



Machin Messenger

Serving Minnitaki, Eagle River, Vermilion Bay
And surrounding area

Volume 26 issue 2
PHONE 807-227-2633 www.visitmachin.com FAX 807-227-5443



Municipal Notes

COUNCIL NEWS

Council News:

We'd like to send a big thank you to our Recreation Facilitator Carman Brignall and everyone who volunteered, donated, and supported the Fireman's Ball in January. What a fun and successful event it was! Our volunteer firefighters deserve all the appreciation and acclamation we can give them. Seeing how many businesses and individuals support/donate to the firefighters was truly incredible, especially in our small community. Once again, thank you to Carman and everyone involved in the special night out!

The Kenora District Municipal Association Conference is taking place from February 8th-February 10th in Kenora; the conference is a great opportunity for municipalities in the Kenora District to network and discuss ongoing issues each municipality experiences. This year, we're sending Mayor Gordon Griffiths, Councillor Greg Swanson, Councillor Ray Pilkey, and EDO Max Nagy to take part in the conference. We look forward to hearing from the many guest speakers and establishing new connections within the Kenora District.

Staff are currently working hard on finalizing their proposed 2024 budgets and we're just waiting for a couple departments to finish. Once we have everyone's draft budget, council will meet with staff to discuss and finalize a proposed budget for 2024. It's never easy deciding what to include/exclude for projects/work proposed for the year, we hope to increase our revenues through development projects and provide the best services possible for our taxpayers at an affordable rate.

The Dryden Drag Race Association is putting on a snow machine drag race event February 10th at the Vermilion Bay Airport! The event starts at 9:00am and awards will be given out around 6:00pm. For only \$5 you can get a day pass to the event and kids aged 12 and under are free. Come out and support the DDRA and the event they're holding in our community!

The Kenora Islanders are playing their last game at the Woodland Arena on February 23rd against the Dryden Ice Dogs. Please come out and give a thank you and farewell to the team for hosting games this year at the Woodland Arena! It's been a fun time hosting the Islanders games and having Junior A hockey in our community. Thank you to arena staff and all of the volunteers for making this happen and helping out at each game!

Economic Development:

Our municipal planner has finished the draft plan of subdivision for the Old Blue Lake Road subdivision project. Right now, they're preparing a planning report for council to review before starting the approval process. There are many activities that still need to take place like: well drilling, Northwestern Health Unit approval, rezoning, and other outstanding activities that will be part of the conditions of approval. There will be more updates and information for this development in next month's Messenger.

The Ontario Trillium Foundations Capital Grant is out again this year! Applications open February 7th and close March 6th. Municipalities are able to apply for capital improvements in community spaces that increase physical activity or are directed towards arts/culture promotion. Previously we've been accepted under this program for playground equipment at the Pine Tree Park and a hot water system upgrade at our Woodland Arena. There is no set project yet for this funding that the Municipality is planning to apply for, but there are some ideas that revolve around more upgrades at our arena or purchasing new playground equipment for the Eagle River Historical Park. However, we are always happy to hear ideas from members of the public. Many times projects start from thoughts generated at community meetings or residents bringing their ideas forward to the Municipality.

The Province of Ontario has announced a new funding stream called the Housing-Enabling Water Systems Fund open to municipalities in Ontario. This fund aims to increase housing by funding capital projects related to water treatment, wastewater treatment, and stormwater infrastructure that directly impact enabling more housing in Ontario. Increasing housing in our community can be a challenge without municipal wastewater treatment; our goal is to still apply to this fund for a project related to our water treatment plant infrastructure that is in need of repair/rehabilitation as outlined in our Asset Management Plan.

Mayor Griffiths and I met with staff from the Ministry of Natural Resources and Forestry regarding our Ely Lake project at the beginning of January. Our project is moving forward in the Environmental Assessment and Duty to Consult (DTC) as part of regulations in legislation. Once we hear back from the results of the DTC the Municipality must complete a stage 1 archeological assessment to see if there is any archeological potential in the planned cottage lot development area. Unfortunately, we still don't have a timeline or accurate idea of when this will all be completed and will continue to update the public each month.

Max Nagy, EDO.

MESSENGER DEADLINE

Submissions for the Machin Messenger must now be in by the **LAST WEDNESDAY** of the month, by noon. **The deadline for the March Messenger will be February 28th.** Send your submissions to pilmar@sympatico.ca, subject line "Machin Messenger". Ads will need to be pre-paid prior to insertion in the Messenger.
Please note that there are price changes for ads. Call the Municipal Office for details.

MESSENGER ADS

If you wish to advertise in the Machin Messenger, please call the Municipal Offices at 227-2633 to find out the charge for your ad. Ads will need to be pre-paid.

Property Owners in Vermilion Bay with Aqua Flow units are reminded to turn them on to prevent your water from freezing. Please ensure that they remain on until the middle of April. Should you have any questions please call Shawna Alberts at 227-2064.

Public Works:

After the small cold spell we had in January we experienced some issues at the Eagle River rink with the water and freezing. We are happy to say we were able to fix the issues and start flooding the rink again. We've appreciated hearing the positive feedback in the community and seeing the rink get so much use!

Economic Development Committee:

The Economic Development Committee is looking for help with videography and video editing! We are hoping to start small with monthly videos approximately 45-60 seconds with different promotional material each month for our area. If this is something you can do and are interested, please call 807-227-3005. Thank you.

