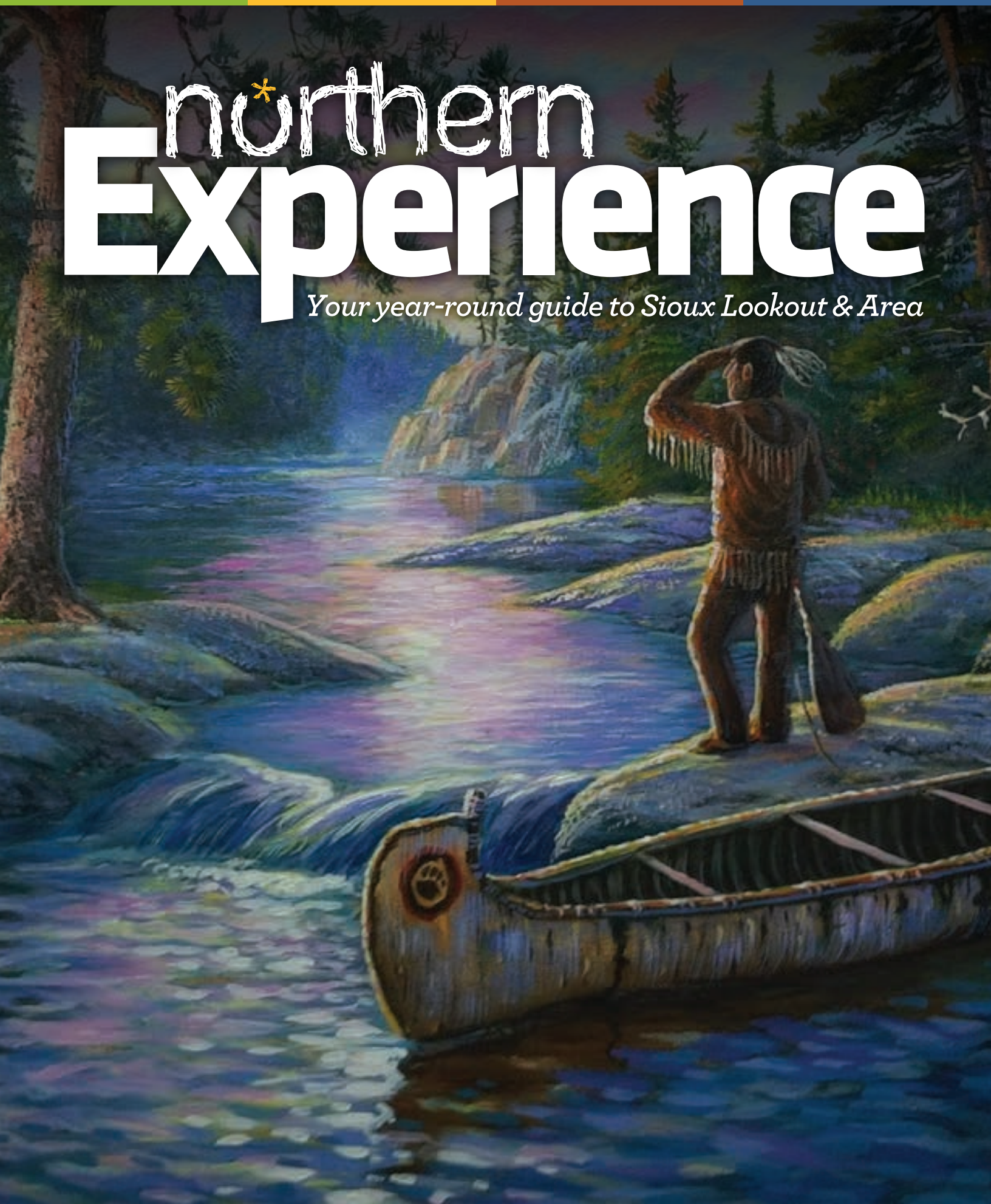


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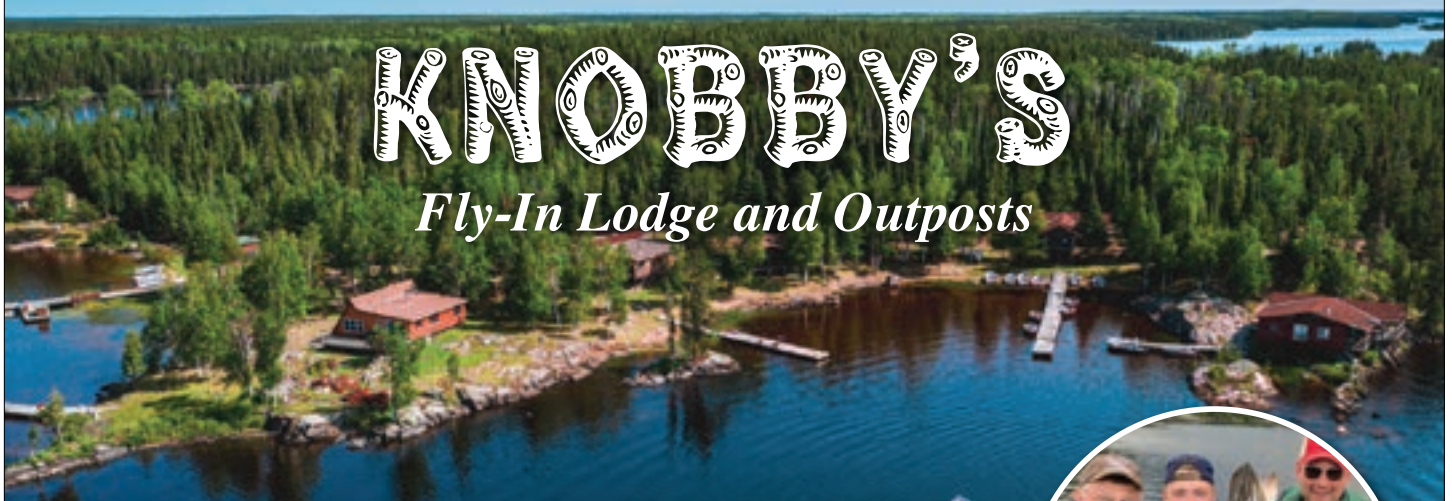
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Fast Facts *about Sioux Lookout*



Sioux Lookout is on the traditional lands of the First Nations of the Anishnawbe people of Lac Seul First Nation. This territory is covered by Treaty #3.



Sioux Lookout has a population of approximately 5,600 people who are ready to welcome you to the community!

With a tight knit population of 300, the town of Hudson lies on the shore of Lost Lake (gateway to Lac Seul), a 20 minute drive from downtown Sioux Lookout.



The Sioux Lookout Airport is the second busiest airport in Northwestern Ontario, and the fourth busiest in all of Ontario, with 40 destinations and 9 airlines.



Sioux Lookout has become a hub of forestry, health care and social services and tourism in Ontario's north.



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



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



Sioux Lookout is home to countless fishing lodges and tourist outfitters, many of whom offer fly-in fishing tours to remote destinations.





Mayor's Message

Sioux Lookout is a community that is very fortunate to have a rich heritage, culture, and abundant natural beauty. We are located 65 km north of the Trans-Canada Highway, nestled on the lakeshores of Pelican, Abram, and Lac Seul, on the traditional territory of the Lac Seul First Nation in the area of Treaty Three.

When you visit our community, you will find all modern amenities even though you are on the edge of a vast wilderness. The fishing, hunting, hiking, and camping opportunities which can be so easily accessed from Sioux Lookout are almost endless.

Sioux Lookout is proud to be the Hub of the North. We are accessible by road, by rail, and by air. Sioux Lookout Airport, CYXL, acts as a hub for 29 northern First Nation communities. Key services provided from Sioux Lookout include: health care, education, training, social services, Tribal Councils, retail, and aviation. Our Municipal Airport has over 150,000 passenger movements per year including scheduled and charter flights. There are many opportunities to invest and prosper in Sioux Lookout. If you're looking for a place to start or grow your business, our Economic Development Office would be pleased to help you explore your options!

Our community is built around five strategic priorities: community innovation and development; community wellness; regional collaboration; community engagement; and operational excellence. The Municipality works hard to invest in our community to encourage growth and enhance the quality of life for everyone. Our goal is to make Sioux Lookout a safe and healthy place to live. As we grow, we continue to engage with local residents and businesses and to collaborate to find opportunities and to overcome challenges. The Municipality strives to provide sound fiscal management, exceptional customer service, and open communications.

We have several exciting capital projects in the works over the next few years, including a new traffic roundabout on Wellington Street scheduled for 2023, improvements to the Umfreville Trail from the Travel Information Centre to Frog Rapids, and the development of a new heritage pavilion and picnic area along the waterfront in Hudson.

We also look forward to seeing the advancement of new commercial and residential development areas at the Bigwood Lake and Hillcrest sites. The Municipality is working with government funders to service these sites as we work to attract developers to invest in both commercial and residential projects.

— Doug Lawrence, Mayor 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?

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. ✨



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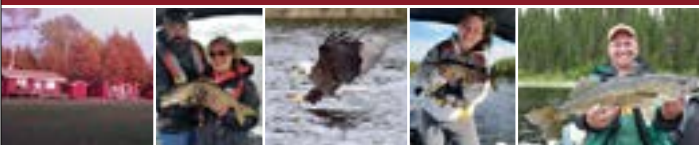
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SPRING

— *in Sioux Lookout* —

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Sioux Lookout Golf & Curling Club

Located in the Hub of the North, lies a diamond in the rough. The Sioux Lookout Golf and Curling Club golf course is a nine hole, 2,920 yard beauty nestled into the heart of the Canadian Shield. This course provides a challenging test for both new and experienced golfers alike. A driving range, cart rentals and club rentals are all additional services offered by the SLGCC.



Recently featured in Reader's Digest's list of top courses to play for under \$100, the SLGCC still manages to fly under the radar when it comes to Northwestern Ontario courses. The newly appointed manager, Sheila Suprovich, believes that the SLGCC offers a unique and fun challenge with elements like tight short par 4's that reward excellent ball placement, along with well manicured greens—one reason why it continues to attract out-of-town and local golfers alike!

And attract golfers it does, hosting some of the most popular tournaments in the region including the annual Men's and Women's Blueberry Open's in August that coincide with Sioux Lookout's Annual Blueberry Festival. Another stand out tournament is the September Shoot-Out—a four player open scramble tournament that attracts some of the regions best golfers. There are also various charity tournaments held on a weekly basis during the busy golfing season.

The true livelihood of the SLGCC are it's members. Membership continues to increase yearly by a rate of 20%—a growth rate rarely seen by golf courses in Canada let alone Northwestern Ontario. Those high numbers are noticeable whenever you drive by the quaint little club house on 3rd Avenue, especially on Wednesdays when the parking lot is always packed for the weekly Men's Twilight Night.

Suprovich and head greenskeeper Kyle Durante work hard alongside their staff to keep the course in great shape. Their dedication and hard work can be noticed throughout the course and during every interaction with SLGCC staff. Next time you are travelling to Sioux Lookout, be sure to pack your clubs and book a tee time at the Sioux Lookout Golf and Curling Club.

Contact: Sheila Suprovich, Manager, SLGCC via manager@SLGCC.com.



Warrior's Wrestling



When someone asks you what the most popular sports at a High School in Northwestern Ontario might be, most would be quick to jump on the easy ones—hockey, basketball, and volleyball. At Sioux North High School, one of the most successful, popular, and growing sports is actually wrestling.

This is the sport invented as a way to train ancient Greek soldiers for hand-to-hand combat and it is a sport that Sioux North High School Warrior's Wrestling coach, Rob Sakamoto, believes is so much more than just the competition. The coach, who has over 40 years of experience in and around this ancient contest, describes it so eloquently with this quote:

"My father was a 3rd degree black belt, and wrestling is a martial art, but sport is so much more than just sport, it is a vehicle for character development, for life lessons, humility, courage, responsibility, you learn all of that through wrestling, and my father instilled that within me."

Sakamoto has shown those characteristics in spades when it comes to the creation of both the Warriors Wrestling Program and the Summer Warriors Wrestling Club. Starting the Wrestling Team in 2005, he set out with only a few students, perseverance and his overall love and passion for the sport. From this grew an environment where students thrived. While the team in 2005 had only a handful of participants, it now sees 15-20 team members each year.

From this group, the program routinely sends over five of its wrestlers to the Ontario Provincial Wrestling Championships every year. One wrestler has gone on to wrestle at the University level. Bradley Grenier now competes for the Lakehead University Wrestling Team.

The success of the Warriors Wrestling Program began to form a community that Rob believes was truly the backbone of the sport in our community.

"We teach to pay it forward, and the kids really do truly do that, we've had so many former players step up and come back to help me coach, it is just fantastic to see"

With this success and engagement from current and former players alike, the Warriors Wrestling Club was

born, a summer wrestling camp that attracts upwards of 30 participants every year, varying in ages. Both former and current high school wrestlers do their part coaching and helping these future Warriors prepare for their graduation to the High School team. At the end of every Warriors Wrestling Camp, there is the highly anticipated "Watermelon Tournament" where all participants have a fun day of competing against their fellow campmates and receive a watermelon at the end of the tournament. Sakamoto stressed that this event is always a success.

If Rob Sakamoto has anything to say about it, Sioux Lookout isn't just a Hockey town anymore!

Contact: Rob Sakamoto, Head Coach via message on the Warriors Wrestling Club Sioux Lookout Facebook page.



