72 | (807) 737-1279

[facebook.com/foxys-dining](https://facebook.com/foxys-dining)

**Open Daily: 6:00 a.m. - 8:30 a.m., 5:30 p.m. - 9:00 p.m.**

Foxy's Dining is one of Sioux Lookout's premier restaurants, located in Anderson's Lodge on Highway 72. Visit Foxy's for a variety of seafood dishes, high-quality steaks and pastas, and daily homemade dessert specials. Dinner specials are also available daily.

## FIFTH AVENUE CLUB RESTAURANT

68 Front Street | (807) 737-3443

[fifthaverestaurant.com](http://fifthaverestaurant.com)

**Open Daily: 9:00 a.m. - 9:00 p.m.**

Fifth Avenue Club Restaurant is a locally-owned and operated restaurant and bar specializing in Chinese and Canadian cuisine. Visit Fifth Avenue for sweet and sour chicken balls, various stir fries, homemade wonton soup and other more Canadian dishes like burgers and fries. Dinner specials and combos available for one, two, four or ten.

## PELICAN LAKE SANDWICH COMPANY

35 Wellington Street | (807) 737-7572

[pelicanlakesandwiches.ca](http://pelicanlakesandwiches.ca)

**Open Daily: 8:00 a.m. - 4:00 p.m.**  
**Open Saturdays: 10:30 a.m. - 3:00 p.m.**

Pelican Lake Sandwich Company is a fresh, new sandwich shop offering breakfast and lunch daily. Visit Pelican Lake for homemade sandwiches, daily soup, and artisan baked goods. Now offering all-day breakfast on Saturdays.

## WELLINGTON CENTRE RESTAURANT

67 Wellington Street | (807) 737-4030

[facebook.com/chefcoulson](https://facebook.com/chefcoulson)

**Open Daily: 7:00 a.m. - 10:00 p.m.**

The Wellington Centre Restaurant is a locally-owned and operated hotel and restaurant, serving breakfast, lunch and dinner seven days a week. Visit the Wellington for all-day breakfast, homemade burgers and sandwiches, and all your favourite comfort foods. To see their daily specials, visit their Facebook page.

## SIoux LOOKOUT GOLF & CURLING CLUB RESTAURANT

87 3rd Avenue North | (807) 737-7861

**Open Daily: 11 a.m. - 7 p.m.**

Located inside the clubhouse, serving salads, burgers, sandwiches and wings.





3 Sturgeon River Road  
Sioux Lookout, ON P8T 1A5  
807.737.9982  
[www.daysinn.ca](http://www.daysinn.ca)



For business or leisure, there's always  
a little something extra.

## Sioux Lookout Inn

Box 5000, 2 Sturgeon River Road Sioux Lookout, ON P8T 1C5  
P: (807) 737 - 4444 F:(807) 737 - 4498  
Reservations: 1 (888) 737-4764  
[bestwestern.com](http://bestwestern.com)

SERVING YOU  
SINCE 1983



**THE BEST REST WITH THE MOST TO OFFER!**  
FREE breakfast, FREE WIFI and over 120 rooms to  
choose from all at an affordable price!



10 First Avenue, Box 86, Sioux Lookout ON  
Reservations: 1-800-465-3844 | Direct: 1-807-737-7177  
Email: [sunsetinnandsuites@bellnet.ca](mailto:sunsetinnandsuites@bellnet.ca)

[www.sunsetinnscanda.com](http://www.sunsetinnscanda.com)

# Forest Inn

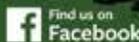
& CONFERENCE CENTRE

## Sioux Lookout's Only Full Service Inn On The Lake

FREE AIRPORT SHUTTLE  
FOREST BAR & GRILL  
CONFERENCE & BANQUET FACILITIES  
GREAT BREAKFAST



807-737-1330  
1-800-649-9502  
[WWW.FORESTINN.NET](http://WWW.FORESTINN.NET)



# Recreational Clubs

## FIGURE SKATING CLUB

The Sioux Lookout Figure Skating Club (SLFSC) has, for over 40 years, provided programs developed by Skate Canada (formerly the Canadian Figure Skating Association). Children in Sioux Lookout and surrounding communities have the opportunity to participate in one of this country's finest sports. The club offers four distinct programs, for both girls and boys of all ages and skill levels. These programs are tailored to help athletes reach their individual goals; from learn-to-skate programs, to hockey skill training programs, to competitive level figure-skating, the SLFSC has a program for every athlete. Powered by dedicated and talented coaches, as well as parents and volunteers, the Sioux Lookout Figure Skating Club is committed to ensure the club—and all of their athletes—prosper.

## OJIBWAY POWER TOBOGGAN ASSOC.

The Ojibway Power Toboggan Association (OPTA) is a proud member of the North West Ontario Snowmobile Trails Association, the Ontario Federation of Snowmobile Clubs (OFSC), Sunset Country, and the Regional Tourism office.

The Ojibway Power Toboggan Association is situated in Ontario's Sunset Country and is a local volunteer-run organization; the OPTA maintains snowmobile trails in the Sioux Lookout area while promoting safe snowmobiling through training courses and rigorous trail maintenance. OPTA maintains 150 km of TransOntario Provincial trail networks and approximately 150 km of local trails. OPTA also actively promotes the sport through various community events, such as the Annual Poker Derby, Snowmobile Raffle and Snowarama.

OPTA generates revenue for maintenance and equipment solely through permit sales. Once purchased, your snowmobile trail permit entitles you to enter and travel any open OFSC prescribed trail. By purchasing a permit, each rider contributes to the cost of providing snowmobile trails as part of the OFSC User Pay System and helps to support this growing community. For more information, visit [opta.ca](http://opta.ca).

## BOAT LAUNCHES

The Municipality of Sioux Lookout assumed the operation of nine water access points in the summer of 2006. These sites are maintained by revenue generated via a user pay system. Passes are available on a per-day, per-week, or annual basis, and are very affordable. For current prices, please visit us online at [siouxlookout.ca](http://siouxlookout.ca). Passes are available at various locations throughout the community, including the Sioux Lookout Travel Information Centre.

## THE SIOUX LOOKOUT GOLF & CURLING CLUB

Located at 87 Third Avenue, this multi-purpose recreation complex runs year-round. Providing Sioux Lookout with both winter and summer recreation opportunities, the Sioux Lookout Golf & Curling Club (SLGCC) is a cornerstone of community leisure. Opening each year in early spring, the golf course has plenty to offer—from long fairways to some shorter, more challenging holes. The nine-hole course showcases the beauty of Sioux Lookout's scenery while providing golfers with a fun and competitive round. The club hosts weekly men's and women's nights as well as various annual tournaments.

During the fall and winter months, the SLGCC is actively committed to promoting and hosting the sport of curling, encouraging all ages and levels of curlers to come out and participate. The club is also licensed and has a full-service restaurant on-site. No matter what the time of year, the Sioux Lookout Golf & Curling Club's doors are open to everyone. For more information, call (807) 737-1800 or visit the SLGCC Facebook page.



## NORDIC NOMADS CROSS-COUNTRY SKI CLUB

The Nordic Nomads Cross-Country Ski Club grooms and maintains over 25 km of the most pristine and picturesque cross-country ski trails in the region. The trails are suited for skiers of every level, ranging from novice to challenging, competitive trails. They also include a racing loop, which has now been widened and can accommodate skate-skiing through an old growth pine stand. Experience the scenic wonderment of the community and enjoy the vibrant winter season on the Nomad's trail system. For more information on permits, check out the Nordic Nomads on Facebook.

