

# ENILDA NEWSBITES

*JUNE 2021*



Provided By: Big Lakes Family & Community Support Services

## **ABOUT THIS PUBLICATION**

This newsletter is a program of Big Lakes Family & Community Support Services.

For submissions to this newsletter: Call Tori at 780-776-3811

Fax to: 780-776-3821 Attn: FCSS NEWSLETTER Email to: [tdumaresque@biglakescounty.ca](mailto:tdumaresque@biglakescounty.ca)

Submission deadline is the 20th of each month. Submissions may be edited or denied based on content and how they fit the mandate of this publication.

## **Advertising Rates 2021**

Interested in advertising with us?

Contact Tori at 780-776-3811 or email: [tdumaresque@biglakescounty.ca](mailto:tdumaresque@biglakescounty.ca)

Commercial Advertising: Business card size - \$100.00 for six (6) months

Buy and sell ads - \$5.00/month

*Advertisements may be approved or denied at the editors discretion.*

## **DUE TO COVID-19 RESTRICTIONS,** **ALL FCSS OFFICES ARE OPEN BY APPOINTMENT ONLY**

We are committed to assisting clients to the best of our ability during this challenging time. To protect our staff and clients we are available by appointment, over the phone or via email.

**Wednesdays**  
**8:15 am - 4:00 pm**

Phone: 780-523-5925

Email: [fcss.nmarquardt@biglakescounty.ca](mailto:fcss.nmarquardt@biglakescounty.ca)

## **Did You Know?**



Community newsletters are available by email and are posted on our Facebook page monthly?

Email or call Tori to be added to the mailing list, or follow us on Facebook!



[tdumaresque@biglakescounty.ca](mailto:tdumaresque@biglakescounty.ca)



780-776-3811



@BigLakesFCSS

# Alberta

OPEN FOR  
SUMMER  
PLAN

## STAGE 1

Triggered 2 weeks after vaccine threshold is reached

Albertans 12+  
with first dose

**50%**

Hospitalizations  
under 800

## STAGE 2

Triggered 2 weeks after vaccine threshold is reached

Albertans 12+  
with first dose

**60%**

Hospitalizations  
under 500

## STAGE 3

Triggered 2 weeks after vaccine threshold is reached

Albertans 12+  
with first dose

**70%**

### June 1

- Up to 10 people for:
  - indoor weddings,
  - outdoor social gatherings,
  - outdoor physical, performance and recreational activities are permitted for all ages,
  - outdoor youth sports, performance and recreation in distanced groups
- *Indoor social gatherings are still not permitted*
- Outdoor patio dining of tables up to four people – Household and close contacts only
- Funerals up to 20 people
- Personal and wellness services can re-open, by appointment only
- Capacity for places of worship increases to 15% of fire code occupancy (effective May 28)
- Distancing and masking requirements remain in effect

### Mid-June

- Outdoor social gatherings plus indoor and outdoor weddings and funerals increase to 20 people, with distancing plus public outdoor gatherings up to 150 people
- Retail capacity and capacity for places of worship increases to one third of fire code occupancy
- Restaurants may seat tables of up to six people, indoors or outdoors.
- Gyms and other indoor fitness open for solo and drop in activities with 3 metre distancing between participants, fitness classes may resume with 3 metre distancing
- Indoor settings may open with up to 30% of fire code occupancy (including indoor recreation centres, arenas, cinemas, theatres, museums, galleries, libraries, etc.)
- Indoors and outdoors youth and adult sports resume with no restrictions
- Youth activities (day camps, play centres) may resume, with restrictions
- Personal and wellness services can resume walk-in services
- Post-secondary can resume in-person
- The work from home order is lifted, although working from home is still recommended
- Distancing and masking requirements remain in effect

### Early-July

- All remaining public health restrictions lifted
- No restrictions on indoor social gatherings
- Isolation requirements for those with COVID-19 and measures in continuing care settings still in place

Visit [Alberta.ca/opensummer](https://alberta.ca/opensummer) to learn more

#OpenForSummer

## Vaccinations

For a complete information about Alberta's Vaccine Program, visit [alberta.ca/covid-19-vaccine](https://alberta.ca/covid-19-vaccine)

Everyone born in 2009 and earlier is now eligible to book their first dose.

