



Machin Messenger

Serving Minnitaki, Eagle River, Vermilion Bay
And surrounding area

Volume 26 issue 3

March 7, 2024

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March

Municipal Notes

COUNCIL NEWS

The year seems to be going by quickly as we're already entering into March. We hope everyone was able to have a safe and enjoyable Family Day with friends and family. Thank you to Bruyere's Bobcat Service for hosting a sliding party on Family Day weekend and providing free hot dogs and hot chocolate for anyone that attended. Thank you as well to everyone who supported the many different events held on Family Day weekend by different community organizations like the Vermilion Bay Lions Club, Vermilion Bay Kinsmen, and Eagle Lake Skating Club. These events are a great way to get out, socialize, and support the very important community clubs/organizations in Machin and surrounding areas.

The City of Kenora did a wonderful job hosting the Kenora District Municipal Association on February 8th-10th and we'd like to thank Kenora staff, volunteers, event sponsors, and everyone involved in making the conference a success. Mayor Gordon Griffiths, Councillor Ray Pilkey, Councillor Greg Swanson, and EDO Max Nagy attended the conference. KDMA is important for smaller municipalities like ourselves as it gives a larger voice to advocate for our issues. We are optimistic that new information learned and new connections made at the conference will prove to benefit our community in the short and long term.

The Municipality received the Ministry of Environment, Conservation, and Parks inspection report for the Vermilion Bay Landfill from the on-site inspection in October of 2023. We plan on working with Public Works and other municipal staff to complete the items that're listed as "not in compliance" on this report. We'll once again be stalling on completing any studies/work needed to update the capacity of the dump until we receive funding from the government for the unincorporated areas that use our landfill. We don't feel that taxpayers should have to subsidize these costs since the landfill is used by camps and households in the surrounding unincorporated areas of Machin.

The Kenora Devils Gap Islanders played their final game at the Woodland Arena at the end of February. Thank you to the Islanders team, staff, and ownership for being so open and easy-going at our arena this year. We appreciate you having these games in our community and wish you all the best with the rest of your season! A big thank you goes out to arena staff and all the hardworking volunteers that helped out at the games this season; we would not have been able to host these games with-

out you!

Mayor Gordon Griffiths and our EDO Max Nagy had a virtual meeting with staff in Minister Sarkaria's office at the end of February. Minister Sarkaria is currently the Minister of Transportation. The main issue discussed during this meeting was regarding the state of the Cascade Bridge and the need for funding from the government to assist with the replacement costs. As some may be aware, the engineer inspection report for the Cascade Bridge in 2021 stated it needed immediate repairs and that the replacement of the bridge is recommended in the next 5-10 years. We've previously tried to apply through the Connecting Links Program but are not eligible since the bridge is not a connecting link as defined in the Public Transportation and Highway Improvement Act. We made it clear we are fully aware we do not meet the requirements of the Connecting Links Program but need the Minister's Office to advocate for us and push to have us accepted into the program or help with another avenue of funding for the bridge.

Economic Development:

We are applying to the Northern Ontario Heritage Fund Corporations Rural Enhancement Fund for 90% of costs to be covered to upgrade/renovate the Happy Go Lucky Seniors Centre. Some of the work includes the following: acoustic renovations to increase the sound quality of the building, replacing windows, replacing doors, new concrete floor for their garage, and other activities. This particular application comes in two phases. With luck we'll move onto phase 2 and if approved we should have a decision in summer of 2024.

The Municipality has decided to apply to the Ontario Trillium Foundations Capital Grant for new exercise equipment, water bottle station, and fans at our Woodland Arena Gym. The project would include basically a full changeover of the current equipment at the gym and replace it with new, up to date equipment. New equipment would include: two stationary bikes, one treadmill, one recumbent bike, Jacob's ladder machine, set of dumbbells, new bench press/squat rack, Olympic bar and weights, back machine, and other items for the gym. This grant would eliminate the need to purchase any new equipment for many years to come as well as offer all the weight lifting services you'd find in many larger gyms!

