



# Chapple Municipal Newsletter

December 2014



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Reeve: Peter Van Heyst; Councillor Ward 1: Ken Wilson; Councillor Ward 2: Rilla Race;  
Councillor Ward 3: James Gibson; Councillor Ward 4: Ted Zimmerman

### User Fee By-Law Review

January 13, 2015 at 1:30 pm  
at Municipal Office in Council Chambers  
Public is welcome to attend

### Chapple Planning Advisory Committee

Is seeking Volunteers to sit on the Committee.  
If interested, please contact the municipal office

### Fire Permits

Annual requirement January 1 to December 31, 2015  
Fire permits are required for all burning in the municipality of Chapple  
Incinerator Permit - \$5.00 annual  
Burning Permit - \$5.00 per week

As per By-law No. 1424 passed on May 10, 2011, burning is to occur no sooner than two (2) hours before sunset and extinguished two (2) hours after sunrise, or earlier.

Burning permits can be obtained at:  
Chapple Municipal Office 487-2354  
Les & Sharon McNally 482-2504  
James Gibson 487-2731  
Janet Johnson 482-2570

### What Ward Do You Live In?

Ward One includes – Roseberry Township, Shenston Township, and Long Sault Township. Representative Councillor: Ken Wilson  
Ward Two includes – Barwick Township, and Dobie Township. Representative Councillor: Rilla Race  
Ward Three includes – Mather Township, and Tait Township. Representative Councillor: James Gibson  
Ward Four includes – Potts Township, and Richardson Township. Representative Councillor: Ted Zimmerman

**COUNCIL & STAFF WISHES EVERYONE A Merry Christmas & Happy New Year!**  
**MUNICIPAL OFFICE WILL BE CLOSED**

December 24, 25, 26, 29, 30 and 31  
January 1 and 2

We will return to Regular Office Hours on  
Monday, January 5, 2015

### LANDFILL HOLIDAY HOURS

December 26 – Closed  
December 27 – Open  
December 30 – Open  
January 2 – Open

**NO VILLAGE PICK-UP ON DECEMBER 30**  
**VILLAGE PICK-UP RESUMES ON JANUARY 6**

With the winter season coming, now is the time to stop by the office and sign your SNOWPLOWING Agreement. Rates are \$25.00/plow.  
No services will be provided without a signed agreement. There will be no snowplowing to anyone who has any outstanding snowplow arrears

Chapple Fire Department is looking for Volunteer Fire Fighters  
If interested contact:  
Gerry Armstrong – Fire Chief: 275-8788  
Or the Municipal Office – 487-2354

**Have a FIRE-SAFE CHRISTMAS**

Make sure the base of your Christmas tree is immersed in water at all times.  
**Never** place lit candles on or near the tree.

**Treat with FIRE RESPECT**

Never leave a fire unattended. Always use your fireplace screen and keep lit candles out of the reach of children.

**Survive THE HOLIDAYS**

Don't invite disaster to your holiday celebrations. Check your smoke alarms and review your fire escape plan.

**IT'S YOUR HEALTH - Extreme Cold tips from Health Canada**

**THE ISSUE:** Canada has one of the most severe winter climates of any country in the world. Canadians across the country may face severe cold weather conditions that can affect their health. However, being active and enjoying winter activities and sports is a great way to stay healthy. Learn how to adjust to cold conditions so you can enjoy the winter weather.

**ABOUT EXTREME COLD:** Extreme cold is measured differently in different parts of the country. Whenever temperatures drop dramatically below normal, staying warm and safe can become challenging. In general, your risk of health effects like windburn and frostbite increase at wind chill values below -27. The wind can make cold temperatures feel even colder. The wind chill index measures what the temperature feels like on exposed skin based on the speed of the wind. A wind chill can cause your body to lose heat faster and your skin to freeze very quickly. Wind chills below -70 have been recorded in some northern Canadian communities.

**WHO IS AT RISK?:** While anyone who isn't dressed warmly is at risk in cold weather conditions, some are at greater risk than others for frost bite and hypothermia: homeless people, outdoor workers, people living in homes that are poorly insulated (with no heat or no power), people with certain medical conditions such as diabetes, peripheral neuropathy, and diseases affecting the blood vessels, people taking certain medications, including beta-blockers, winter sport enthusiasts, infants (under 1 year), seniors (65 years or older).

**Health risks of extreme cold:** A normal body temperature is approximately 37°C (99°F). When your core body temperature drops by 1 or 2°C (1.8 or 3.6°F), or your body is exposed to severe cold it increases your risk of harmful effects.

**What is Windburn:** Windburn occurs when cold wind removes the top layer of oil from the skin causing: excessive dryness, redness, soreness, itchiness. Although windburn is different than sunburn, people often confuse the two because the symptoms are similar.