NEW! Starting in March, you can sign up to have the Machin Messenger e-mailed to you at the beginning of each month. If you know someone who likes to read the Machin Messenger but aren't in the area that receives paper copies, please feel free to tell them they can sign up to have an electronic version sent! For anyone that would like to sign up, please e-mail economicdevelopment@visitmachin.com with the e-mail address you'd like the Messenger sent to.

Thumbs up 👍 👎 Thumbs down

Thumbs up 👍 to Jim and David Welz for installing the inside heater at the Eagle River Rink.

Thumbs up 👍 to Ray Pilkey and Lindsey Peeters for initiating and organizing protocol and rules when using the Eagle River Rink.

Thumbs up 👍 to Carman Brignall for the incredible amount of work she did organizing a very enjoyable Firemen's Ball and to the volunteers who helped make the night a success. Great job raising funds for much-needed C.P.R. equipment.

Thumbs up 👍 to my friends and neighbours on Wal dhof north/south for always being there for me when I broke my ankle. It's a wonderful neighbourhood to live in. Ruth



ATTENTION! The Economic Development Committee is creating a business pamphlet/ brochure including all of the businesses located in Machin. The goal is to have copies made that stand out and show visitors the businesses/attractions we have in Machin and where they are located. If you own a business and do not see yourself on the Machin business directory on our website at visitmachin.com please reach out to 807-227-3005 or e-mail economicdevelopment@visitmachin.com so we can add you to the directory and pamphlet/brochure.



Recreation:

January came and went with a bang to say the least I welcome February and getting back to regular programming lol. Game Nights at the Eagle River Recreation Center are still going, Pickleball is a raging success Yoga is running at the Happy Go Lucky and returning to the Eagle River Rec Centre on Saturdays, see posters for details. Dryden Native Friendship Centre is hosting a Merchandise Bingo this month. Armchair Travel to China is back as well!

I'd like to wish everyone a  Happy Valentines 

I'm sure everyone knows I have been hard at work this past few months to bring back the Fireman's Ball. I have no words to express how grateful I am to the people in and around our community that donated and sponsored the event. I had a personal goal, and it was by far surpassed. It meant a lot to me and everyone else to support our local "HEROES" the Machin Volunteer Fire Department. I'd like to also send a special Thank You out to Greg and Kennedy Maidment for their support with acquiring donations and helping with the event as well as the Vermilion Bay Lions Club for letting us use their facility and having their members go above and beyond to help during the event and cleaning up as well!

- | | | | |
|--------------------------------|--------------------------------|---|---------------------------|
| *CUPE Local 5911 | *Fly North Outfitters | *G&G Sports | *Vermilion Bay Express |
| *The Tasty Touch | *Emcon Services Inc | *Birchbark & Pine | *Peterbuilt Dryden |
| *Machin Public Works | *Spruce River CME | *Canadian Wholesale | *Wester Star Boyer Dryden |
| *RTL Electric | *Omekanahkay | *Sparkling Dahlia | *H&R Block Dryden |
| *Gauthier Trucking | *Jim Prentice | *Downtown Dollar | *Low Family |
| *Eglis Sheep Farm | *Sysco (Jason Kirouac) | *The Flower Forest | *Rustic Antler Kitchen |
| *Geoff Hartley | *Tiffany Voth | *Safeway | *Keewest Auto Carriers |
| *Lotto One | *Kinsmen | *Andrea Hatton | *Riptide Resources |
| *Soulless Tattoo Studio | *Municipality of Machin | *Mum's Kitchen | *Gerdwine |
| *Vermilion Bay Lions Club | *Horseshoe Connection | *Bobby's Corner | *Dryden Fiber Forest |
| *Ricci Trucking | *Vermilion Bay Lodge | *Crystal Hamilton | *Preston Delorme |
| *Martels Diesel Service | *Vermilion Bay Co-op | *Irene Ollis | *Revitalization Committee |
| *Clarks Resorts & Outposts | *Hale Fisheries | *Cheryl Murray | *Falcon Beach Towing |
| *Anonymous | *Anonymous | *Rose Rhyner | *Rust Check Dryden |
| *John & Nola Henry | *Dr.Gagnon | *Kennedy Maidment | *Scott McEwen |
| *Skene Transfer & Supply | *Bruyere Bobcat Service | *Gregg Maidment | *Ryan Nelson |
| *Lake Country Financial Group | *Tammy Rob | *Max Nagy | *Conley Delorme |
| *Cloverbelt Country Meats | *Barry Hansson | *Bayview Hotel | *Open Lane Auctions |
| *Honky Tonk Two | *Sunset Granite | *Piston Ring | *Industrial Metals |
| *Fort Garry FIG | *Carm & Bob Hampe | *Nelson Granite | *Mckinstry Crysler |
| *Marcel Gauthier | *Sean Auterson | *Alita Babcock | *Dingwall Ford Dryden |
| *Mr. Tullio Burgagnini | *Norbert Bruyere | *Laurel & Ray Pilkey | *Brandon Bedford Welding |
| & Silvana Edenbern | *BLF Canada | *Westend Tire | *Dryden GM |
| *Black Diamond | *Trans Canada Leasing | *Matt & Lisa Guberman | *Komana Financial |
| *Winnipeg Building & Decoratng | *NLP/Northern lights Petroleum | *Machin Royal Canadian Air Cadet Squadron | |

My sincere apologies if I have missed your name on this list, there are so many individuals and businesses to thank for everything. Please know that if I have missed your name I apologize and know your support is greatly appreciated.

