



November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Landfill 10am—5pm
6 Daylight Saving Time Ends 	7 Council Meeting 6:30pm	8	9	10	11 Remembrance Day 	12 Landfill 10am—5pm
13	14	15 Council Meeting 6:30pm (New Council Term Begins)	16	17	18	19 Landfill 10am—5pm
20	21	22	23	24	25	26 Landfill 10am—5pm
27	28 Council Meeting 6:30pm	29	30			



Gillies News

November 2022

Municipal Office

1092 Highway 595
Kakabeka Falls, ON P0T 1W0

Phone: (807) 475-3185

Fax: (807) 473 0767

Clerk/Treasurer:
gilliesclerktreasurer@gmail.com

Deputy Clerk/Treasurer:
gilliesdeputyct@gmail.com

Hours:

Monday to Thursday:
8:30 am to 4:30 pm
(closed 12pm-12:30pm)

Friday: Closed

Roads Department

gilliesroads@tbaytel.net
(807) 475-3165

Chief Building Official

gilliescbo@tbaytel.net

Emergency Numbers

Non-Emergency OPP

1-888-310-1122

Emergency

(fire, medical, OPP)

911

Hydro Outages

1-800-434-1235



November Birth Flower
chrysanthemum

FROM THE DESK OF THE REEVE

Greetings Gillies Residents,

It is with deep concern that the need to address public harassment and bullying has become apparent. This is a reminder that at no time will the Reeve and Council take seriously any anonymous complaints and/or antagonistic comments referring to themselves, staff, volunteers, or other community members. Whether in person, online, via email or voice message, these types of comments and questionable behaviours are unacceptable. The Township of Gillies has a harassment policy in place that applies to the public as well as all members of our team. All staff have the right to refuse services to anyone acting in an unacceptable manner.

In addition, it is unfortunate that online gossip and rumour is taken as truth. Be aware of misinformation and check your facts before making assumptions and/or decisions.

If you have a valid comment or concern, you may report that by visiting the township's website, using the "Report a Concern" link located at the top right of the home page. Alternatively, you can contact the office or email any member of Council. Keep in mind that anonymous complaints will not be addressed. Anonymous complaints tend to be the ones that are rude and downright vulgar at times. This needs to STOP.

Nobody has the right to treat any person without dignity or respect. All members of our municipal team are entitled to a safe and healthy workplace.

My apologies to those of you, who are the majority, that do not fall into this category. Gillies is a wonderful community where folks smile, wave and help their neighbours out when needed. That is the sense of community we all wish to live and thrive in. Thank you.

Take Care of You and Yours

Reeve Wendy Wright

Regular Council Meeting Dates:

November 7th, 15th and 28th

Meetings start at 6:30 pm (unless noted) and are open virtually to the public. Please see the Council News page for information on how to attend.

Copies of the agenda are available on the website www.gilliestownship.com

Council News

Council is proud and happy to welcome Dan Vanlenthe to our team for the next four years! We are looking forward to working together and having another new voice around the table.

The municipal election was held October 24. Thank you to the 22% of eligible voters who came out to exercise their democratic right to select your municipal government. Gillies Township voter turnout was 14 percentage points below the provincial average of 36%. Both very disappointing numbers.

Council will work for the Township to the best of our capacity and abilities for all citizens for the coming term and will be sworn in November 15. Looking forward to the next four years with enthusiasm and positivity!

Council Members	Email
Reeve Wendy Wright	reevewrightgillies@gmail.com
Councillor Rudy Buitenhuis	councillorbuitenhuis@gmail.com
Councillor William Groenheide	councillor.groenheide@gmail.com
Councillor Elizabeth Jones	gilliescouncillorjones@gmail.com
Councillor Karen O’Gorman	councillor.ogorman@gmail.com

* these Councillors will serve until November 14th



2022 Council Meetings

- November 7th
- November 15th
(New Council Term Begins)
- November 28th
- December 12th

Council Meetings

Join from your computer or tablet:
meet.goto.com/410052917
Call in (toll free): 1 (888) 299-1889
Access Code: 410-052-917

Emergency Council Meetings

Join from your computer or tablet:
meet.goto.com/670111493
Call in (toll free): 1 (888) 455-1389
Access Code: 670-111-493

Public Meetings

Join from your computer or tablet:
meet.goto.com/956692509
Call in (toll free): 1 (888) 299-1889
Access Code: 956-692-509

The Township of Gillies respectfully acknowledges that the lands on which we live and work are the traditional lands of the Anishinabek Nation and the traditional territory of Fort William First Nation, signatory to the Robinson-Superior Treaty of 1850. As partners with First Nations communities, the Métis Nation of Ontario, and Inuit people, the Municipality is committed to the common vision of a healthy, safe and sustainable community.

