

Big Lakes Bulletin

January 2025

Big Lakes
COUNTY



This newsletter provided by Big Lakes Family and Community Support Services

BIG LAKES FCSS

ABOUT THIS PUBLICATION

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

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.

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

For submissions to this newsletter, or to be added to the mailing list:



tdumaresque@biglakescounty.ca



780-776-3811



780-776-3821 Attn: Newsletter



@BigLakesFCSS

Advertising Rates 2025

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.

JANUARY OFFICE CLOSURES

ENILDA	January 2-6
FAUST	January 2-7
GROUARD	January 2&3
HIGH PRAIRIE	January 2-6
JOUSSARD	January 2&3
KINUSO	January 2-7

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 (Outreach Tuesdays & Thursdays only)

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
dcox@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
dcox@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 - 903 Main St., 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

BIG LAKES BUS

Call to book your seat today!

1-877-925-2537

Passengers under the age of 18 must be accompanied by an adult.
 Seats must be booked by 3:00pm the day before the scheduled trip.

EVERY TUESDAY	To High Prairie - BLC resident pick-ups only	\$20.00
EVERY WEDNESDAY	Within High Prairie - HP resident pick-ups only	\$10.00
EVERY THURSDAY	To Slave Lake - HP & BLC residents	\$30.00

JANUARY						
S	M	Tues	Wed	Thurs	F	S
			1 NO BUS	2 SL	3	4
5	6	7 HP	8 HP	9 SL	10	11
12	13	14 HP	15 HP	16 SL	17	18
19	20	21 HP	22 HP	23 SL	24	25
26	27	28 HP	29 HP	30 SL		

FEBRUARY						
S	M	Tues	Wed	Thurs	F	S
					1	2
3	4	5 HP	6 HP	7 SL	8	9
10	11	12 HP	13 HP	14 SL	15	16
17	18	19 HP	20 HP	21 SL	22	23
24	25	26 HP	27 HP	28 SL		

Big Lakes Family
Day Celebrations

watch for more info!

Monday,
February 17,
2025

Event dates may vary

Big Lakes
COUNTY

fcss
Big Lakes
Family and Community
Support Services

Big Lakes Animal Care Facility



Our happiest boy Charlie is still looking for his forever home. One thing about Charlie is we 100% guarantee that you will fall in love with him as soon as you meet him.

Charlie is hands down the happiest and friendliest boy that we have in our care. He is so well behaved and a big suck for snuggles. He has great manners, learns very quickly and is ready to be your new best friend.

Charlie is great on a leash and loves to go on walks, no leash training required! The only downside of adopting Charlie is that you'll never want to leave his side.

Whether it's greeting you with a big grin or cuddling up after a fun day of play, Charlie's positivity is contagious. He's great with people of all ages and gets along great with other animals, too. Come meet Charlie and let him show you what unconditional love feels like. We guarantee he'll brighten your life in ways you never imagined!

For more information on Charlie or to book an appointment to meet him, call (780) 523-5955, email animals@biglakescounty.ca or visit our website to fill out an application <https://biglakescounty.ca/.../animal.../foster-an-animal/>

What's Happening in your County?



Send us your community events, activities, and updates and we would love to include it in our next newsletter! Reach out to Tori at tdumaresque@biglakescounty.ca or 780-776-3811 for more information.

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 & District Society for Recreation & Culture

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

Next Meeting:

AGM

Sunday, January 12 - 6:30pm

ENILDA BOWLING ALLEY

YOUTH FUN BOWLING

SATURDAY MORNINGS 10AM TO 12PM

AGES 5 TO 18 YEARS
\$5.00 PER YOUTH

~Enilda~
FARMERS
MARKET

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

Upcoming Dates:

NO MARKET IN JANUARY

Saturday, February 1



WHIST

Join us at the
Big Meadow Hall!

RR 154 TWP 752

Every Tuesday at
7:00 pm

Contact Stella Sware 780-523-2009

Jamboree

Third Saturday of every month from
September to May at Triangle Hall

Next date:

Saturday, January 18

1:00pm-5:00pm

For more information contact

Roger Kemp

Phone: 780-523-5367



HIGH PRAIRIE GOLDEN AGE CLUB

Wednesdays at 1:30pm
Floor Curling

Thursdays at 7:00pm
Whist, Bridge, Crib

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

JOUSSARD COMMUNITY ASSOCIATION



REMINDER

**The next JCA meeting will be:
Monday, January 13 @ 7:00pm
Upstairs at the JCA Hall.**

See you there!

