

Big Lakes Bulletin

January 2024



BIG LAKES FCSS

What is FCSS? FCSS stands for Family and Community Support Services. Originally known as Preventative Social Services, FCSS has existed in Alberta for over 50 years. Over 99% of Albertans reside in communities served by FCSS programs.

All FCSS programs are a unique 80/20 funding partnership between the Government of Alberta and the participating municipalities or Metis Settlements. Although all FCSS programs across the province work to enhance the social well-being of individuals and families, all FCSS programs are different. This is because every community is different, with unique needs and strengths, that only the community itself can identify and address.

Big Lakes Family and Community Support Services offers free, confidential support to all residents of Big Lakes County and the Town of High Prairie.

Mission Statement:

1. To improve the quality of life for our community by assisting people to address their own needs and help themselves.
2. To help people help themselves and to live a happier and healthier life.
3. To educate the community and make people aware of choices and options, thereby giving individuals power over their own lives.

JANUARY OFFICE CLOSURES

ENILDA	January 1
FAUST	January 1-5
GROUARD	January 1
HIGH PRAIRIE	January 1
JOUSSARD	January 1
KINUSO	January 1-5

Please note: Hours are subject to change due to events, meetings, training, weather, etc.
FCSS Outreach workers do not answer the phone when assisting clients.
Please leave a message with your name and phone number and we will contact you as soon as we can.

OUR OFFICES

Joussard FCSS Office

2-2nd Street W, Box 103, Joussard, AB T0G 1J0 Fax: 780-776-3821
Open: Monday - Friday 8:15am-4:00pm

FCSS Manager - Nicole Hanna

Ph: 780.776.0008 C: 780.523.0108
nhanna@biglakescounty.ca

FCSS Admin Support - Tori Dumaresque

Ph: 780.776.3811 C: 780.507.5096
tdumaresque@biglakescounty.ca

Joussard Outreach Worker - Danielle Cox

Open: Tues & Thurs 8:15am - 4:00pm

Ph: 780.776.3811 C: 780.523.7911
dc Cox@biglakescounty.ca

Grouard FCSS Office

Grouard Firehall - 6C 3rd Ave NE, Box 100, Grouard, AB T0G 1C0 Fax: 780-751-3807

Grouard Outreach Worker - Danielle Cox

Open: Mon/Wed/Fri 8:15am-4:00pm

Ph: 780-751-3806 C: 780-523-7911
dc Cox@biglakescounty.ca

High Prairie FCSS Office

Room 203, 4723-53rd Ave, Box 179, High Prairie, AB T0G 1E0 Fax: 780-523-4902

High Prairie Outreach Worker - Nancy Marquardt

Open: Mon/Tues/Thurs/Fri 8:15am - 4:00pm

Ph: 780-536-0062 C: 780-507-3842
nmarquardt@biglakescounty.ca

Enilda FCSS Office

Enilda Firehall - 13 Railway Ave, Enilda, AB T0G 0W0, AB T0G 0W0 Fax: 780-523-5933

Enilda Outreach Worker - Nancy Marquardt

Open: Wednesday 8:15am - 4:00pm

Ph: 780-523-5925 C: 780-507-3842
nmarquardt@biglakescounty.ca

Faust FCSS Office

Faust Firehall - 5 Spruce St., Box 206, Faust, AB T0G 0X0 Fax: 780-355-3000

Faust Outreach Worker - Patsy Campion

Open: Mon/Wed/Fri 8:15am - 4:00pm

Ph: 780-355-3896 C: 780-507-3841
pcampion@biglakescounty.ca

Kinuso FCSS Office

Big Lakes County Satellite Office - 51 Centre St., Box 57, Kinuso, AB T0G 1K0 Fax: 780-775-3571

Kinuso Outreach Worker - Patsy Campion

Open: Tues & Thurs 8:15am - 4:00pm

Ph: 780-775-3666 C: 780-507-3841
pcampion@biglakescounty.ca

NEED A RIDE?

Call us!

The Big Lakes Bus is available for everyone!

1-877-925-2537

BOOK YOUR SEAT TODAY!

Tuesdays	HIGH PRAIRIE County resident pick-ups only	\$20
Wednesdays	HIGH PRAIRIE High Prairie resident pick-ups only	\$10
Thursdays	SLAVE LAKE High Prairie and County resident pick-ups	\$30



FREE INCOME TAX FILING SERVICE WITH CRA TRAINED VOLUNTEERS

FOR PEOPLE WITH A MODEST INCOME AND A SIMPLE TAX SITUATION



Eligible

- Your annual income is \$35000 or less
- Your family income is \$45000 or less (add \$2500 for each eligible dependant)
- You have less than \$1000 in investment income
- You have a simple tax situation

Ineligible

- You have employment expenses, business or rental income/expenses
- You are self-employed
- Anyone who is deceased
- You have capital gains or losses
- You have major investments/RRSP/stocks/mutual funds/RESP
- You have filed bankruptcy

We are only able to serve residents of Big Lakes County and the Town of High Prairie.
Please bring valid photo ID and proof of residence to your appointment.
Grant funding for this program provided by the Government of Canada.