Book your vaccine online at [albertahealthservices.ca](https://albertahealthservices.ca) or call 811

# Enilda

**\*\*MASKS ARE NOW MANDATORY IN ALL PUBLIC SPACES\*\***



Monday: 9:00am - 12:00pm & 2:00pm - 5:30pm  
Tuesday: 9:00am - 12:00pm & 2:00pm - 5:00pm  
Wednesday: 9:00am - 12:00pm  
Thursday: 9:00am - 12:00pm & 2:00pm - 5:30pm  
Friday: 9:00am - 12:00pm & 2:00pm - 5:00pm

*Farmers'  
Market*

## Enilda Farmers Market

Saturday, June 5, 2021  
Saturday, June 19, 2021  
10:00 a.m. to 2:00 p.m.

Follow us on Facebook  
for updates!  
[@EnildaFarmersMarket](#)

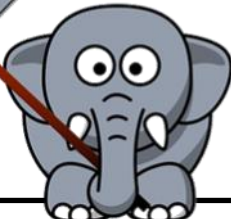
Reduced hall capacity; take-out only;  
no eating on site; masks are mandatory

## Enilda Community Meetings

The second Sunday of the month at the  
Enilda Bowling Alley

**Next meeting is:**  
**Sunday, June 13, 2021**  
**Beginning at 6:30pm**

Don't  
forget



Remember to renew your vehicle  
registration in June if your last name  
begins with 'Cl' or 'H' or 'Sc'.

HAPPY  
FATHER'S  
Day  
Mustache



Maternal health and infant development online groups!

Prenatal Education group - for expecting parents.  
Tuesday evenings - now taking registration for June/July

Postnatal group "Baby & Me" - for new parents and caregivers with infants 0-12 months.  
The first and third Wednesday of every month at 10:00am.

Now offering Indigenous/Metis perspective Baby & Me groups - traditional parenting,  
cultural resources and more.  
The second and fourth Wednesday of every month at 10:00am.

**Register by phone: 1-866-218-6859 or email: [hpdcrc@telus.net](mailto:hpdcrc@telus.net)**

Serving residents of the Town of Slave Lake and M.D of Lesser Slave River, High Prairie,  
Grouard and Big Lakes County, Peavine and East Prairie Metis Settlements.

Nutritional Supports (Food box, dairy products, vitamins), Baby Welcome Bags/Baskets, Baby Bucks  
Incentives, Toy & Resource Library, Rental Breast Pumps, Maternity and Infant Clothing,  
On-on-one Home Visitation available.



June  
15<sup>th</sup>  
World Elder Abuse Awareness Day

## What is Elder Abuse?

Elder abuse is any action or inaction by self or others That jeopardizes the health or well-being of a senior.

### Common forms of elder abuse include:

- **Financial:** This is "the misuse of an older person's funds or property through fraud, trickery, theft or force."
- **Emotional or Psychological:** This may take the form of verbal aggression, humiliation, isolation, intimidation, threats and inappropriate control of activities. In all cases, it diminishes the identity and self-worth of older people. It can also provoke intense fear, anxiety or debilitating stress.
- **Physical:** This is the use of physical force causing discomfort which may or may not result in bodily injury, physical pain, or impairment. Older persons who are subjected to rough handling or mistreatment are the victims of physical abuse.
- **Sexual:** All unwanted forms of sexual activity, behaviour, assault or harassment to older persons is elder sexual abuse.
- **Neglect:** This is the intentional or unintentional failure to provide for the needs of someone. Neglect can be active (intentional) or passive (unintentional) and has the effect of failing to provide older persons with basic necessities or care. Self-neglect, while not technically considered abuse, is also a significant concern. It involves cases whereby, older adults, by choice or ignorance, live in ways that disregard their health or safety needs and can in some cases pose a hazard to others.
- **Medication:** This is the misuse of an older person's medications and prescriptions.