Murillo Library

Monday 10 – 8:00 pm
Wednesday 10 – 8:00 pm
Saturday 9 am – 12:00 pm
935-2729



Email:

oplibrary@tbaytel.net

Website:

<http://oliverpaipoonge.olsn.ca>

Provincial Park Passes
available for check out
until Dec. 31st!

Use your library card to borrow a park pass which will allow you free day admittance to any Ontario Provincial Park. Lending time is for a one-week period.

Back by popular demand - Radon detectors!

Using your library card you can borrow a portable radon detector that will quickly give you readings of radon levels in your house. Learn more at <https://www.ecosuperior.org/radon>

Rosslyn Library

Tuesday 10 – 8:00 pm
Thursday 10 to 8:00 pm
Saturday 1 – 4 pm
939-2312



Events at the Rosslyn Hall

- Tuesdays 1pm—4pm: Duke Hunt Museum Seniors Cribbage. Doors open at 12:45pm
- Thursdays 1pm-4pm: ‘Get Creative’ Craft Gathering. Bring your current craft project to work and socialize with other ‘crafty-minded’ people
- Fridays 10am-noon & 1pm-3pm: Seniors Carpet Bowling. To pre-book call the number below. Please bring indoor shoes!


For more information on these events
call 939-2312



Murillo History Coffee House
with Rolly and Sharron Martyn
and Lorne Baxendale!

Drop by Murillo Library on
Wednesday, Nov. 9th
between 10 am and 11:30 am
and have your Murillo history questions
answered in an
informal setting over coffee.

Contact Murillo Library 935-2729 or email
oplibrary@tbaytel.net for more information.

	Butternut Squash Soup	
	Ingredients:	
	- medium butternut squash	- 1 carrot, chopped
	- white onion, diced	- 1 granny smith apple, peeled & chopped
	- 4 cloves garlic, minced	- Sprinkle of cayenne, sage, cinnamon, nutmeg
	- 2 cups veggie broth	- 1/2 cup canned coconut milk
	Directions:	
	- Roast squash, onion, carrot, & garlic in oven with olive oil @ 400 for 30 mins	
	- Add to slow cooker with apple, veggie broth, and seasonings. Cook low for 4-6 hours	
	- Stir in coconut milk and puree with an immersion blender or traditional blender	
	- Season with salt and pepper to taste. Serve with fresh buttered bread	

Have a well-loved recipe that you'd like to share? Send your recipe to gilliesdeputyct@gmail.com for a chance to have your recipe featured in the newsletter!

Seed Saving

By Kathy McGowan

I started saving seeds years ago after attending a Seedy Saturday event at the Gillies Community Centre. I learned about Seeds of Diversity Canada, became a member and collected books about seed saving.

I also learned about the Bauta Family Initiative on Canadian Seed Security to build "a movement for resilient seed systems across Canada."

Since that Seedy Saturday, I've been learning and saving more and more seeds every year. I grow mostly non-GMO heirloom open-pollinated varieties suitable for our climate that are "true to type," meaning the offspring are similar to the parent plant. Since early September, I've been collecting seeds from various plants in our food forest and main garden to store inside during the winter. Although I'm still harvesting, planning for next year's gardens is already underway.

For me, the easiest seeds to save are coriander, milkweed, tomatoes, cucumbers, squash, corn, beans and peas. This year for the first time, I let more than a dozen Hollow Crown (heirloom) parsnip plants go to seed, and I've collected dozens of seeds to plant next summer.


Also this year, I started most squash, leek, cucumber, and tomato plants from seeds collected from last year's harvests. I'm thrilled that overall the plants are healthy and bountiful.

I like having my own seeds that are acclimated to our region, and enjoy being part of a worldwide movement of folks dedicated to self-sufficiency and resiliency. Growing varieties from the "days of yore" is a way of honouring the past and passing traditions along from generation to generation.

There's an active local group of growers, Superior Seed Producers, which sells quality seed with fantastic yields for our growing season. I have successful harvests thanks to the efforts of fellow seed savers sharing their skills and knowledge.



Kathy McGowan owns and manages **Misty Meadows Permaculture Farm** www.facebook.com/MistyMeadowsPermaculture in the Township of Gillies in Robinson-Superior Treaty (1850) territory, the traditional territory of the Anishinaabeg.



INNANEN OUTDOORS

LAND AND WILDLIFE MANAGEMENT

Our mission is to provide land owners with the tools, resources and knowledge for the land and wildlife managed.

