

**February 2024 Newsletter**  
**News from the Municipality of**  
**Markstay-Warren**



**February 1st**  
**Volume 17: Issue 2**

# Still seeking new members for committees!

## UPDATED

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The Municipality of Markstay-Warren is seeking new members for their Committees. The important work of these committees supports our municipal involvement across multiple sectors.

We are still recruiting members for the following committees:

- **Economic Development – 2 more members**
- **Recreation, Warren Branch – 2 more members**
- **Finance – 1 member from Awrey, Hagar and Warren**

For detailed information on these committees, please visit our website at: [Council Committees | Your Government | Municipality of Markstay-Warren](#)

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La municipalité de Markstay-Warren recrute des nouveaux membres pour leurs comités. Le travail important de ces comités soutient notre implication dans de nombreux secteurs.

Nous recrutons encore des membres pour les comités suivants:

- **Développement économique - 2 autres membres**
- **Services de santé et de loisirs - 2 autres membres**
- **Finances – 1 membre de chacune des régions de Awrey, Hagar et Warren**

Pour les détails sur ces comités, SVP visiter notre site web au [Council Committees | Your Government | Municipality of Markstay-Warren](#).



# Feature of the Month February 2024

## JUG CURLING TOURNAMENT

March 15 & 16, 2024 at the Markstay-Warren Community Centre.

## PRIZE FOR BEST DRESSED TEAM IN 70'S OR ST. PADDY'S DAY COSTUME

\$200 per Team (\$50 per player), 3 Games Guaranteed

Men's, Women's, or Mixed Teams

Must be 19+ years of age to participate.

TO REGISTER YOUR TEAM, CONTACT

Steve Rainville

Tel: 705-967-2222

Email [sarock\\_01@hotmail.com](mailto:sarock_01@hotmail.com)

## REGISTRATION DEADLINE

Friday, March 8th at 6 PM.

Proceeds go to Markstay-Warren Recreation Committee and Warren Golden Age Club. Mark your calendars for Winterfest March 2nd at the Markstay-Warren Multi-Use Facility!

## Winterfest

Winterfest is just over a month away and plans are well underway!

Our sponsors and supporters are in place! John Vanthof, our NDP MPP, will be attending and participating in opening remarks along with the cake cutting for the Arena's 50th Birthday at noon!

Some of the planned activities include snow baseball, breakfast with Municipal Council and Mickey Mouse, and much more!

Should be a great kick off to a month of Birthday celebrations for our great facility!

## Reminders

March's edition of the Newsletter's deadline to receive articles and ads is Wednesday, February 21st.

If you would like a hard copy of the newsletter, you can visit the following;

- Warren Library
- Markstay Library
- Rustic Café
- Bertrand's Confectionary
- Hagar General Store
- Kukagami General Store
- Warren Univi Health Centre
- St-Charles' Food Market
- Senior's Golden Age Citizen's Club.

## Regular Council Meeting

The regular Council Meeting will be on **Tuesday, February 20th, 2024, 7:00 pm**, at the Municipal Council Chambers in Markstay and on livestream. You are always welcome to come out and join us. These meetings are



# Public Notices February 2024

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## Interim Tax Bills

Watch for your Interim Tax bill in your mailbox this month. Due dates are February 29th and March 29th.

The interim Tax bill is based on 50% of the 2023 annualized taxes for your property. It does not reflect your overall 2024 taxes.

## PAP Information

Those on PAP (pre-authorized payments) will now be based on twelve (12) months and not eleven (11) months. The adjustment to your payments will be made in July.

### PAP (Pre-Authorize Payments)

Allows you to make regular monthly payments on the 10th or the 20th of each month or on the due dates. The plan runs from January to December. Applications form is available at the municipal office and on our website.

### Did you know?

#### Income Tax Season

Start preparing for income tax season, collecting all your pertinent information. If you have a low to modest income, a qualified volunteer at the Warren branch will complete and file your taxes for free. You are welcome to drop off your information at either branch location in Warren or Markstay in a sealed envelope providing the library with your contact information.

#### Library Hours for Family Day

The library is closed for Family day, on Monday, February 19th, 2024.

#### Library Contest in February

The library is hosting an event in February. You can enter the contest by completing any of the following below:

- Sign out a blind date, no strings attached for a chance to win.
- Fill out a heart and tell us what you love about your local library for a chance to win.
- Every time you attend the walk n' coffee in February, your name is entered in a draw for a chance to win.

For more information, contact the Library at 705-599-3009 (Markstay) or 705-599-2665 (Warren).



# Community Article February 2024

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## How to Beat the Winter Blues - Article by Sara Lindberg, M.Ed (shortened)

If colder weather and shorter days cause you to feel the winter blues, you're not alone. It's not uncommon to experience fatigue, sadness, difficulty concentrating, and a disruption in your sleep schedule during the winter season. For some, this mood change is temporary and easily managed with lifestyle modifications. But for others, the winter blues can turn into a more severe type of depression called [seasonal affective disorder](#) or SAD. The good news? There are things you can do to beat the winter blues.

### Winter Blues vs. Seasonal Affective Disorder

#### Winter Blues

- Sadness during the fall and winter months
- Some trouble sleeping
- Lack of motivation

#### SAD

- Severe sadness during the fall and winter months
- Frequent sleep and eating issues
- Depression that limits normal functioning and motivation

### Tips to Help Beat the Winter Blues

#### Take a Break from the News

Being indoors more often means an increase in screen time. And if this time is spent consuming a non-stop news cycle, you may feel an increase in the winter blues.

#### Boost Your Mood with Food

A simple change to boost your mood is to consider the food you eat. Consuming protein with breakfast, lunch, and dinner can enhance mood and prevent sugar and carb cravings later in the day. Also, including foods high in vitamin D such as fatty fish, fish oil, and vitamin D fortified foods like milk, orange juice, breakfast cereal, yogurt, and other food sources can help balance mood.

#### Keep Up Your Sleep Routine

- Go to bed and wake up at the same time every day.
- Follow a simple bedtime routine that signals rest, such as taking a bath, turning down the lights, or drinking a cup of herbal tea.
- Expose yourself to light as soon as you wake up.
- Sleep in a cool, dark room.
- Don't use electronics in your bedroom.
- Write all of your worry thoughts on a piece of paper before bed so that if you wake up in the night, you can tell your mind you don't need to worry because the thoughts are captured on paper and will be waiting for you to tackle in the morning.

#### Do Some Physical Activity

Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Start slowly and build up to 30 to 60 minutes a day, five days a week, of aerobic exercise, strength training, yoga, or other fitness-related activities. Getting outside daily, even for a few minutes a day, can make a huge impact on your mood and help target the specific symptoms of SAD related to a lack of daylight.





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**MARKSTAY**  
**WARREN**

[markstay-warren.ca](http://markstay-warren.ca)