### Common signs of elder abuse:

- Confusion
- Depression or anxiety
- Unexplained injuries
- Changes in hygiene
- Seeming fearful around certain people
- Fear or worry when talking about money
- Victims commonly suffer more than one type of abuse at the same time. The most frequently identified and reported types of elder abuse in Canada are financial and emotional.
- Any senior can become a victim of elder abuse regardless of gender, sexual identity, race, ethnicity, income or education.
- Elder abuse is often committed by someone known to the victim who is in a position of power, trust or authority. Approximately 25% of crimes against seniors are committed by family members, usually a spouse or adult child.
- Like other types of family violence, the dynamics of elder abuse are complex. Elder abuse is often impacted by the mental and physical conditions of both the abuser and the victim. These factors interact in ways uniquely dependent on the individuals involved and the situation.

If you're concerned that someone you know is experiencing abuse, call the Family Violence Info line at **310-1818** or visit [albertaelderabuse.ca](http://albertaelderabuse.ca) to find a resource in your area.

- » Check with your healthcare provider before you start a new exercise program.
- » Wear comfortable, supportive footwear.
- » Use a firm, stable chair or counter top for support.
- » Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- » Be aware that muscle soreness after exercise is normal.



### SIT TO STAND

- » Sit in a chair, feet hip-width apart
- » Slowly stand up half way
- » Make sure your knees do not come forward past your toes
- » Keep your hips, knees, and ankles in line
- » Stand up straight and tall, then return to seated position
- » Repeat up to 15 times



### STANDING LEG CURL

- » Stand with feet hip-width apart, hold a counter for support
- » Shift weight onto one leg
- » Bend other knee
- » Raise heel toward buttocks as far as it is comfortable
- » Return to starting position
- » Repeat on each leg up to 15 times



### SIDE LEG LIFT

- » Stand with feet together, hold a counter for support
- » Shift weight onto one leg
- » Raise the other leg out to the side
- » Keep your back straight and tall
- » Slowly return leg to the floor
- » Repeat on each leg up to 15 times



### HEEL RAISE

- » Stand with feet hip-width apart
- » Hold on to counter and look forward
- » Slowly raise both heels off the floor, standing on toes
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



### TOE RAISE

- » Stand with feet hip-width apart
- » Hold onto counter and look forward
- » Slowly raise toes off the floor, putting weight onto heels
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



### WALL PUSH-UP

- » Facing a counter, stand arms' length away and place hands on the counter's edge, and shoulder-width apart
- » Tighten the abdominal muscles
- » Keeping back and legs straight, bend elbows while lowering upper body toward the counter
- » Hold for 2-3 seconds
- » Straighten arms pushing against the counter and return to starting position
- » Keep elbows slightly bent
- » Repeat up to 15 times

# FCSS Outreach Services

We know that paperwork can be confusing. That's why as part of our Outreach Program, Big Lakes FCSS provides assistance applying for various Government programs, including:

- Alberta seniors benefit applications
- Alberta Seniors Special Needs Assistance applications
- Seniors Home Adaptation and Repair Program applications
- Residential Access Modification Program
- Assured Income for the Severely Handicapped applications
- Income Support
- Applying for photo ID
- Replacing a birth certificate
- So much more!

Please remember that while we can assist with the paperwork, we have no control over the approval process or funding decisions.

## Big Lakes FCSS Offices:

Enilda  
780-523-5925

Faust  
780-355-3986

Grouard  
780-751-3806

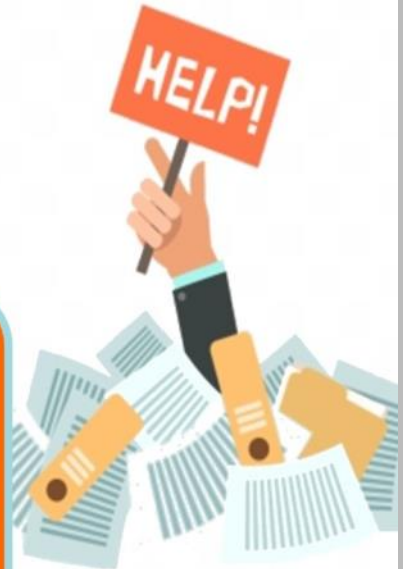
High Prairie  
780-536-0062

Joussard  
780-776-3811

Kinuso  
780-775-3666

## POST-SECONDARY STUDENTS:

Are you interested in attending post-secondary school but are struggling with the application process? Trying to apply for school financing but your internet sucks? We can help! Book an appointment with your FCSS worker today!