**Book an appointment at your
local FCSS office.**



HOME SUPPORT

SUBSIDY PROGRAM

Big Lakes FCSS is now offering a subsidized home support program! This means that approved applicants can hire a housekeeper of their choosing and have some of the cost reimbursed by FCSS.

There are restrictions, and to be eligible you must fall into one of the following categories:

- New parent (up to 8 weeks post-partum)
- Short-term illness/injury/surgery recovery based on doctor's recommendation (doctor's note required)
- 55 years of age or older
- Ongoing disability - physical or intellectual (doctor's note required)



For more information or to apply,
please contact your local FCSS Outreach Worker



Family Day **February 19**

**The Annual FCSS Family
Day Pancake Breakfasts
are coming up in your
community!**

**Watch for more
updates!**

Big Lakes Volunteer Recognition **April 14-20, 2024**

**FCSS will be reaching out to local
organizations to begin collecting
nominations for the awesome
volunteers in our communities!**

**Watch for updates, or call
780-776-3811 for more information**

Uncashed cheques from the Canada Revenue Agency

The Canada Revenue Agency is mailing out letters to select recipients who have used Community Volunteer Income Tax Program (CVTIP) clinics in the past, regarding uncashed cheques. If you received a letter, please follow the directions provided.

Individuals and their representatives can view their uncashed cheques in CRA My Account.

CRA cheques never expire or become stale-dated. You can cash your CRA cheque at any financial institution in Canada. There is no charge to cash your CRA cheque.

If you have questions, or are unsure if your letter is legitimate, please contact the Canada Revenue Agency.

- Individual tax enquires line:
1-800-959-8281
- Benefit enquiries line:
1-800-387-1193

High Prairie Registry now has will kits, divorce kits, personal directives and starting and operating your own business kits available.

For more information
contact them at
780-523-5500.



Remember to renew your
vehicle registration in January
if your family name or
company name begins with

A, I, J, Ke, U, X or O-9

Thinking of suicide?

Help is available.



9-8-8

toll free, 24/7



9-8-8

Suicide Crisis Helpline

If you're thinking about suicide, or worried about someone you know, call or text 9-8-8 any time for support.

Whatever you're going through, you are not alone. 9-8-8 responders are here to help you find a way through.

9-8-8 Suicide Crisis Helpline
is funded by the
Government of Canada

January 2024 Workshops for Adults by ZOOM

**Be Supported on your Journey to Better Health
– Right from Home!**

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, as well as a refresher for those continuing to manage their diabetes.

Overview

Jan 9 Tue 5:30pm to 8:00pm
Jan 11 Thurs 9:30am to 12:00pm
Jan 17 Wed 1:30pm to 4:00pm

Nutrition

Jan 16 Tue 5:30pm to 7:00pm
Jan 18 Thurs 9:30am to 11:00am
Jan 24 Wed 1:30pm to 3:00pm

Ongoing Care

Jan 23 Tue 5:30pm to 8:00pm
Jan 25 Thurs 9:30am to 12:00pm
Jan 31 Wed 1:30pm to 4:00pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

Overview & Prevention

Jan 10 Wed 9:30am to 11:00am
Jan 15 Mon 5:30pm to 7:00pm
Jan 18 Thurs 1:30pm to 3:00pm

Nutrition

Jan 17 Wed 9:30am to 11:00am
Jan 22 Mon 5:30pm to 7:00pm
Jan 25 Thurs 1:30 to 3:00pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Jan 11 & 18 Thurs 5:30pm to 8:00pm

Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1

Jan 16, 23, & 30 Tue 9:30am to 12:00pm
Jan 17, 24, & 31 Wed 5:30pm to 8:00pm
Jan 18, 25, & Feb 1 Thurs 1:30pm to 4:00pm

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Jan 25 Thurs 9:30am to 12:00pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Jan 8 to Feb 14 Mon/Wed 1:00pm to 2:30pm
Jan 8 to Feb 14 Mon/Wed 6:00 to 7:30pm

Jan 30 to Mar 7 Tue/Thurs 10:00am to 11:30am
Jan 30 to Mar 7 Tue/Thurs 1:00pm to 2:30pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health.

Living with a Chronic Condition

Jan 16 to Feb 20 Tue 1:30pm to 4:00pm

Living with Chronic Pain

Feb 7 to Mar 13 Wed 6:00pm to 8:30pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

Sleep Hygiene: what is it and why do you need it?

Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why is good Sleep Hygiene important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive.

Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Improving your sleep hygiene

Here are some practical tips to help you improve your sleep hygiene:

- Create a Consistent Schedule – Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- Create a comfortable sleep environment – Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- Limit screen time – The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- Be mindful of your diet – Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- Exercise regularly – Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- Relaxation techniques – Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- Switch it up! – Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- Limit Naps – While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

HIGH PRAIRIE GOLDEN AGE CLUB

DROP-IN COFFEE
EVERY TUESDAY 10:00AM-12:00PM

Sundays 1:30pm - Crib
Thursdays 7:00pm - Bridge
Fridays 1:30pm - Trump Whist
Membership - \$20/year

Some activities have a nominal activity fee
A \$1 coffee donation is expected at each activity

4824-53rd Avenue, High Prairie
next to the town office



Kokum's House

Child & Youth Care Facility is Hosting a Mini Round Dance,
Celebrating 10 Years in Business

WHERE: Driftpile Community Hall

WHEN: January 13, 2024 from 1pm to 9pm

- ✓ First 15 Lead Singers will receive an Honorarium & Gift
- ✓ Back Up Singers will receive an Honorarium & Gift
- ✓ Four 14-foot Tipis to be given away (must be present to win)
- ✓ One PS 5 Game Console giveaway (must be present to win)
- ✓ One iPhone 15 giveaway (must be present to win)
- ✓ Spot Dances & **MUCH MUCH MORE!!!!**
- ✓ This is an alcohol & drug-free event with security on-site
- ✓ Everyone Welcome 😊

**** Kokum's House, the volunteers and sponsors will not be liable for any injury or loss of items during this event ****



Third Saturday of every month

Saturday, January 20

1:00pm-5:00pm

Triangle Hall



Pioneer Threshermans
Monthly Meetings

First Monday of every month 7:30pm
@ Triangle Hall

AA Meetings

Mondays & Fridays

7:30pm

High Prairie Nazarene Church
(4900-59 Ave)

Wednesdays

7:00pm

Grouard

Brown Building behind
Kapawe'no Hall #55

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PROGRAM

*The perfect **ONLINE**, two-week
program to prepare you for
Academic Upgrading.*

UPCOMING OFFERINGS:
November 20 - December 1
December 4 - 15
January 8 - 19, 2024

THIS COURSE IS FREE!
No laptop? No worry!
We will lend you a laptop
to complete this course within NLC's
service region.

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COLLEGE**

Contact us to apply today!
780-751-3248
lifeskills@northernlakescollege.ca

www.northernlakescollege.ca/lifeskills

Kokum's Outreach is hosting “CREATION STATIONS”

**WHEN: February 10th, 2024
10am - 3pm**

WHERE: Jousard Community Hall

**One fee of \$40 for 1 or 2 sessions (18+)
Includes free lunch**

MORNING SESSIONS 10am - Noon

Fish Scale Art with Roxy Ominayak (10 spots)

Toque Making with Geraldine Anderson (10 spots)

Healing Through Painting with Traci Hansen (10 spots)

AFTERNOON SESSIONS 1pm - 3pm

Healing Through Painting with Todd Kachuk (10 spots)

Mini Tipi Making with Roxy Ominayak (10 spots)

Mini Fabric Wall Hangings with Geraldine Anderson (10 spots)

Call April Isadore to Register (780)507-1047

 **St. Paul's Roman Catholic Church**

Mass
Saturday - 7:00p.m.
Sunday - 10:30a.m.

PLEASE JOIN US!

