



HCM News

THE UNITED TOWNSHIPS OF HEAD,
CLARA & MARIA

MANY HANDS MAKE LIGHT WORK

Welcome 2015. and private use.

Well its that time again; out with the old and in with the new. A lot has been happening in our busy little community over the past months. Council, the Recreation Committee, the Missing Link Snowmobile Club, the CWL, private individuals and the Library Board have all held events (open to the general public) in our new Municipal Hall and have plans for many more in the near future.

Our social calendar is full and is available on the municipal website on the "home" page. It lists hall uses for all organizations—MLSC, CWL, Library Board, Rec Committee

Of course all of this activity would not be possible without the excellent efforts of all of our commu-



nity volunteers—you and your neighbours know who you are. Give yourselves a pat on the back in appreciation for all that you do for our community. Many hours are dedicated by many individuals to run the municipal and community

organizations which sponsor these events.

As always, if you have some time on your hands and would like to be more active in your community, just let someone know.

Everyone is welcome and we firmly believe that each person has invaluable contributions no matter how small each gesture might seem.

Head, Clara and Maria is a small community but one with an amazing sense of community and voluntarism. If you have time to volunteer, please do. If you don't then come out and enjoy the events that our volunteers work to hold—you are why they do it. (Cont'd page 3)

A MESSAGE FROM MAYOR GIBSON

Hello all,

Things have been quite busy since I last spoke to you in our December newsletter. County Council has had its inaugural meeting; Council committees have been struck and have had their initial meetings in January, County council had a two day Council orientation session, the County has had its budget workshop and at the January 28 meeting the 2015 County budget of \$38,697,229 was passed. County department staffs were directed to not exceed a 2% levy increase and they did that.

The County payment to MPAC this year is \$1,514,289. This is a 0.95% increase over 2014 and the same increase will apply in 2016. The County covers the

Role of Head of Council

Depending on your municipality, the head of council may be called a warden, chair, reeve, or mayor. Whatever title is preferred, the role of head of council as set out by the Municipal Act, 2001 remains the same.

MMAH Councillor Guide

MPAC costs for all lower tier Municipalities as well as the FCM annual fees which were \$12,419, a 2.1% increase over 2014. The City of Pembroke is the



only municipality in the County not a member of the County Council but they will consider rejoining the County in the near future.

I serve on the Property and Development and on the Social Services committees. These committees meet monthly and prepare detailed reports and resolutions to be presented at the monthly County Council meetings.

Our own Council is reviewing our procedural bylaw to make any necessary changes. At our inaugural meeting we changed the name of the head of Council to Mayor from Reeve to better reflect understanding of the position so that is one of the changes that will be reflected in the revised bylaw.

We are trying to get by with only one meeting per month. This should save

some staff preparation time and will naturally result in longer Council meetings.

Your Council has passed the 2015 tax by-law with a slight decrease in Municipal taxes over last year. We don't know yet what the education tax rate will be but if you believe the rumors from Queen's Park, it shouldn't be much different than last year.

This January I was appointed to serve on the Deep River and District Hospital Foundation Board and look forward to our first meeting this February.

In January I attended a two day strategic planning retreat sponsored by the Deep River and District Hospital Board to help formulate the strategic direction for the hospital for the next five years.

Your recreation committee has been hard at work and has a full slate of activities for this year so I encourage everyone to attend these activities and enjoy the company of your friends and neighbors. I want to take this opportunity to thank our municipal staff and all of our volunteers for their efforts in making this community a truly great place to live. It would be a pretty dull place without your contributions.

That's all for now folks. Enjoy the winter and thanks for reading this newsletter.

Jim Gibson

Cont'd from page 1...

As the Clerk and CAO of the municipality I would like to formally recognize and show my appreciation for our staff here in Head, Clara & Maria. Without these individuals working diligently to meet Council's direction, HCM would be so much poorer.