Carman Brignall, Recreation Facilitator

Dryden Drag Race Association

WINTER SPEED FEST


9AM TECH
11AM RACES
6PM AWARDS

Feb 10, 2024
VERMILION BAY AIR STRIP
BLUE LAKE ROAD, VERMILION BAY, ON

DRYDEN DRAG RACE ASSOCIATION ON FACEBOOK FOR MORE INFO

\$5 DAY PASS 12 AND UNDER FREE
FOR MORE INFO, FOLLOW THE DDRA FACEBOOK PAGE OR
CONTACT JESSE TUDORACHI @ 807-323-3395

PIC•COLLAGE

COPYRIGHT 2010 RICHARD NEUMAN

The Highway Traffic Act R.S.O. 1990, C. H.8, S. 181 states: "No person shall deposit snow or ice on a roadway without permission in writing to do so from the Ministry or road authority responsible for maintenance of the road". The penalty on conviction is a fine of \$105.00.

Machin Council approve of the following water rates for 2024 which is a 2% increase from 2023:

Residential Users	\$120.65 monthly billing
Residential Service Turned off	\$60.35 monthly billing
Minimum Meter Rate Under 10,000 gal	\$183.20 monthly billing
Meter Rate for 10,000 to 50,000 gal	\$.018648 gal
Meter Rate for next 50,000 gal	\$.016683 gal
Meter Rate for next 999,999 gal	\$.007700 gal
Meter Service Turned off	\$91.60 monthly billing
Turn On and Off Charge	\$50.00

ARMCHAIR TRAVEL TO CHINA



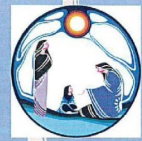
Armchair travel takes people to faraway places without leaving the comfort of home. It provides a sensory experience and opportunity to learn about exotic lands, multicultural foods, music etc. Provides a deeper understanding and enjoyment of traveling to another country.

Hosted by Carman Brignall

FEB 27TH, 11:30—2PM @ THE HAPPY GO LUCKY SENIOR
CENTRE IN VERMILION BAY. COST IS \$20 PER PERSON



PLEASE RSVP CARMAN
807-227-2633 LIMITED TO 30 PERSONS



Merchandise Bingo

Eagle River Rec Centre

February 21, 2024

lunch and bingo

starts at 11:30
call 888-838-3632

ext 2233

Yoga With Sarah

Feb 10th & 24th
March 2nd & 16th
9am—10am

@
The Eagle River
Recreation Centre

Everyone Welcome





Every year The Standard Insurance Brokers sponsor a Firefighter of The Year Award for Machin Fire. For 2023, we had 2 exemplary candidates for the Firefighter of The Year Award. Both of these new firefighters showed great commitment to improving their knowledge as firefighters, regularly participating in training activities at fire practice and completing online training. They were also quick to volunteer for public education opportunities in the community and were responders we could rely on when calls for service came in. For this reason, we decided it would only be fair to recognize both Ryker Robinson and Matt Coke as the 2023 Firefighters of The Year. We hope we can count on their commitment and dedication for years to come.

Machin Fire sends out a huge thank you for the Firefighters' Ball. The department thanks all of the volunteers that helped make it a success and the Municipality for organizing the event and providing DD's. It was a wonderful evening at the Lion's Hall with delicious food provided by Mom's Kitchen, drinks served by The Bayview, great music by Honky Tonk Two, and a very successful auction with Gregg Maidment as auctioneer. The department can not express enough how much it meant to us to see so many from our community and other first responders there to show their support for Machin Fire. The donations are still coming in and once we have the final total, we will give an update of the total donations received and the equipment it is funding so that Machin Fire will be better equipped to help those living in, visiting and passing through our community. The generosity of those in attendance and those that couldn't attend, but sent donations, is overwhelming and truly means a lot to all of the volunteers at Machin Fire. The department is looking forward to continuing to serve our community, to being better equipped to help those in need, and to seeing everyone again at next year's Firefighters' Ball.

Important tips during winter months:

When shoveling snow, clear all entry/exits of your home to ensure that you can get out in case of a fire.

Clear a wide enough path in driveway that emergency vehicles will be able to easily access your house, in case of a fire or other emergency.

Check all intake/exhaust vents for furnace and fuel-burning appliances to make sure that they are not getting blocked with a buildup of snow and/or ice.

Smoke alarms can be the difference between living or dying in a fire – Fire spreads so quickly that you may have less than 3 minutes to escape a fire in your home. That means you need as much time as possible to safely escape. Test your smoke and CO alarms every month and install new batteries as needed.

Contact Machin Fire for a smoke/CO alarm, safety information or for information on volunteering:

Facebook/Instagram: @machinfire | email: machinfire@bellnet.ca | mail: PO Box 249, Vermilion Bay, ON P0V2V0

Fire Department

In December Machin Fire responded to: 3 vehicle collisions, 1 report of a brush fire, 4 medical calls and held 1 department hazmat training.



Regarding renovating your home or perhaps new build, as a Municipality of Machin resident, it is your responsibility to acquire a building/demolition permit **before** you start your building/demolition project. It is also your responsibility to be aware of the Machin Zoning Bylaws.

The following is a list of items to help you determine whether a permit would be required for a renovation project in the Municipality of Machin:

- Constructing accessory buildings with an area of more than 15 square metres (160 square feet), or an addition to an existing building
- Constructing attached or detached garages
- Structural alterations
- Excavating, repairing, or underpinning a foundation
- Heating ventilation, air conditioning, plumbing, or electrical work
- Constructing one or more new separate dwelling units within a building
- Finishing previously unfinished spaces within a building
- Adding new entrances or windows, changing the size of entrances or windows, or closing entrances or windows
- Constructing chimneys or fireplaces
- Installing swimming pool enclosures, constructing detached decks more than 60.96 centimetres (24 inches) above ground, or building any deck attached to a building.

