



# HCM News



## Mayor's Message

Summer has certainly arrived - bringing hot weather, wildfire smoke and a Fire Ban to our part of Ontario. My summer message is a "Thank You" card to the community. First and foremost, I want to thank our residents and visitors alike for their compliance to the Restricted Fire Zone designation in our municipality. We all look forward to good times around our summer campfires, let's hope we might have that chance when conditions improve.

Head, Clara, and Maria began summer festivities with the June "Jazaar" on Saturday June 3rd. It was wonderful to see so many people out enjoying the day. This event is solely organized by HCM Library volunteers to raise money for, and awareness of our public library. I would like to acknowledge and thank the volunteers who make this fundraiser the success it is, they are as follows: Cathy Sutherland, Marlene Gibson, Fran Kelly-Chamberlain, Nancy Voros, Gay Baribeau, Mark Acre, June Vaughan, Jim Gibson, Diane Murphy, Sue Giroux, Sue Elliott, Claudia (Giroux) Pkioj, Debbie Froehlich, Naomi and David Balla-Boudreau, John Beesley, Bev Ruhnke and Ken Giroux. High school students also volunteered their time and gained community service hours - many thanks to Penelope Goddard, Emerald Essex, Daniel Pomeranian and Brynn Ezerins. With the help of these volunteers this event raised \$2000 for our library.

June "Jazaar" is also a time for me to meet and greet. I was pleased to distribute pumpkin seeds for the second year to the children who accepted the "Mayor's Challenge." This challenge is to grow their own Jack-o-Lantern for Halloween. I look forward to reporting on their successes in our Fall newsletter. I must also acknowledge the generosity of many visitors to my table who donated to the North Renfrew Family Services.

You may have noticed the planters around the municipal building, this also happens because of our volunteers. Many thanks to June Vaughan and Councillor Dowser for spearheading this initiative. Thanks also go out to the volunteer planters: Diane Foreman, Jim Gibson, John Beesley, Sue Giroux and Councillor Fran Kelly-Chamberlain!

Canada Day was celebrated at Old Mackey Park with a fireworks display organized by Councillor Chris Dowser with help from one of our summer campers, Norm Baker. Thank you so much for making this happen! There were approximately 50 attendees on shore and 30 to 40 in boats this year.

I would be remiss if I neglected to thank our staff for their hard work and dedication. Our Municipal Administrator (also the Clerk-Treasurer) Crystal Fischer, Stephany Rauche, Administrative Assistant and part-time Office Assistant Lexi Rivet provide prompt, and respectful service to our community and beyond. Jesse Gagnon, Public Works Lead and Kasey Elliott, Waste Disposal Attendant/Public Works Assistant are instrumental in maintaining our public assets to a high standard. Our Chief Building Official (CBO) Robert Labre provides guidance and sound advice on the rules and regulations concerning new builds and renovations. Thank you all for your continued attention to the needs of our area!

## MAYOR'S MESSAGE CONTINUED

On May 30<sup>th</sup> our municipality celebrated Bill Donnelly's well-deserved retirement. It was an honour to celebrate and thank Bill for his years of dedication to HCM! He will certainly be missed at our disposal sites; however, he will be watching out for us in his new retirement chair as we pass by his home.

Finally, I would like to welcome our summer students: Ricki Patel is back with us again this year in a new role as Office Assistant and Cameron Rabishaw has returned to work as the Public Works Labourer Assistant after a year's absence. I hope you both enjoy your summer employment.

I wish a safe and happy summer for all!

Mayor Debbi Grills



May 27<sup>th</sup> Hazardous Waste Day in HCM and last day of work for Bill!  
Many thanks Bill - from all of us!