Thank you to Wilfred (Terry) Lamure for keeping our roads safe; to Bill Donnelly for managing our Disposal Sites to such a high standard; to Gayle Watters for all that she does in supporting office staff, and specifically keeping us compliant in our Emergency management legislated requirements; kudos to Noella LeBreton for bringing us kicking and screaming into the 21st century by upgrading and updating our accounting and taxation software including more op-

tions for payment of tax payments; an expression of gratitude goes out to Trang Ton who works diligently to keep our hall



shining clean; Bob Labre is to be commended for his efforts at keeping us compliant in Building Code and Fire Safety areas and finally welcome to Candace Hersak our new Librarian who is proving that she is more than capable of running our small but dynamic library. Thank you. (MR)

COMMUNITY NEWS

MISSING LINK NEWS

Dates to remember

Sun Feb 15th - " 7th Family Day Fish & Fun" - Come out for a casual snowmobile run, ice fishing, and campfire lunch on Menet Lake. No snowmobile - taxi leaves Pine Valley Park & Ride on the 1/2 hour starting at noon. Everyone welcome

Sat. March 7th - 18th Annual "The Bow-Tie Classic" Snowmobile Rally and Silent Auction at the Stonecliffe Township Hall. Registration 10:00 to noon.

Looking for something to do. Volunteer for the Club at an event. Snowmobile not a requirement. Contact Marlene 613-586-2761.

FAST FACTS

Did you know that the Library has ordered Season 5 of the DVD **Downton Abbey** to go with Seasons 1, 2, 3, & 4

NORTH RENFREW FAMILY SERVICES

The NRFS offers counseling and community support programs for residents from Deux Rivières to Chalk River.

The following is from their brochure.

"Today, many people feel overwhelmed with life. Rather than feeling supported in all of their overlapping responsibilities, people feel as though they are left alone to cope with their struggles as best they can."

North Renfrew Family Services engages people in a hopeful manner in which we help individuals, children, youth and adults of all income levels to find their personal solutions to some of life's toughest challenges.

We offer **COUNSELING** for **CHILDREN, YOUTH & ADULTS**

(Including crisis interventions, advocacy, referral and support)

- Personal and emotional difficulties (stress)
- Relationship breakdown
- Family Violence
- Violence against Women
- Addictions and Mental Health
- Youth—Support and Crisis Programs
- Grief and Coping
- Trauma and Stress
- Historic or current sexual abuse
- Employment Assistance Programs (EAP)

COMMUNITY SUPPORT PROGRAMS

- Information/Public Education
- Access & referrals to other services
- Basic Needs, Financial Crisis
- Youth Program (including camp, Jumpstart)
- Local distributor for CPAN's Backpack Program
- HeLP—Healthy Living Program (formerly Collective Kitchen)
- Community Christmas Basket
- Furniture Exchange Bank"

COMMUNITY NEWS

As you can see, the North Renfrew Family Services provides many varied services to a large population including Head, Clara & Maria. They are always in need of financial support because of the number of individuals and families that they serve.

HCM staff learned during the Christmas period that there is a significant need in our area and are attempting to do something about it.

For those of you who are able, donations to NRFS are always welcome and income tax receipts are issued for donations received to as-

For Your Information

At its January meeting Council donated \$1,500 to NRFS.

The Rec Committee has talked about what it might be able to do to offer support and is making plans for 2015. (Watch for your opportunity to contribute.)

The CWL routinely donates some of the proceeds of their events to NRFS (and other local programs).

sist with on-going programs.

Later in February Kelly Hawley from NRFS will come to address Council. You are welcome to attend, Friday February 27 at 1:00 p.m. prior to the Council meeting to hear Kelly's update on NRFS and Head, Clara & Maria.

DEEP RIVER AND AREA FOOD BANK

Another service available to HCM residents is the Deep River and Area Food Bank. The food bank is located in the basement area of the Deep River & District Hospital at 117 Banting Drive in Deep River. Go to the far east end of the building and you will see their sign on an

entry door.

The Food Bank is open Monday from 10 a.m. to 1 p.m. (except when Monday is a holiday).

Clients may make one visit per month and will be required to provide the following information:

- ⇒ Name, address and phone number
- ⇒ Number of children and years of birth (to provide extra's such as lunch kits)
- ⇒ Partner's name (if any)
- ⇒ ID with address for the first visit of each year.

To contact the Food Bank you can visit Mondays during their open hours or call 613-584-2484 and leave a message. Messages are reviewed daily and someone will get back to you.

The Food Bank is run entirely by volunteers and is a Registered Charity. The board chair is Charles Packard who may be contacted at the above number or by sending an email to foodbankemail@gmail.com.

As always, the Food bank always appreciates donations of time, money or product. If you are able, donations may be mailed to Deep River & Area Food Bank, P.O. Box 1015, Deep River, Ontario, K0J 1P0.



The **FAMILY HEALTH TEAM** is no longer able to take new patients at this time. Anyone looking for a family doctor is encouraged to call Health Care Connect at 1-800-445-1822 for assistance.