FOLLOW US @INNANENOUTDOORS WWW.INNANENOUTDOORS.COM INNANENOUTDOORS@GMAIL.COM

SERVICES

Rural Property, Camp/Cottage
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Trail Design & Build Trail Grooming & Maintenance

Food Plots Building Supply Transportation

Pasture Restoration Brush Saw, Chainsaw & Pole Saw

Garden Tilling Tractor, Bucket, Backhoe with Mechanical Thumb, Post Hole Auger, Disc Harrow, Rotary Cutter & Spreader

ATV Discing, Cultipacking & Spreading Services

JEREMY INNANEN

(807) 621-7219



GEAR UP FOR OUTDOORS LTD.

16th Annual Spread the Warmth

CONTACTLESS WINTER COAT DRIVE

OCTOBER 3 - DECEMBER 16

Donate a gently used, clean winter coat

CONTACTLESS DROP OFF!

1. All donations must be cleaned and in clear plastic bags (1 jacket per bag)
2. Please write the gender and size on the outside of the bag
3. Drop off bags in the donation bins

DROP OFF AT:
Gear Up for Outdoors
894 Alloy Place, Thunder Bay

MORE INFORMATION:
www.gear-up.com (807) 345-0001

BE ENTERED INTO A DRAW FOR ONE OF SIX \$100 GIFT CARDS FOR THE THE KEG STEAKHOUSE & BAR

DRAW DATE: MONDAY DECEMBER 19TH

THE KEG **SHOUT** **ROCK 94**



The Corporation of the Township of Gillies currently has one vacant position for a

Equipment Operator

Full time, Permanent

40 hours per week

Salary Range: \$58,000.00

Hiring immediately and posted until vacancy is filled.

The Township is seeking an experienced Equipment Operator to fill a vacancy. The successful candidate will have a grade 12 secondary school diploma, have 3 to 5 years experience that includes operating a grader/snow plow/backhoe/loader, maintain a "DZ" license with clean drivers abstract, and available to work some weekends/nights based on weather and emergencies.

Employment will be conditional on a clear Criminal Records background check and proof of COVID-19 vaccination.

A full job description (under review) is available at the Municipal Office or online at www.gilliestownship.com. The Township of Gillies is an OMERS employer and will provide a comprehensive benefits package.

Interested applicants are invited to submit a **cover letter** and **resume** to:

1092 Highway 595

Kakabeka Falls, ON

P0T 1W0

Phone: (807) 475-3185

Email: gilliesclerktreasurer@gmail.com

The Corporation of the Township of Gillies thanks all applicants for their interest, but only candidates selected for an interview will be contacted. Accessibility accommodations are available for all parts of the recruitment process.

All applications and enquiries will be treated in strict confidence. The personal information collected will be used solely for candidate selection in accordance with the Municipal Freedom and Protection of Privacy Act.

Upcoming Kakabeka Legion Events

Nov 4 Dance with Quest 7-10pm

Nov 5 Annual Fall Supper 5-8pm

Nov 11 Remembrance Day Services at Fort William Gardens or Waverly Park

Nov 12 Exec/Gen Mtg 2:30/3pm

Nov 13 Buffet Breakfast 8:30-noon & Remembrance Day Service 11am

Nov 19 Dance with Quest 7-10pm

Nov 20 Jam Session 6:30-9:30pm

Nov 25 Ceili (Irish Dancing) Time TBA

Nov 27 Music 2-4pm

Call the hotline 473-9122 for updates



Kakabeka Falls
and
Rural District
Branch 225

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us during COVID-19. Your donations enable the food bank to remain open

Next Food Bank

Wednesday, November 16th

Registration 9 am to 11 am

Drive-Thru Pick-up

Full Beaver Moon

November's full Moon will appear on Tuesday, November 8.

November's full Moon is named the Beaver Moon as November was the month to set beaver traps in the Colonial Era. This was to ensure a supply of warm winter furs before swamps froze and beavers returned to their lodges.

November will also feature a total lunar eclipse! Catch this in the early morning hours of November 8th.