4633-52nd Avenue, High Prairie
Telephone: 780-523-3140

Father Lawrence Odoemena
pastor.stpauls@gmail.com

Facebook: St. Paul's Catholic Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR! County/FCSS Offices closed JCA Movement Mondays 10:00am Kinuso Ladies Time Out 7:00pm	2 <u>Big Lakes Bus to HP County pick-ups</u> Joussard Mass 8:30am HP Golden Age Coffee 10:00am Kinuso Seniors Coffee 1:00pm Big Meadow Hall Whist 7:00pm	3 <u>Big Lakes Bus in HP HP pick-ups</u> Joussard Mass 8:30am Kinuso Well Child & Tiny Teeth Clinic 11:00am Grouard Seniors Lunch 12:00pm Kinuso Bingo 5:30pm Homesteaders Supper 6:00pm Kinuso Girl Guides 6:30pm Homesteaders Cards 7:30pm	4 <u>Big Lakes Bus to SL HP & County pick-ups</u> Joussard Mass 8:30am Sewing Group Homesteaders 9:30am HP Golden Age Bridge 7:00pm	5 Kinuso Skeeter's Bonspiel Joussard Mass 8:30am Kinuso Seniors Coffee 10:00am HP Golden Age Whist 1:30pm	6 Joussard Mass 8:30am HP St. Paul's Church 7:00pm
7 Joussard Mass 10:00am Grouard Mass 10:30am HP St. Paul's Church 10:30am Crib @ HP Golden Age 1:30pm	8 JCA Movement Mondays 10:00am Kinuso Ladies Time Out 7:00pm	9 <u>Big Lakes Bus to HP County pick-ups</u> Joussard Mass 8:30am HP Golden Age Coffee 10:00am Kinuso Seniors Meeting 1:00pm Big Meadow Hall Whist 7:00pm	10 <u>Big Lakes Bus in HP HP pick-ups</u> Joussard Mass 8:30am Grouard Seniors Lunch 12:00pm Kinuso Bingo 5:30pm Homesteaders Supper 6:00pm Kinuso Girl Guides 6:30pm Homesteaders Cards 7:30pm	11 <u>Big Lakes Bus to SL HP & County pick-ups</u> Joussard Mass 8:30am Sewing Group Homesteaders 9:30am HP Golden Age Bridge 7:00pm	12 Joussard Mass 8:30am Kinuso Seniors Coffee 10:00am HP Golden Age Whist 1:30pm	13 Joussard Mass 8:30am Mini Round Dance DP Hall 1:00pm HP St. Paul's Church 7:00pm
14 Kinuso Church 9:00am Joussard Mass 10:00am Grouard Mass 10:30am HP St. Paul's Church 10:30am Crib @ HP Golden Age 1:30pm EDSRC Meeting 6:30pm	15 JCA Movement Mondays 10:00am Kinuso Ladies Time Out 7:00pm	16 <u>Big Lakes Bus to HP County pick-ups</u> Joussard Mass 8:30am HP Golden Age Coffee 10:00am Kinuso Seniors Coffee 1:00pm Big Meadow Hall Whist 7:00pm	17 <u>Big Lakes Bus in HP HP pick-ups</u> Joussard Mass 8:30am Kinuso Well Child Clinic 11:00am Grouard Well Child & Tiny Teeth Clinic 11:00am Grouard Seniors Lunch 12:00pm Kinuso Bingo 5:30pm Homesteaders Supper 6:00pm Kinuso Girl Guides 6:30pm Homesteaders Cards 7:30pm	18 <u>Big Lakes Bus to SL HP & County pick-ups</u> Joussard Mass 8:30am Sewing Group Homesteaders 9:30am HP Golden Age Bridge 7:00pm	19 Joussard Mass 8:30am Kinuso Seniors Coffee 10:00am HP Golden Age Whist 1:30pm	20 Joussard Mass 8:30am Triangle Jamboree 1:00pm HP St. Paul's Church 7:00pm
21 Joussard Mass 10:00am Grouard Mass 10:30am HP St. Paul's Church 10:30am Faust Anglican Church 1:30pm Crib @ HP Golden Age 1:30pm	22 JCA Movement Mondays 10:00am Kinuso Ladies Time Out 7:00pm	23 <u>Big Lakes Bus to HP County pick-ups</u> Joussard Mass 8:30am HP Golden Age Coffee 10:00am Kinuso Seniors Coffee 1:00pm Big Meadow Hall Whist 7:00pm	24 <u>Big Lakes Bus in HP HP pick-ups</u> Joussard Mass 8:30am Grouard Seniors Lunch 12:00pm Kinuso Bingo 5:30pm Homesteaders Supper 6:00pm Kinuso Girl Guides 6:30pm Homesteaders Cards 7:30pm	25 <u>Big Lakes Bus to SL HP & County pick-ups</u> Joussard Mass 8:30am Sewing Group Homesteaders 9:30am HP Golden Age Bridge 7:00pm	26 Joussard Mass 8:30am Kinuso Seniors Coffee 10:00am HP Golden Age Whist 1:30pm	27 Joussard Mass 8:30am HP St. Paul's Church 7:00pm
28 Kinuso Church 9:00am Joussard Mass 10:00am Grouard Mass 10:30am HP St. Paul's Church 10:30am Crib @ HP Golden Age 1:30pm	29 JCA Movement Mondays 10:00am Kinuso Ladies Time Out 7:00pm	30 <u>Big Lakes Bus to HP County pick-ups</u> Joussard Mass 8:30am HP Golden Age Coffee 10:00am Kinuso Seniors Coffee 1:00pm Big Meadow Hall Whist 7:00pm	31 <u>Big Lakes Bus in HP HP pick-ups</u> Joussard Mass 8:30am Kinuso Well Child Clinic 11:00am Grouard Seniors Lunch 12:00pm Kinuso Bingo 5:30pm Homesteaders Supper 6:00pm Kinuso Girl Guides 6:30pm Homesteaders Cards 7:30pm	<div>JANUARY 2024</div>		