COMMUNITY NEWS

**Celebrate our great
St. Patrick with us**



**On Saturday, March 14th at the
Municipal Hall in Stonecliffe.**

**There'll be a fine Irish stew and
fine beer to match, music and
merry-making.**

**Children's corner will be availa-
ble for kids to make this a family
event.**

**The first planning meeting will be on
Monday, February 9, 2015 at 7:00 p.m.
in the Community Centre.**

Volunteers welcome.

**Stay tuned for details and ticket in-
formation. If you'd like to help out,
please contact Cathy & Dave at 613-
586-2634.**

Correction

The offer of home inspections for all property owners by our Community Fire Safety Officer for **carbon monoxide and smoke alarm** purposes excluded some camp owners simply because they do not access their camps during the winter (we know that some do). For those who do—feel free to contact Bob, he can visit by snow machine. For those who are not opened we have extended the time until the end of May.

Once an inspection is completed you will have your name placed in the draw for one of 2 - \$50 Canadian Tire Gift Cards; or one of 3 - 2.5 lb. Portable Fire Extinguishers. We apologize for this oversight and welcome the participation of all our property owners.

Sincerely, Melinda Reith, Clerk/CAO

Deep River & District Hospital Foundation Member Recruitment

The DRDH Foundation has a mission to raise funds for equipment to sustain the exceptional services offered at the DRDH and are looking for members committed to their community and hospital.

Qualities which would be assets include:

- An understanding of and commitment to the vision, mission and core values of the hospital and the hospital foundation.
- Honesty and Integrity
- An ability to think strategically
- An ability to work as part of a team
- An ability to communicate effectively
- A willingness to devote time and effort required to be an effective foundation member, including attendance at foundation meetings, committee meetings and foundation events

Expressions of interest to Deep River and District Hospital Foundation, Member Recruitment, c/o Sue Lachance, 117 Banting Drive, Deep River, On K0J 1P0.

Note* This notice was to be advertised in the fall but I am certain there is still a need. MR

Your Public Library News

Library News Winter 2015



The library has prepared for these winter months by stocking up on some great reads and DVDs, including a lot of Oscar hopefuls and winners. If you ever need a distraction from the cold weather, come on down and pick up a book or movie. Not sure what to get? February's display of books is themed "blind date with a book". Different great books will be wrapped up like a gift with a few hints or tips written on them. Grab one that sounds intriguing and have a blind date with a book. Also, If you have read a really great book at the library, let us know and we can add a 'great read' sticker to it.

The library has added to its museum passes! If you are planning a trip to Ottawa and want to take in a museum we have family passes (each pass is free admission for 2 adults and 3 kids) that you can borrow for a week at a time. Currently, we have passes to the Canadian Aviation and Space Museum, the Canada Agriculture and Food Museum and passes to the Ottawa Museum Network.



Coming up in April the library will once again be hosting its Spring Card Party. More details will be out soon!



The Library will be having a Crazy, Creative Lego contest on Wednesday March 18th (during the March break). It runs from 10-12am and registration is free and open to kids of any age. Call or email the library for more information and to sign up!

The library would like to say thank you to all who donate their Fleury's Valu-Mart receipts to us. Up to date we have received \$1340 from Valu-Mart. A big thank you also goes out to Fleury's Valu-Mart for having such a generous program. (CH)

Value Mart Receipts make a difference!

\$1,340 has been received from Valu-Mart for return of cash register receipts.

CELEBRATE
VALENTINE'S DAY at the CWL
BINGO!

Sunday, February 8 - 7:00 p.m.
 Stonecliffe Community Centre

Support your local community and win a
 little something to bring home to help
 celebrate Valentine's Day.

Cash & Other Prizes – Door Prizes
 20 games plus Jackpot
 Snacks available

Proceeds to the Cemetery Committee

Tone and Fit Group

**Meets Monday,
Wednesday, and Fri-
day**

**Township Hall - 9:00
am to 10:00 pm**

**Everyone is welcome -
No Cost**

**Please come and join
us.**



Mild Aerobic exercise to suit your needs

Contact Cathy Sutherland – mcsutherland1954@gmail.com or 613-586-2591 for information!



The United Townships of Head, Clara & Maria will implement **Half Load Restrictions** municipal Roads beginning March 15, 2015 until May 31, 2015 or as determined by our Road Super. Signs will be posted when this period begins and removed when the reduced load period ends.