Barb's Sewing

Replace jean buttons, snaps and zippers

Hem stretch pants, jeans, dress pants

Email: bbbbarbbelanger@hotmail.ca

Phone: 475-9687



MATT AIKEN

OWNER

MASTER ELECTRICIAN

807 631 1304

AIKENELECTRIC@OUTLOOK.COM

Business Directory

Barb’s Sewing
Professional Seamstress
Zippers, hems and repairs
Phone: (807) 475-9687
Email: bbbbarbbelanger@hotmail.ca

Daniel Vanlenthe Mechanical
Electrical water heater installation & repair
Oil and wood energy home installations and inspections
Telephone: (807) 939-1013

Duotherapy
Registered Massage Therapists
Couples & solo massage, direct billing, online booking
1620 Hwy 588
Website: www.duotherapy.com

Graph-X by Deb Printing Design Promotions
Phone: (807) 935-2685
Email: graphxbydeb@gmail.com
Website: www.graphxbydeb.com

Green Acre Variety Store
Groceries, gas/diesel, propane, post office
1226 Hwy 595, Gillies, ON
Phone: 807-475-5631

J’s Funny Farm
Piglets, Barbecue pigs, pork
Phone: (807) 630-4428 or (807) 577-7193

Mitchell’s Autobody
Phone: (807) 473-3573

Rebecca’s Water Service
Self serve water fill up in trucks or 5 gallon jugs
Phone: (807) 628-6583 (text or call)

Rose Valley Lodge & Restaurant
5-course meals, log cabin rentals
56 Rose Valley Road, South Gillies, ON
Website: www.rosevalleylodge.com

Laila’s Custom Sewing
Alterations & repairs on all clothing (incl. formal & semi-formal).
Zippers, hems, and other tasks.
Phone: (807) 475-8884
Email: lkrievin@gmail.com

Wildflower Arts
Quilt Shop & Longarm Quilting
1899 Hwy 608 South Gillies
Hours: Tues, Thurs, Fri 10-5 or by appointment
Phone: (807) 626-3691

Tarrymore Farms
Local beef and eggs
Phone: (807) 620-6488 or (807) 620-6489

Walkabout Farms
Website: www.walkaboutfarm.ca

Disclaimer: Business Directory is only for businesses located in OR NEAR the Township of Gillies. Businesses located further outside the Township are welcome to advertise in the newsletter. To be added to the business directory, please email the Township office at gilliesdeputyct@gmail.com

Did you know...?

- The Township of Gillies is part of the Northwestern Ontario Municipal Association (NOMA)
- NOMA is made up of 4 components: the Kenora District Municipal Association, the Rainy River District Municipal Association, the Thunder Bay District Municipal League and the City of Thunder Bay
- The area represented extends from the City of Kenora in the West to the City of Hearst in the East
- NOMA’s objective is to consider matters of general interest to the municipalities, procure enactment of legislation that may be of advantage to the municipalities in Northwestern Ontario, take unified action on all matters where the rights of the municipalities may be affected to advance the standards of municipal government through education and discussion, and generally promote their intersects
- The Northwestern Ontario Municipal Association (NOMA) and the Federation of Northern Ontario Municipalities (FONOM) forms the Northern Caucus of the Association of Municipalities of Ontario (AMO)



Official Election Results (2022-2026)

The Election is complete. Council for the next four years has been set. Congratulations to the new Council.

Reeve Wendy Wright (Acclaimed)

Councillor Rudy Buitenhuis (85 Votes)

Councillor William Groenheide (81 Votes)

Councillor Elizabeth Jones (88 Votes)

Councillor Daniel Vanlenthe (90 Votes)

Not appointed

Dino DeBenetti (29 Votes)

Not returning

Karen O’Gorman has served 8 years as a Council Member for the Municipality. Council and Staff thank her for her service and wish her all the best in her future endeavours.

Gillies Voting Statistics

491 Eligible Voters

110 Votes Cast

22.40% Voter Turnout

Fire Department

A note about winter preparedness:

Winter will soon be upon us and that includes winter storms. Make sure you’re prepared for the unexpected by building a car emergency kit. This should include items such as:

- Food that won't spoil (ex., energy bars)
- Water—plastic bottles that won't break if the water freezes
- Blanket
- Extra clothing and shoes/boots
- First aid kit with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches

- Windup flashlight
- Whistle—in case you need to attract attention
- Sand, salt or cat litter (non-clumping)
- Antifreeze and windshield washer fluid
- Tow rope
- Jumper cables

Stay safe this winter!

Landfill

Saturday 10 am to 5 pm

The Good Neighbour Shack is for resident use only and is located at the landfill site. It is a small building where residents can donate their gently used household items for others in the community. Please remember that the items donated must be in useable condition and any broken electronics should be placed in the electronics recycling bin.

November 11th is Remembrance Day.

On the 11th hour of 11th day of the 11th month we hold a 2 minute moment of silence to honour and remember the individuals who have served, and continue to serve Canada during times of war, conflict and peace.