Unfortunately, I don't have any new updates at this time for our ongoing development projects. I hope to provide some progress updates in next months Messenger, if you ever have any questions regarding previously mentioned projects or what's happening in the Municipality, feel free to give me a call at 807-227-3005.

Max Nagy, EDO

Cont'd on Page 2

MESSENGER DEADLINE

Submissions for the Machin Messenger must now be in by the **LAST WEDNESDAY** of the month, by noon. **The deadline for the April Messenger will be March 27th.** 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 807-227-2633 to find out the

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 807-227-2064.

Recreation:

Still lots going on in our great community! Armchair Travel is back and packed, it was a full house and we even had to change the day due to our crazy weather, we still enjoyed going to China. Next, we are off to the British Virgin Islands, on March 21st, a beautiful exotic place to visit. For those not familiar with this program, it provides a sensory experience and an opportunity to learn about other countries and try different multicultural foods from the area, listen to music, and like always play the famous passport game. The program provides a deeper understanding and enjoyment of travelling to another country from the comfort of your own home. It's a wonderful program and I love running it, I also encourage anyone to come out and see what it's all about, I guarantee you'll enjoy yourself.

I will be hosting a Poke Paint Party on March 11th with my friend Kennedy Maidment. Please see the poster in this Messenger for more details. Pickleball, Eagle River Game Night & Yoga as well are still available and free for everyone to attend, I encourage participation to keep these programs running. I also encourage anyone with any ideas that they might have to share them with me and maybe we can make it happen.

Finally, some snow to get these Dryden Drag Racers up and running, we hope to see them at the end of the month here on the strip. Everyone is welcome, I'm sure it will be a great show. I'm also expecting any day now to hear who the headliner will be for Sunset On The Strip this summer, you will be the first to know.

Have a wonderful March break everyone!

Carman Brignall, Recreation Facilitator.

Public Works:

We started steaming culverts this month as well as have been working on our budget for 2024. As we complete our budget, we are determining which roads are going to be worked on for the year and other projects we plan on completing.

Eagle River Rink Community Skate:

Thank you to the Dryden GM Ice Dogs and all the volunteers for organizing and running a community skate at the Eagle River Rink in February. What a great experience for the kids and adults to get to skate and interact with the team not only outdoors but on our rink!

Community Improvement Plan:

The Municipality of Machin Community Improvement Plan (CIP) is open and available to those that qualify! The plan was advertised and presented at a Council meeting for the public to view in October 2023 and has been posted on our website since being officially passed. Businesses and industrial and/or commercial property owners in the designated project areas are welcome to apply for the 5 incentive programs in the plan. These programs are: Façade Improvement Grant, Signage Improvement Grant, Municipal Application and Permit Fee Rebate Grant, Tax Increment Grant, and Demolition Grant. Please visit our website. Under Municipal Information you'll see Community Improvement Plan. Please click on this and it will take you to the page where you can click and view the CIP. Forms for each program are being made right now and will be posted online under the CIP document. Please call municipal staff if you have any questions regarding the programs or the plan itself 807-227-2633.

Please see pictures on page 3.



Happy Easter from Machin Mayor, Council & Staff.

The Machin Office will be closed on March 29 & April 1.

Community Improvement Areas

Area A: Highway 17, Vermilion Bay



Area B: Spruce Street, Vermilion Bay





When changing clocks on March 10th, it is also a good time to test your smoke alarms and carbon monoxide (CO) alarms and change replaceable batteries. In order for smoke alarms and carbon monoxide (CO) alarms to do their job of helping to save your life, they must have working batteries.

Smoke and CO alarms with non-replaceable 10-year batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire alarm right away.

Smoke and CO alarms with any other type of battery need a new battery at least once a year. If the alarm chirps, warning the battery is low, replace the battery right away.

When replacing a battery, always follow manufacturer's instructions. If specific to the batteries (brand and model) that must be used, the smoke alarm may not work properly if a different kind of battery is used.