Enilda Bowling Alley

Weekly League Bowling

Monday	1:00pm - 3:00pm 7:00pm - 9:00pm
Wednesday	7:00pm - 9:00pm
Thursday	1:00pm - 3:00pm 7:00pm - 9:00pm

Public Bowling Hours

Friday

Glowball	6:00pm - 10:00pm
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Saturday

Youth Fun Bowl	10:00am - 12:00pm
General	12:00pm - 4:00pm
Glowball	6:00pm - 10:00pm

Sunday

General	12:00pm - 4:00pm
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Private bookings available

780-523-4211 W.I. Drive, 1st Ave, lot 808 Enilda, AB

~Enilda~ FARMERS MARKET

W.I. Community Hall
First Saturday of each month
10AM - 2PM

Upcoming Dates:
NO MARKET IN JANUARY
Saturday, February 3

 [EnildaFarmersMarket](https://www.facebook.com/EnildaFarmersMarket)

Enilda & District Society for Recreation & Culture

**Meetings are held the second
Sunday of the month at the
Enilda Bowling Alley**

ELECTIONS

Sunday, January 14th
6:30pm

Youth Fun Bowl

Saturday mornings
10:00am - 12:00pm

\$5 per child
Ages 5 to 18



Join us at the
Big Meadow Hall!
Every Tuesday at 7:00pm



Faust Anglican Church

January 21, 2024 - 1:30pm

Royal Purple Avenue Faust, AB

GROUARD

GROUARD CEMETERY COMMITTEE

December 31st marks the 150th anniversary of the Grouard Cemetery for which a monument will be installed. While it has been decided that the monument will not be ordered until the fall of 2024, to allow us more time to finalize the details of those buried there, it is the cutoff date for the names going on the monument. This means that anyone that has passed away **prior** to December 31, 2023 will have their name on the monument, assuming we have their name and details to work with. This means that ashes/cremains can be buried in 2024 and included on the monument if the person passed prior to December 31, 2023.

The information we need includes:

- Birthdate and location
- Passing date and location
- Names of spouse(s) and parents, and whether they are also in the cemetery
- Photos and funeral cards

All this information will be added to the list that Grouard Seniors maintains but, more importantly, it will be added to the [FindAGrave.com](https://www.findagrave.com) website so future generations can find information about their ancestors.

A recommended donation of \$50 per name for those names to be added to the monument can be sent by cheque to:

Grouard Seniors
PO Box 179, Grouard, T0G 1C0

Or e-transfer to: grouardseniors@gmail.com

Please include the name(s) of the family for which family member the donation applies to.

If you prefer to receive a tax-deductible receipt, please make your donation to the Catholic Archdiocese of Grouard-McLennan at 10301 102 Street, Grande Prairie, AB T8V 2W2 and make sure you mark your cheque "Grouard cemetery monument." ***Please keep in mind that these donations may not be received by Grouard Seniors in a timely fashion.***

If you wish to talk to our Cemetery Research Coordinator, Therese, please contact her via email at grouardcem@gmail.com or by phone at 403.507.5559 (send a text and she will get back to you)
 Grouard Cemetery Committee, Grouard Seniors

Grouard Seniors

January seniors lunches
will be at the
Kapawe'no School cafeteria
every Wednesday at noon.

See you there!



Grouard Public Health

Located at Northern Lakes College

Services include Well Child clinics,
immunizations, baby follow-ups

To book an appointment call
Laurie, RN - 780-523-6452

Well Child Clinic Dates:

11:00am - 3:00pm

Wednesday, January 17

Tiny Teeth Clinic Dates:

11:00am - 3:00pm

Wednesday, January 17



JOUSSARD COMMUNITY ASSOCIATION



**The next JCA meeting will be
January 8 at 7:00pm upstairs at the JCA
Hall. See you there!**

Motion Mondays!

Join us at the JCA Hall for some light exercises and stretching.

Mondays - 10am to 11am

**Please bring your indoor shoes, a mat,
blanket or pillow, and water.**

Free of charge

For more information contact

Jeanette at 780-536-1028



JOUSSARD HOMESTEADERS SOCIETY



Come for supper and cards at the Homesteader's Hall every Wednesday!