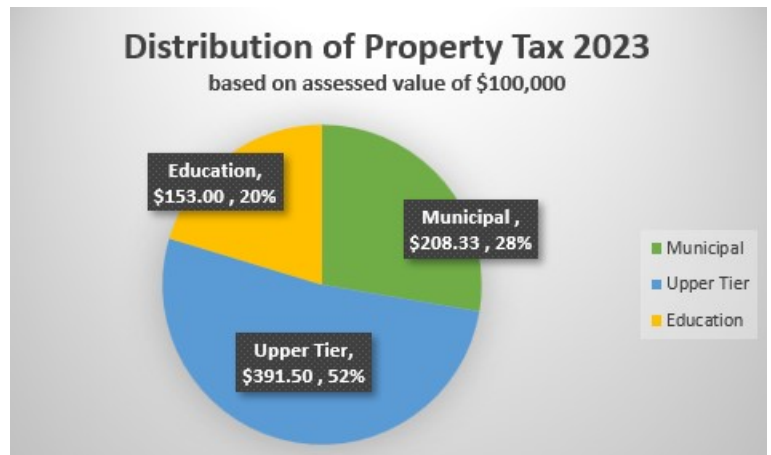
## Community Updates and Reminders

### PROPERTY TAX BILLS

Final property tax bills were issued the first week of July. This first installment is due July 31<sup>st</sup> and the second installment is due October 31<sup>st</sup>. Payments can be made via e-transfer to [payments@headclaramaria.ca](mailto:payments@headclaramaria.ca), over the phone with a credit card, or in the office by cheque, debit/credit or cash. Cheques can be mailed to 15 Township Hall Road, Stonecliffe ON K0J 2K0. Please do not send cash via regular mail. Customers of Scotiabank can also add the municipality as a payee and make their property tax payments through their financial institution.

*\*Please note, ensure property information (roll number and address) is submitted with your payment regardless of the method so that your payment can be applied to the proper account.*

Did you know that the municipality collects property taxes on behalf of the County of Renfrew and School Boards? For every dollar collected in 2023 for property taxes, only 28% stays within the municipality; 52% is remitted to the County of Renfrew and 20% is remitted to the School Boards.



### BUILDING PERMITS

A building permit gives you legal authorization to start construction of a building project in accordance with approved drawings and specifications. Building permits are issued by the Township through its CBO and are reviewed for compliance with the Ontario Building Code, the Municipal Zoning by-law, Building by-law and other applicable provincial, county and municipal regulations. Building permits are necessary to ensure that zoning requirements, fire and structural safety standards as well as other building standards are met. Please contact Robert Labre, CBO or visit the municipal website before beginning any new renovation projects to see if a building permit is required.

## COUNTY OF RENFREW PLANNING OFFICE HOURS

County of Renfrew Planning Staff will be at the municipal office on September 13<sup>th</sup> from 9:00 am until 3:00 pm. Appointments are recommended and are available in our hour increments starting at 9:00 am. Walk-ins are welcome, however you may have to wait if the Planner is in a previously scheduled meeting.

Please call the municipal office to schedule your appointment.

## BURN PERMITS

As of April 1<sup>st</sup> each year, a burn permit is required for anyone planning to burn brush, grass etc. on your property. This excludes small campfires. The municipality has implemented a seasonal permit system which requires the property owner to come to the municipal office and fill out an application. The cost is \$5 and is valid for the whole season; April 1– October 31. Once you have your permit, all you have to do follow rules in burn permit and call or email the office when you are burning so that we can inform the Ministry of Natural Resources and Forestry; which is a component of our annual agreement.

## LENDING HUB

The Recreation Equipment Lending Hub is open for the season! Contact the municipal office to reserve a variety of recreation equipment including:

- Kayaks—kids and adult sizes
- Stand Up Paddleboards—kids and adult sizes
- Life Jackets - of all sizes
- Bicycles and Helmets - of all sizes
- Badminton/ Volley Ball Net Set
- Golf Clubs

Pick up and drop off times are limited to Monday and Friday during regular office hours.

A \$5.00 per day late fee is applicable for items that are not returned on time. You must be a residents to borrow equipment and it must stay within municipal boundaries for the duration of the loan. If you wish to secure equipment for a specific timeframe, please contact the municipal office early to avoid disappointment

## NEW HORIZONS FOR SENIORS PROGRAM

The Municipality was successful in obtaining funding for a Seniors/ Intergenerational Program through the New Horizons for Seniors Program. To date, the program has offered Yoga with Kim Knight and a Planter Workshop. Thank you to Kim for coming to the Community Centre to encourage ease of movement, range of motion and better breathing for more vitality! Thank you to June Vaughan for spearheading the Planter Workshop along with volunteers Sue Giroux, Diane Foreman, John Beesley, and Councillors Kelly-Chamberlain and Dowser for making the Community Centre a little brighter! A variety of events are coming up; please keep an eye out for advertising. If you would like to be added to the community email list to receive more information about upcoming events, or have suggestions of events you would like to see through the program, please contact the municipal office.

**CARDIO DRUMMING**

with Natalie Cote!

An energetic, full body workout that can be modified for all fitness levels. A hybrid workout, combining cardio and aerobics together to create a workout that is not only effective for health reasons, but is also fun! Easy, energetic choreography; fun music; and amazing people!