## FRIENDS OF CEDAR BAY & GEOCACHE TRAIL

Friends of Cedar Bay was formed in 2006 and adopted the mission: to revitalize the Cedar Bay facility so that it is safe and accessible to the public and may be used for education, recreation, and leisure activities by all. The group was instrumental in spearheading the revitalization of the Cedar Bay complex. The stable area was reopened and a co-operative of horse owners joined together to keep the facility vital and open to the public.

A team of Percheron horses, purchased with the assistance of a PACE grant, are used to provide wagon and sleigh rides for many community events. Ponies have been added, which are also popular with the community. The facility is open for the boarding of horses, as well as lessons.

On Saturdays in the winter, cross-country skiers or hikers can stop at the Cozy Cabin to warm up and have a hot drink.

Cedar Bay is used by the Municipality during the summer for day camps and by other user groups for special events and training. An interpretive trail, made in conjunction with local schools, provides hikers with information about the local environment. Benches are scattered along the trail.

In 2012 the Cedar Bay Geocache Trail was launched with a series of 13 geocaches hidden throughout the Cedar Bay area. An official passport can be picked up at the Cedar Bay kiosk or the Travel Information Centre. Return your completed passport to the Travel Centre to receive your limited edition Cedar Bay Geocache Trail geocoin.

## CHURCHES

Ashawaabic Ministries	(807) 737-1740
Believer's Fellowship	(807) 737-3839
Calvary Baptist Church	(807) 737-3293
Hudson Believer's Fellowship	(807) 582-3252
New Life Assembly	(807) 737-2843
Sacred Heart Roman Catholic Church	(807) 737-3760
St. Andrew's United Church	(807) 737-3131
St. Mary's Anglican Church	(807) 737-2790

## CHURCH GROUPS

Anglican Church Women	(807) 737-2790
Catholic Women's League	(807) 737-1262
United Church Women	(807) 737-3131

## CLUBS & ACTIVITIES

Arthritis Society	(807) 737-1437
Beta Sigma Phi	(807) 737-3691
Boy Scouts of Canada	(807) 737-2993
Canadian Cancer Society	(807) 737-3844
Classic Car Club	(807) 737-3634
Community Policing Committee	(807) 737-2020
Crime Stoppers	(800) 222-8477
Easter Seal Society	(807) 737-3050
Festival of Carols (Choir)	(807) 737-3131
Friends of Cedar Bay Riding Centre	(807) 737-2268
Friends of Cedar Bay Geocache Club	(807) 737-7459
Girl Guides of Canada	(807) 737-1437
Handgun & Rifle Club	(807) 737-9177
Knights of Columbus	(807) 737-4161
Lost Lake Drop-In Centre in Hudson	(807) 582-3437
Masonic Lodge	(807) 737-3462
Material Girls Quilt Guild	(807) 737-7447
Nishnawbe-Gamik Friendship Centre	(807) 737-1903
Nordic Nomads Cross Country Ski Club	(807) 737-8998
Northern Knitters Group	(807) 737-1241
Ojibway Power Toboggan Association	(807) 737-1976
Pelican Rebekah Lodge #206	(807) 737-3468
Recreational Aero Modellers	(807) 737-1219
Rotary Club of Sioux Lookout	(807) 737-3276
Royal Canadian Legion Branch #139	(807) 582-3554
Royal Canadian Legion Branch #78	(807) 737-1310
Salvation Army	(807) 737-4686
Seniors Area Activity Centre	(807) 737-3822
Sioux-Hudson Entertainment Series	(807) 737-1677
Sioux Acres Old Timers Hockey Club	(807) 737-3656
Sioux Lookout Chamber of Commerce	(807) 737-1937
Sioux Lookout Anglers and Hunters Club	(807) 737-1323
Sioux Lookout Anit-Racism Committee (SLARC)	(807) 737-1501
Sioux Lookout Blueberry Festival	(807) 737-3227
Sioux Lookout Chapter of Harley Owners Group	(807) 737-2226
Sioux Lookout Creative Arts Circle	(807) 737-2230
Sioux Lookout Figure Skating Club	(807) 737-2061
Sioux Lookout Genealogical Society	(807) 737-2321
Sioux Lookout Golf and Curling Club	(807) 737-1800
Sioux Lookout Gymnastics Club	(807) 737-4331
Sioux Lookout Historical Society	(807) 737-1122
Sioux Lookout Horticultural Club	(807) 737-2685
Sioux Lookout Lions Club	(807) 737-0767
Sioux Lookout Literacy Festival	(807) 737-8022
Sioux Lookout Minor Hockey Association	(807) 737-1037
Sioux Lookout Museum Volunteer Curators Group	(807) 737-2321
Sioux Lookout Recreation Centre	(807) 737-1994
Toastmasters of Sioux Lookout	(807) 737-2284





# What's Happening in 2018

## JANUARY

- 5-7 Minor Hockey Tournament**  
Sioux Lookout Minor Hockey | (807) 737-1994
- 12-14 Minor Hockey Tournament**  
Sioux Lookout Minor Hockey | (807) 737-1994
- 19-21 Minor Hockey Tournament**  
Sioux Lookout Minor Hockey | (807) 737-1994
- 26-28 Sioux Snipers Tournament**  
Sioux Snipers Womens Hockey | (807) 737-1994

## FEBRUARY

- 2-4 OPTA Poker Derby**  
Ontario Power Toboggan Association  
www.opta.com | (807) 737-1976
- 2-4 Minor Hockey Tournament**  
Sioux Lookout Minor Hockey | (807) 737-1994
- 11 Marina Nemat & Motus O Dance Theatre**  
Sioux Hudson Entertainment Series | (807) 737-2174
- 16-18 Northern First Nations Hockey Tournament**  
(807) 737-1994

## MARCH

- 7 Sonic Escape**  
Sioux-Hudson Entertainment Series | (807) 737-2174
- 20 SLAH Ice Derby**  
Sioux Lookout Anglers & Hunters | (807) 737-1323
- 25 Ebnfloh Dance Company**  
Sioux Hudson Entertainment Series | (807) 737-2174
- 22-24 Northern Youth Hockey Tournament**  
(807) 737-1994

## APRIL

- 7 2018 Ice Show**  
Sioux Lookout Figure Skating Club | (807) 737 1994
- 11 Barbra Lica**  
Sioux Hudson Entertainment Series | (807) 737-2174
- Craft Day for Kids**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Paint a Piece Night for Kids & Youth**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Art Exhibit & Silent Auction**  
Sioux Lookout Community Museum | (807) 737-1994 x9902

## MAY

- 25 Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- Paint a Piece Night for Kids & Youth**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Lac Seul Outdoor Show**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- Kids Art & Craft Showcase**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Ladies Night Out Purse Auction**  
Sioux Lookout Blueberry Festival | (807) 737 3227
- International Museum Day**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Sip, Dip & Paint Night**  
Sioux Lookout Community Museum | (807) 737-1994 x9902

## JUNE

- 6-8 Sioux Lookout Housing Summit**
- 8 Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 9-10 Walleye Weekend**  
Sioux Lookout Anglers & Hunters | (807) 737-1323
- 22 Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 26 National Canoe Day**  
Sioux Lookout Community Museum | (807) 737-1994 x9902



## JULY

- 1 **Canada Day Celebrations**  
Sioux Lookout Town Beach
- 6 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 20 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937