Demolishing or relocating all or part of a building.


You are not required to obtain a permit for these renovations:

- Replacing stucco, siding, or shingles with the same material
- Replacing doors or windows without altering the opening,
- Constructing fences (except pool enclosure fences)
- Patching, painting, and decorating


Installing cabinets or shelves

Prefabricated accessory buildings are becoming more and more popular, and they do require a permit when over 15 square meters in size. These types of buildings have usage limitations in the Ontario Building Code and in the Machin Zoning Bylaw. If you are unsure whether your situation requires a permit, please feel free to contact Shawna Alberts, CBO at 807- 216-8285 or cbo@visitmachin.com.

**Free
Chair/Gentle
Yoga**



Everyone Welcome
February 5th & 26th
@
The Happy Go Lucky Senior Centre
1-2 pm



For information please call Carman
807-227-2633 ext 231

Lets Play Pickleball



FREE

@

Lillian Berg School

Ages 12 and Up

Tuesdays @ 6:30pm-8:30pm

Eagle River Rec Centre

Adults & Seniors

Every Tuesday & Thursday 6:30pm-8:30pm



Happy Go Lucky Seniors Valentines Day Breakfast

Mark your calendar, bring your partner,
friends or family out on:

Feb 14th, 2024

8:30 am - 10:00 am

Adults \$10/serving

Menu:

Waffles topped with Strawberries OR Blueberries
whip cream and sausages.
Coffee and Tea will be included.



The Woodland Arena would like to Thank Bobby's Corner and Sport Shop, Bobby's Bites, Moose Creek and the Ontario Secondary School Teachers /FEESO for their kind donation for free Public Ice Time during the holiday break.

FEBRUARY IS HEART HEALTH MONTH



February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

Ways you can reduce your risk:

- Stop smoking (ask about our smoking cessation program)
- Make physical activities a regular part of your daily routine.
- Manage everyday stress
- Getting enough sleep
- Make healthy food choices
- Monitor blood pressure (ask about our hypertension program)

Please contact the Points North FHT to book an appointment if you have any question or concerns. 227-2675



Eating Disorder Quality Standard:

Tools and Resources for Caregivers

Supporting a person with an eating disorder can be very stressful for family caregivers as they navigate the health care system to find effective treatment for their care recipient.

This webinar provides caregivers with information, resources, and tools to help them support people with eating disorders receive high-quality care. Two caregivers will also share their lived experiences. Join the webinar and learn how to:

- Utilize the *Eating Disorders Quality Standard*, patient guide and caregiver guide to empower caregivers to access high-quality care
- Recognize key areas to better understand pathways of care
- Access additional tools and resources to support people with eating disorders and their caregivers

Speaker: Sarah McTavish, Lead, Clinical and Quality Standards, Ontario Health, supports the development of the *Eating Disorders Quality Standard*. She will highlight opportunities to improve care for people with eating disorders and their caregivers, including evidence-based psychotherapies and helpful resources.

Register for a chance to win an OCO water bottle! Learn more at [Eventbrite](#).

Website: [Eating Disorders Quality Standard](#)



Date:
Thursday, February 8th, 2024

Time:
12 p.m. to 1 p.m. ET

Place:
Zoom (link provided via email to those who register)

Cost:
Free

- Please note that this presentation is available in English only.
- Pour de l'information sur nos programmes et services en français, visitez www.ontariocaregiver.ca/fr ou communiquez avec nous par courriel à info@ontariocaregiver.ca.
- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011



Register today

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Toronto, ON M5G 1Z8
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E info@ontariocaregiver.ca
24/7 Helpline 1-833-416-2273

ontariocaregiver.ca
X: [@caregiverON](https://twitter.com/caregiverON)
Facebook: [@caregiverON](https://www.facebook.com/caregiverON)
Instagram: [@OntarioCaregiver](https://www.instagram.com/OntarioCaregiver)
YouTube: [@OntarioCaregiverOrganization](https://www.youtube.com/OntarioCaregiverOrganization)



The views expressed are the views of The Ontario Caregiver Organization and do not necessarily reflect those of the Province.



* 1 day added to align calendar with tropical year

We use leap years to keep [our calendar](#) in sync with the seasons. How do leap years work, and how often do they occur?

Leap years are years where **an extra day is added** to the end of the shortest month, February. This so-called *intercalary* day, February 29, is commonly referred to as **leap day**.

Leap years have 366 days instead of the usual 365 days and occur **almost every four years**.



The Screen for Life Coach will be visiting your community in 2024!
All safety protocols are in place to keep clients and staff safe.

Vermilion Bay

Friday, April 26, 2024 – Monday, April 29, 2024

We will be parking at the Machin Municipal Office

Mobile Screening for Breast, Cervical and Colorectal Cancer

- Breast cancer screening for women 50 to 74 years of age.
- Cervical cancer screening for women 21 to 69 years of age.
- Colon cancer screening for men and women 50 to 74 years of age.

Call to book your appointment.

1-800-461-7031

www.tbrhsc.net/screenforlife



Thunder Bay Regional
Health Sciences
Centre





The Importance of Cultural Competence - The Caregiver Connection



Relationships with healthcare providers are an important part of the caregiving role. It gives us a sense of belonging and strengthens our interactions affecting positive change. But it is often difficult to connect with people when we do not understand their culture or background.