Mondays

Mahjong - 1:30 - 4:30 - \$2.00 ea.

Tuesdays and Thursdays

Chair Yoga - 9:30 am - 10:30 am

Wednesdays

Homesteaders Hall - Seniors Community Suppers
6:00 pm - \$15.00 per person

Homesteaders Cards - Whist Series - 7:30 pm

JOUSSARD HOMESTEADERS SOCIETY



Grouard Seniors

**Grouard Seniors
Lunch
Every Wednesday
12:00pm
Northlands School.**



Grouard Seniors



Bookkeeper

The Grouard Seniors are looking for a contract bookkeeper. This person must be reliable, confidential and able to work independently once they receive instruction.

Duties include:

- Once a month receive support documents, deposit slips, bank statement and pictures of the cheque stubs from the Treasurer or an executive member (approximately 50 simple entries per month)
- Input this information into the bookkeeping system on a shared drive, balance against the bank statement and prepare the monthly report for the meeting which is sent to the Treasurer
- Be responsible for filing all supporting documents, deposit slips, contracts, and GIC notices which become part of the audit package
- Prepare basic contracts using existing templates as requested by the Treasurer
- In January, once the January bank statement has been received, prepare Financial Statements. Any adjusting entries and notes are discussed with the Treasurer. The audit package is then provided to the Treasurer.
- After approval at the AGM, the Treasurer provides the Bookkeeper with copies of the signed Financial Statements for scanning into the shared drive.
- Prepare and submit the Annual Return to Corporate Registries
- Prepare and submit any filings to Revenue Canada
- Submit the Financial Statements to the county and do any required reporting on County Grants
- In August, prepare a budgeting template by providing past years actual information to the Treasurer. They may also support the executive in other ways with information about budgeting.
- In early September, prepare the grant application for the New Horizons Grant with information support from the Treasurer
- In October, prepare the county grant applications with information support from the Treasurer.
- Monitor for grant reporting requirements and prepare reports, with information from the Treasurer, as required.
- Make requests to Gaming on how funds are spent as instructed by the Treasurer.
- Monitor and do any reporting required by Gaming. This involves scanning supporting documents for every cheque written from the casino account.
- Other duties as required.

If you are interested, submit your resume and cover letter to Grouardseniors@gmail.com by January 10, 2025. Include a quote of how much you expect to be compensated for providing these services.

Kinuso Seniors Club

Meetings are held the second Tuesday of each month
at the Kinuso Seniors Centre



Next meeting
January 14 - 1:00pm

Coffee Time
Tuesdays - 1:00pm
Fridays - 10:00am

New members are always
welcome!

BINGO

Kinuso Ag Hall
Every Wednesday

Doors Open	5:00pm
Bonanza Precall	6:30am
Regular Games	7:00pm

Bingo Balls Available

See you there!

KINUSO'S
CURLING RINK
SCHEDULE

MIXED LEAGUE CURLING DAYS WILL RUN
TUESDAY, WEDNESDAY AND THURSDAY
STARTING JANUARY 2025
LEAGUE FEES-\$600

IF YOU ARE INTERESTED IN:
FAMILY-SPIEL ↔ LEARN TO CURL ↔ SKEETERS

PLEASE CONTACT-780-849-0379

 LADIES BONSPIEL THE WEEKEND OF JANUARY 31, 2025 REGISTRATION FEE- \$400 SUPPER, DANCE AND PRIZES	 MEN'S BONSPIEL THE WEEKEND OF FEBRUARY 14, 2025 REGISTRATION FEE -\$400 SUPPER, DANCE AND PRIZES
 LOGGERS BONSPIEL THE WEEKEND OF MARCH 28, 2025 REGISTRATION FEE-\$400 SUPPER, DANCE AND PRIZES	

Ron Saitz, age 80, of Kinuso, Alberta passed away at home on November 17th, 2024. He was most happy working on his farm and spending time with friends and family. He is survived by his wife, Carol, his sons, Daryl (Amy), Lee (Jackie), and Owen (Angie), his grand children Devon, Riley, Sydney, Rayeann, Levi, Morgan, and Taylor, and his great grand-daughters Ronan and Sienna.