Lest we forget



In Flanders Fields By John McCrae



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

News from the Lakehead Region Conservation Authority—Nov. 2022 Edition

LRCA launches new online mapping and property inquiry tools

The Lakehead Region Conservation Authority has launched a new online web-based Mapping Tool to 'Map Your Property', as well as a new webpage 'Do I Need A Permit?' that includes an online Property Inquiry Form. The online tools will streamline the permitting and approvals process, improve client service, and provide user accessibility. Users can view property information, identify the approximate regulated areas, and create personalized maps that can be printed and saved. The Mapping Tool provides easy access to otherwise complex data and open access to information that the public can explore at their convenience. Along with the Property Inquiry Form, the online web-based tools offer increased efficiency, transparency, and speed of regulatory process and approvals.

The core mandate of Conservation Authorities is to undertake watershed-based programs to protect people and property from flooding and other natural hazards, and to conserve natural resources for economic, social and environmental benefits. The Lakehead Region Conservation Authority's new online tools supports the Government's commitment to achieve a streamlined approval process, while not jeopardizing the public's health and safety or the environment.

The 2023 Explore Card Parking Pass will be available for sale beginning November 1, 2022! Proceeds from the sale of Explore Cards contributes directly to the upkeep of our Conservation Areas; we rely on these funds now more than ever and appreciate the support. An Explore Card Parking Pass will provide parking for one calendar year at all of our seasonal and year-round Conservation Areas, allowing you to forgo the \$5.00 per vehicle day use parking fee. Cards can be purchased on our webstore or in person at our Administrative Office. They also make great stocking stuffers!

The LRCA 2023 Calendar will be available during the month of November. Be sure to look for it at your municipal office and select businesses such as Safeway, Waverly Public Library, LU Bookstore and more. The LRCA will also have copies available at our Administrative Office at 130 Conservation Road. Thank you to all of the sponsors for making this calendar possible for another year.



LAKEHEAD REGION
CONSERVATION AUTHORITY

Featuring the Moose:

- Moose are the largest member of the deer family
- They can grow to 6 feet at the shoulder and reach weights of over 1000 pounds
- Since moose are so tall they have trouble bending to eat grass so prefer to eat leaves, bark and twigs from trees and shrubs
- A male moose's antlers can grow to 6 feet across
- They are excellent swimmers and can hold their breath underwater for 30 seconds
- Moose can run at over 56 miles per hour
- Moose hair is hollow, trapping air inside to provide insulation to survive their cold habitat
- **Fun Fact!** The flap of skin that hangs from their throat is called a dewlap



Let's Go on a Nature Walk...

Homecraft Judging School

The Ontario Association of
Agriculture Societies

Is holding a Homecraft Judging
School on

Baking, Canning, Crafts, and
Needlework,

Friday, November 18th 6:30 – 9 pm
Saturday, November 19th 9:00 – 5
pm

To register, email
randy@oaaasfairs.com or
Call Sylvia (807) 767-2365



GREAT PUMPKIN COMPOST COLLECTION

November 1 - 9, 2022

County Fair Plaza • Intercity Shopping Centre • Westfort Playfield



Michelle's

Happy Feets

Rural Mobile Footcare

The Rural Cupboard would like to
send a special Thank You to
members of St. James Church and
St. Marks Church for their
generous donations of fresh
vegetables.

Every donation makes it possible to
provide food to those in our
communities who need assistance

Unable to reach or cut your own Nails? Foot Pain when you walk?

Then why not have Professional treatment within the
comfort of your own home!

- Nail Cutting, Filing
- Diabetic Foot care
- Athletes Foot
- Corns
- Calluses
- Cracked Heels
- Fungal Nails
- Ingrown Nails
- Thickened Nails
- Foot health monitoring
- Health teaching
- Relaxing foot rub



Book your Home appointment TODAY!

Call or Text: (807)-630-1879

Michelle Ruhmann RN, FCN

Initial Assessment \$65, Follow-up \$55 (20 min drive surrounding O'Connor Township office) for all other rates please call.

Media Release

FOR IMMEDIATE RELEASE
September 15, 2022



Thunder Bay District residents to be surveyed on public health needs

Over the next 12 months, residents of Thunder Bay and District communities will have an opportunity to voluntarily take part in a province-wide health surveillance system that, over time, will shed valuable light on the public health needs of local communities.

The Thunder Bay District Health Unit (TBDHU) encourages local residents to participate in the Rapid Risk Factor Surveillance System (RRFSS) if they are randomly selected. Staff from the project, which is led by York University's Institute for Social Research, will randomly call 100 people aged 18+ every month on behalf of the TBDHU. Calls will be made to landlines or cell phones. Responses will also be collected through an online survey starting in October.

The survey will ask about public health topics such as mental health, food access, and physical activity. It will take approximately 15 minutes to complete, is completely voluntary, and all responses remain anonymous and confidential.