Cultural competency is knowledge and behaviour that enable caregivers and healthcare providers to interact respectfully in a manner that is mindful, open, and sensitive to differences we may not be familiar with. Join our webinar to:

- Learn more about cultural competency in healthcare settings and understand why this is important
- Explore the ways in which we see and respond to differences and how it impacts our interactions with those around us
- Examine barriers in healthcare that relate to the caregiving space
- Take away tips and strategies to foster culturally competent relationships in healthcare settings

Who should attend? For caregivers, clinicians, and health care providers who would like to learn more about the role of cultural competence in healthcare settings.

Our Speakers:

Usha Shanmugathasan, M.Ed., OCT, is a passionate teacher, mentor, and advocate for equity in the educational space. She recently graduated from OISE/UofT with her master's degree in educational leadership and policy and is the Project Co-Lead for the Cultural Competence toolkits published by the SAAAC Autism Centre.

Munira Khilji, M.B., B.S., is a physician and a parent of two children with autism, ADHD and learning disabilities. Her insight and experience as an advocate for health equity in underserved communities deeply informs the initiatives she supports. Currently, Munira is a manager for the SAAAC Autism Centre's Entry to School Program working to provide culturally responsive autism services in structurally marginalized communities.

Date:
Thursday, February 29th, 2024

Time:
12p.m. to 1p.m. ET

Place: Zoom
(link provided via email to those who register)

Cost: Free

- Please note that this presentation is available in English only.
 - Pour de l'information sur nos programmes et services en français, visitez www.ontariocaregiver.ca/fr ou communiquez avec nous par courriel à info@ontariocaregiver.ca.
- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011

For more information, please contact info@ontariocaregiver.ca

Register in advance for this session:

Register today



<https://saaac.org/>



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Toronto, ON M5G 1Z8
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Instagram: [@OntarioCaregiver](https://www.instagram.com/OntarioCaregiver)
YouTube: [@OntarioCaregiverOrganization](https://www.youtube.com/OntarioCaregiverOrganization)

Please come out to a “Give Back Day” hosted by

Bruyere’s Bobcat Service on Sunday February 18th for a sliding party!

Bruyere’s Bobcat Service will be supplying free hot dogs and hot chocolate, bring your sliders, GT’s and sleds and come out to the sliding hill by the Pine Tree Park Pavilion.





Saturday February 17th, 2024
Lions Hall – Vermilion Bay
Time: 4:30 – 6:30

Cost:

- Adults \$15
- Students & Seniors \$12
- Kids 6-12 \$10
- Children 5 & under FREE



Includes:

Salad, Bread roll,
dessert,
coffee/tea/juice



Hosted by the Eagle Lake Skating Club

Come Out & Support Your Local Club!

Family Day Weekend
Kin Carnival Dance
at
The Bayview
Sat., Feb 17 - 9 pm
Music by
Bush Whiskey

The Fine Print:
\$10 at the door
ALL proceeds go to the Kin Club PLUS
Entry for Door Prize!
Local DD-ing by the Kin. PLEASE Don't Drink & Drive
Age of Majority. IDs will be checked.

KIN KARNIVAL

FEBRUARY 16 & 17 2024



FRIDAY February 16
Kinsmen Fish Fry
Lions Hall
5:30 p.m.—7:00 p.m.



SATURDAY FEBRUARY 17

Lion's Pancake Breakfast
9:00 a.m.—11:00 a.m.

Lions Free Skate
Woodland Arena
11:30 a.m.—1:30 p.m.

Eagle Lake Figure Skating Club
Spaghetti Supper
4:30—6:30 p.m.
Lion's Hall

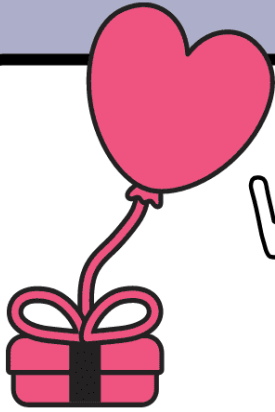
Kinsmen Dance
Bayview Hotel
9:00 p.m.—Closing
BUSH WHISKEY



Sorry—No Fish Derby this year

WATCH FOR POSTERS AROUND TOWN

For more information,
Call Scott at 807-221-7666



VALENTINES

WORD SEARCH

H	S	E	S	S	I	K	O	N	U	F
W	E	R	R	E	V	I	L	S	A	E
I	E	A	E	T	H	N	E	E	H	B
N	T	C	R	L	O	D	T	N	U	R
S	A	H	Z	T	A	H	T	I	S	U
E	R	O	H	R	E	U	E	T	R	A
D	I	P	U	C	G	G	R	N	E	R
S	M	I	L	E	D	S	E	E	W	Y
R	L	H	T	S	E	I	R	L	O	S
I	E	X	L	O	V	E	T	A	L	F
S	W	E	E	T	A	N	S	V	F	O

LOVE

VALENTINES

CUPID

SMILE

HEART

KIND

KISSES

LETTER

SWEET

FEBRUARY

HUGS

FLOWERS

Lillian Berg School

The second half of the school year has started!! Students and Staff were welcomed back in classrooms on January 8th, 2024, healthy and eager to learn! In the fall many new literacy and math programs were implemented and we have many great Literacy Achievements to celebrate. Ms. Jackson makes it her top priority to recognize individual students' accomplishments, and the goals they reach in being the best learners they can be!