## AUGUST

- 3 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 3-12 **Sioux Lookout Blueberry Festival**  
Sioux Lookout Blueberry Festival Committee  
(807) 737-3227 | www.blueberrybert.com
- 10-11 **36th Annual Home, Trade & Craft Show**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 17 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 31 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- Extended Hours & Blueberry Festival Events**  
Sioux Lookout Community Museum | (807) 737-1994 x9902
- Art Showcase & Sale**  
Sioux Lookout Community Museum | (807) 737-1994 x9902

## SEPTEMBER

- 14 **Northwest Farmers' Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 22 **Rotary Lobsterfest**  
Rotary Club of Sioux Lookout | (807) 737-1937

## OCTOBER

- 27 **Halloween Winter Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937

## NOVEMBER

- 23 **Moonlight Madness**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 23 **Christmas Tree Lighting Ceremony**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 24 **Grey Cup Winter Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937

## DECEMBER

- 1 **Christmas Craft Fair**
- 2 **Festival of Carols**
- 9 **Santa Claus Parade**  
Sioux Lookout Chamber of Commerce | (807) 737-1937
- 15 **Last Minute Winter Market**  
Sioux Lookout Chamber of Commerce | (807) 737-1937

**Sioux Lookout Walleye Weekend**

June 9th & 10th, 2018  
June 8th & 9th, 2019  
June 12th & 13th, 2020

For more information, contact [chamber@siouxlookout.com](mailto:chamber@siouxlookout.com)

**SLAH**

SLAH Club Activities (dependant on availability of volunteers)

- January - Member exclusive potluck & camo social
- February - Winter Prep & Survival Day Course
- March - Family Ice Fishing Derby
- April - Opening of Club Archery Range
- May - Lac Seul Outdoor Show
- June - Walleye Weekend
- July - Jr. Walleye Weekend, Women's Outdoor Weekend
- August - Member Appreciation BBQ
- September - Fall Clean Up
- October/November - Mentorship Program
- December—Christmas Parade

Memberships expire one year from the date of purchase and include exclusive use of the Archery Range, as well as insurance.



# JOIN US FOR SIOUX LOOKOUT'S ANNUAL BLUEBERRY FESTIVAL



## It all began with one little blueberry...

With over 100 events annually, the Sioux Lookout Blueberry Festival is a grand summer celebration attracting thousands of visitors from Northern Ontario, Canada, the United States and the world.

Many events encompass the beauty of the area, allowing participants to enjoy the plentiful lakes and beaches.

Other events showcase Sioux Lookout's wonderful sports and entertainment facilities.



## SAVE THESE DATES

2018 - August 3rd-12th  
2019 - August 2nd-11th

### THE SIOUX LOOKOUT BLUEBERRY FESTIVAL

11 First Ave. S., Sioux Lookout, Ontario P8T 1A1

Phone: 807-737-3227 Fax: 807-737-1778

festival@blueberrybert.com

[www.blueberrybert.com](http://www.blueberrybert.com)

 Find us on  
Facebook



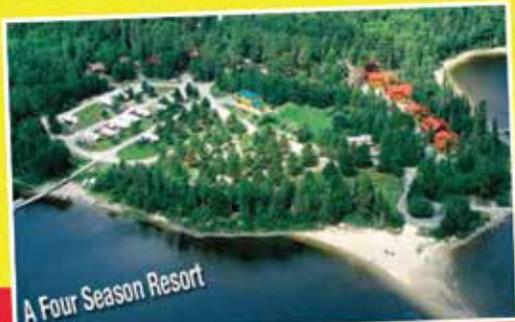
# Outfitters Directory

	American Plan	Boat / Motor	Campgrounds	Canoe / Kayak	Fishing	Fly-In	Guide Service	Houseboats	Housekeeping	Hunting	Licenses	Outposts	Snowmobiling	Winterized	Phone Number
1		*	*	*	*		*		*	*	*			*	(807) 737-1247
2	*	*			*		*		*	*	*	*			(800) 465-1098
3					*		*		*		*				(844) 895-3474
4		*		*	*	*	*		*	*		*	*		(807) 582-3343
5	*	*	*	*	*		*		*	*	*	*		*	(800) 563-5423
6	*			*	*					*	*				(800) 545-0815
7		*			*				*		*	*			(807) 737-3029
8	*	*			*				*	*	*	*			(888) 446-7874
9					*	*			*			*			(800) 668-3886
10		*			*		*	*		*	*				(807) 582-3284
11	*	*			*		*		*	*	*			*	(807) 582-3443
12	*	*			*		*		*	*	*			*	(800) 682-6123
13	*	*			*	*	*			*	*	*	*	*	(800) 465-6200
14		*			*	*			*	*	*	*			(800) 872-7403
15	*	*			*				*	*	*				(800) 391-7463
16			*		*		*		*	*	*			*	(807) 737-8050
17				*	*		*		*			*	*		(807) 737-1707
18					*	*				*	*	*			(807) 737-2903
19			*	*	*		*	*	*	*	*				(800) 768-8588
20		*			*					*			*	*	(807) 737-1035
21		*		*	*	*	*		*	*	*	*	*	*	(807) 737-1829

See corresponding regional map on pages 36-37.



# ABRAM LAKE PARK



A Four Season Resort

A family resort with something for everyone

Fabulous fishing on the English River Watershed with 5 connecting lakes including Lac Seul

Deluxe, Handcrafted Lakeside Log Cottages  
RVs - Tenting

Contact Allan & Paula Pizziol for more information or reservations  
Box 444, Sioux Lookout, ON P8T 1A5

Phone: 807-737-1247 Fax: 807-737-3294

[www.abramlake.ca](http://www.abramlake.ca) • [abramlake@gmail.com](mailto:abramlake@gmail.com)

## WEST POINT COVE CAMP

In the Shadow of Sioux Mountain  
on Pelican Lake

Year-round Accommodations  
Long and Short Term

**807-737-1035**

Hosts: Bill & Susan Hochstedler

[www.westpointcovecamp.com](http://www.westpointcovecamp.com)



and

**Minnitaki Lodge  
Rendezvous Fly-in  
Outpost Camp**

ON SCENIC MINNITAKI LAKE

[www.minnitakilake.ca](http://www.minnitakilake.ca)

**1-800-563-5423**

Email: [donnel@tbaytel.net](mailto:donnel@tbaytel.net)

P.O. Box 278, Sioux Lookout, ON Canada P8T 1A3

The Best Way to Fish Lac Seul. Keeping you on the water 24/7.  
Stay Where the Fish Are!

**LAC SEUL  
FLOATING LODGES  
HUDSON**  
807-582-3284

[www.lacseulfloatinglodges.com](http://www.lacseulfloatinglodges.com)

Find us on  
Facebook

Docks located in Hudson, Ontario. Operates from May to October.

NORTHWEST ONTARIO'S  
**GUARDIAN**

PREMIER FLY-IN FISHING LODGE  
**EAGLE RESORT**

• No Worry Travel! We fly you direct to the Resort in 3 hrs or less from MN or IL.

• Your own private playground of 75,000 acres of Walleye & Northern filled lakes!

• ★★★★★ meals & service with your own private cabin every day, all day!

**1.800.465.3844**

Call to arrange Your Fishing  
Adventure of A Lifetime...



