

January 2023 Newsletter

News from the Municipality of Markstay-Warren



The Monthly Northern Roundup



January 1st
Volume 16: Issue 1

Newsletter Information

The newsletter will no longer be mailed to each individual home. The Newsletter will now be available on <https://markstay-warren.ca/en/>. Scroll down and sign up with your email address to receive a digital copy of the newsletter in your email. This allows us to add interactive capabilities to articles and be more eco-friendly with less paper. You can also view it with ease on any mobile device you have.

Locations for Hard Copy of Newsletter

There will be a limited amount of hard copies of the newsletter in specific locations throughout the Municipality:

- Warren Univi Health Unit- 39 Lafontaine St,
- Warren Rustic Café - 15 Ruthland Ave, Warren
- Bertrand's Confectionary - 3 Pioneer St W
- Markstay Hagar General Store - Hwy 17 E, Hagar
- Kukagami General Store - 2921 Hwy 17 E, Wahnapiatae
- Markstay Public Library - 7 Pioneer St. E, Markstay
- Warren Public Library - 39 Lafontaine Rd, Warren
- St-Charles' Food Market - 25 Main St, St-Charles

If there is a change to a location or a location is added, the information will be found on page 2 of the printed newsletter and within the digital copy of the newsletter.

Advertisements and Articles

We are looking to add an article every month written by someone from the community. There will be a limit of 1 article per month. So if you would like to book a month for your article, please send an email to cdc@markstay-warren.ca with the idea of the article, and which month you would like it to be showcased. The safe deadline to follow for sending in an article is the 15th. Some months will have shorter deadlines due to holidays.

Advertisements are now business card size only. The exact measurements is 3.75 width x 2.25 height in inches. The cost for the ad is 10\$ per month. We also now offer the ability to advertise your business for free in our business directory on the website. For more information on how to put your business on the website, send an email to cdc@markstay-warren.ca.

The deadline for February's edition of the newsletter is January 15th.

Birthday and Thank You's

Thank you from École St-Thomas

École St-Thomas would like to thank the community for their ongoing support. Our students ask that you save your empties. They will be canvassing the community in May as they look forward to their end of the year celebration trip with their classmates. Happy New Year to all.

L'école St-Thomas aimerait remercier la communauté de son support continu. Les élèves aimeraient vous demander de garder vos bouteilles vides pour leur cueillette annuelle qui aura lieu au mois de Mai. Ces fonds permettront aux élèves de profiter d'une activité en fin d'année scolaire. Bonne année à tous!

Birthdays in January 2023

January 20th - Ken Elliott



Municipal News

Message from Mayor Ned Whynott:

Hello Residents of Markstay-Warren! Let me mention a few fun facts about January. January is the first of seven months to have 31 days. January was also named after the Roman God, Janus. According to folklore, the weather of the first 12 days of the year is indicative of how the weather of the following 12 months will be.

Winter is fully upon us and for those who love it, please take full enjoyment of the season. For those who aren't so keen on winter, please try to enjoy what winter has to offer.

During the winter months our roads are covered in snow. I ask that everyone drive with caution and according to the conditions of the road this winter. Let's not forget that our public works crew is out day and night to keep our roads open and safe. Please be respectful to them.

Staff is working hard on the 2023 budget and hope to have concrete numbers in the next couple of months.

If anyone has any plans on making New Year's resolutions, I wish you every success in achieving them. Please be safe, stay healthy, and be kind to one another. I wish you all a very happy, healthy, and prosperous New Year.

Ned Whynott
Mayor, Markstay-Warren

Treasurer's Message

Homeowner Opportunity for 2023 Our landfill site is reaching capacity. The Municipality has taken steps to reduce household waste pickup by reducing weekly bag limits from 6 bags to 5 bags per week.

We have an opportunity to purchase FoodCycler FC30 units at a reduced cost. The FoodCycler helps reduce the volume of discarded food waste. The unit sits on your counter and takes up no more space than a bread maker. The FoodCycler processes approximately 2 litres of food waste per cycle and converts it to nutrient-rich soil that can be added to plants/gardens or pelletized for home heating.

The cost per household is:

Original purchase price	\$500
Less Discounts	(250)
Less Municipal portion	(125)
Cost per Homeowner	<u>\$125 plus tax</u>

Depending on volume of use, there is a \$50 plus tax filter replacement cost one or two times per year. Homeowners purchasing the units will repay the Municipality at the rate of \$25 per year plus tax, over 5 years. *visit www.foodcycler.com for additional product information.

If you would like to participate in this program, please email: sfortin@markstay-warren.ca to register by January 27th, 2023.



Municipal News and Other Information

By-laws from Fire Chief, Mark Whynott

Open Air Burning Permits

By-Law 2016-36

- Permits are required from January 1st to December 31st of each year.
- Can burn from 12pm to 8am from November to March.

There are 3 types of permits.

- Yearly Permits, \$100.00 includes HST
- 10 Day Permits, \$25.00 includes HST
- Incinerator Permit (Yearly), \$100.00 includes HST

If there are restricted fire areas, only the 10 day permit may be extended.