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Sioux Lookout Outdoors



UMFREVILLE WALKING PATH

The Umfreville Trail is a historical recreational trail that runs from Sioux Lookout's Travel Information Centre to the Umfreville Park Historic site. Walkers, joggers and cyclists alike can make use of this 6-foot wide asphalt trail that includes different rest points and plaques along the route. Each plaque located on the trail contains details of Sioux Lookout's history. Towards the end of the trail, Frog Rapids bridge provides a scenic lookout over both Pelican Lake and Abram Lake. Stretching a distance of 4km long, Umfreville Walking Path is a popular choice for an early evening walk during a beautiful summer night.



BEACHES

Sioux Lookout is home to an abundance of beautiful sandy beaches. From the Second Sandy and MNR beaches located just outside Sioux Lookout on Highway 72, to the Forest Inn Beach and Bernier Beach, there are many options. Each of these refreshing spots are the perfect place to catch some rays or cool off on a hot summer day. Be sure to pack a towel and some sunscreen.



UMFREVILLE PARK

Located at the end of the Umfreville Walking Path is the Umfreville Historic Park. A secluded rest area off of the Kings Highway 72 offers, visitors can enjoy a sandy beach area and a beautiful view of Abram Lake. The park is equipped with picnic tables and outhouses for the convenience of those who stop to take in the views. Umfreville Park is a favourite destination for cyclists and has proven to be a calm, beautiful place to eat dinner with a friend.





RECREATIONAL SPOTS

Fishing and golfing aren't the only two summer activities to explore in Sioux Lookout! Located across the street from the Sioux Lookout Golf and Curling Club is the Sioux Lookout Sports Complex. This outdoor facility includes two baseball/softball fields, tennis courts, a skate park and bocce ball courts. Those who enjoy outdoor sports and athletics are sure to find the perfect activity here.



GUN RANGE

5km southeast on Highway 642, you'll find Sioux Lookout's Handgun and Rifle Club. A non-profit outdoor sport-shooting "private club" where members have year round access to the facilities seven days a week from dusk until dawn. Marksmen using rifles can take aim at targets ranging from 50, 100, 150, and 200 yards away. An area for handgun shooting is also available. The club's range features a trap shooting machine for shotguns as well. For more information on how to join the club or to get more information, visit slhgarc.ca.

HUB TRANSIT

The Hub Transit offers affordable transportation in Sioux Lookout and the surrounding area. This not-for-profit bus line runs two routes: a regular route throughout Sioux Lookout, and another connecting Sioux Lookout to the communities of Hudson and Lac Seul. One of the buses operated by the Hub Transit also services airport pick-ups and drop offs. The mission of Hub Transit is to offer safe, affordable, and accessible transportation to all residents and visitors of Sioux Lookout and the surrounding area. Learn more about Hub Transit at hubtransit.org.

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Walleye Fish Tacos



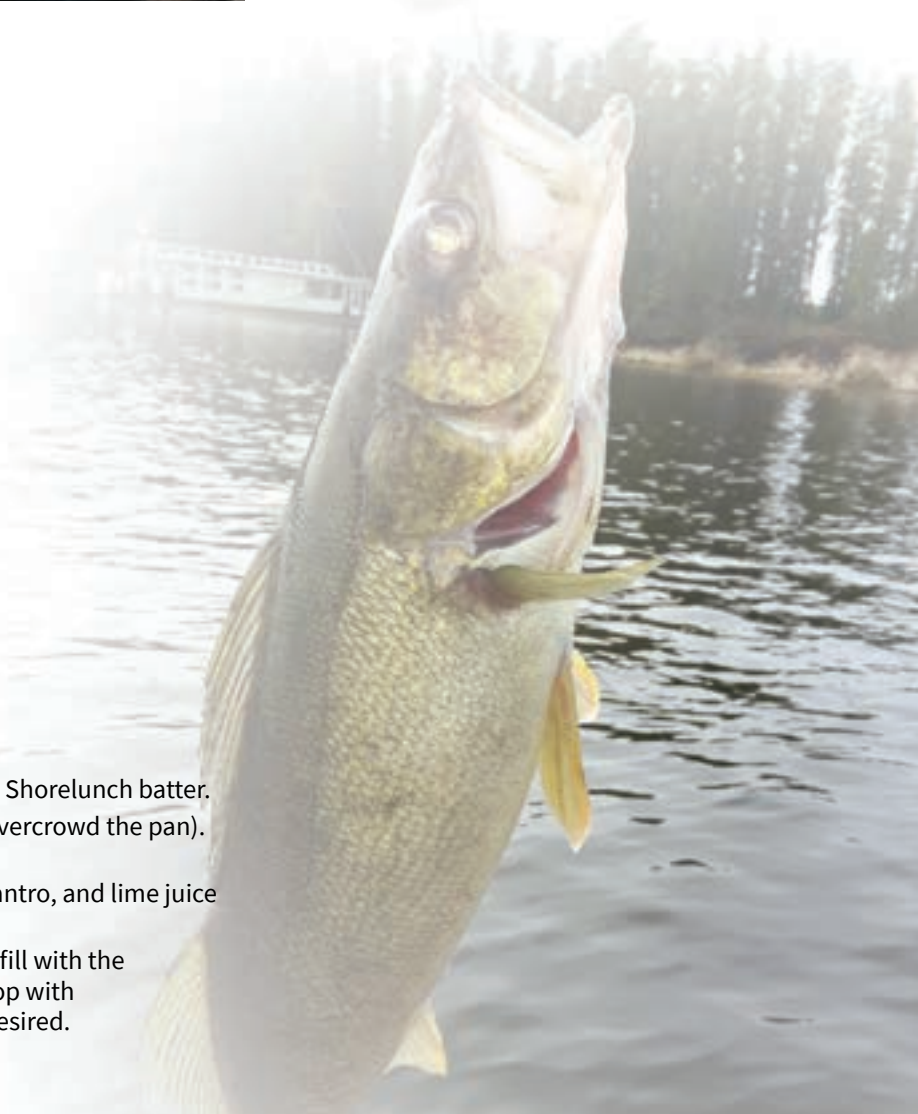
If you find yourself on the lake fishing for walleye, and you manage to snag yourself a few, try out this fantastic fish taco recipe that is sure to have you planning Taco Tuesday every night of the week!

INGREDIENTS

- 4 Medium-sized walleye fillets cut into chunks
- ½ cup Original Shorelunch fish seasoning
- ½ cup Milk
- 8 Small corn or flour tortillas
- 1 cup Shredded lettuce
- ½ cup Black beans
- ½ cup Corn kernels
- 1 cup Tomato
- ½ cup Cilantro
- ½ cup Sour cream
- ½ cup Your favourite salsa
- 2 tbsp Lime juice
- Canola oil for frying
- Salt and pepper to taste

INSTRUCTIONS

1. Heat canola oil in a deep saucepan to 375°F.
2. Dip chunks of fish into the milk, then dredge in the Shorelunch batter.
3. Fry for 3 to 4 minutes until golden brown (do not overcrowd the pan). Once done, drain on a paper towel lined plate.
4. In a small bowl combine the black beans, corn, cilantro, and lime juice along with salt and pepper to taste.
5. Heat the tortillas in a dry frying pan to warm, then fill with the shredded lettuce, tomato, fish, bean/corn salad. Top with sour cream and salsa and additional lime juice if desired.
6. Enjoy!





SIoux LOOKOUT

Hub of the North

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OUR VISION

*A vibrant community where
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OUR MISSION

*Fostering growth and healthy
living while celebrating our
cultural diversity.*



Municipal Alert Service



Sign up for emergency alerts, notices about recreation programming and events, Council notices, service disruptions, street closures, and more! You can receive the alerts via text messages, voice calls, or email.

siouxlookout.ca/en/your-local-government/municipal-alert-service.asp

Assistance Portal



Do you have questions, requests or issues you need to forward to your municipality?

Visit the Sioux Lookout Assistance Portal at siouxlookout.ca/en/living-here/slap.asp

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SUMMER

— in Sioux Lookout —

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Walleye Weekend

Summer in Sioux Lookout normally screams one thing—fishing! Boasting some of the greatest fisheries in the entire world, it is a no-brainer that Sioux Lookout would also host a world class fishing tournament.



The tournament had to start somewhere, and that somewhere usually starts with a group of hard working dedicated volunteers. Fortunately for Sioux Lookout's anglers, there was an amazing group ready to take on the challenge.

Spearheaded by Cory Lago and Christine Hoey, the tournament began its life as a Bass tournament, but after three years, the organizers decided to capitalize on the most popular fish in the area. Therefore "Walleye Weekend" was created.

The inaugural Walleye Weekend took place in 2007, and other than a pandemic forced cancellation during 2020, the previous tournament celebrated the 13th year of the successful event. This three day, weekend tournament, is one of the "can't-miss" events that takes place in Sioux Lookout.



Lago was quick to outline a few of the reasons he believes the event has such a strong following:

"We have some of the best fisheries in the world, and people know that, also our volunteers are amazing, every year people step up and make sure that the event always runs smoothly and in a professional manner, and finally, the sponsorship support is also awesome, Sioux Lookout never fails to surprise when it comes to supporting events like this."

The professionalism of the event is evident through the roughly 80 per cent return rate from teams on a year-to-year basis. Angler registration for Walleye Weekend reaches capacity a full nine months prior to it's kick-off, with teams coming from as far as Missouri and Minnesota to compete.

Anyone interested in competing in a fishing derby that includes \$21,000 worth of prizes, including prizes for "Big Fish" each day and other side prizes, should contact the Sioux Lookout Walleye Weekend on Facebook to sign up to be a part of this annual tournament.

Contact: Sioux Lookout Chamber of Commerce at 807-737-1937.



Fishing in Zone 4

Crappie

SEASON Open all year
LIMIT Conservation 10, Sport 15

SIMILAR FISH Walleye, yellow perch
APPEARANCE 7-8 dorsal fin spines, 6 or 7 anal fin spines; irregular mosaic of distinct black blotches
BEST BAITS Small jigs, small minnows, worms



Lake Trout

SEASON Jan 1 to Sep 30
LIMIT Conservation 1, Sport 2 (no more than one greater than 56cm)
SIMILAR FISH Brook trout
APPEARANCE Light worm like markings and spots on dark background, deeply forked tail; white leading edge on lower fins.
BEST BAITS Spoons, jigs, crank baits, lake trolls



Walleye & Sauger

SEASON Jan 1 to Apr 14 & third Sat in May to Dec 31
LIMIT Conservation 2, Sport 4 (not more than one greater than 46cm)
SIMILAR FISH Sauger, yellow perch
APPEARANCE White tip on lower tail fin (walleye); no distinct blotches or bands on adults
BEST BAITS Spinners, jigs, minnows, crank baits, worms, leeches



Bass (Largemouth & Small Mouth)

SEASON Open all year
LIMIT Jan 1 to Jun 30 & Dec 1 to Dec 31: Conservation 1, Sport 2 (must be less than 35cm); Jul 1 to Nov 30: Conservation 2, Sport 4 (no size limit)
SIMILAR FISH Smallmouth bass, rock bass
APPEARANCE Upper jaw extends beyond eye; deep notch between dorsal fins; often broken horizontal stripe along body
BEST BAITS Spinner baits, crank baits, plastic worms, minnows, frogs



Muskellunge

SEASON Third Sat in Jun to Dec 15
LIMIT Conservation 0, Sport 1 (must be greater than 102cm)
SIMILAR FISH Northern pike
APPEARANCE Dark vertical bands on light background, at times spotted or clear; tips of tail fin more pointed than northern pike.
BEST BAITS Large bucktail spinners, large body baits, sucker minnows



Summer Fun

ROTARY PANCAKE BREAKFAST

Whether it's inside the Legion or operating drive-through style during a pandemic, the delicious fluffy pancakes griddled up by the Rotarians during the Blueberry Festival are too good to pass up. The delicious plain and blueberry pancakes are sure to fill you up and get you ready for a day of exploring all of the day's great Blueberry Festival events!



BLUEBERRY FESTIVAL

It all began with one little blueberry.

Every year during the first week of August, the community of Sioux Lookout is consumed by the Sioux Lookout Blueberry Festival. With over 120 events annually, it is a grand summer celebration attracting thousands of visitors from Ontario, Canada, USA and the world. An annual 10-day event celebrating everything great about our little town and encompassing the beauty of the area, allowing participants to enjoy our plentiful lakes, parks, beaches and abundant blueberry patches. A very important part of the fun is our larger-than-life mascot, Blueberry Bert, who attends every event and loves to get his picture taken. A few highlights each year are the Bannock Bake-Off, the Sioux Mountain Music Festival, Mixed Slo Pitch Tournament and the Firefighters Parade and Kids Day, as well as the larger events highlighted on this page. So, save the dates July 29 - August 7, 2022, which will be the 40th Anniversary and we promise this will be the best festival yet. For more information check out our website blueberrybert.com or call (807) 737- 3227.



CAR SCAVENGER HUNT

Although it is a relatively new event, the epic Car Scavenger Hunt has quickly become one of the fastest growing, most popular events during the Blueberry Festival! Participants and their teammate are given a list of tasks to complete within few hours. The goal is to complete as many tasks as possible within the time limit. With activities to ranging from "slow dancing in the park" to "going for a paddleboard", the fun is endless. Event organizers put point values on tasks, meaning your team will have to pick and choose which ones to do to best maximize your total score!