Burn up to 300-400 calories in one hour. Most movements are done while sitting in a chair. Ball and basket are in front of you, and the best part... we use drumsticks.

**JULY 25**  
**AUGUST 1, 8, 15, 22 & 29**  
**STONECLIFFE**  
**COMMUNITY CENTRE**  
**11:00AM-12:00PM**

Registration is required - please contact the municipal office at 613-586-2526 or email clerk@headclaramaria.ca to reserve your spot!

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

Canada



## STRATEGIC PLANNING

Council is preparing to create an Action Plan contained within the 2022-2026 Strategic Plan, and there is still an opportunity for the public to submit their input. Council resumes regular monthly meetings in August, and any additional input received by August \_\_\_\_ will be included in Council's package for their consideration. Please email [clerk@headclaramaria.ca](mailto:clerk@headclaramaria.ca) if you are interested in submitting feedback, including the previously circulated Strategic Planning Questionnaire, or stop by the municipal office with a letter or to fill out a hard copy of the survey.

## STREETLIGHTS

Staff and Council are continuing to work towards installation of streetlights at the intersections of municipal roads and Highway 17 at five to six locations in the municipality. There have been delays in the permitting process with staff shortages seen at the Ministry of Transportation, however, Staff are continuing to work with the Ministry of Transportation, Hydro One and local contractors to see the project through to completion.

## COMMUNITY PANTRY

Council approved the purchase of a Community Pantry in order to help food security for residents in the municipality. This will work in conjunction with the Community Garden that is located by the natural playground at the Community Centre in Stonecliffe. Thanks to Councillor Dowser, vegetables are currently growing in the garden that will be transferred to the Pantry once ready. All residents are able to contribute to, or take from, the Community Pantry. It will be located outside the front door of the municipal office in the fall.

## LACROIX PARK

Stop by LaCroix Park in Deux Rivieres to see the newly installed playground! Kids can now enjoy a new slide and sensory games.

## RECREATION ADVISORY COMMITTEE

The Recreation Advisory Committee is seeking volunteer members to serve on the committee. If you are looking for an active way to contribute to your community by helping to plan and execute events and fundraising efforts for the municipality, the Recreation Advisory Committee is a great opportunity. Meetings are typically scheduled once per month. The Terms of Reference can be viewed on the municipal website at [Terms of Reference \(townshipsofheadclaramaria.ca\)](https://www.townshipsofheadclaramaria.ca/terms-of-reference).



# Herbal Medicine Workshop

with Katie Wolk, Registered Massage Therapist  
and Clinical Herbalist

**Wednesday, July 26, 2023 at 2:00 pm**

Stonecliffe Community Centre  
15 Township Hall Road, Stonecliffe ON

Plants are human's first medicine. We have been healing ourselves with plants for millennia. In this presentation you will discover the many healing properties and uses of many plants that grow right where we live. There will be some hands-on demonstrations showing how to make medicine and there will be some yummy medicines to taste.

This workshop is free of cost, funded in part by Canada's New Horizons for Seniors Program.

Registration is required to ensure enough supplies are available for each participant.

Katie Wolk grew up in Toronto, escaping to the forests and ravines whenever she could. Her first introduction to plants was at a nature-based day camp when she was eleven years old, where she learned about the plants horsetail, pineapple weed and purple loosestrife - she was hooked! After graduating university she began her formal herbal medicine training at the Living Earth School in 2008 and became a Registered Herbalist with the Ontario Herbalists Association in 2019. During that time she also became a Registered Massage Therapist. The two professions allow her to provide both stress and pain relief from the inside and out.



Funded in part by the  
Government of Canada's  
Horizons for Seniors Program



## HCM Public Library

The Head Clara & Maria Public Library would like to thank all of our volunteers as well as everyone who attended 2023 June Jazaar; thank you for supporting our library! We would also like to say a big Thank You to Catherine Sutherland for all time and effort she puts into organizing and executing the event.

### THANK YOU!

We would like to remind all library users that the library is open to the public every weekday from 8:30 am to 4:00 pm and can be accessed through the office entrance. For anyone that has any questions, requires assistance using the library, or is interested in opening an account the librarian is now in the library every Tuesday and is happy to help!

Students who are interested in getting volunteer hours please contact our Librarian. We are planning on re-labeling and sorting the children's section over the summer and could really use some assistance. If you are interested please reach out to [hcmlibra13@gmail.com](mailto:hcmlibra13@gmail.com)

Also we just want to remind everyone that our adopt an author fundraiser is still ongoing!