Supper at 6:00pm - \$15/person

Cards (Whist) at 7:30pm - \$3/person

Sewing Group - Every Thursday

9:30-10:30 Coffee time

10:30-12:00 Project sewing

12:00-1:00 Bring your own lunch

1:00-3:30 Project sewing



Lakeland Regional Cribbage Tournament

Slave Lake	January 20	10:00am	\$15.00 each
High Prairie	February 17	10:00am	\$15.00 each
Smith	March 16	10:00am	\$15.00 each

St. Anne's Catholic Church Joussard

Mass

Sundays - 10:00am

Tuesday - Saturday 8:30 am



Joussard Public Health

Joussard Homesteaders Hall

Services include Well Child clinics, immunizations, baby follow-ups

To book an appointment
call 780-523-6450

Well Child Clinic Dates:

11:00am - 3:00pm

Tuesday, January 16

Tiny Teeth Clinic Dates:

11:00am - 3:00pm

Tuesday January 16



Kinuso Seniors Club

The next regular Kinuso Seniors Meeting will be on Tuesday, January 9, 2024 at 1:00pm. Please join us!

Kinuso Seniors
coffee
time



Tuesdays 1:00pm
Fridays 10:00am

Kinuso Seniors Centre
All seniors welcome!



FOOD SAFETY COURSE

At the Kinuso Senior Centre

February 3, 2024

8:00am - 5:00pm

Lunch will be provided

Pre-register by January 15, 2024

For more
information or to
register contact:

Diane
780-775-3424 or
Betty Ann
780-775-2135

St. Felix Church Kinuso

January Dates:

Sunday, January 14 - 9:00AM

Sunday, January 28 - 9:00AM

Services are held on the 2nd, 4th & 5th
Sunday of every month

If anyone wishes to get baptized
or receive their First Communion
contact Gertie Cunningham
780-775-2265

**Ladies
Time Out**

Mondays at 7:00pm

Kinuso Seniors Centre

Please join us!

CENTRAL SLAVE LAKE AGRICULTURAL SOCIETY



Thanks for coming out and supporting our
Christmas Social & New Years Eve Dance!

Hope fun was had by all, BIG and small!
Wishing everyone a healthy, happy 2024!



CURLING NEWS



14 teams started Regular Curling League in December. We are still hoping for a few more teams.

League will resume the week of January 9th on Tuesdays, Wednesdays & Thursdays.
Come CHEER on the locals.

If you would like to learn or be a spare curler, please contact Nikki 780.849.0379 or Tyrell 780.805.1649

Skeeters Bonspiel is Friday, January 5th for kids aged 8+.
Please call Nikki 780.849.0379 or Emma 780.805.9517 to register!

Calling all newbies, young & old, eagle eyes, sharp shooters ...
SAVE THE DATE! - Ladies bonspiel is January 26-28th Watch for Posters with more info
Theme to be determined – VOTE on our Kinuso Ag Society Facebook page!



IT'S BINGO TIME!

Wednesdays
at the Kinuso Ag Hall

5:30pm - Doors open
6:00pm - Cashier opens
6:30pm - Bonanza pre-call
6:45pm - Early Bird
7:00pm - Regular games

Bingo Balls will be Sold!!! Concession will be open. We hope to see you here!

Kinuso Municipal Art Contest

Open to adults and youth of any age
Prizes to be awarded

Photography, painting or drawing

Please bring art work to Susan Moody at
the library on Tuesday or Thursday
between 3:15pm and 5:00pm

Deadline is March 21, 2024



KINUSO MUNICIPAL LIBRARY HELD A PAINTING NIGHT
ON DECEMBER 7 WITH ARTIST LISA LUKAN.

EVERYONE ENJOYED THE NIGHT.
THANK YOU TO ALL THAT CAME OUT.

Kinuso Public Health

#40 Centre Street Kinuso

Services include Well Child clinics,
immunizations, baby follow-ups

To book an appointment call
Jacquie, RN - 780-775-3501 or 780-523-6450

Well Child Clinic

Dates:

11:00am - 3:00pm

Wednesday, January 3
Wednesday, January 17
Wednesday, January 31

Tiny Teeth Clinic

Dates:

11:00am - 3:00pm

Wednesday, January 3



Kinuso Community Girl Guides

Girl Guides will resume on January 3
Kinuso Ag Hall - Community Center
Wednesdays 6:30pm-8:30pm

Please bring your own
water bottle and indoor
shoes

Snack will be provided

For more information contact
Susanne at 780-843-4730



COMMUNITY FACILITY RENTALS

High Prairie Legion #37

Day rent	\$150 + \$250 D.D.
Full day with bar	\$350 + \$250 D.D.
Contact - Don or Brenda Ebbett 780.523.4668	

High Prairie Elk's Hall

Hall rental (non-alcoholic/non-social)	\$500.00 + gst
Hall rental (social/alcohol)	\$1000 + gst
Damage deposit	\$2,000
Janitorial	\$350
Contact - 780.523.3724	

St. Paul's Roman Catholic Church Hall

Full day/funeral gathering	\$150
Less than full day	\$75
use of kitchen - additional fee	\$30
Damage fee w/signed agreement	\$150
Contact - Diana 780.523.8503 or Father Lawrence 780.523.3140	