# KNOBBY'S

Fly-In Lodge and Outpost



P.O. Box 382  
Sioux Lookout ON Canada  
P8T 1A5  
1-800-668-3886  
807-737-3291  
[www.knobbys.on.ca](http://www.knobbys.on.ca)

- Terrific Walleye & Northern Fishing
- Deluxe Cabins & Great Service
- Fish the Cat River System

## COUNTRY CABINS

SIoux LOOKOUT, NORTHWESTERN ONTARIO, CANADA

Fishing Lac Seul and Big Vermilion Lake  
1-807-737-1356 Toll Free: 1-844-895-FISH (3474)  
[countrycamping@shaw.ca](mailto:countrycamping@shaw.ca)  
[www.country-cabins.net](http://www.country-cabins.net)

CANADA'S FINEST FISHING EXPERIENCE

## Moosehorn

ENGLISH RIVER WATERSHED **LODGE** SIOUX LOOKOUT EST. 2005

For reservations contact us at  
**1-800-682-6123 or 1-807-737-2630**  
email: [info@canadafish.com](mailto:info@canadafish.com)  
[www.canadafish.com](http://www.canadafish.com)

## Northern Sunrise Outfitters

Fly In Outposts

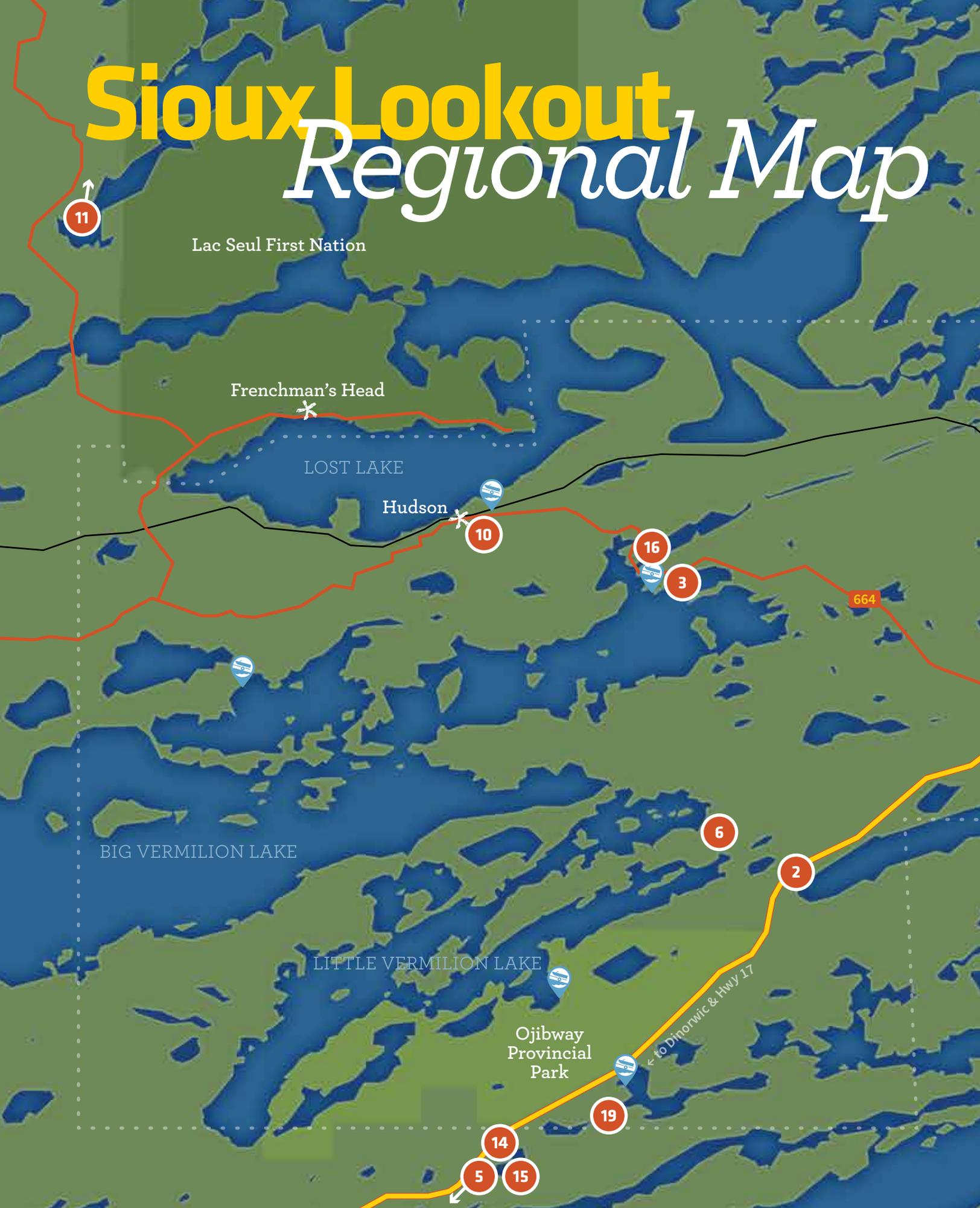
[www.northernsunrise.on.ca](http://www.northernsunrise.on.ca)  
1-800-465-6200

## Frog Rapids Camp

728 Hwy 72  
Sioux Lookout  
Ontario, Canada  
P8T 0A7  
Phone (807) 737-3029  
[www.frograpidscamp.ca](http://www.frograpidscamp.ca)



# Sioux Lookout *Regional Map*





## LEGEND

-  Highway
-  Secondary Hwy
-  CN Rail
-  Municipal Boundary
-  Boat Launch
-  Outfitter  
(SEE PAGE 33)





# Lac Seul First Nation

Lac Seul First Nation (LSFN) is a community of three distinct settlements: Frenchman's Head, Kejick Bay, and Whitefish Bay. The current on-reserve population is approximately 860, with a total registered population of 3,372 (as of October 2015). Our people speak Ojibway, Oji-Cree and English. Our communities are found on the southeast shores of Lac Seul Lake and extend southward to the north shores of

Lost Lake. This includes 66,248 acres of land. LSFN is about 40 km from the town of Sioux Lookout and can be reached by Highway 664 (off Highway 72). While inhabited for thousands of years by our ancestors, the earliest reference in historical journals was found in that of John Long, a fur trader in 1791. He reported that our ancestors called this territory "Obijikokaang" meaning Strait of the White Pines.

**Anderson's Lodge**

**Do It Right the First Time!**

**Call Toll Free to make your Reservation! 1-800-465-1098**  
PO Box 1058, 2385 Hwy 72, Sioux Lookout, ON Canada P8T 1B7 • 807-737-1279  
Email: [fishing@andersonslodge.com](mailto:fishing@andersonslodge.com) • [www.andersonslodge.com](http://www.andersonslodge.com)





Today, Lac Seul is a progressive First Nation community and an active participant in the regional economy. Tourism in Lac Seul is an integral part of the community, with two long-standing tourist camps in operation (Lac Seul Resort in Frenchman's Head and Mahkwa Lodge near Whitefish Bay), as well as various other small operations. Lac Seul hosts a number of fishing derbies throughout the year that are open to the Lac Seul Band and neighbouring residents; these include several walleye derbies in the summer months and the annual Lac Seul Icefishing Derby, which is hosted by each of our three on-reserve communities on a rotating basis.

In 2013, Lac Seul First Nations began construction on the Lac Seul Events & Conference Centre; now fully-operational, this arena and conference facility functions as a central meeting place in the community of Lac Seul. The centre features a National Hockey League regulation-sized ice surface with seating in excess of 1300 people. In addition to hosting various hockey tournaments—from minor to amateur men's hockey—the facility also features figure skating and broomball events in the winter months. In the summer season, the arena is also available for events such as concerts, sports and trade shows, career fairs and many others.