Smoke alarms – required on every storey of the home and outside all sleeping areas. For added protection, it is recommended to also install smoke alarms inside all bedrooms.

When there is a fire, a quick escape is critical and every second counts. Always keep all exits easily accessible and windows able to open freely. Have a home fire escape plan, so that everyone knows what to do if the alarm sounds, where to meet outside and to get out and stay out. Call 911 from outside the home.

Carbon monoxide (CO) alarms – required outside all sleeping areas, if your home has a fuel-burning appliance, fireplace or attached garage. For added protection, it is recommended to also install CO alarms on every storey of home.

To reduce the risk of carbon monoxide build-up, keep chimneys and intake/exhaust vents for furnaces and heating appliances free of debris, ice and snow accumulations; only burn dry, well-seasoned wood in fireplaces and woodstoves; and open the flue before using a fireplace for adequate ventilation. Never use barbeques inside garages and never run a vehicle or other fueled engine or motor inside a garage, even if the garage doors are open. Always remove a vehicle from the garage immediately after starting it.

If your CO alarm sounds, and you or other occupants are suffering from symptoms of CO poisoning (flu-like symptoms without a fever, headache, nausea, dizziness, confusion, drowsiness and/or loss of consciousness) get everyone out of the home immediately.

Different alarms sounds:

Smoke alarms and CO alarms sound different than each other. Everyone in the household should know the difference between the two alarms sounds.

Low-battery warning – consult the smoke alarm or CO alarm manufacturer's instructions for what the low-battery warning sounds like. Replace the battery if the low-battery warning sounds.

"End-of-life" warning - consult the smoke alarm or CO alarm manufacturer's instructions for what the "end-of-life" warning sounds like. Replace the alarm if the "end-of-life" warning sounds.

Additional Best Practices for Smoke Alarms and Carbon Monoxide Alarms:

It is recommended that smoke alarms and CO alarms be tested monthly or in accordance with the manufacturer's instructions. Replace if not working properly.

Keep smoke alarms and CO alarms free from dust and cobwebs and do not paint or contaminate them.

Contact Machin Volunteer 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, P0V 2V0

In January, the department responded to: 1 fire call in Machin for an appliance smoking, 1 fire call in the unorganized area for a fire alarm, 2 vehicle collisions on Hwy 17, assisted paramedics at 3 medical calls in Machin and 1 in the unorganized area, and the department held 2 practices.

ARMCHAIR TRAVEL TO

The British Virgin Islands



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

MARCH 21 ST, 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 Hall, March 27, 2024

11:30am — 2pm



EVERYONE WELCOME



Please come out and join us for
a
Poke Paint Party



A unique and easy way to create a beautiful masterpiece with a Q-Tip!

All painting supplies will be available & Snacks

March 11th, 6pm @

The Happy Go Lucky Seniors Centre

Cost is \$30 per person

15 spots available

Call ahead to book 807-227-2633 ext 231 or 222

Hosted By Carman & Kennedy



Free Chair/Gentle Yoga



Everyone Welcome

March 4th & 18th

@

The Happy Go Lucky Senior Centre

1-2 pm



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



Machin Area Helping Hands would like to Thank everyone who donated in 2023. Without your generosity the committee could not keep this program going. We would like to Thank the Maven's Quilting Group for the quilts they donated. Thank you to Lillian Berg School for their food drive. Thank you to Simply Scuffles for her donation of Scuffles, and to the Vermilion Bay Lions and Lillian Berg School Teachers for adopting families.

Machin Area Helping Hands made and delivered 36 Food Hampers and 21 Thinking of You Baskets, helping many have a better Christmas. The receipts for 2023 have been mailed out. If you have not received your receipt, please call Tammy Rob at 807-227-2410. Again, Thank you Everyone.


A poster for 'Yoga With Sara'. The background is a vibrant sunset with orange and yellow hues. In the center is a black silhouette of a person in a yoga pose (Urdhva Dhanurasana). The text is as follows:

Yoga With Sara

March 2nd & 9th
9am—10am

@
The Eagle River
Recreation Centre

Everyone Welcome

A small circular logo in the bottom right corner of the poster, featuring a landscape with a sun, trees, and water, with the word 'MACHIN' written below it.