The information gathered from these surveys will be used to influence decisions about local public health programming and can help raise community awareness about important public health issues. Surveying residents at this time will allow for comparisons to data collected pre-pandemic.

Many other Ontario public health agencies have used this efficient and valued system to help plan programs and services. Over time, summary information gathered can be shared with community partners to inform their programs and services, and will help inform local COVID-19 recovery efforts.

Further information about the surveillance system is available at
www.tbdhu.com/publichealthsurvey.

-30-

For more information - Health Unit Media: news@tbdhu.com.

November Calendar

From the Farmers' Almanac

November was originally the ninth month in the Roman calendar. As such, its name comes from the Latin word *novem*, meaning "ninth."

November 5 marks the start of Veterans week. A time to honour the extraordinary efforts and sacrifices of our veterans

November 6 is the end of Daylight Saving Time. Clocks fall back 1 hour.

November 11 is Remembrance Day. Marking the day that WW1 ended in 1918.

November 14 begins Anti-bullying week. To promote awareness of the impacts of bullying.

November 25 is Black Friday. Traditionally marking the start of Christmas shopping.

November 29 is Giving Tuesday. A day encouraging those to give in whatever way they can.

Fun Days in November

Banana Pudding Lovers Month

- November 2—Deviled Egg Day
- November 6—Zero-Tasking Day
- November 14—National Pickle Day
- November 18—Apple Cider Day
- November 26—Small Business Saturday
- November 28—French Toast Day



Sunday November 6
is the end of
Daylight Saving Time.
Remember to set your
clocks back 1 hour!

The Guardian Network Training

FOR THE THUNDER BAY AGRICULTURE COMMUNITY

DECEMBER 9TH, 2022
9 AM - 5 PM

MURILLO HALL -
4569 Oliver Road
Murillo

Free to attend

Register at:
<https://form.jotform.com/222965871079267>



GUARDIAN
Network

A volunteer suicide-
prevention network
for the agriculture
community.



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous

WHAT IS THE GUARDIAN NETWORK?

The Guardian Network is a volunteer-driven community-based suicide prevention network that supports Ontario's farming community.



WHY ARE WE CREATING THE GUARDIAN NETWORK?

Farmers feed Ontario. It is crucial we support Ontario's farmers.

Many aspects of farming often come with significant challenges such as high financial risk, heavy physical labour, extreme weather and unpredictable supply chains.

Farmers experience chronic stress more than the general population.

Yet farmers are less likely to seek the help of professionals.

Talking about mental health can help prevent suicides.

We want to de-stigmatize seeking support and asking for help.


The Guardian Network provides volunteers with resources to support mental health and well-being in their communities.



The Guardian Network aims to save farmers' lives.
Talking about mental health can help prevent suicides.

 Suicide Ideation is **2x** higher in farmers than the general population.

Farmers experience higher rates of burnout than the general population. 

76% of farmers were classified as experiencing moderate or high perceived stress. 

Nearly **1 in 4** farmers felt their life was not worth living. 

High exhaustion and cynicism are **2 of the 3** components of burnout among farmers. 

CANADIAN
AGRICULTURAL
PARTNERSHIP



Ontario 

Canada 

GILLIES COMMUNITY CENTRE

EVENTS

PLAYGROUP TUESDAYS

9:30-12pm

NOV 2

GCC Board Meeting
7:30pm
Everyone
welcome!

EXERCISE GROUP THURSDAYS

Nov 3-Dec 15
9-10am
Self Directed
BYO Mat, weights etc.
5\$/wk

MONDAY YOGA

Nov 7-Dec 12 7:30pm
Exchange 66\$
email:
krista.bannan@gmail.com

PARENT & TOT WALDORF TEACHINGS NOV 11 & DEC 9

Join Melanie 10-12pm
By donation for cost of
materials. Email:
melkaltenbach@gmail.com
for more info

CHRISTMAS CRAFT MARKET & BAKE SALE!

Nov 27 12-4pm
Admission is FREE!
Local crafters &
artists
Holiday baking!

CHRISTMAS TEA & PENNY AUCTION!

Sun. Dec 4th 1-4pm
5\$/person

*must be 18 to
purchase raffle
tickets

NOV 12&13 BOOK SWAP

1000's of books!
11-5pm daily
Donation\$
Encouraged
FREE EVENT

SAVE THE DATE!

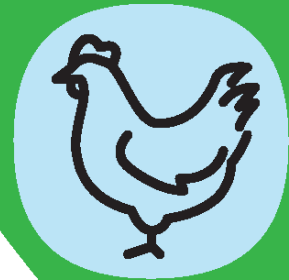
SUN. DEC 18TH
Milk & Cookies
with Santa!
More info to come!