Lac Seul Events Centre conference room rentals provide an accessible and resourceful environment for all sorts of events and meetings. The Bear, Wolf, Moose and Loon rooms feature seating for up to 160 people, teleconference technology, free WiFi, a podium, projector screens and a flat screen TV. There is also skate-sharpening services and Agustin's Catering on-site; the restaurant is independently operated and offers a breakfast, lunch and supper menu for any person looking for a meal in Frenchman's Head, Lac Seul. Agustin's is also available to cater for any conference or event being held at the Centre. For more information on Lac Seul Events Centre, visit [lacseuleventcentre.com](http://lacseuleventcentre.com) or find them on Facebook! 

**LAC SEUL EVENTS CENTRE**  
**Arena & Conference Facility**

*"Where Events Give Back"*

Phone: 807-582-3538  
Fax: 807-582-3546  
E-Mail: [lacseuleventcentre@lsfn.ca](mailto:lacseuleventcentre@lsfn.ca)

The advertisement features a large loon logo on the right side. Below the main text, there are three smaller images: a view of the arena's interior with a large table and chairs, a view of the arena's exterior with a sign that says "LAC SEUL EVENTS CENTRE", and a view of an ice hockey game in progress.



# 599 Wilderness Corridor

Rooted in the origins of Canada, no paved road in Ontario takes you further north into Canada's unspoiled wilderness than Highway 599. Pickle Lake is known as "the official end of the road"—the most northerly community in Ontario accessible by road year round. The paved road ends and the ice roads begin.

Highway 599 is intersected by two large rivers, the English and the Sturgeon, both of which were travel corridors for the First Nations People while Egyptians were still building their pyramids. Pictographs drawn on cliffs at the water's edge still tell the tales of these early nomads. On your journey to Pickle Lake you will follow the West Shore of Sturgeon Lake. Although the lake teems with lake trout, walleye and northern pike, there has never been a sturgeon in it. So why the name? Common belief is that the name came from the Sturgeon Cree of Nipigon who were encountered on the lake by French traders in the early 1700s. The Cree used Sturgeon Lake to reach Fort Albany where they sold furs. The lake has quite the colourful past in the fur trade with both the Hudson Bay Company and the Northwest Company establishing posts on its shore.

Recent history of the Pickle Lake area dates back to the fur trade—in 1786 the Hudson Bay Company established the Osnaburgh House trading post on the shores of Lake St. Joseph. Harvesting furs remained the most prominent industry in the area until 1928, when gold was discovered along the banks of the Kawinogans River. Pickle Lake, being the closest lake to the two new gold mines at Pickle Crow and Central Patricia, became the transportation centre of the area. Over the 50 years of mining history in the area, Pickle Lake, like most mining communities, experienced a series of booms and busts. The first bust occurred in 1951, when the Central Patricia Gold Mine closed. After 30 years and 1.5 million ounces of gold, the Pickle Crow gold mine stopped production in 1966, bringing an end to the boom which had started in 1935. From then, Pickle Lake experienced further series of boom and busts with the opening and closing of the Umex Thierry Mine, Placer Dome Inc. Mine and Bond's Gold Mine. Although no longer a typical mining town, the history of the mines still drives the working spirit of the community. Pickle Lake was incorporated as a township in 1980 which includes the sites of Central Patricia and the decommissioned site of Pickle Crow.



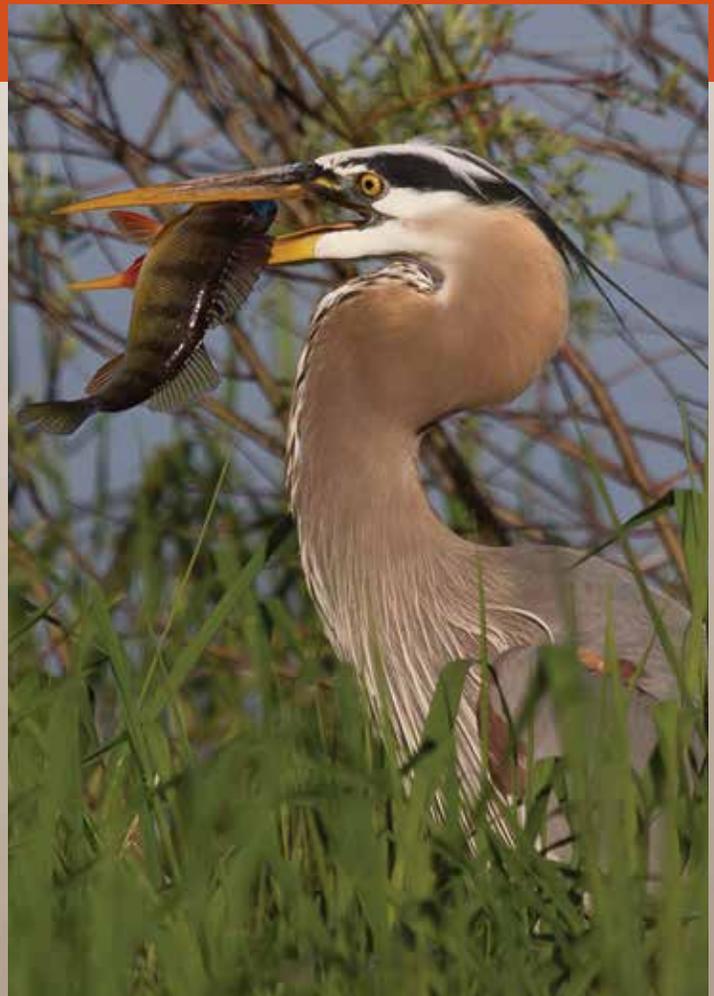
Highway 599 begins in Ignace, and as you take the exit to Pickle Lake you will find Silver Dollar and Savant Lake. Both settlements offer gas, lodging, liquor and food. At the end of the road you will find Pickle Lake, which offers all you basic necessities: groceries, gas, bait and tackle, accommodations, and restaurants for the tired and hungry traveler. If you are an avid personal flyer with your own plane you will find airstrips in Ignace, Savant and Pickle Lake.



Today, Pickle Lake serves as the transportation hub for people and goods travelling to the dozens of remote First Nations communities in Northwestern Ontario. Although transportation has become the town's main industry, tourism also has a strong influence in Pickle Lake with outdoor enthusiasts, anglers and hunters coming to enjoy the pristine and untouched wilderness of Northern Ontario's Last Frontier.

We invite you to come and explore the vast untouched boreal forests. The 599 Wilderness Corridor accesses large well-known lakes such as Sturgeon Lake and Lake St. Joseph, but it is the sheer abundance of smaller bodies of water that make this route a mecca for anglers. Walleye, northern pike, lake trout, and small perch lakes can be found around every corner as you travel north. In the summer, don't forget to check out the municipal campgrounds: Kapkichi, Badesdawa Lake (Mud Lake), Menako Lake, Mawley Lake and the Pipestone River. All sites are primitive and offer outdoor restroom stations; most sites include an upgraded boat launch. In addition to angling and hunting, our winters are full of excitement with visiting snowmobilers, ice fishing, snowshoeing, and cross-country skiing.