Planning towards our Municipality of Machin Volunteer Spring Road Clean-Up Program is underway. This initiative is in-line with many of the goals outlined in the Municipality's 2023-2027 Strategic Action Plan Update and the 2023 Community Improvement Plan (CIP); visually enhancing and promoting our community image through general beautification. We are proud of where we live and want to showcase it to others as a great community.

In previous spring Clean-Up events, volunteers have done an excellent job on the cleaning of our roads and highways within the Municipality resulting in a significant visual improvement. We would like to commend the efforts of these volunteers and of all residents that clean-up local roads on their personal time, thank you!

Clean-up will be scheduled on Saturday April 20th as part of Earth Day celebrations (alternate weather day Saturday May 4th).

In April further information will available in the Machin Messenger and on Facebook.

If you are interested to learn more or have questions, please contact one of the following

Volunteer Organizing members: Mike Durocher ph. 807-216-8318,
Ray Pilkey ph. 807-220-1502, or the Machin Office ph. 807-227-2633

This is an opportunity to get out with our fellow neighbours and do some good, not only for our community and the environment but also our health and wellbeing.





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



Lillian Berg School
1 Main Street
Vermilion Bay, ON

(807) 227-5437

vbayhub4kids@gmail.com
Vermilion Bay EarlyON Child and Family Centre

MARCH

**Machin
EarlyON**
Child and Family Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3	4 Drop In 10:00-3:00	5 Tot Time 1:00-3:00	6 Baby and Me 10:00-12:00 Drop In + Supper 1:00-6:00 Please Register!	7 Busy Bag Pick Up 1:00-3:00	8 Drop In 10:00-2:00	9
10	11 CLOSED	12 Free Skate @ Woodland Arena 11:30-1:30	13 MARCH BREAK	14 Outdoor Play/Sliding @ Lillian Berg School 11:30-1:30	15 CLOSED	16 
17  HAPPY St. PATRICK'S Day	18 Drop In 10:00-3:00	19 Tot Time 1:00-3:00	20 Baby and Me 10:00-12:00 Drop In + Supper 1:00-6:00 Please Register!	21 Busy Bag Pick Up 1:00-3:00	22 Drop In 10:00-2:00	23
24	25 Drop In 10:00-3:00	26 Tot Time 1:00-3:00	27 Baby and Me 10:00-12:00 Drop In 1:00-6:00	28 Busy Bag Pick Up 1:00-3:00	29 Good Friday	30 
31						

Firemen's Ball



On January 27, the Municipality of Machin held a Firefighter’s Fundraiser Ball at the Lion’s Hall in Vermilion Bay, On. A crowd of approx 150 attended and it was a resounding success. Kudos to everyone involved in planning, volunteering, donating and supporting to bring this to fruition.

Machin Municipality includes Minnitaki, Eagle River and Vermilion Bay, On. Mayor Gord Griffiths addressed the crowd stressing the importance of our volunteer Fire Department, how much we appreciate and honour them and the critical part they play in our communities.

Thank you to Carman Brignall, Machin Recreation Facilitator, who was at the helm; planning, organizing and coordinating the event. Special thank you to Gregg Maidment (Vermilion Express) for sharing his auctioneering expertise and many connections to meet the fundraising goal.



Fire Chief Todd Montgomery, has held a position with the Department for 20 years and as Chief; recruits, trains and maintains the brigade. His high energy and enthusiasm is infectious. We are very fortunate he holds the reigns and does such an excellent job. Major accolades to Todd.