FLOAT PLANE RIDES

Slate Falls Airways lets you experience Sioux Lookout from the clouds! The line up is always long for this event. SFA's experienced pilots take you up to see all of the great sights Sioux Lookout has to offer, while riding in one of the region's most unique vehicles—a float plane! Getting to take off and land on Pelican Lake is truly a unique experience. The smooth ride and variety of sights make this an event that never gets old!





FARMER'S MARKET & POP-UP SHOPS

The Travel Information parking lot is the place to be if you like fresh produce, finely produced meats and cheeses and many other local items. The Northwest Farmers' Market allows small businesses to show off the best they have to offer. Pop-Up Shops provide a central space for local businesses who may not have a storefront, to set up shop for a day. The wide variety of businesses and items continue to attract residents and visitors alike.



TRIATHLON

The triathlon, which also includes a team event, a biathlon and individual competitions, has turned into an annual event that you do not want to miss. It is the perfect event for those who enjoy physical activity and some healthy competition. With a DJ pumping tunes and getting both the crowd and participants into it, you'll barely notice it's early in the morning!

Blueberry Pie



Nothing says summer in Sioux Lookout like a fresh piece of blueberry pie and a fresh dollop of whipped cream. Using blueberries picked from a local patch will make this pie taste even better!

INGREDIENTS

- | | | | |
|--------|--|--------|-------------------|
| 1 | Sheet of your favourite refrigerated pie crust | | |
| ¾ cup | Sugar | 5 cups | Fresh blueberries |
| 3 tbsp | Cornstarch | 1 tbsp | Butter |
| ¼ tsp | Salt | 1 tbsp | Lemon juice |
| ¼ cup | Cold water | | |

INSTRUCTIONS

1. Preheat oven to 425°F.
2. On a floured surface roll out the pie dough so it fits a 9 inch pie plate.
3. Trim the edges and use a fork to press down edges.
4. Refrigerate for 30 minutes.
5. Line the crust with 2 layers of foil then fill with pie weights or dry beans. Bake for 25 minutes, remove foil and bake for 5 minutes or until the crust is golden brown. Cool on a wire rack.
6. In a saucepan over medium heat combine sugar, cornstarch, salt and water until smooth.
7. Add 3 cups of blueberries, bring to a boil, cook and stir for 2 minutes or until thick and bubbly.
8. Remove from heat, add butter, lemon and remaining berries, stir until butter melts and then let it cool, pour into the crust and refrigerate until serving.



Clubs, Services & Churches

Clubs & Activities

Air Cadets	(807) 738-1967
Beta Sigma Phi (Wendy Mansfield)	(807) 737-3136
Scouts Canada	(807) 737-2993
Cedar Bay Trail Co.	(807) 737-5369
Festival of Carols Choir	(807) 737-3760
Friends of Cedar Bay	(807) 630-7283
Girl Guides of Canada	(807) 374-2214
Sioux Lookout Handgun & Rifle Club	(807) 737-1249
Knights of Columbus Council 3198	(807) 737-3262
Legion Ladies Auxiliary Branch 78	(807) 737-3365
Masonic Lodge	(807) 737-3320
Nordic Nomads Cross Country Ski Club f Sioux Lookout Nordic Nomads	
Northern Knitters Group f Northern Knitters	
Ojibway Power Toboggan Association ojibwaypowertoboggan@gmail.com	
Rotary Club of Sioux Lookout rotarysiouxlookout@shaw.ca	
Royal Canadian Legion Branch #139	(807) 582-3365
Royal Canadian Legion Branch #78	(807) 737-1310
Seniors Area Activity Centre	807-737-3822
Sioux-Hudson Entertainment Series	(807) 737-2174
Sioux Acres Old Timers Hockey Club (Bruce Van Horne)	(807) 737-1419
Sioux Lookout Anglers & Hunters Club	(807) 216-6924
Sioux Lookout Blueberry Festival	(807) 737-3227
Sioux Lookout Skating Club	(807) 738-4181
Sioux Lookout Golf and Curling Club	(807) 737-1800
Sioux Lookout Gymnastics Club	(807) 737-1677
Sioux Lookout Harley Owners Group (HOG Chapter)	(807) 737-2226

Sioux Lookout Historical Society	(807) 737-2321
Sioux Lookout Horticultural Club	807-737-2685
Sioux Lookout Lions Club	(807) 737-0767
Sioux Lookout Minor Hockey Assoc.	(807) 738-1948
Sioux Lookout Recreation Centre	(807) 737-1994

Sioux Lookout Womens Hockey
siouxwomenshockey@gmail.com

Sioux Lookout Volleyball
f Sioux Lookout Volleyball

SiouxSpeakers Toastmasters Club 6001910 (807) 737-2167

Warriors Wrestling Club
f Warriors Wrestling Club - Sioux Lookout

Services

Aboriginal Best Start Hub	(807) 737-7521
Aboriginal Combined Support Worker	(807) 737-1903 x224
Aboriginal Family Support Program	(807) 737-7521
Aboriginal Healthy Babies Healthy Children's Program	(807) 737-7922 x4
Aboriginal Head Start Program	(807) 737-7519
Aboriginal Healing & Wellness Friendship Centre	(807) 737-1903 x231
Ah-Shawah-Bin Sioux Lookout/Lac Seul Victim Support Services	(807) 737-1700 or (807) 582-9800
Akwe:go Youth Program	(807) 737-1903
Alcoholics Anonymous	(807) 737-1903
Alzheimer Society of Kenora/Rainy River Districts	1-800-682-0245
Anokeewin Wiichiiwaawin Employment Program	(807) 737-1903 x235
Arthritis Society	(807) 737-0437
Assault Care & Treatment Program (SLMHC)	(807) 737-6565 or (807) 737-3030 (ER)
Canadian Diabetes Association Northwestern Ontario	(807) 577-4232 x224
Community Breast Feeding Support	(807) 737-2877 or (807) 737-7922
Community Counselling - Mental Health & Addiction Services	(807) 737-1275
Community Food Bank	(807) 737-7499
Community Living Dryden-Sioux Lookout	(807) 223-3364



Crisis Response Line	1-866-888-8988
Drug & Alcohol Program - Friendship Centre	(807) 737-1903
Firefly	(807) 737-2086
First Step Womens's Shelter	24hr Crisis Line 1-800-465-3623
Healthy Babies, Healthy Children	1-800-465-4377
HUB Transit	(807) 738-1844
Ka-Na-Chi-Hih Specialized Solvent Abuse Treatment Centre	(807) 623-5577
Legal Aid	(807) 737-3074
Life Long Care Program	(807) 737-1903 x222 or x223
Lost Lake Drop-In Centre in Hudson	(807) 582-3437
Mammography Program	(807) 737-6579
Needle Exchange Program (NWHU)	(807) 737-2292
Nishnawbe-Gamik Friendship Centre	(807) 737-1903
Nitawin Community Development Corporation (Aboriginal Housing)	(807) 737-4574
Northwestern Health Unit	(807) 737-2292
Out of the Cold Shelter	(807) 737-7499
Partner Assault Response Program	(807) 737-1903
Salvation Army	(807) 737-4686
Seniors Area Activity Centre	807-737-3822
Sexual Health Clinic	(807) 737-2292
Sioux Lookout Chamber of Commerce	(807) 737-1937
Sioux Lookout Non-Profit Housing Corporation	(807) 737-1043
Sioux Lookout Travel Information Centre	(807) 737-1937
Sioux-Hudson Literacy Council	(807) 737-8022
Sunset Women's Aboriginal Circle	(807) 737-7922
SWAC Prenatal/Postnatal Support	(807) 737-7922 x4
Urban Aboriginal Healthy Living Kids Program	(807) 737-1903
Urban Aboriginal Healthy Living Program	(807) 737-1903
Waninawakang Aboriginal Head Start	(807) 737-7519
Wasa-Nabin Youth Program	(807) 737-1903
Youth Centre Coordinator	(807) 737-1903

Churches

Ashawaabic Ministries	(807) 737-2989
Cornerstone Christian Fellowship	(807) 737-3839
Calvary Baptist Church	(807) 737-3293
New Life Assembly	(807) 737-2843
River of Glory First Nations Church	(807) 738-0389
Sacred Heart Roman Catholic Church	(807) 737-3760
St. Andrew's United Church	(807) 737-3131
St. Mary's Anglican Church	(807) 737-2790
S.L. Seventh-Day Adventist Church	(807) 738-1280

Church Groups

Anglican Church Women	(807) 737-2790
Catholic Women's League	(807) 737-3760
United Church Women	(807) 737-3131

Charities

Canadian Cancer Society	(807) 738-0829 or (807) 737-3844
Easter Seal Society	1-807-345-7622
Sioux Lookout Meno Ya Win Health Centre Foundation	(807) 737-7997



Mamow Obiki-ahwahsoowin

Everyone Working Together to Raise Our Children

Created by the First Nation leadership in our region back in 1984, Tikinagan is a community-based child wellbeing agency rooted in and accountable to the communities we serve. We are a large team of caring staff working in First Nations and supporting our families from our 30 First Nations.

We are here because we want to protect our children, help our families and nurture our communities.

Tikinagan Child and Family Services has a dual mandate. It is one of 53 Children's Aid Societies in Ontario mandated under the Child, Youth and Family Services Act to protect children from harm. We are accountable to Ontario for this responsibility. We are also mandated by our Chiefs to provide services that are culturally sensitive to the needs of Indigenous children, families and First Nations. We are accountable to the Chiefs and to the communities for this responsibility.

The Creator entrusted First Nations with the sacred responsibility of protecting our children and developing strong families and healthy communities. The Chiefs created Tikinagan to support and strengthen our children, our families, and our communities. The future of our communities is our children. They need to be nurtured within their families and communities. As such, community responsibility for child protection is an essential aspect of First Nations' self-government.

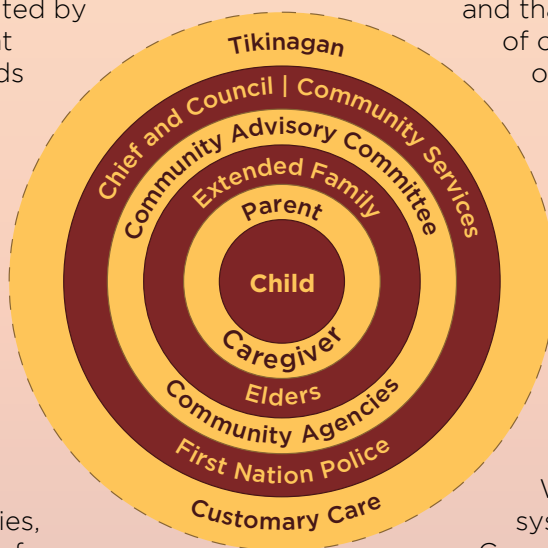
Mamow Obiki-ahwahsoowin. Mamow Obiki-ahwahsoowin is the Tikinagan service model. In Ojibway/Oji-Cree, Mamow Obiki-ahwahsoowin means, "everyone working together to raise our children." It is a system of protecting and caring for children and supporting families that has been designed and is delivered by First Nations people.

Mamow Obiki-ahwahsoowin represents the culmination of almost 35 years of work to develop a culturally appropriate response to children and families who are in need of help in the First Nation communities. In developing Mamow Obiki-ahwahsoowin, we have sought to be true to the original vision that the Chiefs and Elders had when Tikinagan was created. The service model is now described in detail in a set of comprehensive service manuals, including service standards and policies, and case management procedures and forms.

Mamow Obiki-ahwahsoowin is designed to respect the inherent authority of First Nations to care for our own children. It acknowledges that our First Nation mandate supersedes provincial legislation and that our ultimate goal is the pursuit of complete First Nation jurisdiction over our own child welfare services. Until this goal is achieved, Mamow Obiki-ahwahsoowin services are designed to be culturally appropriate and meet the needs of our First Nations and provincial legislation, regulations and standards.

Customary Care. Customary care is an integral element of Mamow Obiki-ahwahsoowin. Within the customary care system, the First Nation Chief and Council have the authority to declare children to be placed in Tikinagan care when removal from their home is required. The First Nation, parents, Mamow Obiki-ahwahsoowin caregivers and children in care sign a Mamow Obiki-ahwahsoowin Care Agreement for children coming into the agency's care. Mamow Obiki-ahwahsoowin care puts the decision in the hands of families, extended family, communities, and First Nation leadership, and not mainstream Court systems.

Find out more about Tikinagan at tikinagan.org and follow us on Facebook @**Tikinagan** and on Instagram @**tikinagancfs**.