The boundless wilderness and abundance of wildlife makes a trip to Pickle Lake perfect for hunting, fishing and other great outdoor adventures. The community of Pickle Lake invites you to visit local camps, fly-in camps, or stay in town for rafting, canoeing or join in other festivities and activities with 'Pickle Lakers.' Check out our new launch dock at Kapkichi Lake and enquire about our cottage lots for sale on Pickle Lake. And don't forget about our first ever Northern Pike Catch and Release Fishing Derby out on Pickle Lake Saturday, May 26, 2018. There truly is something for every vacationer. Experience the true north of Ontario. ✖



THE TOWNSHIP OF

# PICKLE LAKE

## ONTARIO'S LAST FRONTIER

We invite you to come and explore the vast untouched Boreal forests. Our boundless wilderness and abundance of wildlife makes a trip to Pickle Lake perfect for hunting, fishing and other great outdoor adventures. Visit local and fly-in camps, or stay in town for rafting, canoeing, and other year-round activities. Experience the true North of Ontario!

Explore Pickle Lake from one of our municipal campgrounds: Kapkichi, Badesdawa Lake (Mud Lake), Menako Lake, Mawley Lake, and Pipestone River.

1-800-565-9189



TownshipOfPickleLake

[picklelake.ca](http://picklelake.ca)



### Catch & Release **PIKE DERBY**

**Saturday, May 26, 2018**  
9AM - 4PM

*Pickle Lake  
Beach Front*

ADULTS: \$100 | KIDS: \$25  
To register, call (807) 928-2034

### Lakefront Cottage Lots **FOR SALE**



These lakefront lots are located in the pristine and abundant wilderness of Northern Ontario. Perfect for fishing, hunting, wilderness experience or fly-in outposts.

For more information:

[www.picklelake.ca](http://www.picklelake.ca) or 1-800-928-2034



# Experience SUCCESS

Sioux Lookout has been steadily growing over the past 30 years and with the fastest growing population in Ontario as its service area, our community will continue to grow over the next 30 years.

The area has been on a major growth curve with \$250 million in capital projects recently completed, including a new state-of-the-art hospital, heritage railway station redevelopment, Ministry of Natural Resources fire management centre, and increased serviced residential, commercial and industrial lands.

The municipality is now focused on completing over \$5 million in water, sewer, and road upgrades, a \$2.8 million waterfront redevelopment, \$16 million Airport Terminal expansion, \$30 million state-of-the-art secondary school, \$3.3 million Regional Distribution Centre and the \$1.3 billion Wataynikaneyap Power project.

Sioux Lookout continues to be a leader on First Nations relations with the launch of the Diverse Voices for Change initiative, the expansion of the Sioux Lookout Friendship Accord, the signing of the Shared Territory Protocol, and establishing the Mayor's Committee on Truth & Reconciliation. The municipality of Sioux Lookout recognizes that continuing to build an economically sound, family-oriented, naturally pristine and culturally vibrant community depends on positive relations with both its neighbouring First Nation communities and municipalities.





# Airport Upgrade

**Sioux Lookout's municipally owned and operated airport is undergoing a \$15.6-million dollar expansion with completion anticipated in April 2018.**

The original airport was designed to service 55,000 passengers annually at 16,684 square feet in 1980; the newly-renovated terminal will nearly double in size, up to 33,777 square feet. New additions will include an indoor baggage claim, a renovated seating area, a remodelled exterior and an expanded parking lot for both short- and long-term travel. Currently, the Sioux Lookout Municipal Airport averages 120,000 passengers annually and acts as the first urban point of contact for many northern travelers.

Ben Hancharuk, local airport manager, explains that since travelling can be a stressful time for many, he hopes the updated design will provide a pleasurable experience for travelers to Sioux Lookout. He stresses accessibility, proper signage, efficient passenger flow and comfortable seating areas as key elements of the new architecture. Working closely with Sioux Lookout First Nation Health Authority, the new airport will provide an interpreter's counter for travelers, as well as a brand new Elder's/Medical lounge. These additions will ensure that all travelers to Sioux Lookout will be provided access to the services they require upon arrival.

Before construction, the airport employs over 100 local employees and generates approximately \$230,000 in commercial tax revenue. With Penn-Co Construction of Manitoba heading refurbishment and Stantec handling the design, this 20-month construction project will bring significant economic growth to Sioux Lookout. Furthermore, the airport provides the potential for future industrial growth; Hancharuk is undergoing the first steps to survey and develop ground-side commercial lands on airport property. "The airport is both an economic driver and generator within this community; it provides the service for growth," Hancharuk explains.

The \$15.6-million dollar airport expansion signals the growth both within and through Sioux Lookout. ✪





## SLATE FALLS AIRWAYS

**Charter & Scheduled flights  
Sightseeing Adventures  
Cargo & Freight**

**Year Round Service  
Floats - Wheels - Skis - Tundra Wheels**



**1-800-375-0369 or (807) 737-3640  
www.SlateFallsAir.com**

**Find us on Facebook and Twitter using #FlySFA**

# SkyCare

Proudly Serving  
Our Hometown of Sioux Lookout,  
Northwestern Ontario, and Beyond



Charters. Cargo. Executive Travel. Medivacs.

With three types of aircraft available, we've got you covered.  
24 hours a day, 365 days a year, on your schedule.

807-737-0038 | [charters@skycare.ca](mailto:charters@skycare.ca)

[www.skycare.ca](http://www.skycare.ca) |  Find us on Facebook



# Regional Distribution Centre

The 1996 Royal Commission on Aboriginal Peoples reported substantial differences in the quality of living between Indigenous and non-Indigenous people in Canada. Since this report, some progress on closing the gaps have been made, albeit slowly. Data from the 2001 Statistics Canada census indicates that many First Nations persons continue to experience high unemployment, low incomes, and a shorter lifespan.

In addition to the other challenges faced in Canada's northern and remote Aboriginal communities, food insecurity is a serious and growing challenge. Mounting evidence from a variety of sources indicates that food insecurity is a significant problem that requires urgent attention to address and mitigate the serious impacts it has on the health and wellbeing of Indigenous peoples. A recent Mushkegowuk report found that food costs approximately double in remote communities; however, it is the transportation and storage of food and other products—rather than the price of the food alone - that exacerbates this insecurity.

Lac Seul First Nation and Kitchenuhmaykoosib Inninuwig, working together with the Municipality of Sioux Lookout, have considered the issues facing remote northern communities and commissioned a feasibility study for a Regional Distribution Centre (RDC) to be located at the Sioux Lookout airport; this economic development initiative, which would generate both business and year-round jobs within Sioux Lookout, would have the added advantage of assisting in addressing the dire food security issues in Northwestern Ontario.

The idea behind the RDC is to consolidate existing air transportation payloads and maximize the utilization of empty legs returning from the communities. The "Mamow 414 Centre" will provide high-quality, full-service warehousing and distribution/brokering of goods to 31 remote communities in Northwestern Ontario. Mamow means "together", which is how this project was initiated and, over five years, has progressed to its current stage. The feasibility study proposes an approximately 20,000 ft<sup>2</sup> building to be constructed on leased land at the Sioux Lookout airport, which will have secure, temperature-controlled dry storage, as well as a freezer/refrigerator, and 750 ft<sup>2</sup> of office space. The capital cost of constructing and purchasing equipment (including soft costs) is estimated to be \$4.4 million.

Mamow 414 will be a not-for-profit limited partnership owned by Kitchenuhmaykoosib Inninuwig (KI) (also known as Big Trout Lake) First Nations, which will own and operate the centre as a social enterprise comprised of an advisory board.