Wilfred Lamure
HCM Road Superintendent

Personal Benefits of Volunteering

The more volunteers, the less any one person has to do.

Since 1999, Ontario High school students have been required to earn 40 hours of volunteer time before graduation. “One of the purposes of the community involvement requirement is to develop strong ties between the students and their community, fostering valuable and long-term relationships. “It has been proved that developing strong ties between a person and their community and developing long-term relationships is important for both physical and mental health for all of us, not just teens.

A successful and healthy community is comprised of many individuals volunteering their time and talents to the benefit of others.

The following article is from the United Way website at <http://www.unitedway.org/blog/entry/4-personal-benefits-of-volunteering-in-your-community/>



“4 Personal Benefits of Volunteering in Your Community Non-profit organizations depend on the giving nature of volunteers. But volunteers often reap satisfaction and benefits of volunteering by becoming involved in their communities. Not sure how volunteering can be a personal benefit to you? Here are four reasons to give a little time to a non-profit organization every week.

1. Growth

By volunteering with an ongoing program, volunteers see growth and change. Whether working with children who are learning to read or adults who are developing trust with their peers, volunteers can actually watch growth among their clients over time. This reinforces the volunteer's own sense of worthiness and vitality in the program.

2. Enrichment

There's nothing more fulfilling than realizing how much of an impact a volunteer can make. [Volunteers working together](#) to build a children's playground or low-cost housing for needy families can later visit these sites and see how the project has enriched the neighborhood. Just a few hours of helping can turn into a lifetime of opportunity, which is one of the greatest benefits of volunteering.

3. Learning

Volunteer opportunities often allow people to try new activities or learn new skills. For example, when an accountant volunteers to help cook a holiday dinner at a homeless shelter, he walks away with not only a few cooking tips, but also knowledge of how to keep food at a safe temperature and how to serve large groups.

4. Friendships

When like-minded people get together, friendships are formed. After working on a volunteer project for a few weeks, it's not uncommon for volunteers to exchange phone numbers or social media information. By giving just a few hours a week, lifetime friendships may be established. “

Help others...help yourself....Become a Volunteer!

Community Dates to Remember

- ★ Valentine's **Bingo**—Sunday, February 8—7 pm—Stonecliffe Community Centre
- ★ NEW for 2015—**Trail Side Café**—Saturdays in February—11:00—3:00—Hot lunch—Open to everyone—Community Centre—Stonecliffe
- ★ **St. Patrick's Day** Celebration—March 14 at the Community Centre—Details to follow—watch for emails and posters
- ★ **Canada Day Celebrations**—Committee Members Required—plan to celebrate Canada Day at Old Mackey Park
- ★ **Euchre**, every second Sunday at 2:00—Stonecliffe Community Centre

MUNICIPAL REMINDERS

SNOW ON MUNICIPAL ROADS

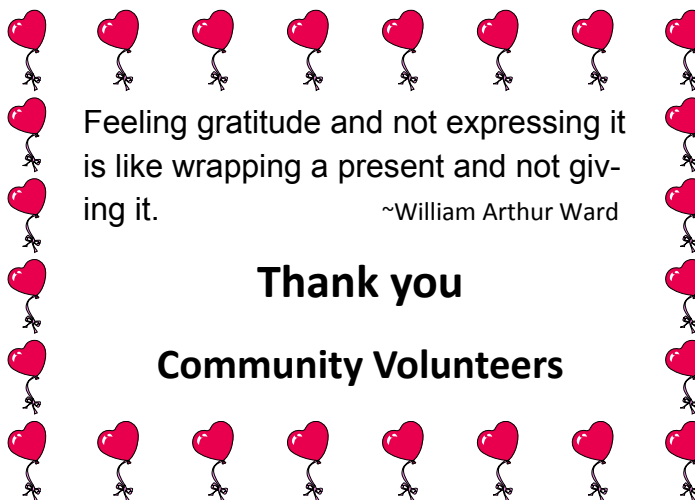
Township bylaws and the Highway Traffic Act prohibit parking or stopping on a road in a way that interferes with plowing operations. Plow operators need clear roadways to complete their routes safely and on time. Under the Highway Traffic Act, residents are prohibited from depositing snow on any roadway. When clearing snow, pile it on your property – do not shovel it onto the road or across the road into the ditch. This practice is dangerous because it may cover the salt/sand applied and may cause drivers to lose control. It may also cause windrows of snow that freeze across the road causing further hazards.