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Tikinagan
Child & Family Services

tikinagan.org



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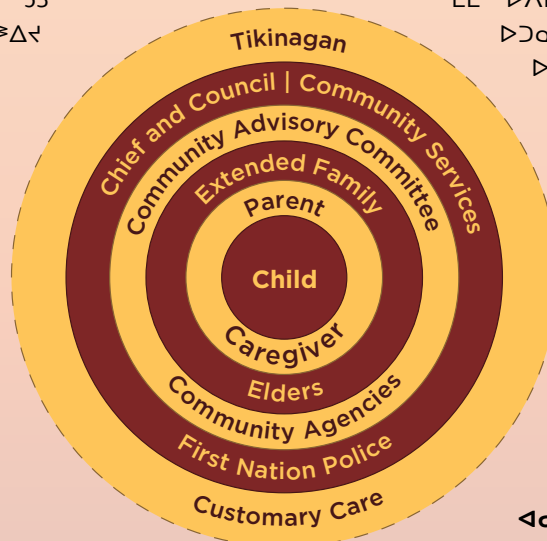
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Tikinagan

Child & Family Services

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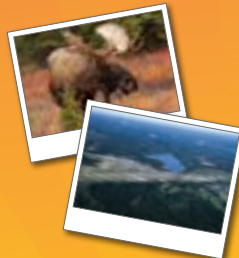


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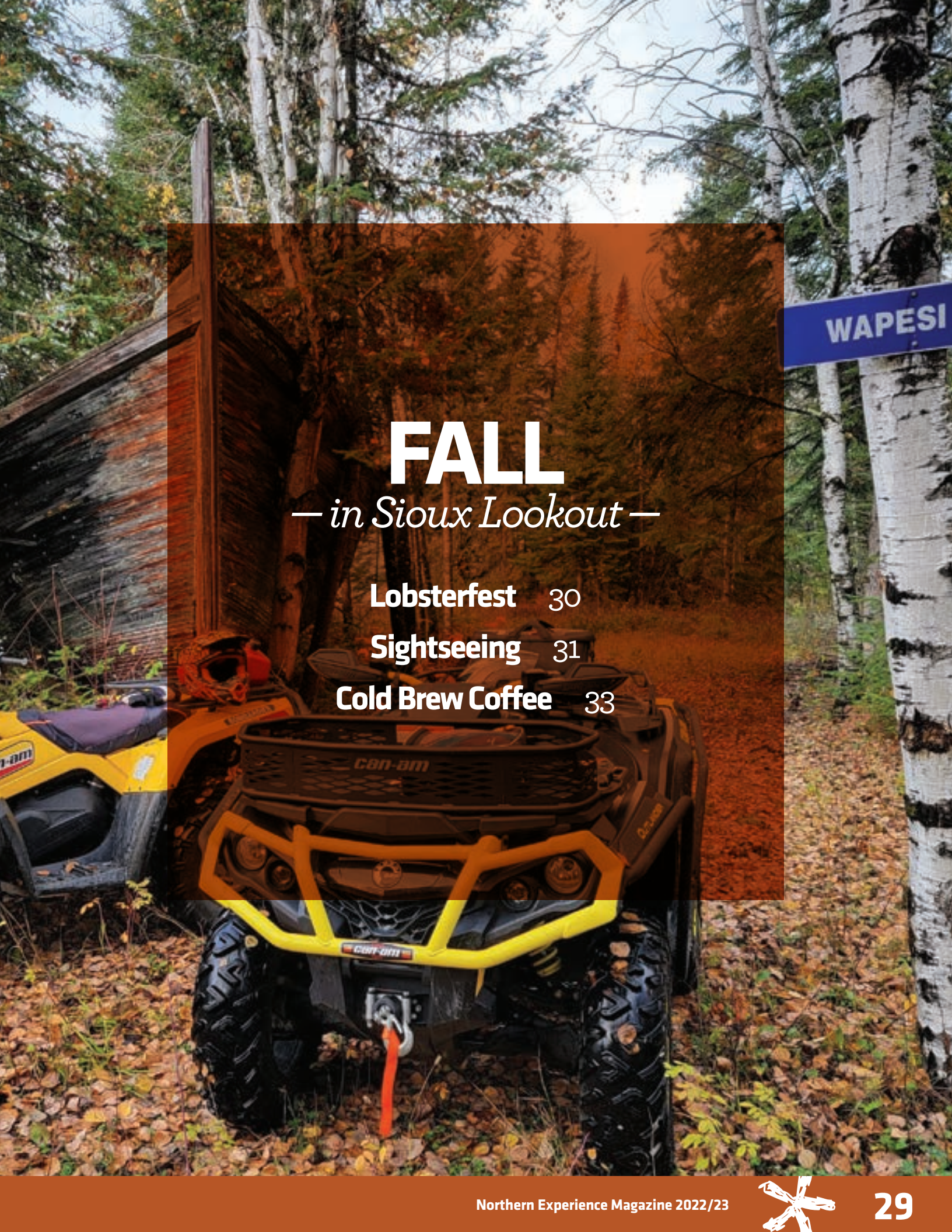


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WAPESI

FALL

— *in Sioux Lookout* —

Lobsterfest	30
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Cold Brew Coffee	33



Lobsterfest



"It's just so much fun, letting the community come together, the community spirit, groups decorating their individual tables, it just promotes so much togetherness and is just a great time for everyone involved"

A down-home lobster bake, with a Maritime feel! That is the atmosphere Rotarian President, Tara Drew says she tries to capture at Lobsterfest. The community dinner held every year for the past 17 years by the club synonymous with small town values and neighbourhood involvement.

An event that is looked forward to every year by over 325 people, it is more than just the delicious lobster and succulent sides offered up by the Rotary Club, but the party that these items bring with them. Tara outlined all of the events that come together to make Lobsterfest such a special night:

It is not just the mouth watering food that keeps eager participants coming back every year. In addition to the 700 lobsters served up every year, the event also features a silent auction, a full bar, and a dance floor big enough to satisfy any urge a full plate of delicious seafood and a few drinks might conjure up.

The great thing about Lobsterfest, as Tara described, is all the good that it does in terms of fundraising for the Rotary Club. The Sioux Lookout Rotary Club also uses the funds raised to offer programs such as their exchange student initiative, which involves sending students to study in places like Brazil and Germany, and looking after inbound exchange students in Sioux Lookout from places as far away as Japan.

If participants are not a fan of lobster, the club serves up mouth watering ribs as an alternative to the seafood. Lobster lovers, community-minded individuals, and those looking for a great party, can find what they are looking for at Lobsterfest in Sioux Lookout!

Contact: Tara Drew, Rotary President via tara.m.drew@gmail.com.

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Sightseeing

CEDAR BAY

Whether it be horseback riding, hiking, cycling, or just wanting to take your dog for a walk, there is plenty to do and explore at the Cedar Bay Recreation Complex. Located on West Point Cove Road just past Sacred Heart School, this hidden gem of sorts will awaken the outdoor enthusiast inside of you. For those who can't get enough of this wildlife wonderland, the spacious cabins located at Cedar Bay are available to rent. This picturesque location is the perfect spot to take a hike, snap some photos and spend time surrounded by nature. For more information on Cedar Bay, visit cedarbay.org.

Trail Map



HUDSON/LAC SEUL MEMORIAL CAIRNS

The shores of Lac Seul are home to the Legion Branch #139 of Hudson WWII Memorial Cairns, dedicated to those from Hudson who fought and died in World War II. Not only are these monuments an interesting and educational stop while you're out on the water, but they also serve as a solemn reminder of the hardships and loss of war. The Lac Seul Memorial Cairns are an amazing tribute to the fallen Armed Forces members who gave everything to keep us safe. For more information of the Memorial Cairns, contact Bob Starrat, Box 193, Hudson, Ontario POV 1X0.



Justin T. Stevens

SHIUX LOOKOUT MEMORIAL LEGION

Beautifully painted murals, honouring the brave Sioux Lookout residents that kept our country safe, adorn the outside of the Edwin Switzer Memorial Legion on Front Street in Sioux Lookout. This community landmark is known to host many events throughout the year. Trivia and theme nights are a regular occurrence at the bar on the main level, which offers great service. The upstairs banquet hall is frequently home to different socials, parties, pancake breakfasts, and a variety of other special events. The Legion is a great place to experience the nightlife Sioux Lookout has to offer. For more information call 807-737-2110.

LIONS CLUB SHIUX LOOKOUT

One of Sioux Lookout's longest tenured clubs, the Sioux Lookout Lions Club has been around since 1959. The community-focused club runs several annual events that the residents of Sioux Lookout always look forward to. These events include Canada Day activities, a Senior's Christmas Dinner, Eyeglass Recycling Program and the "Smile Maker" Fundraiser—creating and placing fun, celebratory signs on people's lawns for special occasions! To get in contact with the Lions Club, email: SiouxLookoutLions@gmail.com.



The Hub Roastery Sioux Mountain Blend Cold Brew



Coffee enthusiasts:
this recipe is for you!
Make this cold brew
using the Hub Roastery's
Sioux Mountain Blend,
available at 69 Front
Street in Sioux Lookout.

INGREDIENTS

- ½ lb Coarsely ground Sioux Mountain Blend Coffee
- 4½ cups Cold water
- Cheesecloth
- Coffee filters

INSTRUCTIONS

1. Put your coffee grounds into a large container and slowly pour the cold water over them.
2. Cover them with plastic wrap and let them steep at room temperature for 18-24 hours.
3. Line a strainer or colander with several layers of cheesecloth and place atop a pitcher. Strain the coffee through the cheesecloth into the pitcher, discard the grounds.
4. Repeat step 3, but this time use a coffee filter.
5. Enjoy! Store in a sealed container in the refrigerator. Consume within 10 days.





Sioux Lookout First Nations Health Authority

Transforming the health of Anishinaabe people across Keewaytinook by providing community-led services and a strong voice for their community needs

Sioux Lookout First Nations Health Authority (SLFNHA) was established in March 1990 and is for health service delivery and client advocacy. SLFNHA works under the direction of First Nations' leadership, in accordance with its goals of self-government and self-determination, to represent and address the health needs of the 33 First Nation communities in the Sioux Lookout area. We serve 33 First Nations in the area, providing a variety of health services such as primary health care, counselling, accommodations, transportation, and more.



CLIENT SERVICES

- The Jeremiah McKay Kabayshewekamik Hostels (located at the Sioux Lookout Hospital & 3 Sturgeon River Road)
- Transportation
- Client Advocacy and Support
- Discharge Support

HEALTH PROGRAMS

- Northern Clinic
- Approaches to Community Wellbeing
- Nodin Child & Family Services
- Primary Care Team
- Developmental Disability Services

RESEARCH & SPECIAL REPORTS

SLFNHA supports research and special projects that are relevant, meaningful, and beneficial to First Nations in the Sioux Lookout area.

- Anishinaabe Bimaadiziwin Research Program—initiating and collaborating on relevant clinical and community projects, as well as regional and cross-cultural research
- Community Health Worker (CHW) Diabetes Project
- Indigenous Youth Futures Partnership



slfnha.com

 Sioux Lookout First Nations Health Authority

 SLFNHA





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WINTER

— *in Sioux Lookout* —

Skip to Equip 38

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Winter Activities 40

Moose Roast 43



Skip to Equip



fashion, Muriel was quick to point out that \$100 is not the average amount raised:

"It's so surprising how often participants will get well over \$1,000 in pledges, and I'd say a good number raise anywhere between \$1,000 and \$2,000."

Skip to Equip sweetens the deal for any eager fundraisers by entering anyone who raises over \$1,000 into a draw to win a great prize!

The event is not just about raising money for the hospital, but it is also an enjoyable and entertaining time. Each year event organizers choose a theme and requires the teams to dress up best they can to represent that year's theme. With previous themes such as Mardi Gras, Fairy Tales and Oh Canada!, it's no surprise that a vast array of crazy and colourful outfits come out to play.

Each year the event boast a great turn out rate, averaging roughly 25 teams of 4-5 curlers. The Sioux Lookout Golf and Curling Club is quite the busy place and most female curlers can always be found there during Skip to Equip!

Muriel had such kind words for all of her fellow organizers and participants when describing the event that is truly a labour of love for her:

"It is just such a great weekend, the camaraderie, the dressing up, the just being silly and having a great time with your friends, it is just such a can't-miss event!"

Muriel and her fellow organizers hope that Skip to Equip goes for another 10 years and continues to grow in success each year.

Contact: Muriel Anderson, Volunteer Committee, skiptoequip@gmail.com.

2020 would have marked the 10th anniversary of Skip to Equip—an annual, all-ladies curling bonspiel organized by a small group of dedicated volunteers. The event has raised over \$500,000 in funding for the Meno-Ya-Win Health Centre, a number that Muriel Anderson, one of Skip to Equip's organizers, is rightfully proud of.

"It started as an idea we had to help raise money for the new hospital, and we could have never thought it would grow into something as incredible as this"

This annual event has raised enough to fund the purchase of equipment such as two mammography machines, upgrades to the ultrasound machine, and long-term equipment upgrades. Organizers are currently planning to raise money to replace all of the IV machines in the hospital. As is a recurring theme within this small, close-knit town, the people of Sioux Lookout are always interested in supporting a good cause.

The main way that Skip to Equip raises money is through a pledge system for its participants, in which each player has to raise at least \$100 as an entry fee. In pure Sioux Lookout

Sioux Lookout Bombers

Junior "A" hockey is back in Sioux Lookout! The 2022/2023 season will mark the return of high-level Junior hockey to a town that has been starved for it for close to a decade. A group comprised of Matt Cairns, Joe Cassidy, Christine Hoey, Austen Hoey, and James Brohm have brought the Sioux Lookout Bombers to life.

Formed in January 2021, this group worked diligently to create a plan and vision that would bring about success as they presented their work to the Superior International Junior Hockey League in April 2021. They were met with unanimous approval to join the league beginning in the fall of 2022.

While still in the initial phases, the buzz around the town can be felt by all, with many residents praising the team's beautifully designed logo. The Bombers logo pays homage to the Sioux Lookout MNR Fire Base that has protected Sioux Lookout and the surrounding area for decades, while also integrating the green and gold colours of the former Queen Elizabeth District High School sports program. Many Sioux Lookout residents still take pride in these colours.

Matt Cairns, Director of Game Day Operations, believes that Junior Hockey in Sioux Lookout has been a long time coming, and he certainly notices the excitement in the town already.

It's important to note, that while the group is excited to get the team back, they are quick to point out that the Sioux Lookout Bombers aren't just here to exist in the league, they will exist to win hockey games, something that Director of Hockey Operations Austen Hoey outlined.