# How to build resilience

Resilience is an inner strength that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness. Developing resilience begins with simple actions or thoughts that you practice, such as planning for what you'll do next and learning to accept change.

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

## Why is resilience important?

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. For example, negative emotions such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

## How can you build resilience?

People who are resilient often work to have a positive outlook on life. It may take gradual, small changes in your outlook on life and careful self-evaluation. You may be able to begin this shift on your own. A counsellor or therapist can also help you.

Here are some tips to get started:

- Change how you think.
  - Accept that things change.
  - Look at change as a challenge rather than a threat.
  - Examine how and why you feel the way you do when things change.
  - Expect things to work out. You can't change what happens, but you can change how you feel about it.
- See the big picture.
  - Find the positive in stressful situations and learn from the situation.
  - Look for things to learn. Difficult or emotional situations can teach you about yourself. Look to the future, and ask yourself how the stressful event might help you.
  - See the funny side of bad situations.
- Change how you act
  - Seek out interactions with people who make you feel better.
  - Build relationships that are solid and loving with your family and others. Help them, and don't be afraid to let them help you.
  - Develop a support network.
- Believe in yourself and the things you can do.
  - Solve problems. Look at all aspects of a problem, and brainstorm solutions. Ask friends for suggestions.
  - Do things to gain self confidence and build self-esteem. For example, list the things you've achieved in your life or those that make you proud.
- Take good care of yourself.
  - Do things that you enjoy. Have a good meal. Laugh with your friends. Know what's important to you.
  - Try relaxation techniques such as deep breathing and guided imagery.
  - Talk about how you are feeling, and manage your emotions.
  - Be thankful for the good you see around yourself.

# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0; width: fit-content; margin: 0 auto;"> <p><b>See advertisements in this publication for more Information!</b></p> </div>		<p>1 <a href="#"><u>Big Lakes Bus to HP County pick-ups</u></a></p>	<p>2 <a href="#"><u>Big Lakes Bus to HP pick-ups</u></a></p> <p>FCSS CLOSED</p>
6	7	<p>8 <a href="#"><u>Big Lakes Bus to HP County pick-ups</u></a></p>	<p>9 <a href="#"><u>Big Lakes Bus to HP pick-ups</u></a></p> <p>FCSS OPEN 8:15</p>
13	14	<p>15 <a href="#"><u>Big Lakes Bus to HP County pick-ups</u></a></p>	<p>16 <a href="#"><u>Big Lakes Bus to HP pick-ups</u></a></p> <p>FCSS OPEN 8:15</p>
<p>20</p> <p>Happy Father's Day!</p>	21	<p>22 <a href="#"><u>Big Lakes Bus to HP County pick-ups</u></a></p>	<p>23 <a href="#"><u>Big Lakes Bus to HP pick-ups</u></a></p> <p>FCSS OPEN 8:15</p>
27	<p>28</p> <p>Last day of school grades 10-12</p>	<p>29 <a href="#"><u>Big Lakes Bus to HP County pick-ups</u></a></p>	<p>30 <a href="#"><u>Big Lakes Bus to HP pick-ups</u></a></p> <p>FCSS OPEN 8:15</p>
10			