Members of the OPP and Ice Dogs Junior Hockey Team came to visit LBS in regards to the "Better Together" hockey game hosted by the Dryden Emergency Responders. They took the time to stop in and talk to each class about the importance of youth mental health and wellness and to really make a point that we are better together. Students created Better Together "Speech Bubbles" with positive messages and affirmations, which are displayed in the Dryden arena during the event. We also have daily announcements to reinforce the message of mental wellness, that we will help and look out for each other!

Kindergarten to Grade 4 head to the arena for skating every other week, and we have other events planned for the near future at the arena! Thank You to all our parents and caregivers who come out to tie skates, instruct and help in any way that is needed!! It is greatly appreciated.

"No matter what the weather" is our "POLAR BEAR" Club's slogan! Polar Club is headed by Mr. Myers and Mr. Dixon, and supports healthy outdoor play, even on the days when the NWO weather is -30!! Students have the opportunity to have their caregivers sign a form stating they can play outside no matter what temperature it is!! Students voluntarily head outside at recess for activities in the snow, but must wear proper winter gear to insure that they will be warm while playing! Our Polar Club currently has over 20 students who love to get outside on the coldest of days!!

This last week of January we are celebrating "ABC Life Literacy" week! Literacy Day was on Saturday, January 27th, we will use this whole week to learn about different genres, explore text styles, and hopefully ignite new enthusiasm for reading. Thank you to Ms. Kamm for hosting our "Book Tasting Cafe" where students learned about various book genres and were able to "sample" different books (eg: Fiction, Nonfiction, mysteries, historical etc), and of course sample some of Ms. Kamm's famous apple pancakes!

Grade 7/8 students were able to participate in a presentation called "Over the Edge" facilitated by MADD Canada (Mothers Against Drunk Driving) on January 29th. The high energy drug and alcohol impaired driving awareness presentations have been a key component to MADD Canada's youth services, education and awareness initiatives since 1994. *Over the Edge*, is the story of Sam, a 17-year old girl who reunites with her two best friends – Kat and Adam – after moving back home to live with her Dad for a year. Kat decides to have a party at her house to celebrate Sam's homecoming. Sam borrows her Dad's car to drive her-



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Vermilion Bay TOPS will no longer be meeting
in person for the time being.
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Marcia Pilipishen 807-227-2061

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self to the party. The night does not go as planned but the right precautions are taken for Sam and Adam to get home safe. Unfortunately, the next morning, these four friends discover that a few bad decisions can take you *Over the Edge*. For more information on MADD Canada and their initiatives visit: www.madd.ca

On Friday February 2nd, we will participate in a presentation by DNFC (Dryden Native Friendship Centre), to learn about "Boys with Braids" in our indigenous culture. It is important to include and promote respect for cultural awareness in the smallest ways and use it as a building block to become an inclusive and understanding society.

For February we are planning our annual "Festival De LBS Voyageur" with many activities and a FREE Voyageur Lunch for students, and our students have been asked to help create messages & art of hope, caring and happiness, as Valentine's Day is on the horizon. It is our wish to create enough messages to be able to distribute them to the Seniors in our communities.

Lillian Berg School
1 Main Street
Vermillion Bay, ON

(807) 227-5437


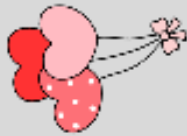






vbayhub4kids@gmail.com

Vermillion Bay EarlyON Child and Family Centre



February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4	5 Drop In 10:00-3:00	 6 Tot Time 1:00-3:00	7 Baby and Me 10:30-12:30 Drop In + Supper 10:30-6:30 Please Register!	1 Drop In 10:00-3:00	2 CLOSED	3 
11 	12 Drop In 10:00-3:00	13 Craft and Story Time 1:00-3:00	14  Valentine's Day Craft and Snacks 10:00-5:00	15 Busy Bag Pick Up 1:00-3:00	16 CLOSED	17 
18 CLOSED 	19 CLOSED	20 Tot Time 1:00-3:00	21 Baby and Me 10:30-12:30 Drop In + Supper 10:30-6:30 Please Register!	22 Busy Bag Pick Up 1:00-3:00	23 Drop In 10:00-3:00	24
25 	26 Drop In 10:00-3:00	27 Craft and Story Time 1:00-3:00	28 Baby and Me 10:30-12:30 Drop In 10:30-6:30	29 Busy Bag Pick Up 1:00-3:00		



We Serve

Vermilion Bay Lions News

The Vermilion Bay Lions Club has a Food Hamper Program for anybody in need. It is anonymous and we will do our best to help. Please contact Trish at 807-323-0134 or Veronica at 647-289-9230.

Vermilion Bay Lions Club Fundraiser

Perogy Sale order due by: March 6, 2024. Pick up March 16, 2024.

Contact Susan Mann to order 807-216-9350 or see any Lions member. \$10.00 a dozen.

Family Day Weekend – Vermilion Bay Lions



Pancake Breakfast

February 17, 2024 from 9am to 11 am

\$10.00 a plate- kids under 10 eat free.

Fundraiser for Children's Cancer

Please come out after the Pancake Breakfast to the Woodland Arena. Vermilion Bay Lions are sponsoring a Free Skate from 11:30 am to 1:30 pm. Everyone Welcome.