"Being in hockey my entire life, and coaching now for almost 10 years primarily in individual skill development with

skill levels ranging from learn to skate up to semi-professional, I believe that we have created a solid Board along with a strong group of advisors that are working hard to create a team that will compete from day one, we are here to make noise and to compete for the Bill Salonen Cup year one."

Cairns also wanted to thank SIJHL commissioner Darrin Nicholas for his help and guidance throughout the expansion process, answering numerous questions and providing support whenever needed. And in addition to Mr. Nicholas, Dryden GM Ice Dogs President Mike Sveinson also contributed heavily to the success of their expansion bid, helping with budgetary issues during many sit-down meetings with the group.

Get ready for take-off, because come Fall 2022, the Sioux Lookout Bombers are going to be wreaking havoc on the ice against any team unfortunate enough to find themselves in their arena—"The Hangar"—on a Friday Night!

Contact: James Brohm, Director of Marketing and Community Relations via marketing@bombershockey.ca.



Winter Activities

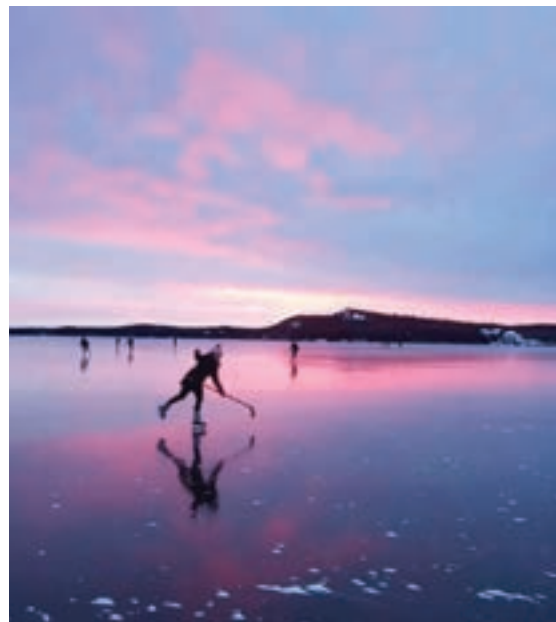


FIGURE SKATING

The Sioux Lookout Skating Club has been around for over 45 years and has grown to over 140 skaters with many different programs for each skill level. The skating year culminates in an annual Ice Show, which is a highlight not only for the skaters but for the community as a whole. In recent years the club has had two skaters qualify for the Skate Ontario StarSkate Provincial Championship. Not only does the Sioux Lookout Skating Club offer figure skating programming, they also offer multiple forms of learn-to-skate programming for all ages. For more information on the Sioux Lookout Skating Club, visit their website at skateontario.org/clubs/sioux-lookout-skating-club.

MINOR HOCKEY

In a small Northwestern Ontario town, hockey could be considered its own religion, and this is no more evident by visiting the Sioux Lookout Memorial Arena on any weeknight during the months of October through April. The arena and ice are packed with eager hockey players, their dedicated parents and volunteers. With an average of 180 active players registered for the Sioux Lookout Minor Hockey Association, it's no surprise the rink is always packed. For more information on Minor Hockey in Sioux Lookout or to learn how to register your child to play minor hockey visit their website at slmha.net.



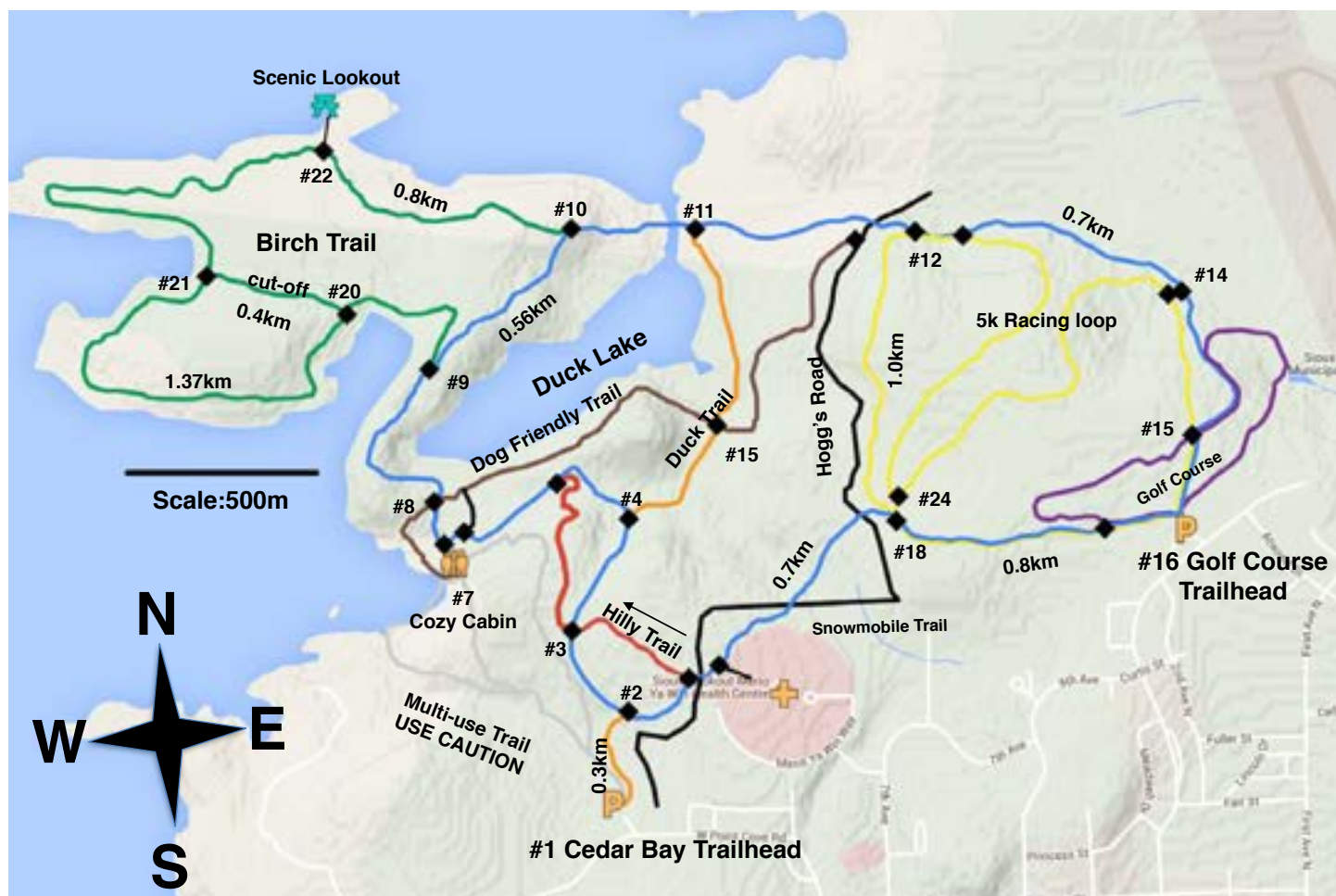
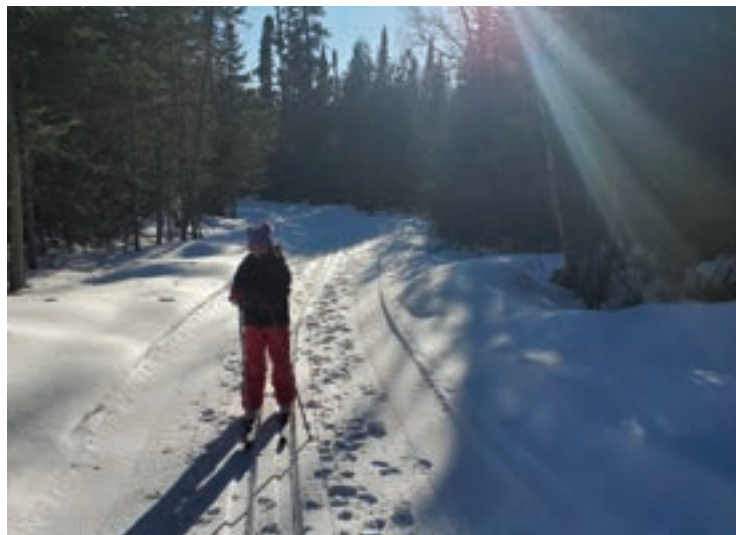
SKATING TRAIL

What better way to get around during Sioux Lookout's winters than by ice skating trail! Stretching from Government Row to Lake Street, this beautiful groomed skating trail is something everyone in Sioux Lookout should experience at least once during the frosty winter months. Started by Ruben Hummelin and his family and now maintained by fellow residents, the skating trail welcomes hundreds of skaters each season. It is sure to become a tradition of many Sioux Lookout winters to come! For more information visit the Sioux Lookout Skating Trail Facebook group at facebook.com/groups/239401230307679



CROSS COUNTRY SKIING (NORDIC NOMAD SKI CLUB)

Sioux Lookout is home to over 25km of groomed cross-country ski trails maintained by the Nordic Nomad Ski Club. The trails, located at the Cedar Bay Recreation Complex, offer a wide variety of skill levels from challenging to relaxing, to satisfy all of your cross country needs! There is also a 5km racing loop for those who desire a fast pace ski. There is no better way to experience the scenic area and the exhilaration of Sioux Lookout's winter season than skiing on the Nomad's trail system, sheltered from the wind by the tall pines. For more information about the Nordic Nomads club or the Ski Trails in general, check out the Nordic Nomads Facebook group at facebook.com/groups/712138472203581.



Visit the online map!



Colour	Name	Distance (km) (approx)	Common trail routes and distances
—	Oslund Trail	6.74km (fm Golf Course) 7.34km (fm Cedar Bay)	#1 Oslund, Duck return to #1 via Golf Course -6.1km Oslund, Birch, thru golf course, return -10.9km fm #1, 10.3km fm #16
—	Birch Trail	4.0km	#1, Oslund, Birch cutoff, rtn #1 via Oslund CCW -8km
—	Duck Trail	0.95km	#1 Cedar Bay to #16 Golf Course Trailhead -2.1km
—	5K Racing Loop	4.7km	#1 Cedar Bay to #7 Cozy Cabin via Oslund CW -1.6km
—	Hilly Trail (difficult) One way	1.0km	#1, Oslund Trail to #10, Birch to Scenic Lookout 3.8km
—	Dog Friendly Trail	4 km (return)	#1 Multi-use Trail to Dog Trail, returning -6.3km
—	Golf Course Trail	2.1km	#16 Golf Course to #7 Cozy Cabin via Oslund CW -3km
—	Multi-use trail to Cozy Cabin	1.14km	#16 Oslund, Duck return to #16 - 5.5km
—	Hogg's Road/ Snowmobile Trail	USE CAUTION AT CROSSINGS	#16 Oslund CCW to #10, Birch to Scenic Lookout -3.2km

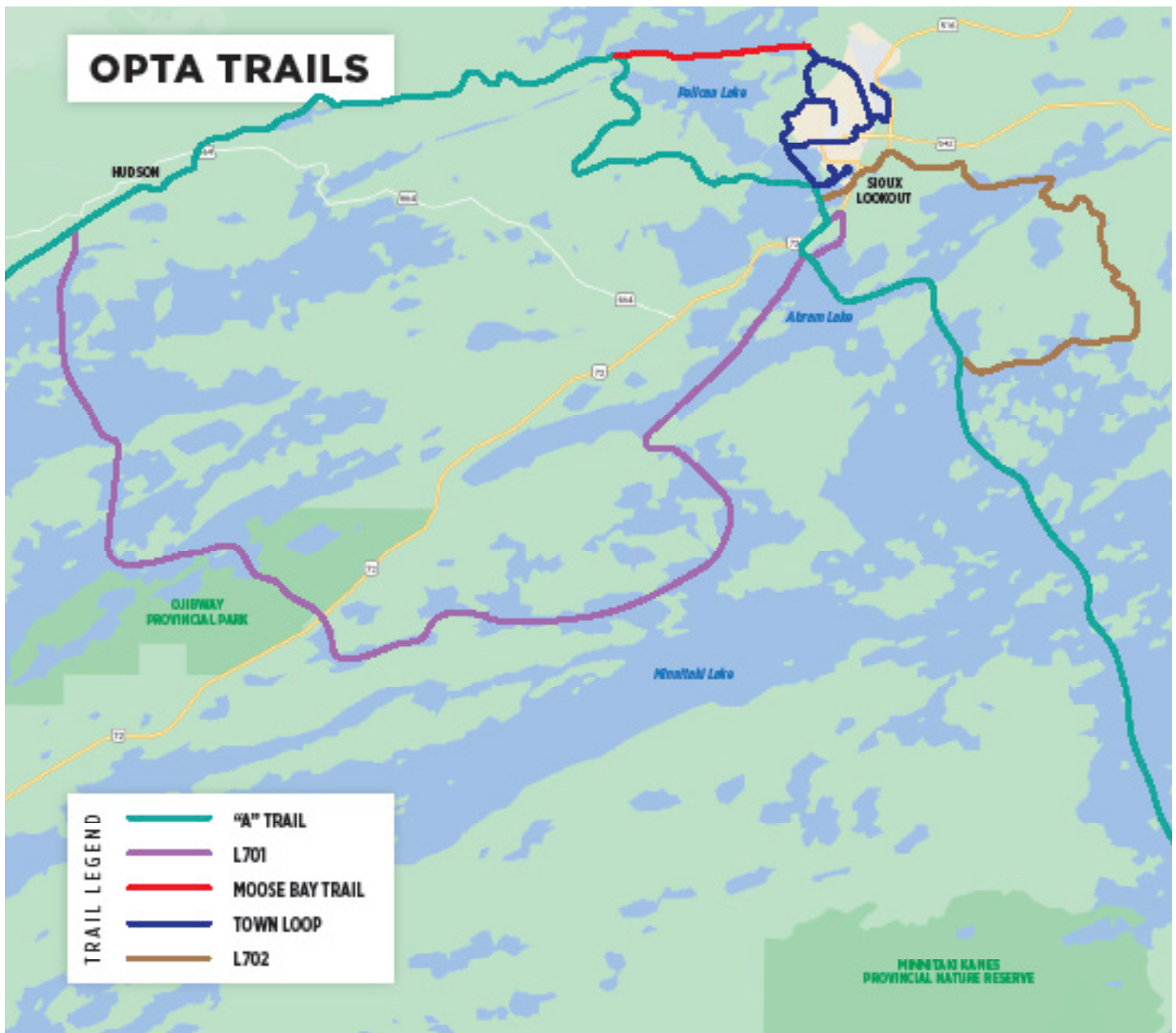
*CW-clockwise, CCW-counter clockwise





OJIBWAY POWER TOBOGGAN ASSOCIATION

The Ojibway Power Toboggan Association is a volunteer-run organization that maintains the snowmobile trails in the area. OPTA volunteers also run many fun events and contests throughout the year, as well as many training courses to promote safe and fun snowmobiling in Sioux Lookout. Some of the fun snowmobiling events include the Annual Poker Derby, Snowmobile Raffle, and Snowarama! For more information on the OPTA visit their website at opta.ca.