# Community Calendar

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Bus to HP</u> <u>pick-ups only</u></p>	<p>3 <a href="#">Big Lakes Bus to SL HP &amp; County pick-ups</a></p>	4	5
<p><u>Bus to HP</u> <u>pick-ups only</u></p> <p>7am-4:00pm</p>	<p>10 <a href="#">Big Lakes Bus to SL HP &amp; County pick-ups</a></p>	11	12
<p><u>Bus to HP</u> <u>pick-ups only</u></p> <p>7am-4:00pm</p>	<p>17 <a href="#">Big Lakes Bus to SL HP &amp; County pick-ups</a></p>	18	19
<p><u>Bus to HP</u> <u>pick-ups only</u></p> <p>7am-4:00pm</p>	<p>24 <a href="#">Big Lakes Bus to SL HP &amp; County pick-ups</a></p>	<p>25 Last day of school grades K-9</p>	26
<p><u>Bus to HP</u> <u>pick-ups only</u></p> <p>7am-4:00pm</p>			



Big Lakes County Rural Public Transportation System

# Big Lakes Bus

<b><u>EVERY TUESDAY</u></b>	<b>To High Prairie</b> High Prairie & County pick-ups	<b>\$10.00</b> High Prairie residents <b>\$20.00</b> County residents
<b><u>EVERY WEDNESDAY</u></b>	<b>Within High Prairie</b> High Prairie pick-ups only	<b>\$10.00</b> High Prairie residents
<b><u>EVERY THURSDAY</u></b>	<b>To Slave Lake</b> High Prairie & County pick-ups	<b>\$20.00</b> High Prairie & County residents

Effective May 2021, the Big Lakes Bus will no longer make monthly trips to Grande Prairie.



**PLEASE NOTE:**

As a public transportation service we operate on a fixed schedule. All seats must be booked in advance.



**Book your seat today!**

# 1-877-925-2537

For more information call Tori at 780-776-3811  
COVID-19 protocols remain in place

THE COUNTY WILL BE IN ENILDA  
REMOVING WASTE

# Hamler



# Clean-up

**JUNE 15, 2021**

**BRING ALL YOUR WASTE TO YOUR PROPERTY LINE BY 1 PM  
AND GET IT PICKED UP FOR FREE! DUE TO COVID-19, THE  
COUNTY WILL NOT BE ENTERING PEOPLES HOMES TO REMOVE  
LARGER WASTE PRODUCTS.**

FOR MORE INFORMATION VISIT  
[BIGLAKESCOUNTY.CA](http://BIGLAKESCOUNTY.CA) OR CALL VIC ABEL, DIRECTOR  
OF PUBLIC WORKS AT 780-523-5955





## BIG LAKES COUNTY

5305-56 Street Box 239, High Prairie, AB T0G 1E0  
T / (780) 523-5955 F / (780) 523-4227

### NOTICE OF PREPARATION OF ASSESSMENT ROLL 2021 Big Lakes County

NOTICE, is hereby given that the Assessment Roll of Big Lakes County made under the provisions of the Municipal Government Act has been prepared for the year 2021, and is open to inspection in the County Office, in High Prairie, Alberta from 8:15am to 4:00pm, during business hours.

Any person who desires to object to the entry of his/her name or that of any person upon the said roll(s) or the assessed value placed upon any property must, lodge his/her complaint(s) on approved form with the County by July 16, 2021. Standard Complaint forms are available at the Big Lakes County Office or online on the Big Lakes County website. Complaint forms must be completed and accompanied with the fee, as listed below by no later than JULY 16, 2021 before 4:00 pm.

**Appeal Fees:**

Single Family Residential and farmland \$50.00 per roll account  
Multi-family residential (more than 4 units) \$350.00 per roll account,  
Non-residential (commercial/industrial) \$350.00 per roll account,

Complaints with an incomplete complaint form, submitted after the filing deadline or without the required fee, are invalid.

Combined Tax assessments notices were mailed out May 7, 2021. Any person that does not receive an assessment notice but wishes to appeal his/her assessment must do so by July 16, 2021.

Clerk, Assessment Review Board  
BIG LAKES COUNTY  
Box 239  
High Prairie, AB T0G 1E0

DATED this 7<sup>th</sup> day of May 2021

Jordan Panasiuk  
CAO

GO [BIGLAKESCOUNTY.CA](http://BIGLAKESCOUNTY.CA)

**BIG LAKES COUNTY**  
**NOTICE OF 2021 PROPERTY TAXES**

Property Taxes are due and payable on or before Wednesday, June 30, 2021. This is to advise the ratepayers of Big Lakes County that the Property Assessment and Tax Notices were mailed out May 7, 2021.