Understanding Caregiver Challenges in Rural Communities

Being a caregiver is a challenging journey, and for those living in rural communities, the path can be even more demanding. Accessing essential support and resources when living far from healthcare can be time-consuming, especially during a crisis. Join our informative webinar and hear from Cierra Garrow, a young caregiver with firsthand experience and knowledge of rural caregiving. You will get insights on:

- Tools, tips, and practical strategies for caregiving in rural communities
- Navigating the rural healthcare system and getting access to the support you need
- Building a support network to share experiences with other caregivers

Who should attend? This webinar is for caregivers who live in all communities, but especially for caregivers who live in small towns, cities, and hamlets all over Ontario.

Our Speaker: Cierra Garrow is a registered psychotherapist and young caregiver living and practicing in rural Ontario. She brings a wealth of experience and expertise to the table through her clinical work supporting children and families. Cierra will share her knowledge and personal experiences to empower young caregivers living in rural communities.

Date: Thursday, March 14th, 2024

Time: 12:00pm to 1:00pm ET

Place: Zoom (link provided via email to those who register)

Cost: Free

- Please note that this presentation is available in English only.
- Pour de l'information sur nos programmes et services en français, visitez www.ontariocaregiver.ca/fr ou communiquez avec nous par courriel à info@ontariocaregiver.ca.
- For any difficulty with registration or any other questions, please contact us at info@ontariocaregiver.ca or call 1-888-877-1626 X 1011

For more information, please contact info@ontariocaregiver.ca



Register today

180 Dundas Street West,
Suite 1425,
Toronto, ON M5G 1Z8
Canada

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E info@ontariocaregiver.ca
24/7 Helpline 1-833-416-2273
ontariocaregiver.ca

X: [@caregiverON](https://twitter.com/caregiverON)
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Instagram: [@OntarioCaregiver](https://instagram.com/OntarioCaregiver)
YouTube: [@OntarioCaregiverOrganization](https://youtube.com/OntarioCaregiverOrganization)



Nurturing mental health and wellness for caregivers

Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

The SCALE Program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs by offering:

- **Weekly psychoeducational webinars (LIVE or RECORDED)** are divided into two 4-week sessions (see below for Session 1 and Session 2 topics). You may register for all of Session 1, Session 2, or individual webinars to suit your needs.
- **Strategies, tools, and resources** to better cope with difficult caregiving emotions.
- **Free and confidential online group and/or individual counselling (OPTIONAL).** *Space is limited. Registration is based on a first-come, first-served basis. **If you're planning to access these services, it is highly encouraged that you register for the full session of webinars to receive the maximum benefit from group or individual counselling.*

"SCALE lessened my burden of caregiving. Before, it was so heavy I couldn't bear it. But after SCALE I started seeing things in other ways...so I have more energy to put into caring for my parents" - Caregiver

SESSION 1: UNDERSTANDING THE EMOTIONAL EXPERIENCE OF CAREGIVING

FEBRUARY 6 TO 27, 2024
(Tuesdays from 12 PM to 1PM EST)
Week 1: Your caregiving journey
Week 2: How caregiving stress affects you
Week 3: How caregivers can manage anxiety and anger
Week 4: How caregivers can manage sadness and guilt

SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING

MARCH 5 TO MARCH 26, 2024
(Tuesdays from 12 PM to 1PM EST)
Week 1: Become a mindful caregiver
Week 2: The self-compassionate caregiver
Week 3: Find your caregiver strengths
Week 4: Time for self-care while caregiving

Seeing this past FEBRUARY 6TH, 2024?
You can still sign-up for any of the remaining live webinars!

Register today



180 Dundas Street West,
Suite 1425,
Toronto, ON M5G 1Z8
Canada

T 416-362-2273
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Instagram: [@OntarioCaregiver](https://instagram.com/OntarioCaregiver)
YouTube: [@OntarioCaregiverOrganization](https://youtube.com/OntarioCaregiverOrganization)



Need a Ride to Dryden?

Try Out Our Seniors Bus.

This is a Door to Door Service – you do not have to worry about parking or walking. We drop you off right at the door of your medical appointment or essential shopping and return to pick you up.

The cost is \$10.00 per person to ride to and from Dryden on Tuesday or Thursday. Should you have mobility issues both getting on and off the bus or shopping and carrying your items, thanks to the Happy Go Lucky Seniors Club they have provided funding for an Assistant to ride on the bus to help with these issues. Please call the Municipal Office at 227-2633 to book your ride or if you have any questions.

You do not have to be a senior to use this service. Any adult can ride, however seniors do come first for this service.



February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Linda Friesen	2 Coffee 8:30 Mahjong 10 a.m.	3 Gerry Ross	4 Linda Anderson	5 Coffee 8:30	6 Coffee 8:30 Mahjong 10 a.m.	7 Rented
8 Coffee 8:30	9 Coffee 8:30 Mahjong 10 a.m.	10 Coffee 8:30 Mahjong 10 a.m.	11 Catered lunch \$10 General Meeting	12 Coffee 8:30	13 Coffee 8:30 Mahjong 10 a.m.	14 Coffee 8:30 Mahjong 10 a.m.
15 Hot Breakfast 	16 Coffee 8:30 Mahjong 10 a.m.	17 Coffee 8:30 Mahjong 10 a.m.	18 Coffee 8:30 Family Day Louis Riel Day (MB)	19 Coffee 8:30 Family Day Louis Riel Day (MB)	20 Coffee 8:30 Mahjong 10 a.m.	21 Coffee 8:30 Mahjong 10 a.m.
22 Wayne Finch	23 Coffee 8:30 Mahjong 10 a.m.	24 Coffee 8:30 Mahjong 10 a.m.	25 Coffee 8:30	26 Coffee 8:30	27 Coffee 8:30	28 Coffee 8:30
29 Coffee 8:30	30 Coffee 8:30	31 Coffee 8:30	1 Info for bus to Dryden call 227-2633	2 Bus to Dryden Tuesday & Thursday's Pick up 9 a.m. \$10.00	3 Bus to Dryden Tuesday & Thursday's Pick up 9 a.m. \$10.00	4 Info for bus to Dryden call 227-2633