Moose Roast



Is it really winter in Sioux Lookout if you don't enjoy a hearty Moose Roast to warm you up on a cold night? This recipe is as easy as it is delicious, and will make you question ever going back to a beef roast again.

INGREDIENTS

- 2-3lb Sirloin moose roast
- 6-8 Cloves of garlic
- ½ cup Beef broth
- 3-4 Strips of bacon
- Handful of fresh thyme
- 1 Medium onion, quartered
- Salt and pepper to taste

INSTRUCTIONS

1. Pre-heat oven to 350°F.
2. Remove most fat and silverskin from roast to limit the wild game taste.
3. Using a small sharp knife, dig holes into the roast and insert the garlic cloves into those holes, evenly spaced throughout the roast.
4. Season with salt and pepper.
5. Brown roast in a large skillet with olive oil.
6. Place the browned roast into a roasting pan and pour in beef broth.
7. Lay the strips of bacon over the roast.
8. Add the quartered onions to the pan.
9. Cook your roast for roughly 25 minutes per pound or until you reach your desired doneness. Measure using a meat thermometer.

Rare: 125-135°
Medium Rare: 135-140°
Medium: 145-150°
Well: 160°



SLMHC's journey to excellence in health care

Nearly 100 years ago, the first hospital in Sioux Lookout opened in 1922, marking the mere beginnings of a rich local history in health care. Since then, it's been an ongoing journey of improving local health services, prioritizing equitable access to health care for everyone in our region.

Huge steps were made in the 1990s, when the Hospital Services Negotiating Unit was formed and was comprised of representatives from Nishnawbe Aski Nation, Municipality of Sioux Lookout, Ontario and Canada. This group brought the Sioux Lookout Four Party Hospital Services Agreement to life, bringing Sioux Lookout's Zone and General hospitals together. This paved the way for a new, amalgamated hospital with expanded services—the Sioux Lookout Meno Ya Win Health Centre (SLMHC).

SLMHC opened its doors in 2010, and the state-of-the-art health care facility has been providing a plethora of health care services to people in our region ever since.

"I was working with the tribal council when the negotiations were happening, so I was involved in that aspect," says Douglas Semple, First Nations Advisor to the SLMHC Board and CEO. "I feel privileged and thankful that I've been involved in that whole process... It's been a success with being able to create an institution that is able to provide the range of services and programs that we can."



Your Community Hospital

We are a fully-accredited 60-bed hospital and 20-bed extended care facility, providing services to all residents of Sioux Lookout and surrounding area, including Pickle Lake, Savant Lake and the First Nation communities in our region.

Our hospital offers a broad range of basic and specialized services in primary health care, including a 24/7 Emergency Department, and outpatient programs like our Mental Health and Addictions Program, diabetes program, rehabilitation, telemedicine, laboratory and diagnostic imaging.

We strive for Excellence Every Time. Have feedback for improvement?

Visit slmhc.on.ca/feedback to share your comments and let us know how we are doing.

Learn about our fantastic career opportunities: slmhc.on.ca/careers or find us on LinkedIn

Follow us @MenoYaWin



slmhc.on.ca



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE

“From the old hospital to the new, we have leaped bounds,” says Lori Donnelly, SLMHC Patient Care Manager, who has been with SLMHC since 1983. “We’ve gone from just having a nursing floor, operating room, and an emergency department to having a very large emergency department... We have day medicine, which was actually done through the emergency department at one point but is now a whole unit on its own. There are just so many more areas opening up in this hospital, and watching it grow has been exciting.”

SLMHC is a fully accredited 60-bed hospital and a 20-bed extended care facility, serving a population of about 30,000 among the Municipality of Sioux Lookout and 28 First Nation communities across the north.

SLMHC provides a wide range of basic and specialized health care services, including diabetes care, stroke prevention, mental health and addiction services, and acute and outpatient programs.

Advanced, modern equipment and top-notch programming at SLMHC keep patients closer to where they call home. SLMHC provides patients access to important services, such as CT Scanning, digital mammography and chemotherapy, that are typically only available in large urban centres.

“Thanks to ongoing support, dedicated staff, and generous contributions from the SLMHC Foundation, we are able to offer unique, high-caliber services and programs to all of our patients here at SLMHC. We’ve been able to bridge gaps by providing patients access to crucial services and equipment right here in Sioux Lookout,” says Heather Lee, SLMHC President and CEO.

“It’s amazing how things have changed. I think, for such a small town, we are so lucky and blessed to have what we have,” says Donnelly. “I don’t know if everybody realizes how lucky we are. It’s nice to know we have as many doctors as we have, and we have specialists coming right to Sioux Lookout. If you lived anywhere else, you’d have to go to a bigger center to have any access to them at all, yet we have them here.”

Not only are patients closer to home, but patients from across the north can truly feel at home thanks to SLMHC’s Traditional Healing, Medicine, Food and Supports Program, which is a model for integrated First Nation hospital-based services. This program provides patients access to traditional foods (Miichim) from a specialized kitchen like no other across Canada, 24/7 interpreter services, traditional healing and traditional medicines (Andaaw’iwewin egkwa Mashkiki), and Anishinaabe cultural training (Bimaadiziwin).

“It’s been gratifying for me as an Indigenous person who belongs to the area that the hospital serves. We’ve



Left: The old General Hospital in Sioux Lookout
Right: The old Zone Hospital in Sioux Lookout



been able to institute programs and services that are uniquely sensitive to our population we serve,” says Semple.

Almost 100 years later, a small-town hospital has grown into a high-end facility with a team of over 400 dedicated health care professionals, who share a goal of providing excellence to patients across the north.

“We have a team and facility that is quickly growing, with plenty of amazing opportunities for health care professionals. If you’re looking for unique industry experience, SLMHC is the place for you,” says Ramona Quequish-Baas, Human Resources Manager.

SLMHC is looking to further grow its services, programming, and health care team. Visit slmhc.on.ca/careers to see how you can join this amazing team and be part of more history in the making!

Join Us.
We'll give
you support
to grow.

Here at SLMHC, we are committed to supporting students and new employees in their career goals.

Find out more about our current opportunities, or submit your resume, at slmhc.on.ca/careers



SIOUX LOOKOUT
Meno Ya Win
HEALTH CENTRE

Follow us @menoyawin



Brynn,
Age 9
“future nurse”



Begin your adventure in **PICKLE LAKE**



STUNNING SUNSETS & DANCING NORTHERN LIGHTS

It is hard not to drive north on Hwy 599 to Pickle Lake from the west via Sioux Lookout or from the south via Ignace without seeing some form of wildlife. Grazing moose and wandering black bear are frequent sights especially in May and early June when the lush grasses and colourful wildflowers fill the roadsides. More rare, however possible to see, are Canadian Lynx, red and silver and cross fox, timber wolves and the elusive Woodland caribou. Plus the entire region boasts a myriad of bird species. Bald and golden Eagles, ospreys, woodpeckers (Black backed and three toed love the old burn forests), hawks, ducks and waterfowl and song birds of varied species, along with a plethora of grouse and partridge. Sandhill Cranes make their way over Pickle Lake in spring and fall moving between their southern wintering grounds and breeding areas to the north. Some cranes even stay nearby on Lake St Joseph to raise their young.

Once in the community of Pickle Lake, you will find almost nightly, gorgeous sunsets that will take your breath away. Just when you think you've seen the most beautiful array of reds, oranges, blues and purples, you're rewarded with a new and distinctive vista and another reason to take more photos of the evening.

On a clear night, northern lights can be found dancing above. Sometimes a mid-night trek is required to capture this sight.

FUN FOR THE FAMILY

Canada Day weekend is the time for the annual Blackfly Festival when Pickle Lakers comes together to host an exciting event filled time for all ages. Canoe races, horseshoe tournament, demonstrations, floatplane rides, themed games and food vendors, bouncy castles, a fireworks display, and special events fill the multi day event. If you arrive in town other than this festival weekend there are still many events and facilities available for fun and recreation year round.

There are two large play structures, one located right on the town beach by the picnic area and lakeside RV Park. Canoe and kayak rentals in the summer, XC skiing, snowshoeing (and snowshoes rentals) and ice fishing in the winter. Walking trails and swimming right in town on two local lakes.

Hotels, B&Bs, restaurant and lakeside patio dining, gift shop and all the supplies any traveller needs at our local hardware and dry goods shops make this a full service community.

Pickle Lake is the perfect destination location for those looking for a little added adventure to their vacation or for those looking to get away from the hectic pace and to find tranquillity and wilderness and a place to camp where you are the only humans nearby.





ADVENTURE BIKES, OVERLANDING TRAVELLERS & SELF CONTAINED RV PARADISE

Camping in either of Pickle Lake's two RV parks or at any number of wilderness or town operated camp grounds on the Nord Road north of Pickle Lake you will find the ultimate wilderness solstice. "Wild" swimming, peaceful camping, lakeside campfires and fish dinners of fresh caught pickerel are just a few of the highlights. Journey to the "end of the road", past Pickle Lake the road continues for several hundred kilometers of gravel ending at Windigo Lake.

Don't forget to include a stay at one of the local lodges or hotels. In town there is the Pickle Lake Hotel, Winston Hotel, Lakeview Manor B&B and Pickett's B&B or just south of town on Lake St. Joseph, there is the Old Post Lodge and Camp Lake St. Joseph. A short boat ride takes you to these warm and comfy accommodations. Or a little farther south there is Oz Lake Lodge and Motel, Albany River Lodge and Austin's Wilderness Lodge.

Or, for a real treat take a ride on a float plane to a fully outfitted remote outpost camp. This is a unique and truly Canadian experience worthy of a top listing on a lifetime bucket list.



HISTORY BUFFS

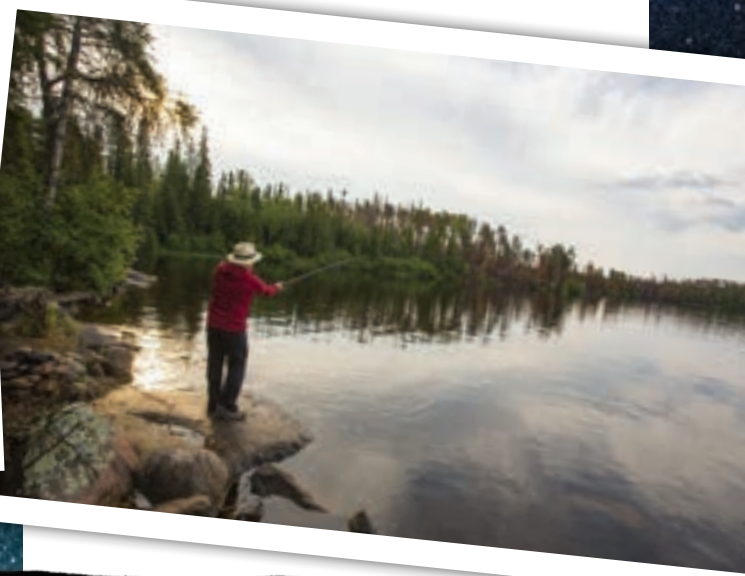
Pickle Lake offers a long and interesting history of aviation in the north as both the most northerly airport and jumping off spot for air transport of goods and passengers since the beginning of air travel in Canada. Plane spotters will see the Basler BT-67 (converted Douglas DC-3), ATR 72-500F, Cessna Grand Caravan 208, Pilatus PC-12, Hawker Siddeley HS 748, De Havilland Canada Dash 8, Beechcraft 1900, or down by the lake DeHavilland Otter and DeHavilland Beaver Floatplane aircraft.

Pickle Crow and local mining for gold and other precious metals makes up a large part of the creation of the community and extraction of some of the richest mineral deposits of gold in the world. Who is to say that the last production of gold bars that "went missing" aren't possibly buried somewhere nearby?