Checkout the Head, Clara & Maria Public Library Facebook page for regular updates on new books that become available.



### Library Hours

Monday	8:30 a.m.- 4:00 p.m.
Tuesday	8:30 a.m.- 4:00 p.m.
Wednesday	8:30 a.m.- 4:00 p.m.
Thursday	8:30 a.m.- 4:00 p.m.
Friday	8:30 a.m.- 4:00 p.m.
Saturday	12:30p.m.- 3:00p.m.
Sunday	Closed

Monday to Friday the library is open for the public to use on their own at any time during office hours. We ask that you please enter the library by coming through the office doors and entering from the hall on weekdays. Saturday the library is open run by volunteers and can be entered using the outdoor library entrance

Thank You

### The Head Clara & Maria Public Library Presents; Adopt an Author

- ★ Do you have a favourite Author?
- ★ Do you like to be the first to read their new book when it is released?
- ★ Or are you more of a movie person?
- ★ Do you have a favourite Director or movie genre?
- ★ Do you like to be the first to watch their newest film?

We have a program that will allow you to be the first person to enjoy your favourite author or directors newest releases while also supporting our library.

Here's how it works:

- ★ Send us an email to [hcmlibra13@gmail.com](mailto:hcmlibra13@gmail.com) with the author or director you would like to "adopt"
- ★ We will get their latest release and call you when it is in
- ★ You pay for it in exchange for a tax receipt (minimum donation to receive a receipt is \$20) and you get the first opportunity to borrow it.
- ★ Books Must be returned after 3 weeks

Thank you for helping us increase our collection!



# Waste Management

All waste within the municipality must be properly disposed of. The Collection and Landfill Schedules are listed below. By-law 2022-12 being a by-law to regulate the collection, removal and disposal of solid waste in Head, Clara and Maria provides a list of fines associated with improper disposal of waste under "Schedule N". The waste disposal bins that are located at the municipal parks and boat launches are not intended to accommodate dumping of household waste; it is for transient garbage only. When bags of household waste are disposed of in the bins, there is no room for those who are enjoying the parks and boat launches to properly dispose their garbage and the overflow of waste often ends up in the parks, boat launches and in the water before Staff return to work over the weekend. Please ensure waste is either set out for curbside collection, or delivered to the landfill sites, during the times listed below to keep the community clean!



## RECYCLING Sorting Guide

900 Woito Station Rd., Pembroke 613-735-7537 info@ovwrc.com www.ovwrc.com

### CONTAINER RECYCLING

✓ RECYCLABLES MUST BE EMPTY AND RINSED



Aluminum cans & plates



Aerosol (empty) & tin cans



Cardboard cans



Cartons & drink boxes



Egg cartons (plastic)



Glass bottles & jars



Paint cans (METAL, EMPTY/DIRTY, lids removed)



Plastic bottles, jugs, tubs & lids (Empty liquids)



Plastic bakery, produce & clam shell packaging



Plastic food containers (yogurt, applesauce)

Return all eligible liquor, wine, beer containers to the Beer Store for a refund.

**DO NOT PUT IN RECYCLING**

- ✗ Containers filled with liquid
- ✗ Home Health Care Waste
- ✗ Sharps & Needles (dispose of at your local pharmacy)
- ✗ Sharp items such as knives
- ✗ Batteries
- ✗ Propane Tanks
- ✗ Plastic Bags
- ✗ Styrofoam
- ✗ Black Plastic

### PAPER RECYCLING



Cardboard (2 ft x 3ft (0.61 x 0.91 m), flattened and/or banded)



Books (soft & hard cover- remove hardcovers and discard with garbage)



Cereal, tissue, frozen food, cracker boxes



Envelopes & junk mail



Magazines, catalogues & phone books (remove plastic)



Newspapers & flyers (including glossy)



Paper bags



Paper (colored & white) & file folders



Shredded paper (in a clear plastic bag)



Wrapping (non-metallic)/ tissue paper & greeting cards



Toilet & paper towel rolls (empty)

Please refer to your local Municipality for additional information on recycling and waste services.

Container Recycling & Paper Recycling must be kept separate.

Please ensure recycling contains no hazardous waste or food waste.