Crew members present and honoured included:

- Tim Eady, 39 years of service
- Rob Wisneski, 28 years
- Cora Macrae, 21 years
- Dan Robinson, 10 years
- Olivia Walkup, 7 years
- Ally Wisneski, 6 years
- Felicia McNally, 6 years
- Darcy Spalding, 5 years
- Matt Coke, 2 years
- Ryker Robinson, 2 years



Guest speakers included:



Derek Hamilton,
President of CUPE



Adam Illman, Inspector
and OPP Detachment
Commander for the
Dryden, Machin and
Ignace Municipalities



Dave Hamilton, KDSB Direc-
tor of Emergency Medical
Services



Evan McDonald, Vice
President CUPE Local
5911



Conley Delorme was pre-
sented a Civilian Bravery
Award for alerting the fire
team to a home engulfed in
flames and saving a life

The gala evening was attended by many supporters as well as regional Firefighters, EMT’s and enjoyed by all.

Crew members present and honoured on January 27 included:



Dan Coke, 2 yrs of service



Ryker Robinson, 2 yrs of service



Darcy Spalding, 5 yrs of service



Ally Wisneski, 6 yrs of service



Felicia McNally, 6 yrs of service



Olivia Walkup, 7 yrs of service



Dan Robinson, 10 yrs of service



Cora McCrae, 21 years of service



Rob Wisneski, 28 yrs of service



Tim Eady, 39 yrs of service

Fun With The Dogs

They let the Dogs out and they came to our outdoor rink in Eagle River. We were overjoyed with their presence. Thank you to Coach Kurt Walsten and Assistant Coach Jake Gushue for making this happen. Jake took time out of his busy schedule to accompany team members to the event.

It takes a village to bring an event to fruition and once again, our volunteers stepped up to the plate.



HUGE thank you to Jesse Perrin who kept me grounded, checked the integrity of the ice, rounded up local players and kept action on the ice running smoothly and safely.



Thank you to Council Member Ray Pilkey for his hand in helping get the rink up and running and the Municipality of Machin Public Works crew for making sure the ice was in pristine outdoor ice shape.



Thank you Mayor Gord Griffiths for welcoming the Ice Dogs and spending time engaging in conversation with them at the event.



Warren Harrison, our local Manitoba Hall of Fame member



Birthday boy Ryan Zawada with Ewan Soutar, Krilli Mashchenko, Stan Boiarchuk



Jaxx Palker 'lit up' the evening, with Christian Lynch



Sophia Little and Zoe St Laurent with Nathan Windt, William Burns



Cynthia Therrien, Chloe and Gabby Grandbois with McLaren Paulson, Sean Smith, McKale Paul

Thank you Connie Korzinski and Carman Brignall for organizing and supplying snacks for the concession stand. Thank you Ammie Kroeker for lending us and manning the fire pit. Thank you Carm and Bob Hampe for running for extra supplies, making sure the crowd was entertained and snapping as many 'framed' photos as time would allow. Thank you Kathy Pippy-Evans for pitching in when phone batteries died. Thank you Addie Jaeger and Robin Wearne for running the concession stand. Last but definitely not least, thank you to those who attended, participated and radiated our strong community spirit. It was an extremely fun evening!

We all enjoyed the Dogs as they skated and played with the kids and adults. They all sang to Ryan Zawada, our birthday boy who turned 10 that day. They shared stories around the fire pit with locals, former Eagle River Old-timers and our own Manitoba Hall of Fame member who related to and understood their hockey journey.



The Dryden Trappers Council held their 22nd annual workshop and dinner on Feb. 3, 2024 at the Dryden District Agriculture Centre. A live auction, penny auction and trappers only auction were held following a sold out dinner. Money raised will be donated back to the community to various youth projects and charities. We would like to thank the following people and business for their support including all the volunteers that made the day and evening possible.