Today, Pickle Lake remains an important location for the movement of goods north to the Indigenous communities on aircraft. And on the ice routes made famous by the legendary "Ice Road Truckers" during the winter months.

For those looking for a longer adventure there are opportunities to paddle one of many rivers flowing north to Hudson Bay and east to James Bay. Float plane drop off and pick up can be arranged with the local outfitter.

These are moving water, high adventure trips for the wilderness savvy travellers offering beyond the average paddle trip for destinations to the east and north.



Pickle Lake welcomes you to our friendly community and we look forward to hosting you and your fellow travellers to where the road no longer ends but where your incredible adventure begins!



THE TOWNSHIP OF PICKLE LAKE

WHERE ALL ROADS BEGIN

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!

Calling all RV'ers, overlanders, and adventure bikers to come enjoy true wilderness at one of our RV parks in and around town.

1-833-985-2245   picklelake.ca

shop
local

Pickle Lake Blackfly Festival

Canada Day Weekend
ANNUAL, MULTI-DAY EVENT

Fun for the whole family!

Fun Races & Events
Horseshoe Tournament
Kids Games & Bouncy Castle
Fireworks, BBQ & Beer Gardens
Plane Rides, Demos & Displays
Kids & Adults Dances

Community Markets

3RD SATURDAY EVERY MONTH



Northern Boreal Design
Hussey's Hooks
Caelan's Candles
Amanda's Food Market
Creative Sticks 'n Stones
Debi's Baked Goods

Plus many more vendors!

Also available: Pickle Lake Virtual Market on Facebook

Accommodations & Outfitters

		Direct Body of Water	American Plan	Cabins	Houseboats	Campgrounds	Winterized	Housekeeping	Boat/Motor Rental	Canoes/Kayaks	Fishing	Hunting	Licences/Tags	Guide Service	Fly-In	Outposts	Snowmobiles	Bait & Tackle	Dining Room	Gas/Oil
1	Abram Lake Park	Abram Lake	*	*	*	*	*	*	*	*	*	*	*	*				*	*	
2	Anderson's Lodge	Abram, Lac Seul	*	*				*	*		*	*	*	*	*	*		*	*	*
3	Nutt's Country Cabins	Big Vermillion	*	*				*	*		*	*		*						
4	Deer Path Lodge	Big Vermillion	*	*				*			*	*		*						
5	Discovery Lake Lodge & Outpost	Discovery, Zarn, Dominion	*					*			*	*	*	*		*		*	*	*
6	Donnelly's Minnitaki Lodge	Pickerel Arm of Minnitaki Lake	*	*		*	*	*	*	*	*	*	*	*	*	*		*	*	*
7	Fireside Lodge	Little Vermillion	*	*				*	*	*	*	*	*			*		*	*	*
8	Frog Rapids Camp	Pelican Lake	*					*	*		*		*	*		*		*	*	*
9	Ghost River Lodges	Marchington Lake	*	*				*	*		*	*	*	*		*		*	*	*
10	Guardian Eagle Resort	De Lesseps Lake	*	*				*	*		*		*	*	*			*	*	
11	Hidden Bay Lodge	Armit, Blackstone, Gage, Highstone, Miniss, Raggedwood	*	*							*		*		*	*		*		
12	Knobby's Fly-In Camps	Bamaji Lake	*	*				*			*	*	*		*	*		*		
13	Lac Seul Floating Lodges	Lac Seul		*				*			*	*	*							*
14	Lac Seul Outpost	Lac Seul/Chaimberlain Narrows	*					*			*					*		*	*	*
15	Lac Seul Resort	Lost Lake, Lac Seul	*					*			*	*		*				*	*	*
16	Lost Island Lodge	Lac Seul	*	*				*	*		*		*	*		*		*	*	*
17	Mahkwa Lodge	Lac Seul	*	*		*	*	*	*	*	*	*	*	*				*	*	*
18	Moonlight Falls Camp	Lake Minnitaki	*					*	*	*	*	*		*						
19	Moosehorn Lodge	Pelican Lake	*	*	*	*	*	*	*	*	*	*	*	*				*	*	*
20	Northumbrian Resort	Abram, Minnitaki	*					*			*	*		*		*				
21	Pickerel Arm Camp	Lake Minnitaki	*					*	*		*	*	*	*	*	*		*	*	*
22	Pine Cliff Lodge	Sandy Beach (Big Sandy)						*	*		*	*						*	*	*
23	Red Pine Lodge	Abram Lake	*					*	*		*	*	*	*		*	*	*	*	*
24	River Edge Outfitters	Big Vermillion	*					*	*	*	*	*	*	*						*
25	Sioux Lookout Floating Lodges	Lac Seul		*				*			*	*	*							*
26	Sioux Retreat Services	Abram, Stranger, Minnitaki	*			*		*	*	*	*				*	*				*
27	Slate Falls Outpost	St. Joseph, Miniss, Maskara, Carling, Arc, Hooker	*					*	*	*	*	*		*	*	*				*
28	George's Tikinagan Camp	Abram Lake	*					*			*	*	*			*				*
29	Timber Edge Camps	Lake Minnitaki	*		*			*	*	*	*	*	*	*		*		*	*	*
30	West Point Cove Camp	Pelican Lake	*			*		*			*									
31	Winoga Lodge & Outposts	Abram Lake	*			*	*	*	*		*	*	*	*	*	*	*	*	*	*



1 Abram Lake Park

P.O. Box 444
Sioux Lookout, ON P8T 1A5
1041 Highway 72
P 807-737-1247 or 807-737-3299
F 807-737-3294
E abramlake@gmail.com




abramlake.ca

Contact: Allan or Paula Pizziol

2 Anderson's Lodge

P.O. Box 1058, Hwy 72
Sioux Lookout, ON P8T 1B7
P 807-737-1279
TF 800-465-1098
F 807-737-1499
E fishing@andersonslodge.com

andersonslodge.com
market.andersonslodge.com

 AndersonsLodgeSiouxLookout
 AndersonsLodge


Contact: Jackie Duhamal, Jody Morin,
Meredith Culham, Rick Young

3 Nutt's Country Cabins

2076 Hwy 664
Sioux Lookout, ON P8T 0A7
P 807-582-0914
TF 1-844-905-1001
E info@nuttscountrycabins.com

nuttscountrycabins.com

Contact: Sonia Nutt

4 Deer Path Lodge

Deer Path Road, Hwy 664 Lot 1408
P.O. Box 53
Hudson, ON

P (807)-737-1050
E info@deerpathlodge.com

deerpathlodge.com

 deerpathlodgehudson
Contact: Rick or Evelyn Tinney

5 Discovery Lake Lodge & Outpost

P.O. Box 57
Sioux Lookout, ON P8T 1A1
P (807)-737-7921
E discoverylake@gmail.com

discoverylake.com

Contact: Cheryl or Paul Bohen

6 Donnelly's Minnitaki Lodge



140 Minnitaki Lake Rd
P.O. Box 278, Sioux Lookout, ON P8T 1A3
P/F 807-737-2399
TF 1-800-563-5423
E donnel@tbaytel.net

minnitakilake.ca

7 Fireside Lodge

P.O. Box 218
Sioux Lookout, ON P8T 1A3
P (807)-737-1919
TF 800-545-0815
E fireside@xplornet.com

firesidelodge.com

 firesidelodgefishing
 FiresideFish

Contact: Alan or Audrey Brandys

8 Frog Rapids Camp

728 Hwy 72
Sioux Lookout, ON P8T 0A7
P (807)-737-3029
F (807)-737-4828
E adele@frograpidscamp.ca

frograpidscamp.ca

 frograpids

Contact: Adele Brunton or Larry Bower

9 Ghost River Lodges

P.O. Box 566
Sioux Lookout, ON P8T 1A8
P 1-888-446-7874
E info@ghostriverlodge.com

ghostriverlodges.com

  ghostriverlodges

Contact: Tena Kartinen

10 Guardian Eagle Resort

20 Brandt St. Unit 3 Suite #274
Steinbach, MB R5G 1Y2
P 1-855-922-3474 (FISH)
E guardian eagleresort@gmail.com

guardianeagle.com

 GuardianEagleFlyInFishingResort  

Contact: Twyla Bergen

11 Hidden Bay Lodge

P.O. Box 248
Sioux Lookout, ON
P 1-800-443-3362
E hiddenbayfishing@gmail.com



hiddenbay.com

12 Knobby's Fly-In Camps

P.O. Box 382, 25 Wellington St.
Sioux Lookout, ON P8T 1A5

P 1-807-737-3291
TF 1 800 668 3886
E knobys@tbaytel.net

knobbys.on.ca

 Knobby's Fly-In Lodge and Outposts
 Knobbys_fishing



Contact: Lars Ohman

13 Lac Seul Floating Lodges

P.O. Box 210
Hudson, ON P0V 1X0

P 1-807-582-3284
E info@lacseulfloatinglodges.com

lacseulfloatinglodges.com

 Lac Seul Floating Lodges Hudson Ontario
 Lac Seul Floating Lodges

14 Lac Seul Outpost

438 Highway 72
Sioux Lookout, ON P8T 0A7

P 1-800-567-4775
E lacseul@xplornet.com

lacseuloutposts.com

 Lac Seul Outpost
Contact: Ken & Brenda Robins

15 Lac Seul Resort

P.O. Box 160
Hudson, ON P0V 1X0

P 1-800-390-6418 | Winter: (807) 582-3574
E johnwesley@lacseulfn.org

lacseulresort.com



16 Lost Island Lodge

P.O. Box 430
Clinton, MN, USA 56225
P Summer (807) 582-3366
P Winter (320) 808-0775
E fish@lostislandlodge.com

lostislandlodge.com



Lost Island Lodge

Contact: Bob Bauer & John Costello

17 Mahkwa Lodge

P.O. Box 280
Hudson, ON P0V 1X0
P 807-582-3443
E info@mahkwa.com

mahkwa.com



Contact: Pierre Parsons

18 Moonlight Falls Camp

67 Sun and Sand Rd
Sioux Lookout, ON P8T 0A7
M 612-325-2068
P 651-688-0253
E sjararick@comcast.net



19 Moosehorn Lodge

109 Moosehorn Rd
Sioux Lookout, ON P8T1L5
P 807-737-2630
TF 1-800-682-6123
E info@canadafish.com

canadafish.com



Contact: Linda Rice, Nicole Archer

20 Northumbrian Resort

P.O. Box 336
Sioux Lookout, ON P8T 1A5
P (807) 737-3580
E gregbaas@hotmail.com

northumbrianresort.com



Contact: Greg Baas

21 Pickerel Arm Camp

P.O. Box 458
Sioux Lookout, ON P8T 1A8
P (807) 737-2499
TF 1.800.872.7403
E lee@pickerelarm.com

pickerelarm.com



Contact: Lee Edwardson

22 Pine Cliff Lodge

8505 Hwy 72
Sioux Lookout, ON P8T 0A7
P 1-800-391-7463
E fishing@pinecliffodge.com

pinecliffodge.com



Contact: John Hall

23 Red Pine Lodge

947 Hwy 72
P 807-737-2904
E john@fishredpine.com

fishredpine.com



Contact: John Hall

24 River Edge Outfitters

2195 Hwy 664
Sioux Lookout, ON P8T 0A7
P 807 737 8050
E cam@riveredgeoutfitters.ca

riveredgeoutfitters.ca



25 Sioux Lookout Floating Lodges

P.O. Box 137
Sioux Lookout, ON P8T 1A1
P Summer (807) 582-3537
P Winter -(807) 737-2902
E info@siouxfloatinglodges.com

siouxfloatinglodges.com

26 Sioux Retreat Services

P.O. Box 1304
Sioux Lookout, ON P8T 1B8
P 807-737-1707
E relax@siouxretreat.com

siouxretreat.com

27 Slate Falls Outpost

31 Wellington Street
Sioux Lookout, ON
P (807) 737-2903
E info@slatefallsoutposts.com

slatefallsoutposts.com



Contact: Ryan Runge

28 George's Tikinagan Camp

600 Drayton Rd
Sioux Lookout, ON P8T 0A7
P (807) 737-1909
E tony@tikinagancamp.com

tikinagancamp.com



Contact: Tony & Carol George

29 Timber Edge Camps

P.O. Box 596
Sioux Lookout, ON P8T 1A8
P 807-737-2099
E timberedgescamps@gmail.com