TRAILER PARKING FOR SLEDDERS

As determined in 2013, Municipal staff allow for parking of vehicles and trailers along municipal roads at certain locations along Mackey Creek and Ashport Roads. The snowplow turnarounds are already plowed as widely as possible in these areas for this purpose, vehicles parking there are not ticketed provided they park where indicated.

So long as people park their vehicles along the left side of the road, the left side while traveling in the road (the south side of Mackey Creek Road and the north side of Ashport Road) they are OK. They will not be ticketed, towed or plowed in.

Be respectful of others and municipal operations. Ride Safe.



Feeling gratitude and not expressing it is like wrapping a present and not giving it.

~William Arthur Ward

Thank you

Community Volunteers

FAST FACTS

Did you know that the library has a subscription to **Nutrition Action**, a great little magazine full of articles on healthy eating.

COUNCIL 2015**MEETING SCHEDULE**

Council meets at 2:00
pm. (14:00 h)

FEBRUARY 13 & 27

MARCH 27

APRIL 10

MAY 8

JUNE 12

JULY—NONE

AUGUST—NONE

SEPTEMBER 11

OCTOBER 16

NOVEMBER 13

DECEMBER 11

RECREATION**COMMITTEE**

MEETS THE 3RD
WEDNESDAY OF EVE-
RY MONTH IN THE
COMMUNITY CENTRE
AT 7:00 P.M. MEET-
INGS ARE OPEN TO
THE PUBLIC.

WATCH FOR THE NEXT

PUBLIC MEETING TO

DISCUSS COUNCIL'S
STRATEGIC PLAN AND
THE ANNUAL COUNCIL/
MUNICIPAL REPORT
CARD

HCM's Trail Side Café**Saturdays in February**

11:00 a.m. to 3:00 p.m.

Stonecliffe Community Centre

15 Township Hall Road, Stonecliffe

Right along the "A" Trail and just
off the Highway



Made from Scratch
Soups, Hot Sandwiches
Beverage and Dessert

Reasonable Prices—Open to All

**Proceeds to the HCM Rec
Committee**

Call 613-586-2526



THE THREE R'S HAVE CHANGED SINCE MOST OF US WERE KIDS

Campbell's Soup Labels!! or "Campbell's Labels for Education" Program

HCM will take your Campbell's soup labels!

These labels are collected and sent to a collection agency where they are either sent to a local school such as Mackenzie Community School, or to a collecting depot and added to their programs. To have a look at the success and volume of this program please use the following link.

<http://www.labelsforeducation.ca/english/works.asp>

Campbell's Labels for Education™ is a school support program whereby registered schools or institutions collect labels from Campbell product labels and redeem them for educational resources ranging from sports equipment and musical instruments to video equipment and computers. For products that are eligible try this link http://www.labelsforeducation.ca/english/eligible_exp.asp or see the attached list.

To help make this project work efficiently please put like products together and **make sure the UPC code is intact.** For example, all Campbell soups are together, all Goldfish crackers are together and so on. Drop off your labels to the Municipal Hall and we will do the rest.



Eligible Products—require the full label—UPC and front panel unless indicated otherwise

Campbell's Condensed Soup—284, 796 ml	Habitant soup—227, 398 & 796 ml
Campbell Chunky Soup or chili—284, 425 or 540 ml	Campbell's Chunky Bowls—420ml—lid
Campbell's Ready to Serve Soup—540ml	Campbell's Healthy Request bowls—398 ml
Campbell's Soup at Hand—284 ml	Campbell's Hearty Noodles—55g
Campbell's Gardennay—500ml	V8Soup—500ml
Campbell's Creation soup—500ml	Campbell's Easy Cooking sauce—500ml—UPC
Campbell's ready to use broth—900ml—UPC	Prego Pasta Sauce—375, 645 ml, 1.75 L—Lid
Pace salsa—428, 642 ml—Lid	Goldfish Crackers—28, 168,180,190,200 g 1.36 kg—UPC
V* Vegetable Cocktail all sizes - Cans—save crushed cans; bottles— save labels; boxes—save UPC;	
V* V Fusion and Splash beverages—save—cap.	

Thank you for living the "Three Rs' Reducing- Recycling and Reusing.

MILK BAGS!! - HCM will take your milk bags. Not the wee individual bags but the larger outer bags.