Big Meadow Hall

Daily hall rent	\$500 +\$500 D.D.
Additional days	\$200
Contact - Stella Sware 780.523.2009	

Enilda W.I. Hall

Daily hall rent	\$500 +\$500 D.D.
Contact - Enilda Bowling Alley 780.523.4211	

Prairie Echo Community Hall

Weekend rental	\$500 + \$500 D.D.
Day rental	\$300 + \$300 D.D.
hourly rate	\$25 + \$300 D.D.
Contact - Sarah 780.536.0894	

Pioneer Thresherman's Triangle Hall

Weekend rate: Fri 12pm - Sun 2pm	\$1,000 +\$1000 D.D.
Full day	\$500 +\$500 D.D.
Church (all day)	\$100
Dishes (plates, glassware, cutlery)	\$250
RV plug-in flat rate (per weekend)	\$50
Deposit at time of booking (non-refundable; credited to rental fee)	\$250
Contact - Mandy 780.523.1156	

Joussard Homesteaders Hall

Regular hall rent (+\$150 if prep evening before)	\$300 +\$200 D.D.
weddings (full day; +\$150 if prep evening before)	\$300 +\$200 D.D.
Meeting rate (half day)	\$100
Funerals & afternoon	\$150
Afternoon or evening event	\$100 +150 D.D.
Contact Lorene - 780.523.1399	

Kapawe'No Community Hall

Regular hall rental	\$275 + \$100 D.D.
Rent tables & chairs to take to venue	\$50
Contact - 780.751.3800	

Sunset House Community Hall

Community Center	\$300 + \$500 D.D.
-each additional day after	\$200
Kitchen only	\$100
Funerals	\$150
Gym use for games	\$20/hr
Meetings rooms	\$20/hr
Contact - Andrea 780.623.1016	

Banana Belt Hall

Half day (Birthday Parties, Classes, etc.)	\$175 +\$175 D.D.
Full day	\$350 +\$350 D.D.
Weekend (Wedding, Reunions)	\$700 +\$700 D.D.
Bar service (min. 3 servers hired)	TBD
Renter provides liquor and supplies	TBD
Bar service	TBD
Hall provides liquor, supplies, and servers	TBD

Contact - Darla Driscoll 780.523.0624

COMMUNITY FACILITY RENTALS

Central Slave Lake Agricultural Society

Hall rental security/damage deposit	\$500
Hall rental	\$500
Warming trays	\$20 each
Hall - special circumstances - deposit	\$500
Funerals	\$150
Wakes	\$250
Workshops	\$250 ^{half day} \$350 ^{full day}
Kitchen use	+ \$100
Curling rink security/damage deposit	\$500
Rink rental (off-season)	\$250
Bonspiels - ice rental	\$250 ^{per day}
Bonspiels - with use of hall	\$250
More than 25 rinks	\$550
Schools/Private rentals	\$100
Curling lounge deposit	\$250
Curling Lounge	\$250
Community Centre deposit	\$250
Community Centre	\$75
Any event serving alcohol	+\$100
Contact - Merry-Lee 780.775.2684	
Mon/Tues/Fri 9:00am-4:30pm	

Joussard Community Association

Full day function	
weddings, dances, parties	\$800.00 ^{+\$300 D.D.}
Meetings	\$200.00
Community family functions	
showers, birthdays, etc. not to exceed 4 hours, including set up and clean-up time	200 ^{+\$200 D.D.}
Community funerals	300 ^{No D.D.}
Non-community funerals	300 ^{+\$300 D.D.}
Community development workshops	no charge/no D.D.
Contact - Jeanette 780.536.1028	

Faust Multicultural Gathering Place

Small hall - hourly rate	\$25.00
Meetings half day	\$60
Meetings full day	\$100
Private events with liquor ^(served by FCA)	\$250
Kitchen 6 hours	\$100
All the above damage deposit	\$100
Other functions full day	\$150 ^{+\$150 D.D.}
Damage deposit for above	\$150
Large hall	
Small event hourly rate	\$100 ^{+\$100 D.D.}
Full day (8hrs)	\$500 ^{+\$500 D.D.}
Meetings only	\$250 ^{+\$150 D.D.}

Contact - Lynn Shewchuk 780.355.3566 or
403.352.6318

High Prairie Agricultural Society Arena

Arena rental - members	30/hr.
(Members only rental rate for members in good standing)	
Prime time (weekdays 6pm-10pm, Weekends 11am onwards) requires a minimum of 2 hour booking	60/hr.
Arena rental	60/hr.
(Minimum 2 hour booking required between Oct & April 5pm-10pm)	
Arena day rental	\$660/day
(non-commercial use 24 hour day = 7am-7pm the following day, Day = 9am-5pm) ARENA ONLY	(24 hours) \$300/day
	(8 hours) DD equal to rent
Upstairs meeting room	\$30/hr.
	if cleaned by renter
	\$90 for 3+ hours;
	\$75 if cleaned by renter