timberedgescamps.com



Contact: Clint & Amy Wittlief

30 West Point Cove Camp

PO Box 1532, 11 Grand Trunk Pacific Trail
P 807-737-1035
E ribbit98@hotmail.com

westpointcovecamp.com



Contact: Bill & Susan Hochstedler

31 Winoga Lodge & Outposts

922 Sturgeon River Rd
Sioux Lookout, ON P8T 0A7
P (807) 737-1829
E winogalodge@bellnet.ca

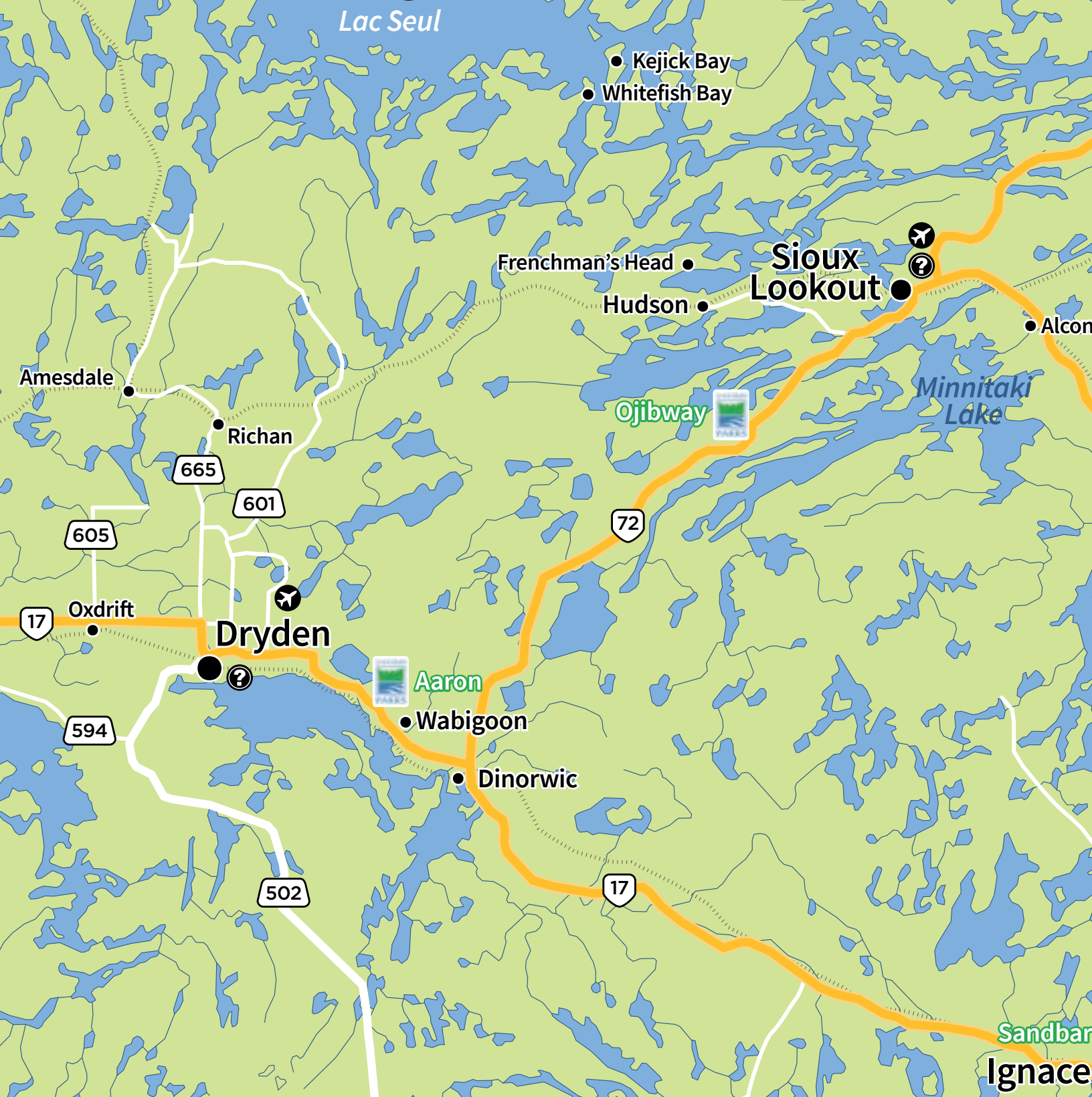
winoga.com

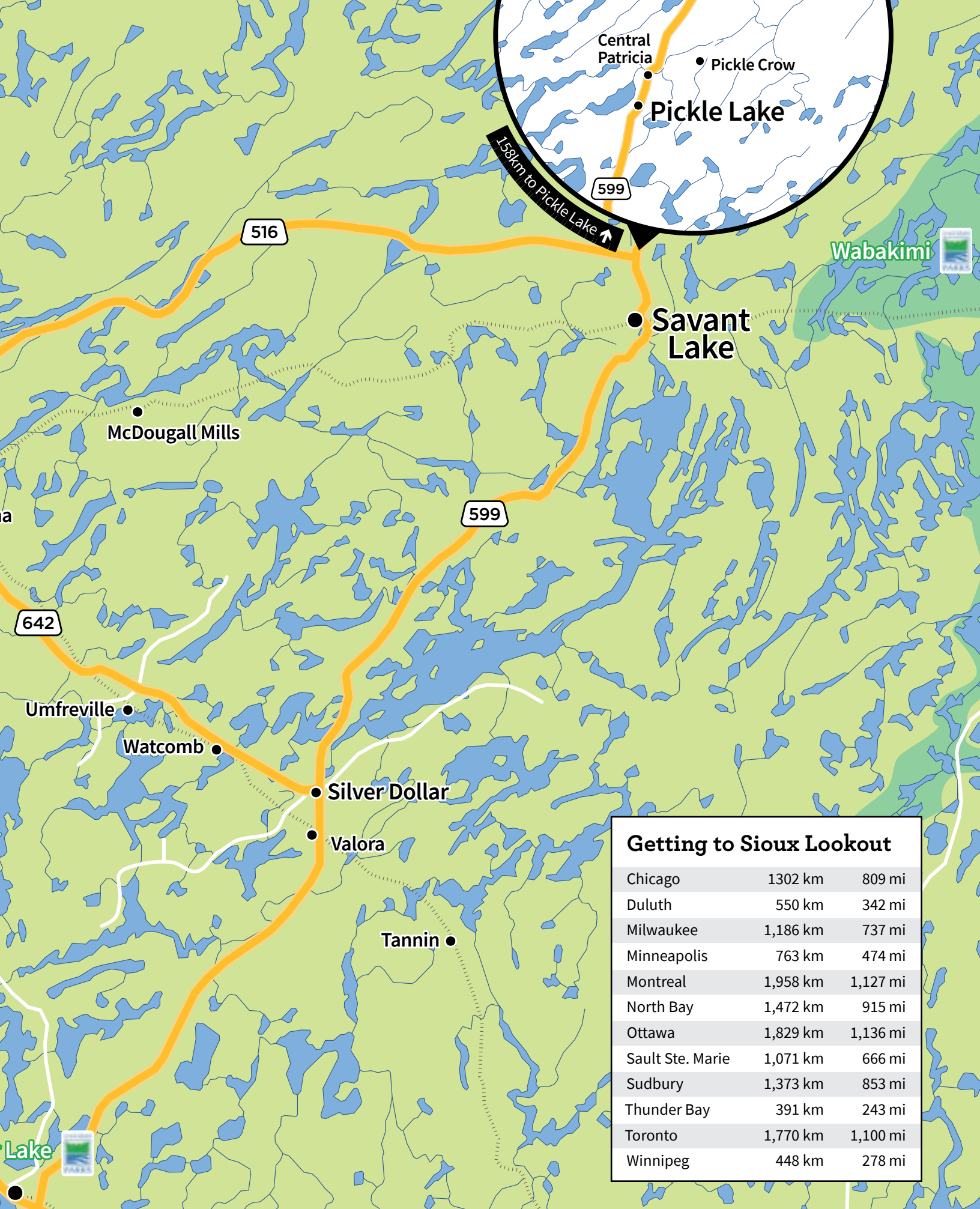


Contact: Troy Mansfield



Sioux Lookout *Regional Map*







Hudson

Hudson, originally named Rolling Portage, took on its current name officially by 1929. The railway came through Hudson from the west in 1908. By the early 1920s Hudson offered the easiest route to Red Lake using both lakes and portages, for the start of the gold rush. There wasn't any road to Red Lake at that time and it was 100 miles through the bush from the nearest railhead at Red Lake Road. A number of airlines were based in Hudson through the 30s including Western Canada Aviation with home grown Starratt Airways being the largest. In the late 30s Hudson was declared the second busiest airport in North America after O'Hare in Chicago. Boats pulling scows carried virtually all the mining equipment to Red Lake, utilizing four portages during the summer and tractor trains pulling sleighs in the winter. During this time, Bowman fisheries had a processing plant in Hudson, Keewatin Lumber, a sawmill and a number of logging contractors loaded pulpwood on railcars at the jack ladder en route to the pulp mills in what is now Thunder Bay. Hudson was running non-stop and the only indication that Canada was suffering through the Great Depression was the thousands of men riding the rails through town in search of work.

With the onset of World War II many employees and pilots of the local transportation companies enlisted in the armed forces and served overseas. Nine of them did not return home and are now remembered by the Hudson Legion Memorial Cairns. With road access to Red Lake under construction in 1945, the local transportation business was on the decline. The boats were pulled up on shore or sold off. The Wapesi, the largest boat on the lake was pulled up at Second Boat bay by the early 50s. Its hull, still prominent can still be viewed today along with the ruins of some scows and a few smaller boats. The fishery was maintained and lumbering and logging became more prominent. By the 70s all but Lac Seul Land & Lumber were closed and the airlines all moved on.

Through the 70s, the Hudson lumber mill went through major changes. By 1977 the Buchanan group purchased the mill and it flourished for over 30 years, employing up to 350 people at the mill in Hudson (90 per cent from Sioux Lookout, Lac Seul and Dryden) and 450 in the woodlands. Until the 2008 recession hit and subsequent receivership of the property. Today, two houseboat companies renting to mostly American tourists are active in town and Tudhope Airways has two charter aircraft on the Hudson waterfront. The Hudson Legion hosts probably the highest per capita attendance (in excess of 100 people) at the annual Remembrance Day ceremony honouring Canadian veterans. From May to September large photos displayed in the downtown area depict the varied history of Hudson and available recreational opportunities to those that love the outdoors. It only takes 20 minutes to get here—drive over and have a look.



Lac Seul

Lac Seul First Nation (LSFN) is a community of three distinct settlements:

- Frenchman's Head
- Kejick Bay
- Whitefish Bay

The current on-reserve population is about 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 extends southward to the north shores of Lost Lake. This includes 66,248 acres of land. LSFN is about 40 kilometres from the town of Sioux Lookout, while Kejick Bay and Whitefish Bay are about 65 kilometres.

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. Subsequently, the famous Hudson's Bay Company set up the first all-year trading post at Lac Seul in 1803 and a more permanent post one in 1815. The area was then travelled and formally mapped by Edward Umpfreville, an explorer and fur trader in the late 1800's. Our ancestors, along with other Saulteaux and Ojibway tribes in Northwestern Ontario signed Treaty #3 in 1873 at a place called Northwest Angle, not far from Fort Frances. By signing this treaty, our forefathers surrendered their vast traditional territories to the official representative of the Canadian government. In return, our forefathers received land called "reserves" as well as "treaty rights" or "treaty status." The treaty was signed by Chief John Cromarty, which makes our reserve the oldest reserve in the Sioux Lookout district. By 1912, there were about 45 homes along the shoreline of what are now referred to as Kejick Bay and Whitefish Bay.

This information was taken from lacseulfn.org. For more information on this write up, please contact Savannah McFee at savannahmcfee@lacseulfn.org.



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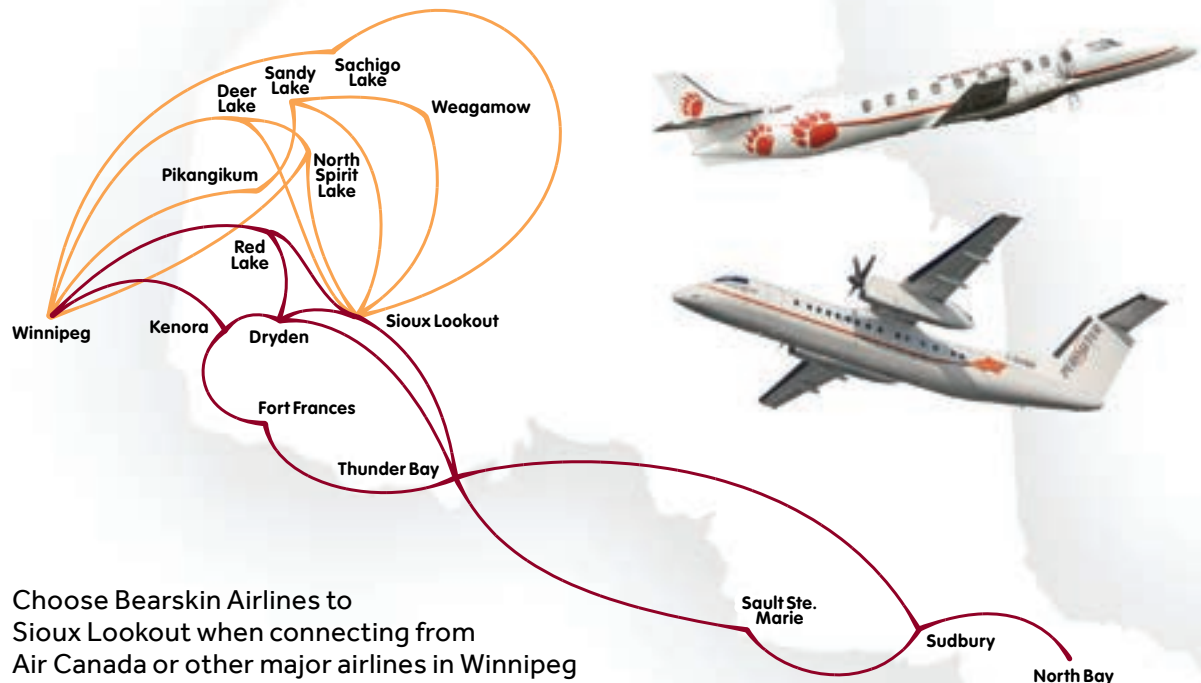
Sioux Lookout offers a unique and diverse cultural backdrop. Combined with breathtaking natural beauty, it is the perfect destination for visitors, new residents, and new business

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