**What is Frostbite:** When the temperature drops below 0°C (32°F), blood vessels close to the skin constrict to protect the core body temperature. When your body is exposed to the cold for a long period of time, blood flow to your hands, feet, nose, and ears can be severely restricted. The combination of poor circulation and extreme cold can lead to frostbite. Frostbite generally occurs in body parts furthest from the heart: hands, feet, nose and ears.

**Mild frostbite (frostnip)** makes your skin look yellowish or white but it is still soft to the touch. Your skin might turn red during the warming process, but normal colour returns once the area is warmed.

**Severe frostbite** can cause permanent damage to body tissue if it is not treated immediately. Nerve damage occurs and frostbitten skin becomes discoloured and turns black. After some time, nerve damage becomes so severe that you will lose feeling in the affected area and blisters will occur. If the skin is broken and becomes infected, gangrene can set in which can result in loss of limbs.

**What is Hypothermia:**

There are three stages of hypothermia: **Stage 1** - When your body temperature drops by 1 or 2°C (1.8 or 3.6°F), you start shivering, get goose bumps on your skin, and your hands become numb. Your breath can become quick and shallow, and you may feel tired and/or sick to your stomach. You may also experience a warm sensation, which means your body is entering stage 2 of hypothermia.

**Stage 2** - Your body temperature has dropped by 2 - 4°C (3.8 - 7.6°F) and your shivering is strong. Muscles are uncoordinated and movements are slow and laboured. You may suffer mild confusion, become pale, and your lips, ears, fingers, and toes may turn blue. **Stage 3** - If your body temperature drops below 32°C (89.6°F), the shivering will stop but you'll have trouble speaking, thinking, and walking. You may even develop amnesia. When your body temperature drops below 30°C (86.0°F), exposed skin becomes blue and puffy, it will be hard to move your muscles and your behaviour becomes irrational. Your heart may be beating quickly but your pulse and breathing will decrease. At this stage you are at risk of dying.

**TREATMENTS FOR EXTREME COLD CONDITIONS**

**Windburn:** Do not scratch or rub the affected area—it can damage the skin. Apply a protective skin care product (e.g. therapeutic moisturizers) to the affected area(s) as needed to help relieve the symptoms of windburn. Use a protective lip balm to treat lips.

**Frostbite**

**Mild frostbite (frostnip)** can be treated in two ways: **Passive warming** - move to a warm room, wrap yourself in blankets or reheat your body by skin-to-skin contact with another person. **Active warming** - this can be done along with passive warming. Add heat directly to the frostbitten area. The idea is to thaw the injured skin as quickly as possible without burning yourself. Thawing frostbitten skin is very painful so the injured skin should be placed in water that is just above body temperature. Do not rub, massage or shake the injured skin because that can cause more damage.

**Severe frostbite** requires immediate medical attention. While you are waiting for help to arrive begin treating it with passive and active warming.

**Hypothermia:** Severe cases of hypothermia (such as stages 2 and 3) require immediate medical attention. Call 9-1-1 or your local emergency number.

The following treatment options should be followed for stage 1 hypothermia, or while waiting for help to arrive for more severe hypothermia: find shelter, keep your muscles moving, dry and (gradually) warm your body, wrap yourself in blankets/dry clothing or reheat your body by skin-to-skin contact with another person, drink warm, sweet liquids, don't fight shivering, this is one of the ways your body increases its core temperature, if the person is unconscious lay them down and avoid shaking them or handling them roughly as they may have an arrhythmia (irregular heart beat).

**REDUCE YOUR RISK**

**Protect yourself from extreme cold conditions by following these tips: Wear appropriate clothing:** Always wear clothing appropriate for the weather. Synthetic and wool fabrics provide better insulation. Some synthetic fabrics are designed to keep perspiration away from your body which keep you dry and further reduce your risk. Dress in layers with a wind resistant outer layer. You can remove layers if you get too warm (before you start sweating) or add a layer if you get cold. Wear warm socks, gloves, a hat and scarf in cold weather. Be sure to put a scarf over your nose to protect it. If you get wet, change into dry clothing as soon as possible. You lose heat faster when you're wet.

**Protect yourself:** On sunny days wear sun glasses, lip balm and sunscreen to protect your skin from UV rays and keep it moisturized to help prevent windburn.

Wear a face mask and goggles if you are participating in winter activities such as skiing, snowmobiling and skating to protect your face from frostbite and windburn. Keep moving (especially your hands and feet) to keep your blood flowing and maintain your body heat.

**Chapple Recreation Cook Book & 100 Years of Cooking**

available at the Municipal Office  
2 for \$10 or \$7.00/cook book

Fitness Centre Memberships available at the Municipal  
Office

Single: \$70 plus \$20/swipe card  
Family: \$120 plus \$20/swipe card  
Swipe cards are needed  
to access the gym.

**CHAPPLE HERITAGE:**

Chapple history book, 'Between the Ripples...stories of Chapple' are still available at a cost of \$35. Contact the Township Office to obtain a copy.

Chapple museum is closed until spring. If you have a group you wish to bring to the museum in the off season, please contact Rilla Race at 487-2655 to make an arrangement.