These bags are collected and dropped off to a collection depot where they are either sent on to a larger depot or are held and used to make things like mats for sleeping on.

To have a look at the success and volume of this program please use the following link. <http://recyclemilkbags.pbworks.com/w/page/26969816/HomePage> (Excerpt from the above website)
"With scissors, crochet hook and willing hands, we can transform our garbage into these washa-

ble, quick-dry bed mats which provide an alternative to sleeping on the damp, hard ground. Medical teams in Haiti found them invaluable.”

The milk bags are also crocheted into strong, waterproof Tote bags. We use the colourful outer milk bag which holds the three smaller clear bags inside. We also recycle all of our extra plastic bags into plastic wood.

The bags collected here at the Municipal hall are delivered to Mackenzie Community School in Deep River. If you buy milk by the 3 litre bag please, save us your bags and drop off, when you come to pay your taxes, when you visit the library or just stop in and we will be pleased to take them off your hands.

Thank you for living the “Three Rs’ - Reducing, Recycling and Reusing.

Saving Stamps!!

Recently I received a thank you from “Effect Hope” The Leprosy Mission in Canada. Our community of HCM had been bringing in stamps to our collection for about a year and I had finally taken them home and trimmed them to the desired size and mailed them off.



The letter thanked us for this gift, as they then take the used stamps and sell them to stamp collectors and Effect Hope receives money for their cause, eliminating Leprosy. They need a pound of stamps to earn \$9.00 and in 2013 raised \$14,500. They are now trying to raise \$12,000 in 2014. Next (2015) year's goal is unknown.

So I would like to thank everyone for bringing their old stamps in for this collection and encourage others to do the same. The side benefit of this collection is another item that does not end up in our landfill and although it does not seem like a lot, keep in mind every little bit adds up.



If you wish to bring the envelopes in whole I will trim to the correct size or you can just tear them in half and leave for me to trim. If you wish to trim stamps yourself they need to be trimmed to a border of NO less than a ¼” inch all around. Personally I like to try and get closer to a ½” border. Also, If you are in the process of going through old files etc., they would love stamps from letters dated prior to 1950 intact (with the envelope) if possible. Do not trim at all, but drop off the entire envelope to be sent to “Effect Hope”, no trimming needed. (GW)

Thank you for living the “Three Rs’ - Reducing, Recycling and Reusing.

Library Board Volunteers

The library board is looking for people interested in volunteering for the Library to be on site during library hours—Tuesday nights 6:30—8:00 and Saturdays 12:30—3:00.

Interested? Contact the Library at: 613-586-1950 or hcmlibra@xplornet.com Or the Township office at: 613-586-2526 or twpshcm@xplornet.com

2015 Tax Payments

Tax Bills will be mailed out the 1st week of March with payments to be **due March 31st**. This payment is 1/2 of your 2014 payments. The remaining payments for 2015 will be calculated once the county and province have set their rates and will be mailed hopefully in early June. Due dates for the remaining taxes for 2015 will be July 31 and October 31.



**THE UNITED
TOWNSHIPS OF HEAD,
CLARA & MARIA**

15 Township Road
Stonecliffe, Ontario
K0J 2K0

Melinda, Noella, Bill, Wilfred, Gayle
Phone: 613-586-2526
Fax: 613-586-2596

E-mail: twpshcm@xplornet.com (Melinda)
treasurer@xplornet.com (Noella)
chambers@xplornet.com (Bob and Gayle - not
checked daily)

Bob—CBO/Community Fire Safety Officer
613-586-1950 or 613-401-6955
www.townshipsofheadclaramaria.ca

WE'RE ON THE WEB

www.townshipsofheadclaramaria.ca

EMAIL LIST If you would like to be on our community email list please contact the Municipal Office. It is the intent of staff to keep email addresses secure by using Blind Carbon Copy however; we can not guarantee confidentiality.

INPUT: Council and staff are interested in what you have to say. If you have ideas for service changes, comments, concerns, complaints? Please forward to the Municipal Office or any of your members of Council at the contacts provided. Your input is valued. Many positive changes recently implemented have been the result of ratepayer suggestion. Please take every opportunity you can to take part in the future of your government and your community.

Mayor Jim Gibson

home - 613-586-2761
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Calvin Chartrand

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Robert Reid

home—613-586-9384
robbie1_400@hotmail.com

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

MISSING

From the library DVD pool

"BLOOD DIAMOND" - With Leonardo Di Caprio

Please check your DVD player!