However, the magnitude of this project is grounded in the local, provincial, and national support of its partners; these partners include Health Canada, Sioux Lookout First Nations Health Authority (SLFNHA), Northwestern Health Unit (NWHU), and Ontario Fruit & Vegetable Growers Association, among others.

Mamow 414 will provide logistics services including warehousing and delivery of food, goods and other assorted supplies that have been purchased by its customers. The centre also will have the capacity for long-term warehousing and storage of essential goods such as medical and education supplies, as well as disaster management provisions. The RDC will provide a centralized location that Indigenous communities can ship through, allowing for the consolidation of loads and potential savings on air shipments, shorter shipping times, and more certainty as to the timing of shipments. Many communities currently have limited warehousing capacity and therefore cannot accommodate large shipments from suppliers (which would then reduce the cost of purchasing). The RDC can then shift the burden of storage where stock can be drawn in smaller quantities as needed.

**The potential benefits of this monumental project are numerous and far-reaching. With the completion of the Regional Distribution Center in Sioux Lookout, remote communities will have access to better quality food with longer shelf lives and shorter expiry dates. Savings will be realized by a reduction in transportation costs, which will result from improved planning of when the goods are transported to the communities.**

First Nations led initiatives that drive the development of this project (such as the NWHU and SLFNHA's "Taking Ownership of Our Food Chain") build inter-community cooperation and improve the health of remote community members. Economic development and progress would help communities to make a living wage, gain independence, and achieve freedom from the debilitating effects of poverty.





Reverse economic opportunities include potential of back-hauling goods out of communities on return flights, as well as potential for recycling materials—which is not currently feasible. Providing opportunities for recycling then increases the life of community landfills, due to less recyclable materials going into waste facilities. Transportation providers might also consider providing seats on the airplanes returning to Sioux Lookout. Economic development opportunities within the communities themselves would also be feasible due to the reduced outgoing transportation costs, making the transport of goods out of the remote communities more cost effective. These goods might include arts and crafts, country food, and manufactured goods. Even the potential to reintroduce freshwater fisheries can be considered with the introduction of the RDC.

Ultimately, the Regional Distribution Centre will allow Indigenous communities to retake control over their food supply and move towards community-driven solutions. Sioux Lookout has long been known as “The Hub of the North,” acting as a metropolitan hub for travel, healthcare and services to residents of Northwestern Ontario; Vicki Blanchard, economic development officer for Sioux Lookout, explains that we must work hard in order to maintain this vital relationship. The prosperity of Sioux Lookout has largely been built on connecting and serving the many northern communities of Ontario, and the Mamow 414 Regional Distribution Centre demonstrates the Municipality of Sioux Lookout’s commitment to maintain this prosperity. Furthermore, the long list of partners in this tremendous undertaking indicates the long-awaited support for the road to health, progress, and prosperity in remote Northern Ontario. ✦

**“BUILDING STRONG AND HEALTHY COMMUNITIES”**

KEEWAYTINOOK  
OKIMAKANAK

KO Group of Companies

NET  
Keewaytinook Okimakanak  
K-21-Plus  
Board of Education  
NCC  
The Power of Possibility

8 MINE ROAD, P.O. BOX 340  
BALMERTOWN, ON P0V 1C0  
www.kochiefs.ca

TEL: 807-735-1381 x3305  
FAX: 807-735-1383  
TOLL-FREE: 1-800-387-3740

DEER LAKE  
FORT SEVERN  
KEEWAYWIN  
MACDOWELL LAKE  
POPLAR HILL  
NORTH SPIRIT LAKE



# BREAKING DOWN Barriers, Building NEW Economies.

First Nations - Municipal Community Economic Development Initiative



**LOWER COST**



**LIFESTYLE**



**GROW WITH US**



**STRATEGIC  
ADVANTAGE**



**STATE OF  
THE ART**



**PARTNERSHIPS**

## Regional Distribution-Northern Logistics Centre: From Vision to Reality

Petaykawin Development Corporation have partnered with regional organizations to build a 20,000 square foot Regional Distribution – Northern Logistics Centre at the Sioux Lookout Regional Airport. The Centre will provide logistics services including warehousing and delivery of food, goods and other assorted supplies that have been purchased by its customers. The Centre will have the capacity for long term warehousing and storage of essential goods such as medical supplies and emergency supplies. It will provide a centralized location that indigenous communities can ship through, allowing for the consolidation of loads and potential savings on air shipments, shorter shipping times, and more certainty as to the timing of shipments. An effective distribution channel can be a source of strategic advantage for companies. Let us create traffic for you, call today **807-737-2700 ext 2228**.

[farnorthrdc.ca](http://farnorthrdc.ca)

FOR MORE INFORMATION PLEASE CONTACT:

**VICKI BLANCHARD**

Lead Economic Development Manager  
Phone: 807-737-2700 ext 2228  
vblanchard@siouxlookout.ca

**BRUCE SAKAKEEP**, Manager / CEO

Petaykawin Development Corporation  
Phone: 807 537 2582 x 224  
bsakakeep@gmail.com





*a new home for the MNRF*

# Fire Management Headquarters

Sioux Lookout is home to a brand new Fire Management Headquarters. The Ministry of Natural Resources & Forestry (MNRF) protects Ontario's biodiversity while promoting economic opportunities in the resource sector and supporting outdoor recreation opportunities; more specifically, the MNRF protects forests, peoples, and communities through its emergency forest fighting services.

The year-round operations of the Sioux Lookout Fire Management Headquarters are responsible for the operations of the Pickle Lake Attack Base, Socket Lake Forward Attack Base, Savant Lake Forward Attack Base and Cat Lake Forward Attack Base (which is only accessible by air), as well as the year-round operations of the headquarters in Sioux Lookout. Bordered by the Red Lake and Nipigon districts, Sioux Lookout's area of service is three times the size of Nova Scotia. During the fire season—which runs from April 1 to October 31—the headquarters employs approximately 100 people; during times of escalation, this number increases as the MNRF brings in support staff, escalation planning teams and additional firefighters.

The new headquarters features year-round offices for operational staff, a state-of-the-art kitchen (which can service up to 100 staff), a first aid station, a spacious locker room for the firefighters and their equipment, and a briefing/conference room which allows staff to keep updated on the safety

and weather conditions within the district. In addition, the technology in the headquarters allows staff to communicate with Community Fire Officers; these contracted liaison staff members work within many northern Indigenous communities and are trained to brief headquarters on the current conditions of their area. These officers work in coordination with the MNRF to ensure the safety of these remote communities and the people who live there. New additions to the site also include four new helipads, a functional fitness centre, and four 10-person bunkhouses on-site.

Sioux Lookout's Fire Management Headquarters also recently partnered with the Sioux Lookout Golf & Curling club for a new FireSmart initiative. In 2016, a number of divot repair boxes were donated by the Fire Management Headquarters to the Golf & Curling Club which featured FireSmart logos as well as important FireSmart information. This initiative both promoted and made available critical FireSmart information to a wide range of male and female, young and old golfers who probably also enjoy other outdoor activities. As Sioux Lookout is an increasingly popular vacation destination, this initiative demonstrates the Fire Management Headquarters' commitment to ensuring that all members of the community are informed, prepared and safe.