A 7.5% penalty will be applied to current taxes and arrears if payment is received after June 30, 2021 and an additional 14.5% for payments made after last business day in January.

Failure to receive a tax notice doesn't alleviate property from property taxation. If you don't receive a property tax notice by May 31, 2021, please contact our office.

If your address has changed and you have not notified our office previously, please do so immediately by calling 780-523-5955, or faxing us at 780-523-4227 or e-mailing [taxes@biglakescounty.ca](mailto:taxes@biglakescounty.ca) or send letter to Big Lakes County, PO Box 239, High Prairie, AB T0G 1E0. Also please contact Land Titles to update your address; it will also update our system.

To further accommodate our taxpayers, Big Lakes County will be open during noon hour starting **June 28 to June 30, 2021**.

Remittance should be made payable to **BIG LAKES COUNTY** by accepted bank cheque, bank draft or money order. Cheques and bank drafts must be payable in Canadian funds. The postmark will determine date of payment. Property Taxes cannot be paid by credit card.

Payments can be made at the County Office, Hamlet of Kinuso, online Banking through \*ATB, \*Royal Bank, \*TD Canada Trust, \*Horizon Credit Union, \*Scotia Bank or at the \*Royal Bank branch in High Prairie. Please provide remittance slip when paying at Branch.

The tax instalment Payment Plan (TIPP) is a program that allows you to pay your property taxes monthly instead of one payment in June.

Payments will be withdrawn from your bank account automatically through a pre-authorized withdrawal. TIPP makes budgeting easier on your pocketbook and eliminates the risk of penalties; if your TIPP is in good standing, new penalties will not be applied.

Municipalities are not required to provide property tax receipts unless requested by the taxpayer. If you would like a receipt for taxes, please call or email our office.

Big Lakes County  
PO Box 239  
High Prairie, AB T0G 1E0  
[biglakes@biglakescounty.ca](mailto:biglakes@biglakescounty.ca)  
(780) 523-5955



**GO BIGLAKESCOUNTRY.CA**



# BIG LAKES COUNTY

## AG RENTAL

Big Lakes County has various pieces of equipment available for rent to assist residents in their farming operations. The goal of this program is to provide reasonably priced options for hard to source or cost prohibitive equipment.

Due to the ongoing COVID-19 Pandemic, the County has updated the rental equipment procedure to ensure the proper health and safety measures are in place. At this time, only residents of Big Lakes County are allowed to rent equipment.

**Renters must give the County at least 24 hours notice in order to ensure that the equipment is properly sanitized.**

To view the rental equipment or to review the updated rental equipment procedure, visit [biglakescounty.ca](http://biglakescounty.ca).



## FIRE SERVICES REVIEW - SEA HAWK CONSULTATION

Over the past six months, Big Lakes County has worked with Sea Hawk Services to get their unbiased, expert opinion on how Big Lakes Fire Services can improve fiscally and legislatively.

Sea Hawk has provided the County with two documents, an Executive Summary and the Big Lakes County Fire Services Vision 2021 and Beyond. Both documents outline many areas of improvement and areas where we can find monetary savings and general improvements to the overall Fire Services for ratepayers. Both documents can be found on the Fire and Safety page on our website, [biglakescounty.ca](http://biglakescounty.ca).

All recommendations will still have to be approved by council and will come forward on a case by case basis.

**DEADLINE EXTENDED TO JUNE 15!**

**RETURN OF  
SERVICE  
BURSARY**

RECEIVE UP TO  
\$3,000 FROM BIG  
LAKES COUNTY



Attention post-secondary students! Did you know you could receive up to \$3000 from Big Lakes County?

If you are planning on working within Big Lakes County boundaries after graduating, then you should apply for the Return of Service Bursary.

Submit your application in person at the County Admin Office in High Prairie or email it to our Grants Officer at [grants@biglakescounty.ca](mailto:grants@biglakescounty.ca) before June 15th.

