

April 2023 Newsletter
News from the Municipality of
Markstay-Warren



The Monthly
Northern Roundup



April 1st
Volume 16: Issue 4

Feature of the Month - April 2023

Recycling Programs

The Municipality of Markstay-Warren is hosting a few open houses in April to introduce the current recycling ideas and concepts along with brainstorming how we can create non-traditional recycling programs that will be cost-effective for everyone.

The Open House days and times are as follows:

- Wednesday, April 12th - 6:00pm to 8:00pm at the Council Chambers in Markstay
- Thursday, April 13th - 6:00pm to 8:00pm at the Markstay-Warren Community Centre

Everyone is invited to attend these meetings. For details, call 705-853-4538 ext. 202 or email rforgette@markstay-warren.ca

Some of the programs that are being tested currently is the FoodCycler program and the TerraCycle program. For more information on either programs, please click [here](#) to be taken to the Waste Management and Recycling page of our website.

The landfill has recycling options for specific materials, such as electronics, tires, scrap metal and big batteries (for vehicles). If you have these materials upon arrival, please inform the attendant upon entry. The Municipal Office also has a drop-off point for small household batteries, plastic water bottles, and drinking cans. Come visit us to drop off your recyclable materials.



Curious about the
businesses in our area?
> Click Here <

To view the events
happening in our area
> Click Here <

Reminders

The Municipal Office will be closed on Friday, April 7th and Monday, April 10th for Good Friday and Easter Monday.

You can pick up a hard copy of the newsletter at the following locations; Bertrand's Store, Markstay Library, Warren Library, Health Unit, Rustic Cafe, Kukagami Jack, Hagar General Store, St-Charles Foodtown, and at the Seniors club.

Birthday and Thank You's

Birthdays in April 2023

If you have someone you want to wish a Happy Birthday, please send an email to cdc@markstay-warren.ca with the date and the name.

Municipal News - April 2023

Hello Residents of Markstay-Warren

Spring is here to the delight of many. I am quite confident most of us are very happy to see longer and warmer days for months to come. Did you know that when Benjamin Franklin was living in Paris, he was the first to propose an early function of the daylight-saving time to save on candles and oil in 1784?

I would like to thank Ken Elliott and his Team for putting the long hours to keep our roads open during the many storms we had this winter. I would also thank the office staff who keep this municipality functioning.

Half-load season is now upon us and will be until the warm weather melts the frost out of our roads. Once the thaw happens, it leaves the roads susceptible to damage, and many potholes will form. Please slow down and drive carefully.

Please be kind to one another.

Your Mayor
Ned Whynott
Municipality of Markstay-Warren



Public Notice

Please be advised that the spring thaw is in full force. Like every year, there is constant heaving of our roads. This is magnified by the freeze at night and thaw during the daylight hours. This is creating some very rough roads.

This year is particularly bad due to the amount of mid-winter thaw and re-freeze conditions we had. Please understand that we are monitoring the road conditions daily. Sending a grader on frozen roads will cause damage to the graders. To reduce the likelihood of the equipment being damaged, the roads need to have begun thawing out prior to deployment.

The Municipality has two graders to cover approximately 190 km of road which means that the spring clean up takes time to get to all the roads. The Markstay-Warren roads are no different than most back roads in Ontario.

What can you do?

Like driving in the wintertime, drive cautiously and carefully by avoiding the road hazards. The public works crews are doing everything they can and are working hard to keep our roads safe. We appreciate your understanding and patience.

Regards
The Director of Operations
Municipality of Markstay-Warren

Treasurer's Message

The remittance due date for the second Interim for the property tax of 2023 is April 27th, 2023.

You can pay these taxes in several ways.

- In person at the Municipal Office located at 21 Main Street South, Markstay by cash, cheque, or debit (no credit cards).
- By mail to box 79, Markstay, Ontario, P0M 2G0.
- By depositing post-dated cheques only in drop box located at the Municipal Office at 21 Main Street South,

Community Article - April 2023

Chiropractic Services Article by Kim Morris

Do you suffer from neck and back pain? Or perhaps you're having trouble recuperating from a sport injury?

Then here is some good news for you: Markstay-Warren now has chiropractic services a few times a month, right here in Markstay!

Chiropractic care is a non-invasive treatment option that utilizes manual care performed by trained practitioners. Chiropractors are primary health care professionals who have extensive education and training in diagnosis and management of conditions of the musculoskeletal system. Dr. Nick Bergen owns Atlas Chiropractic and Rehabilitation with his partner Dr. Kelly Hotta. They both believe in equitable health care services for everyone. That is why they decided to offer services in our area a few days each month, and potentially increasing that number depending on the need.

The Atlas difference is simple: they believe in Personalized Chiropractic Care. You won't get the cookie-cutter approach with them! Dr. Nick and Dr. Kelly pride themselves on spending quality time with you, their patient to listen and better understand your pain and injury. They use a personalized approach that's specific to your needs give you tools to better understand and manage your pain.

Comprehensive Treatment Plans: it takes quality time to get quality results!

All patients undergo a thorough initial assessment prior to treatment. This is to identify areas of concern, appropriate treatment plans, and health goals. The Team's chiropractic treatments are typically 30 minutes. They offer a variety of treatment options utilizing any combination of adjustments, joint mobilizations, soft tissue therapy (myofascial release technique, instrument assisted, vibration, massage), functional acupuncture, low-level laser therapy, rehabilitative exercise, and patient education.

Not everyone has an active injury and sometimes you just want a self-care visit to treat yourself. Dr. Nick and Dr. Kelly can absolutely accommodate these visits, and they are more common than you think! Just tell them your goals and they will work with you to achieve them.

For more information or to book an appointment in Markstay, please visit the website [>here<](#).

Excellente nouvelle! Markstay-Warren aura désormais des services chiropratiques plusieurs fois par mois, ici même à Markstay.

Dr Nick Bergen est propriétaire d'Atlas Chiropractic and Rehabilitation avec son partenaire, Dre Kelly Hotta. Ils croient tous deux en l'équité des services de santé pour tous. C'est pourquoi ils ont décidé d'offrir des services dans notre région quelques jours par mois, et éventuellement d'augmenter ce nombre en fonction des besoins.

La différence Atlas est simple : ils croient aux soins chiropratiques personnalisés. Les docteurs Nick et Kelly sont fiers de passer du temps de qualité avec vous, pour vous écouter et mieux comprendre votre douleur et votre blessure. Ils utilisent une approche personnalisée qui est spécifique à vos besoins et vous donnent des outils pour mieux comprendre et gérer votre douleur.

Pour plus d'information ou pour prendre un rendez-vous à Markstay, veuillez consulter le site web [>ici<](#).





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**MARKSTAY
WARREN**

markstay-warren.ca