City of Dryden	Dryden Fire Management	Geoff Hartley Trapping
Best Western	BMO Nesbitt Burns	Eagle River Ent
Morgan Fuels	Brandt Tractor	Iron Range Tire
QSL Bait and Tackle	Dr. Lockyer	Piston Ring VBay
Clarks Bait and Tackle	Dryden Pharmasave	Vermilion Bay Co-op
Peterbuilt Dryden	Dryden Veterinary Clinic	Nelson Granite
McKinstry Chrysler	FYI Doctor	Burton Penner
Dingwall Ford	Hillcrest Animal Clinic	Eric and Jen Treftlin
Goulds Brandsource	Kano Reid	Mastrangelo Fuels
Dryden GM	Northwest Auto Sales	Superior Plumbing
Ricci Trucking	Ontario Parks	Ralph Potter
Hoover Electric	Propane Plus	Keith Corbeil
Sunset Paralegal	Rona	Trevor Robinson
St Aubin Saw shop	Superior Propane	Jim and Sandy Kempert
Golden Nector	The Flower Forest	Ken/Shelly Kiewning
Lotto One	Skene Transfer and Supply	Paul/Carol Kiewning
Basic Machine	Egli's Sheep Farm	Cyril Ryan
NAPA Auto Parts	Cloverbelt Country Meats	Falcon Beach Towing
BKK Enterprises	Turgeon Trapping Supplies	Open Lane Auctions
Oxdrift Community Store	Dryden Community Funeral Home	Kee West Auto Carriers
Robert Parr	Northern Lights Petroleum	Kenora Chev Buick GMC
Fort Garry Industries Winnipeg	Gardewine Winnipeg	Vermilion Express
Groenwold Fur and Wool Company (Dave Bewick)		Fur Harvesters Auction (Mary Schlellenberg)
Andy Myers Lodge	Bobbys Sport Shop	Jeff Emish Feeds
Silver Cedar studio	Northern kriket	5th Ave Jewelry

Bayview Hotel

Annual

Doubles Shuffleboard Tournament.....

Saturday, March 9TH

ALTERNATIVE Date to be determined



\$10.00 per person.... Limited entries
so please sign up early.
Tournament to begin 7:30 pm
Round Robin play

Come out to play or cheer on the others....

Points North Family Health Medical Team

March is Colon Cancer Awareness Month and it is time to get back on track with your colon cancer screening.

Colon cancer screening is for anyone between the ages of 50 and 74 years, with no family history of colon cancer and have no symptoms.

To learn more, talk to your health care provider or visit www.tbrhsc.net/cancerscreening.

GET BACK ON TRACK

Get screened for colon cancer



In Ontario, colon cancer is the second most common cause of cancer related death. However, if found early through screening and treated, there is a 90% chance it can be cured.

In Northwestern Ontario, only 58.4% of eligible people are participating in colon cancer screening. It's time to get screened for colon cancer and get back on track with your health.

To learn more about colon cancer screening, visit www.tbrhsc.net/cancerscreening

The Eye Van is Coming!



The Eye Van is a fully equipped mobile eye care unit

We provide critical medical eye care to remote areas of Northern Ontario, where these types of services are not typically available.



To book your appointment

Please obtain a referral from your family doctor, optometrist, or nurse practitioner. Visit your local health care provider if you are interested in an appointment on the Eye Van.



No referring health care provider
In your community?

1-888-675-2468
ext. 5416

Or if you require more information,
please contact the VLRC Eye Van office



Date

July 17-19
2024



Town

Dryden



Location

Dryden Regional
Health Centre

Eagle Lake Skating Club
presents



Stars in the Making

Annual Ice Show

Country Style!

Cost (proceeds go to the club!):

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

April 7th, 2024

2:00pm – 4:00pm

WOODLAND ARENA

Vermilion Bay, Ontario

Lillian Berg School

Winter came back with a vengeance, and to the delight of many students, busses had to be canceled yesterday, but today they love the new layer of snow to slide on our hills and enjoy the outdoors, especially our “Polar Club” members.

The month of February is almost at its end, and students look forward to “Spring Break” from March 11th to the 15th!

During the first week of February, students crafted “marbled” hearts mobiles that we shared with businesses in town, and like to believe, they enjoyed them. Our “Daycare” children made large coffee filter hearts that decorated the hallway at the Eagle River Friendship Center.

Our “Festival du LBS” was a great day for everyone! It was cold, but that didn’t deter our students to participate in a variety of traditional outdoor activities organized by Mr. Nyberg. Every staff member collaborated to make this day “extra ordinary”. To warm up, everyone had a typical voyageur lunch, pea soup with ham and baked biscuits.

