

March 2023 Newsletter
News from the Municipality of
Markstay-Warren



March 1st
Volume 16: Issue 3

Feature of the Month - March 2023

CALL FOR COMMITTEE MEMBERS!

The Municipality of Markstay-Warren is seeking applications for the following committees:

- **Landfill Advisory Committee**
- **Economic Development Committee**
- **Recreation and Health Services Committee**
- **Asset Management Advisory Committee**
- **Property Standards Appeal Committee**

Further information regarding these committees can be found in the Terms of Reference located on the municipal website at: <https://markstay-warren.ca/en/your-government/council-committees>. If you have additional questions, you can email the municipal office at info@markstay-warren.ca or call 705-853-4536 ext. 200.

To express your interest please send a letter expressing the desired committee and your credentials. Resumes would be helpful to include as well. Send this information to Rheal Forgette - CAO/Clerk at rforgette@markstay-warren.ca.

We thank you in advance for your consideration.

Public Notice about the Roads

Half-load season will be starting any time between **March 1st and March 15th**. The weather will dictate when this restriction will be imposed as this restriction will minimize the damage to the roads. There will be signs posted when the half-load restriction will be in effect.

Warren Arena

The Warren Arena will close for the summer season at the end of the day on **March 26th**. It will re-open next fall. Thank you all for your patronage. See you next fall!

Birthday
and
Thank
You's

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

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

Birthdays in March 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 - March 2023

Two Ways to Recycle in our Community

FoodCycler

The FoodCycler product is one aspect that would impact not only the amount of trash going into our landfill site but it does not put any burden on the municipality for the actual pick up of the trash. You can view more information on the FoodCycler by going to the website, <https://foodcycler.com/> or by visiting the Municipal Office between 8:30am to 4:00pm Monday to Friday.

Terracycle

From the Terracycle website..."At TerraCycle, our mission is eliminating the idea of waste. Businesses, government entities, and people like you work with us globally to keep trash out of landfills or from incineration. Through collaboration and innovation, we've developed the world's first solutions in everything from recycling to reuse."

Terracycle offers **MANY** recycling options for a small fee or even for **FREE**. One example would be the free recycling program for Coffee Pods.

Here's how to get involved with Terracycle:

- Create a **FREE** account with Terracycle on the website, <https://www.terracycle.com/en-CA>
- Collect all of your empty coffee pods as described in the Terracycle website and insert them in **ANY** box you desire.
- When the box is full, log onto your Terracycle website to print a **PREPAID** shipping label.
- Seal the box and send the **PREPAID** box to Terracycle.

This concept is available for **NUMEROUS** products and costs the rate payer and the municipality absolutely **NOTHING**.

There will be an open house for 2 nights on these two new recycling programs that is open for the public to come in and ask questions.

March 8th, 2023 from 6pm to 8pm at the Council Chambers in Markstay.

March 9th, 2023 from 6pm to 8pm at the Warren Community Centre.

Property Taxes and their Due Dates

The remittance due date for the first Interim for the property tax of 2023 is **March 30th, 2023**.

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, Markstay.
- By Internet/Telephone banking.
- By pre-authorized payments.

For more information on your property tax, call the office at 705-853-4536, ext. 201.

Community Garden is Seeking Volunteers!



Community Article - March 2023

Taina Niemi Dixon's Memory Post

How many remember the old days in Markstay when...

- We had a large working arena
- We had a video shop and an ice cream parlor
- Two drinking bars
- A gas bar

Hats off to Bertrand's Store for hanging in there for our small community.

Aromatherapy for Everyday Life by Deme Barlas

Spring is around the corner! Something fun to do indoors and out with plants and essential oils.

The practice of using essential oils is thought to stretch back to ancient cultures, including the Egyptians, Greeks, and Chinese, etc. Each society has contributed to the discipline. There are many oils that can help with general pain, and everyday life but here is a comprehensive list of my favorites that can be used generally.

Headaches

Peppermint oil in a diffuser

Peppermint is one of the most highly touted essential oils for headaches. Many people think of peppermint as an invigorating scent that wakes you and gets you moving. However, studies have shown the fresh-smelling oil also reduces the severity of tension headaches. The cooling effect of peppermint oil can help stimulate blood flow and reduce muscle contractions. I use 4 - 5 drops in an air diffuser with a cool compress on neck or head.

Sleep, anxiety, and mental health

Aromatherapy with both lavender and chamomile essential oils helped decrease depression, anxiety, and stress levels. I use this combination in a spray and apply it to linens, drapes and pretty much anything I lay on or am around to help me wind down. As a tea it can help with the digestive and stomach issues, anti-viral and help with sleep. Lemongrass is an alternative for those who do not like the smell of lavender.

Pests

Citronella plants, mint plants as well as other members of the mint family, like sage, peppermint, hyssop, lemon balm, oregano, and catnip—are all worthy mosquito repellents.

Secondary to the above, lemongrass plant and geranium plants are also great for mosquitos, bees and small flying flies. Be careful with these plants, as some of them are classed as weeds and will take over the yard. You can also go with a carnivorous plant, like the trumpet flower. Marigolds and lavender for rabbits and deer.

Final Thought

It is important to know that not all essential oils are okay for everyone. Essential oils are generally not indicated for use on those who are pregnant or breastfeeding, for infants or young children, people with serious medical conditions, or certain pets—especially cats. The National Association for Holistic Aromatherapy has an excellent webpage on safety information for essential oils and is a wonderful resource.

Have fun!

Deme Barlas RMT at Warren Massage Therapy





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