FOLLOW US ON FACEBOOK FOR MORE INFO

Made with PosterMyWall.com

Call 475-8834 for rental & other inquiries

Avian Influenza: Preventing Transmission Animal Health Control Area Order



WHAT IS AVIAN INFLUENZA?

Avian influenza (AI) is a highly contagious viral disease that affects domestic and wild birds. Wild birds, especially waterfowl, are natural reservoirs of AI viruses.

SIGNS OF AVIAN INFLUENZA (H5N1):

- The earliest signs of infection in chickens are a loss of appetite and a decrease in egg production.
- Clinical signs: coughing and gasping for air, diarrhea, lack of energy, tremors or lack of coordination, swelling of the skin under the eyes, congestion of wattles and comb.
- Domestic poultry have no natural immunity and experience nearly 100% mortality when infected.
- High concentrations of domestic birds facilitate transmission.

PROTECTING BIRD HEALTH

- Keep domestic birds away from wild birds.
- Wear separate clothing and footwear inside and outside of bird housing.
- Dedicate one person for bird care and not other outdoor tasks.

Permit and Movement Control Permissions

The Canadian Food Inspection Agency (CFIA) is the lead for highly pathogenic AI and has declared several outbreaks and control zones. Birds, their products, by-products and other materials cannot be moved into, out of, within, or through primary control zones except by permission. Learn more about the CFIA's permit and permissions on its website <https://inspection.canada.ca>

NEW: MINISTER'S ORDER AND REGULATIONS UNDER THE ANIMAL HEALTH ACT, 2009

To reduce the spread in Ontario an Animal Health Control Area Order has been issued to temporarily prohibit any bird commingling events including sales, shows, races and auctions. This Minister's Order took effect September 23, 2022, and ends on November 21, 2022, but may be extended if required.

To learn more about the Minister's Order visit: ontario.ca/avianinfluenza

REPORTING SICK BIRDS

To report a sick or dead wild bird, please call the Canadian Wildlife Health Cooperative at **1-866-673-4781**.

To report a sick domestic bird, please contact your veterinarian or the local CFIA District Office.

Ministry of Agriculture,
Food and Rural Affairs

Ontario 

LEARN MORE ABOUT THE GUARDIAN NETWORK



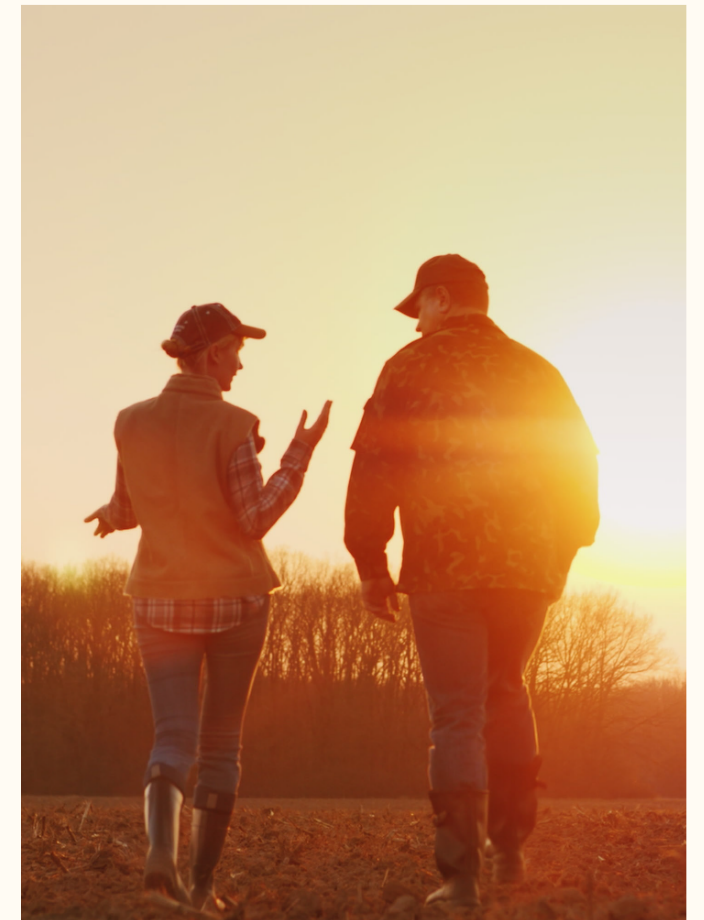
Guardians learn strategies and tools to recognize the signs of suicide and other mental health difficulties, so they can have conversations with farmers in distress and connect them to supportive resources.