Ultimately, the new design of the Headquarters ensures all amenities are centrally-located and that brand new technology is utilized throughout the building. The 2017 fire season was one of the busiest fire seasons on record. Fortunately, Sioux Lookout's new Fire Management Headquarters enables the hardworking staff of the MNRF to ensure the safety of northwestern Ontario's forests and communities. ✨



# MADSEN GM

Sioux Lookout, ON



**807-737-1450**  
[www.madsengm.com](http://www.madsengm.com)



# MASCOTTO'S MARINE LTD.


**Sales**  
**Finance Leasing**  
**Parts & Service**

  
**PROPANE**  
  


**15 Wellington St. Sioux Lookout, ON**  
**Phone 807-737-1770 Toll Free 1-866-463-7080**



**Holly Cosco & Michael George**  
 Owners

**Licensed Repair Garage**

---

**Servicing Personal, Commercial & Heavy Equipment**  
**MTO Licenced - Mobile Service - Towing - Praxair Depot**  
**Retail in Tires, Napa Parts & Supplies - Welding Supplies**

**53 York St., Sioux Lookout, ON**      **Tel: 807-737-4643**  
**E-mail: [hmcars@bellnet.ca](mailto:hmcars@bellnet.ca)**      **Toll Free: 877-337-4643**

[www.hmcars.ca](http://www.hmcars.ca)

## KEVIN W. ROMYN

Lawyer, Notary



Bus. (807) 737-2562  
 Fax (807) 737-2571  
 T.F. 1-800-430-4229

69 Queen St., P.O. Box 99  
 Sioux Lookout, ON P8T 1A1  
[romynlaw@shawcable.com](mailto:romynlaw@shawcable.com)

## MORGAN FUELS

Serving Northwestern Ontario Since 1935

**FUEL TANKS, LUBRICANTS, BULK FUELS, PROPANE**  
 HOME HEATING - SERVICE & INSTALLATION

Dryden	223-2666	Red Lake	735-9920
Kenora	468-6050	Sioux Lookout	737-2250
Pickle Lake	928-2261	Winnipeg, MB	204-832-2446

**1-800-661-3635**  
[www.morganfuels.ca](http://www.morganfuels.ca)






## For all your Oil & Propane Service Needs

**Rainbow Service**

97 Front Street  
 Sioux Lookout, ON  
 Telephone: 807-737-7507  
 Fax: 807-737-7507  
 E-mail: [rainbowcarwash@hotmail.com](mailto:rainbowcarwash@hotmail.com)

- Oil Burners:  
Sales, Service, Installation & Parts
- Propane: Sales, Service & Parts
- Propane Appliances: Sales & Service
- Propane Cylinders:  
Sales, Rentals & Re-Certification

*Let Rainbow be your calm to your storm*



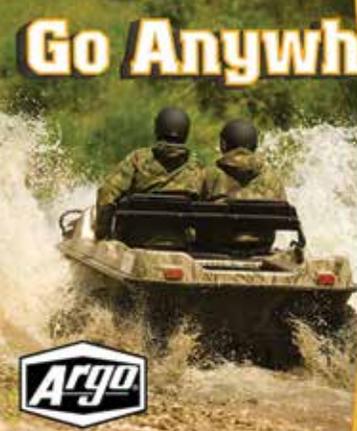
## calvary baptist

34 Prince St. at Third Ave, (807) 737-3293  
[www.calvarysiouxlookout.ca](http://www.calvarysiouxlookout.ca)

**Sunday Service 9:30 am - 11:00 am**  
**Sunday School for ages 3-11 during the service**

Weekly: Small Groups/Youth Ministry/Children's Ministry  
 Monthly: Prayer Summit (third Sunday of the month) 6:00 pm  
 Mission: "To reach potential believers through loving relationships and provide them with opportunities to grow into mature followers of Christ."

## Go Anywhere!




**Factory Authorized  
Dealer**

**Parts, Service  
& Sales**

**1.807.472.7357**

[lochlomond equipmentsales.com](http://lochlomond equipmentsales.com)





# FRESH IDEAS

We listen, we imagine, we interpret, we create, we communicate –  
**you succeed.**



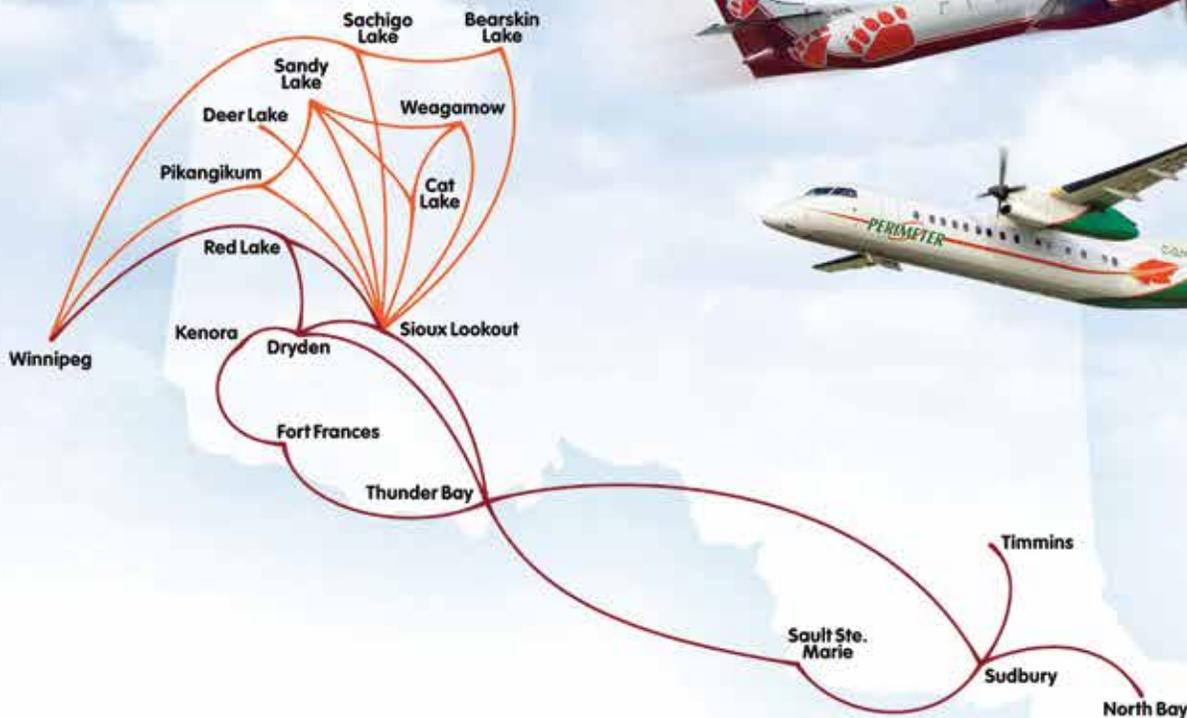
Marketing and communications  
for print and online.

**OVERDRIVE**  
design labs

807.468.8555  
[overdrivedesign.biz](http://overdrivedesign.biz)

# Travelling to Sioux Lookout?

One Reservation.  
One Ticket. One Low Fare.



Choose Bearskin Airlines to Sioux Lookout when connecting from Air Canada or Delta Airlines in Winnipeg or Thunder Bay. No other airline offers interline service to Sioux Lookout. Up to 9 flights daily from Thunder Bay and Winnipeg combined!

When travelling North of Sioux Lookout, Choose Bearskin Airlines or contact Perimeter Aviation to get you there. One reservation, one ticket, one low fare.



Visit us online or contact your travel agent.



1-800-465-2327  
[www.bearskinairlines.com](http://www.bearskinairlines.com)



1-800-665-8986  
[www.perimeter.ca](http://www.perimeter.ca)