Anyone caught not following this by-law can be charged and/or receive fines.

You can purchase a permit at the Municipal Office in Markstay during business hours. For more information, call 705-853-4536 ext. 210



Fun Facts about Schools in our Area

Fact #1 - Did you know that the Markstay-Warren area has 4 schools within its vicinity. They include: École St-Thomas in Warren, École Publique Camille-Perron in Markstay, Markstay Public School in Markstay, and St. Mark Catholic School in Markstay.

Fact #2 - You have an equal number of choices and schools in English and French as you do for the Public and Catholic variants.

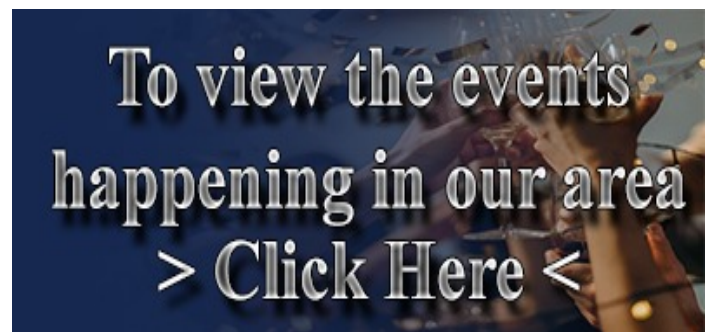
Fact #3 - Every school has a mascot. The schools in our area are no different. École St-Thomas has a moose as their mascot. École Publique Camille-Perron has the thunder bird. Markstay Public School has the timberwolves. St. Mark Catholic School has the lynx.

Interesting tidbits about the Library in our Area

From January to end of November the library welcomed 7871 people into the library!

The Library has something for everyone. Available to borrow are: books, dvd's, magazines, eBooks and audiobooks through Libby and French language eBooks and Audiobooks through Cantook. For those with print disabilities we have CELA audiobooks available.

Equipment available to borrow: urban walking poles, snowshoes, light therapy to go, Ontario Day Park Passes, puzzles, and more. The library has free Wi-Fi, public computers and offers tech support as well as access to print and scan documents. Drop by after school when we are open and you will find a craft for your child(s) to complete. For more information on the library, please visit <https://markstay-warren.ca/en/residents/municipal-library> or their facebook page <https://www.facebook.com/MarkstayWarrenLibrary>.



Water and your Health by Deme Barlas

There are three areas to focus on with water and benefits to your body

1. Physical performance and mental health
2. Overall digestion and care
3. Pain management

As winter months are approaching and snow is accumulating, staying hydrated is particularly important. You do not need to be an athlete to reap the benefits of being hydrated. Staying hydrated can help your physical performance. Muscle tissue consists roughly about 75 percent water, which helps to form protein in the muscles, stabilizing and protecting joints. Dehydration can reduce muscle tone by preventing muscles from contracting. Neglecting water intake can lead to altered body temperature control, reduced motivation, and increased fatigue. It can also make exercise feel much more difficult, both physically and mentally.

Your brain is strongly influenced by your hydration status. Studies show that even mild dehydration, such as the loss of 1–3% of body weight, can impair many aspects of brain function. Many other studies, with subjects ranging from children to older adults, have shown that mild dehydration can impair mood, memory, and brain performance.

Digestion is also important. Drinking water with your meal helps your body break down food and may help decrease constipation. Mineral water may be a particularly beneficial beverage for those with constipation. Mineral water that's rich in magnesium and sodium improves bowel movement frequency and consistency in people with constipation. In general, for healthy, average people, 8 cups a day is a good goal. People with some medical conditions may need to drink less than that. Others may need more than 8 cups a day. Talk to your doctor about how much water is good for you.

The final if not the most important, at least by my standards being a massage therapist, is pain management. A lot of what I see on a daily basis can be prevented by regular movement, therapy, and hydration. Elimination of pain requires finding the underlying cause for the pain which takes time and doesn't happen overnight.

Hydration is one aspect to look at. Our joints have cartilage which is made up of 60% water. This cartilage acts like a cushion or a shock absorber and reduces the friction between the bones in the joint. There is also a gel-like fluid called synovial fluid which keeps the cartilage lubricated. When there is scarcity of water in the body, cartilage loses its sponginess. Drinking more water may not treat the joint pain but it can keep your joints healthy.

Proper hydration can improve the production of synovial fluid, reduce the inflammation, and maintain the shock absorbing properties of cartilage. Health experts recommend that a diet rich in antioxidants as well as staying hydrated with enough water are great ways to reduce inflammation in the body. Water is specifically recommended because it can flush toxins and other irritants out of the body. This decreases the prostaglandin and histamine response, which is associated with an inflammatory reaction. Water helps build muscle to further protect the joints. While water intake can influence many areas of your health, if you are suffering from chronic pain, please reach out to a health care professional for specific advice as this article is for general information.

Deme Barlas RMT
Warren Massage Therapy





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