It is a training program for people such as vets, breeders, seed or feed salespeople, bank managers, accountants, pharmacists, or community members who have direct contact with farm owners or operators.

Want to help in your community? Register for training to become a Guardian at GuardianNetwork.ca

Farmers feed Ontario.

- During the pandemic, **65%** of the food produced in Ontario was consumed right here at home.
- Ontario's local food system is a key economic driver for our province and in the past year, we have experienced the need for a strong local food supply chain.
- Ontario's agri-food sector supports more than 861,000 jobs here and contributes more than \$46.3 billion each year to the province's economy.



With the Farmer Wellness Initiative, the Guardian Network, and In the Know, CMHA Ontario and our partners are working to ensure the ongoing well-being of Ontario's farming community.

Find out more at: GuardianNetwork.ca

Paid for in part by the governments of Canada and Ontario and through the Canadian Agricultural Partnership (the Partnership), a five-year federal-provincial-territorial initiative.

Source: Briana N. M. Hagen, Alex Sawatzky, Sherlee L. Harper, Terri L. O'Sullivan & Andria Jones-Bitton (2022) "Farmers Aren't into the Emotions and Things, Right?": A Qualitative Exploration of Motivations and Barriers for Mental Health Help-Seeking among Canadian Farmers, Journal of Agromedicine
Governments Advancing Career Choice in Ontario's Agri-food Sector | Ontario Newsroom (October 21, 2021)

CANADIAN
AGRICULTURAL
PARTNERSHIP

Canadian Mental
Health Association
Ontario

Ontario 

Canada 

Just For Fun

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

Battle
 Field
 Honour
 Peace
 Sacrifice
 Soldier
 Ceasefire
 Flanders
 Memorial
 Poppy
 Service
 Veteran
 Eleventh
 Freedom
 November
 Remembrance
 Silence
 War



REMEMBRANCE DAY
Left We Forget

Did you know that the red poppy worn for Remembrance Day has a connection to Thunder Bay?

In 1921, Anna E. Guérin traveled to both Britain and Canada to propose making the poppy a symbol of remembrance for soldiers killed in the Great War. Her first Canadian stop was a meeting of the Great War Veterans Association of Canada (a predecessor of the Legion) held at this Thunder Bay location...

At the meeting on July 4, the members decided to adopt the poppy as its "Flower of Remembrance," and that November, poppies were distributed in Canada for the first time.

To find out the location, complete the word search then fill in the squares with unused letters starting in the top-left corner.

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*information taken from www.northernontario.travel

Christmas Craft Market & Bake Sale

WHEN Sunday November 27th
TIME 12:00pm - 4:00pm
LOCATION Gillies Community Centre
ADDRESS 1835 HWY 595
ADMISSION FREE!



O'Connor Community Drive-Thru Christmas Parade

Saturday, November 26, 2022

6:00 - 8:00 p.m.

O'Connor Community Centre

330 Highway 595



Come see Santa, Mrs. Claus and all the beautifully decorated floats!!

This is a drive-thru event only. Visitors must remain in their vehicles at all times while viewing the floats.

We will be accepting cash and food donations at the parade to help support the O'Connor Blessing Box and the Rural Cupboard Food Bank.

It is not too late to register a float. Registration is free and you do not have to be a resident or business of O'Connor.

If you would still like to enter a float, please call Erin at 629-8792 by Friday, December 18th.

For updates, please check the Township of O'Connor website at www.oconnortownship.ca

HYMERS FAIR HOLIDAY MARKET

NOVEMBER 12/13, 2022
 10 AM TO 4 PM

Ramada (Airlane) Hotel
 698 Arthur St W.



ANNUAL CRAFT SALE & QUILT & RUG DRAW

SATURDAY NOVEMBER 19, 2022

10:00 AM TO 1:00 PM

RURAL 60 PLUS TABLES INCLUDE

QUILT TABLE WITH LAP QUILTS, PILLOWS, PLACEMATS, QUILTED CARRY BAGS, QUILTED GIFT BAGS AND VARIOUS CHRISTMAS QUILTED ITEMS.

WOOL TABLE WITH WOOL FOR SALE AND A BAKE TABLE.

OTHER TABLES WILL HAVE KNITTED ITEMS, WOODWORK ITEMS AND OTHER CRAFT ITEMS GOOD FOR CHRISTMAS GIFTS

Table Rentals \$15.00 each Call 475-5779

Or Email: Rural60Plus@tbaytel.net

REFRESHMENTS WILL BE AVAILABLE

LOCATION: 5 PINEVIEW ROAD, KAKABEKA FALLS

QUILT DRAW AT 1:00 PM LICENSE # M800877