It was “Flag” day, and students learned about our Canadian Flag, the symbol and colors. We painted big maple leaves and had fun mixing colors and shapes.

Last week many parents came to school for the “Parent / Teacher” interviews. It is of great importance to have these communications and to get to know the families of our students.

Last night we welcomed the families of NEW “Kindergarten” students who will be joining us at Lillian Berg for the 2024-2025 school year. We were very happy, so many showed their interest in our diverse “Kindergarten Program”. They were able to meet with the Kindergarten and Administrative Staff, and were presented with “Welcome” bags for their children.

Junior and Intermediate students are practicing their Basketball skills, to participate in a tournament in both



**SHED POUNDS,
GAIN FRIENDS**
First visit is FREE!

**Join us for affordable, effective
weight-loss support!**

Vermilion Bay TOPS will no longer be meeting in person for the time being.
If you are interested in joining our group, please call the number below for further information.

Marcia Pilipishen 807-227-2061

Real People. Real Weight-Loss.® www.tops.org

Ignace and Dryden next month. Thank you to our teachers for coaching and spending the extra time in the Gym with our students.

Even with the beautiful white landscape and sunshine, we are looking forward to spring, planting and using our “hydroponic growing” tower – thank you to Ms. Cunningham for offering to be our Green Thumb Champion and helping to get things growing in our tower!





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

T 416-362-2273
E info@ontariocaregiver.ca
24/7 Helpline 1-833-416-2273
ontariocaregiver.ca

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



RESOURCES AND
EDUCATION

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

X: [@caregiverON](#)
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Instagram: [@OntarioCaregiver](#)
YouTube: [@OntarioCaregiverOrganization](#)



MARCH 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bus to Dryden Tuesday & Thursday's Pick up 9 a.m.			1 Coffee 7:00	2
3	4 Coffee 7:00 Yoga 1-2	5	6 Coffee 7:00 Marg Valade	7	8 Coffee 7:00	9
10	11 Catered lunch \$10 General Meeting	12	13 Coffee 7:00	14	15 Coffee 7:00	16
17	18 Coffee 7:00 Yoga 1-2	19 Tony Blair Evelyn Liddon	20 Coffee 7:00 Hot Breakfast	21 Armchair Travel British Virgin Islands	22 Coffee 7:00 Pot Luck	23 Crib Tournament In Ear Falls Annette
24	25 Coffee	26	27 Coffee 7:00 Merchant Bingo Eagle River	28	29 GOOD FRIDAY No Coffee	30 To Rent Seniors call 807-529-4611
31 EASTER						


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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
March 8	March 20	March 1—March 7 March 15—March 21 March 29—April 4
PLEASE REMEMBER YOUR REUSABLE SHOPPING BAGS		Closed March 29—Good Friday, April 1—Easter Monday

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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Rusty Miller
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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
 807 323 1543 (cell)
 welzjim@gmail.com

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The Reading Room



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

Contact Information for Mayor & Council

Mayor:
Gord Griffiths 807-227-2074, 807-221-8717 (cell)

Deputy Mayor:
Dennis Peterson 807-220-1558 (cell)

Councillor:
Tony Blair 807-227-5410 (cell)

Councillor:
Ray Pilkey 807-755-1701, 807-220-1502 (cell)

Councillor:
Greg Swanson 807-220-3615 (cell)

UPCOMING MEETINGS

Machin Council Meeting: Monday March 11th, immediately following the Public Works meeting, and Monday March 25th, 6:00 p.m. in Council Chambers, Machin Municipal Office.

Public Works Meeting: Monday March 11th 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.

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 807-227-2633.

Area Church Services



Our Lady of Fatima
Roman Catholic Church
Hwy 17 Vermilion Bay
Mass on Fridays @ 5:30 p.m.
Good Friday March 29 @ 6:00pm and
Easter Sunday March 31 @ 12:30pm.

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 807-227-2064.