Find the application, eligibility requirements, and more information at [biglakescounty.ca](http://biglakescounty.ca).





## Spray Exemption

Municipal Roadside Spraying is taking place in Big Lakes County now until September 30th. Limited spot spraying of problem areas will take place throughout the County and in all County Hamlets.

Safety is everyone's job and first priority. Please be aware of the crews working in your area and around you and be cautious. If you have any questions or concerns, please contact the Big Lakes County office at 780-523-5955 or visit [biglakescounty.ca](http://biglakescounty.ca) for more.

## Do you have a question about rural addressing or replacing a sign?

If your address sign is damaged, faded, or needs to be replaced, please contact our Public Works department at 780-523-5955.

Inquires about a new address or if your address is incorrectly printed on official County documents such as Tax Notices, please contact our GIS department at 780-523-5955.

Before contacting our office, please make sure you have the following information:

- Legal land, including plan/lot/block if it exists
- What is your contact information, including your address
- Is there a residence on the property
- How many accesses are there, and which one are you using



## Additional Tips to Use Less Water

Mulch plants to help them retain water	Use a rain barrel to gather rainwater	Soak pots and pans rather than letting water run	Compost rather than use garbage disposal
Turn off the water while washing your hands	Wash clothes in cold water	Join a community pool rather than installing one	Limit showers to 5 minutes
Turn off the faucet while brushing your teeth	Use a refillable water bottle rather than multiple drinking glasses each day	Wash fruits and vegetables over a pan to collect water	Fix leaks as soon as they are discovered
Take a shower rather than a bath	Cook food in as little water as possible	Run your dishwasher only when full	Don't let the water run while shaving
Collect running water while waiting for it to heat up and use on plants or lawn	Scrape dishes rather than rinsing before washing	Add a nozzle to your hose to control flow	Install a low flow shower head

BIG LAKES COUNTY

# BIKE HELMET SAFETY REWARDS PROGRAM

We want to reward you for being safe! If our County staff spot you wearing a helmet, you'll get a coupon for a FREE ice cream or slushy to redeem at any of the following stores:

- Korner Kitchen, Kinuso
- Bay Shore resort, Faust
- Faust General store
- Superette, Joussard
- Jerry's store, Joussard
- Bigway Foods, Grouard
- Ferguson's Market, Grouard
- O's Treats, High Prairie



VISIT [BIGLAKESCOUNTY.CA](http://BIGLAKESCOUNTY.CA) OR CALL  
THE BYLAW OFFICER AT  
780.523.5955 FOR MORE DETAILS.



# Nancy's Recipes

## Parmesan Smashed Potatoes

### Ingredients:

- 2 lbs. Yukon Gold or Little Potatoes
- 3 tbsp. melted butter
- 4 cloves garlic, minced
- 1 tbsp. fresh chopped parsley
- salt and pepper, to taste
- 2 tbsp. parmesan cheese



### Directions:

1. Pre-heat oven to broil 400°F.
2. Place potatoes in a large pot of salted water. Bring to a boil; cook covered for 30-35 minutes or until fork-tender. Drain well and spread on cookie rack to dry.
3. Lightly grease a large baking sheet. Arrange potatoes onto sheet and using a potato masher, slightly flatten the potatoes in one piece.
4. Mix together the butter, garlic and parsley. Pour mixture over each potato. Sprinkle with salt and pepper.
5. Broil until they are golden brown and crispy (about 10 -15 minutes). Remove from oven, sprinkle with parmesan cheese and return to the oven until the cheese is melted.