### INFORMATION

## Landfill Hours of Operation

### Bissett Creek Site

Tuesday 12:30 pm - 3:30 pm

Saturday 12:45 - 3:45 pm

Located on Bissett Creek Road

### Stonecliffe Site

Thursday 12:45 pm - 4:15 pm

Saturday 8:30 am - 12:00 pm

Located on Kenny Road

## Collection Days and Times

Deux Rivieres (garbage and recycling)

Tuesday 10:00 am - 11:00 am

Bissett Creek (garbage and recycling)

Tuesday 11:30 am - 12:00 noon

Stonecliffe

Thursday 11:00 am - 12:00 noon

Mackey

Thursday 9:00 am - 11:00 am

*\* Estimated times; please ensure your waste is out for pick up by 8:00 am to ensure collection.*

## Recycling Dates

(Stonecliffe and Mackey)

2023

July 24

August 9, 21

September 6, 18

October 2, 16, 30

November 13, 27

December 11, 27

Recycling materials in Head, Clara and Maria are sorted according to the requirements of Ottawa Valley Waste Recovery Centre (OVWRC), as the municipality's recycling processing centre. Recycling needs to be sorted as per the guide in order to properly process the materials and reduce the amount of contamination within the materials that would, as a result, have to be landfilled. If OVWRC receives contaminated material from the municipality, they may issue fines, penalties and can even discontinue service. In order to avoid this issue, if recycling is not properly sorted, it will be refused at the curb and/or the landfill. If you have any questions or concerns about sorting recycling materials, please contact the municipal office.

# Emergency Preparedness

## Extreme Heat

Extreme heat can be dangerous for everyone, but people who work outdoors, the elderly, some people with disabilities, and children, particularly infants, are more vulnerable.

### Hazard Information

Extreme heat can make you sick with:

- heat stroke
- heat rash
- heat cramps

### Safety Tips

If you feel dizzy, weak or overheated:

- go to a cool place
- sit or lie down
- drink water
- wash your face with cool water

*If you don't feel better soon, seek medical help immediately*

If you are indoors:

- stay indoors to limit sun exposure
- take frequent cool showers or baths
- stay on lower floors if there's no air conditioning
- drink water and eat light, regular meals – avoid using salt

If you are outdoors:

- spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station)
- drink water every 15 to 20 minutes even if you aren't thirsty
- dress in light-coloured, loose-fitting clothing covering as much of your skin as possible
- wear a wide-brimmed hat to protect your face
- wear full UVA and UVB protection sunglasses
- apply sunscreen with SPF 15 or higher 20 minutes before going outside
- apply lip balm with an SPF 15 or higher

### Prepare Now

Take the following steps so you and your family are prepared in the event of an emergency:

- cover windows that receive morning or afternoon sun with drapes, shades or awnings
- include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit





## United Townships of Head, Clara & Maria

Phone: 613-586-2526  
Fax: 613-586-2596

15 Township Hall Road  
Stonecliffe ON K0J 2K0

admin@headclaramaria.ca (Stephany)

**HCM Mission:** At your service; working effectively to bring together people, partnerships and potential for a strong, connected community.

**HCM Vision:** Providing a healthy, connected and sustainable community teeming with possibilities for our citizens now and into the future.

We're on the web!

[townshipsofheadclaramaria.ca](http://townshipsofheadclaramaria.ca)



**A Natural Playground**

## Council Contacts

### Mayor Debbi Grills

613-586-1904

d.grills@headclaramaria.ca

### Chris Dowser

613-586-9218

c.dowser@headclaramaria.ca

### Fran Kelly-Chamberlain

613-586-1942

f.kelly-chamberlain@headclaramaria.ca

### Karen LeClerc

613-585-3524

k.leclerc@headclaramaria.ca

### Rachel Richer

226-373-4674

r.richer@headclaramaria.ca

## WATERCOLOR Workshop

with Olga Nazarkina

September 8, 2023  
Stonecliffe Community Centre

Join Olga, who will teach participants how to paint a beautiful watercolor flower portrait.

Registration is required to ensure enough supplies for all participants. Please contact the municipal office at 613-586-2526 or email [clerk@headclaramaria.ca](mailto:clerk@headclaramaria.ca) to register.



Example of portrait to be completed

Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

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## 2023 Council Meeting Schedule

Saturday August 26 - 1:00 pm

Thursday September 21 - 2:00 pm

Thursday October 19 - 2:00 pm

Thursday November 16 - 2:00 pm

Thursday December 21 - 2:00 pm



Hope Beers Ezerins R.M.T.

613.639.3087  
Stonecliffe, Ontario  
[massage@therapyhope7@gmail.com](mailto:massage@therapyhope7@gmail.com)

Please reach out  
to me, Hope to book an  
appointment.

Animals live here