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Bob McGogy



The Vermilion Bay Co-op would like to let the shoppers know the following monthly dates for 2024

STORE HOURS: 9 A.M.— 6 P. M.
MONDAY—SATURDAY
CLOSED SUNDAYS

Shareholder Days	Senior Days	Flyer Days
February 9	February 21st	Feb. 2—Feb. 8 Feb. 16—Feb. 22
PLEASE REMEMBER YOUR REUSABLE SHOPPING BAGS		

Just a reminder that you can view the Co-op Flyers online at www.coopconnection.ca
 Thank you for your patronage.

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Northland Septic Service
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Lion's Hall Foot Care Clinic
 Vermilion Bay

2nd and 4th Wednesday
 Contact Trischa 807 323-0134
 for info and appointment



Amy Woolfrey, RN
 Foot Care Nurse

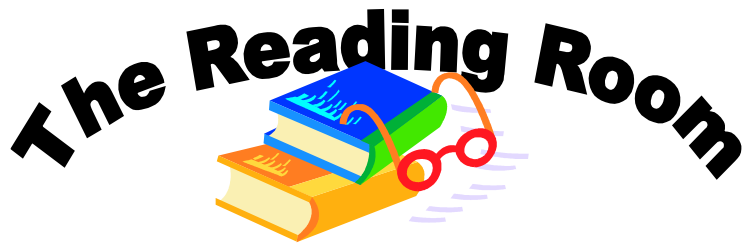


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jimselectrical.ca
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 welzjim@gmail.com

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The Reading Room
will be open
during Municipal Office business hours.

UPCOMING MEETINGS

Machin Council Meeting: Monday February 12th, immediately following the Public Works meeting, 7:00 p.m. and Monday February 26th in Council Chambers, Machin Municipal Office

Public Works Meeting: Monday February 12th at 6:00 p.m., in Council Chambers in Machin Municipal Office

Revitalization Committee: TBA

Lions Club—First and third Wednesdays of every month, 7:00 p.m., Lion’s Hall.

Happy-Go-Lucky Seniors: Monday February 12th, catered lunch.

TOPS—Now meeting Thursdays at 12:30 p.m. at the Evangelical Church.

AA - 7:00 p.m. Tuesdays and Sundays at the Evangelical Mission Church, 55 Willow St., Vermilion Bay. Social distancing rules apply.

AL-Anon Family Group: Every Thursday 2:00 p.m., at St. Mark Lutheran Church. For more info call Darlene @938-7061. *Please note time change!*

Kinettes—The first **WEDNESDAY** of each month, 7:00 p.m. in the Bayview meeting room.

Seniors Friendship Club of Eagle River—Third Wednesday of each Month.

Police Services Board—TBA

Waldhof Wranglers—Contact Emma Benham at 807-220-0554, waldhofwrangles2011@gmail.com , or check out the Waldhof Wranglers Facebook page.

Contact Information for Mayor & Council

- Mayor:**
Gord Griffiths 227-2074, 221-8717 (cell)
- Deputy Mayor:**
Dennis Peterson 220-1558 (cell)
- Councillor:**
Tony Blair 227-5410 (cell)
- Councillor:**
Ray Pilkey 755-1701, 220-1502 (cell)
- Councillor:**
Greg Swanson 220-3615 (cell)

Building Permit Applications and general inquiries are available at the Machin Office. Any questions on building, please call the Chief Building Office, Shawna Alberts at (807)-216-8285 or the Municipal Office at 227-2633.

Area Church Services



Our Lady of Fatima
Roman Catholic Church
Hwy 17 Vermilion Bay
Mass on Fridays at 5:30 p.m.

Vermilion Bay United Church
97 Spruce Street
Vermilion Bay
Worship Services:
Easter to the end of September

Eagle River (Ebenezer) Baptist Church
Services at First Baptist Church
58 King Street, Dryden, Ontario
Morning Worship Service at 10:30 a.m.

St. Mark Lutheran Church
Hwy 17 Vermilion Bay
Services: Sundays 11:30 a.m.

Evangelical Mission Church
55 Willow Street, Vermilion Bay
Services: Sundays 11:00 a.m.
Sunday School—10:00 a.m.

Upper Falls Baptist Church
Hwy 105 North
Worship: Sundays 11:00 a.m.
Sunday School/Bible Study:
10:00 a.m. (all ages)



WINTER HOURS

WASTE DISPOSAL SITES

Effective OCTOBER 1st, 2023

SITES	TUESDAY	THURSDAY	SATURDAY
VERMILION	1 P.M.—5 P.M.	CLOSED	8 A.M.—NOON
EAGLE RIVER	8 A.M. - NOON	CLOSED	1 P.M. 5 P.M.

Copies of the water systems monthly summary, annual reports and the financial plan are available for viewing at the Municipal Office if any of the general public would like to review them. Also available at the Municipal Office the public may access the Water Quality System Policy for the Vermilion Bay water treatment plant and distribution system which forms part of the Operational Plan. Should anyone have any questions or concerns please do not hesitate to contact Shawna Alberts at 227-2064.