Contact - hpagsociety@hotmail.com

Enilda Post Office Closed 12:00pm - 2:00pm		Mon & Thurs Tues & Fri Wednesdays	9:00am - 5:30pm 9:00am - 5:00pm 9:00am - 12:00pm
Faust General Store	780-355-3600	Mon - Sat Sundays	9:00am - 8:00pm 12:00pm - 6:00pm
Bigway Foods	780-751-3964	Mon - Fri Saturday Sunday	9:00am - 10:00pm 10:00am - 10:00pm 12:00pm - 10:00pm
Ferguson Market	780-751-2221	Sun - Sat	10:00am - 10:00pm
Jerry's Store	780-776-3833	Sun - Sat	9:00am - 10:00pm
Joussard Superette	780-776-3840	Sun - Thurs Fri & Sat	9:00am - 11:00pm 9:00am - 12:00pm
Joussard Post Office Closed 12:00pm - 1:00pm Mon-Thurs	780-507-7535	Mon - Wed Thursday Friday	10:00am - 4:00pm 10:00am - 6:00pm 10:00am - 1:00pm
Big Lakes County Satellite Office Closed 12:00pm - 12:30pm	780-775-3570	Tues/Wed/Thurs	8:15am - 4:00pm
BHunt Express	780-775-3930	Mon - Fri	8:30am - 5:00pm
Kinuso ATB Agency	780-775-3930	Mon - Fri	9:00am - 3:30pm
Kinuso Mercantile	780-775-3517	Mon - Sat	9:00am - 6:00pm
Kinuso Real Country Restaurant	780-775-3500	Mon - Sat Sunday	11:00am - 9:00pm 3:00pm - 8:00pm
Korner Kitchen	780-775-3768	Mon - Sat	8:00am - 8:00pm
Swan River Grocery Corp Ag Foods	780-775-3699	Mon - Thurs Fri & Sat Sunday/holidays	9:00am - 7:00pm 9:00am - 10:00pm 10:00am - 5:00pm
Kinuso Liquor Store		Mon - Sat Sunday	9:00am - 7:00pm 10:00am - 5:00pm
Howard's Swan Valley Service Closed 12:00pm - 1:00pm	780-775-3506	Mon - Fri Saturday	8:00am - 6:00pm 9:00am - 5:00pm
Kinuso Municipal Library	780-775-3694	Tue & Thurs	3:20pm - 5:00pm
Swan River Gas Co-op Closed 12:00pm - 1:00pm	780-775-3779 Emergency 780-849-1408	Mon - Fri	9:00am - 4:30pm
Twice is Nice Boutique 5211-49th Street High Prairie	780-523-8503 780-618-6222	Wednesdays Fridays	10:00am - 5:00pm 10:00am - 7:00pm

ABOUT THIS PUBLICATION

This newsletter is brought to you by Big Lakes Family & Community Support Services.

For submissions to this newsletter:

Email to: tdumaresque@biglakescounty.ca

Call Tori at 780-776-3811

Fax to: 780-776-3821 Attn: FCSS NEWSLETTER

Entries must be submitted by the 20th of each month to be published in the following month's newsletter. (E.g., Submissions for February must be submitted by January 20th, etc.)

Submissions may be edited or denied based on content and how they fit the mandate of this publication.



Advertising Rates 2023

Interested in advertising with us?
Contact Tori at 780-776-3811 or email:
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 discretion of the editor.



Community newsletters are available by
email and are shared on our Facebook
page every month.

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



tdumaresque@biglakescounty.ca



780-776-3811



@BigLakesFCSS



BIG LAKES **COUNTY** **COUNCIL**

GARRETT ZAHACY
Ward 1
Heart River/Salt Prairie

Box 262 High Prairie, AB T0G 1E0
C: 780-523-6872
ward1@biglakescounty.ca

JEFF CHALIFOUX
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Grouard

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Enilda/Big Meadow

Box 244 Enilda, AB T0G 0W0
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C: 780-523-7681
ward7@biglakescounty.ca

TYLER AIRTH
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Banana Belt/HP East

Box 1967 High Prairie, AB T0G 1E0
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ward8@biglakescounty.ca

ANN STEWART
Ward 9
Sunset House/Gilwood S.

Box 660 High Prairie, AB T0G 1E0
H: 780-523-2590
C: 780-523-7282
ward9@biglakescounty.ca

BIG LAKES COUNTY **WASTE CENTRES**

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

Manned Transfer Sites

Winter Hours effective
October 1 - March 31

Wednesdays & Sundays
11:00am - 6:00pm

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

NW-9-73-15-W5 780-523-5760

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

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.