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## Rhubarb Cheesecake Squares

### Ingredients:

#### Crust

- 1 C. flour
- 1/2 C. packed brown sugar
- 1/4 tsp. salt
- 1/4 C. cold butter
- 1/2 C. chopped walnuts
- 1 tsp. vanilla extract

#### Filling:

- 2 pkg. cream cheese
- 3/4 C. sugar
- 3 eggs, lightly beaten
- 1 tsp. vanilla extract

#### Topping:

- 1 C. sugar
- 1 T. cornstarch
- 1/4 C. water
- 3 C. chopped rhubarb



### Directions:

1. Combine flour, brown sugar, and salt; cut in butter until mixture forms coarse crumbs. Stir in walnuts and vanilla. Press into a greased 9 x 13 baking dish. Bake at 375°F for 10 minutes.
2. In a large bowl, beat cream cheese and sugar until light and fluffy. Add eggs; beat on low until combined. Add vanilla. Pour over cooled crust. Bake 20 -25 minutes until centre is set. Cool on wire rack for one hour.
3. In a large saucepan, combine sugar, cornstarch and cinnamon. Gradually stir in water until smooth. Add rhubarb. Bring to a boil over medium heat; cook and stir 5 minutes until thick. Cool. Pour over filling. Refrigerate at least one hour. Refrigerate leftovers.

# BIG LAKES FCSS OFFICES:

## FCSS Manager

Nicole Hanna  
Phone 776-0008 Fax 776-3821  
[nhanna@biglakescounty.ca](mailto:nhanna@biglakescounty.ca)

## FCSS Admin Support

Tori Dumaresque  
Phone 776-3811 Fax 776-3821  
[tdumaresque@biglakescounty.ca](mailto:tdumaresque@biglakescounty.ca)

## Enilda

8:15 - 4:00 Wednesdays  
Phone 523-5925 Fax 523-5933  
Location: Enilda Fire Hall  
[fcss.nmarquardt@biglakescounty.ca](mailto:fcss.nmarquardt@biglakescounty.ca)

## Faust

8:15 - 4:00 Mon/Wed/Fri  
Phone 355-3896 Fax 355-3000  
Location: Faust Fire Hall  
[pcampion@biglakescounty.ca](mailto:pcampion@biglakescounty.ca)

## Grouard

8:15 - 4:00 Mon/Wed/Fri  
Phone 751-3806 Fax 751-3807  
Location: Grouard Fire Hall  
[dcox@biglakescounty.ca](mailto:dcox@biglakescounty.ca)

## High Prairie

8:15 - 4:00 Mon/Tues/Thurs/Friday  
Phone 536-0062 Fax 523-4902  
Location: Above Library 4723-53rd Ave  
[fcss.nmarquardt@biglakescounty.ca](mailto:fcss.nmarquardt@biglakescounty.ca)

## Joussard

8:15 - 4:00 Tuesdays & Thursdays  
Phone 776-3811 Fax 776-3821  
Location: Joussard FCSS Building  
[dcox@biglakescounty.ca](mailto:dcox@biglakescounty.ca)

## Kinuso

8:15 - 4:00 Tuesdays & Thursdays  
Phone 775-3666 Fax 775-3571  
Location: Kinuso Hamlet Office  
[pcampion@biglakescounty.ca](mailto:pcampion@biglakescounty.ca)

# Big Lakes County Waste Centers



**24/7 Public Works On Call: 780-523-8806**

## Manned Transfer Sites:

**Summer Hours: 10:00am - 7:00pm  
Wednesdays & Sundays**

**Summer Hours effective April 1, 2021-September 30, 2021**

Banana Belt	PT(SW)-11-73-17-W5
Faust/Kinuso	SE-07-73-10-W5
Grouard	PT(NE)-32-75-14-W5
Heart River	NE-31-76-17-W5
Joussard	NW-33-73-13-W5
H.P./Gilwood	NW-24-74-18-W5

## Regional Landfill

Monday/Thursday/Saturday: 10:00am-5:00pm

780-523-8760 NW-9-73-15-W5

Manned transfer stations may be closed during inclement weather or other conditions that pose a risk to personnel and public. Such closing may occur without any notice.

**NO VERBAL OR PHYSICAL ABUSE OF ANY KIND  
SHALL BE TOLERATED BY ATTENDANTS OR STAFF.  
AUTHORITIES WILL BE CONTACTED IMMEDIATELY.**

## PLEASE NOTE:

**The gravel stock piles at the transfer stations are not for public use. Anyone caught taking gravel will be reported to local authorities.**