No services will take place at this time. The family appreciates the communities love and support. He will be forever loved and fondly remembered.

YES YOU CAN!

Want to brighten your future with new opportunities?
Academic Upgrading has a pathway for you!

FREE TO REGISTER!

Apply online www.northernlakescollege.ca/apply-now

Select Academic Upgrading as the program and NLC will contact you about your Completion Plan.



NORTHERN LAKES
COLLEGE



CALP
COMMUNITY ADULT
LEARNING PROGRAM

www.northernlakescollege.ca | 1-866-652-3456

AA Meetings

Mondays & Fridays 7:30pm
High Prairie
Nazarene Church
(4900-59 Ave)

Wednesdays 7:00pm
Grouard
Brown Building behind
Kapawe'no Hall #55

Kokum's Outreach

Will be offering Dog Sled Rides on
Sunday Funday

January 26th, 2025
1:00pm - 4:00pm

Everyone Welcome
First Come First Serve
Bagged Lunch Provided
Max 30 people

**Kokum's Outreach, volunteers & sponsors will NOT be liable for any injury or lost items during this event.*

Admission is:
Any NON Perishable Food Items collected on
Behalf of the High Prairie Food Bank

Contact April (780)507-1047

Sunday

Monday

Tuesday

Wed

JANUARY 2025

1

Happy

5

Joussard Ste. Anne Mass 10:00am
Grouard St. Bernard Mass 10:30am
HP St. Paul Mass 10:30am
Faust St. Paul's Church 1:30pm

6

Homesteaders Mahjong 1:30pm

7

Joussard Ste. Anne Mass 10:00am
Homesteaders Chair Yoga 9:30am
Kinuso Seniors Coffee 1:00pm
Big Meadow Hall Whist 7:00pm

8

Joussard Ste. Anne
Grouard Seniors Lu
HP Golden Age Floo
Kinuso Bingo 5:00p
Homesteaders Sen
Homesteaders Care

12

Kinuso St. Felix Mass 9:00am
Joussard Ste. Anne Mass 10:00am
Grouard St. Bernard Mass 10:30am
HP St. Paul Mass 10:30am
EDSRC Meeting 6:30pm

13

Homesteaders Mahjong 1:30pm
JCA Meeting 7:00pm

14

Joussard Ste. Anne Mass 10:00am
Homesteaders Chair Yoga 9:30am
Kinuso Seniors Meeting 1:00pm
Big Meadow Hall Whist 7:00pm

15

Joussard Ste. Anne
Kinuso Well Child &
Grouard Well Child
Grouard Seniors Lu
HP Golden Age Floo
Kinuso Bingo 5:00p
Homesteaders Sen
Homesteaders Care

19

Kinuso St. Felix Mass 9:00am
Joussard Ste. Anne Mass 10:00am
Grouard St. Bernard Mass 10:30am
HP St. Paul Mass 10:30am
Faust St. Paul's Church 1:30pm

20

Homesteaders Mahjong 1:30pm

21

Joussard Ste. Anne Mass 10:00am
Homesteaders Chair Yoga 9:30am
Joussard Well Child & Tiny Teeth
11:00am
Kinuso Seniors Coffee 1:00pm
Big Meadow Hall Whist 7:00pm

22

Joussard Ste. Anne
Grouard Seniors Lu
HP Golden Age Floo
Kinuso Bingo 5:00p
Homesteaders Sen
Homesteaders Care

26

Kinuso St. Felix Mass 9:00am
Joussard Ste. Anne Mass 10:00am
Grouard St. Bernard Mass 10:30am
HP St. Paul Mass 10:30am
Kokum's Outreach Dog Sled Rides

27


Homesteaders Mahjong 1:30pm

28

Joussard Ste. Anne Mass 10:00am
Homesteaders Chair Yoga 9:30am
Kinuso Seniors Coffee 1:00pm
Big Meadow Hall Whist 7:00pm

29

Joussard Ste. Anne
Kinuso Well Child 1
Grouard Seniors Lu
HP Golden Age Floo
Kinuso Bingo 5:00p
Homesteaders Sen
Homesteaders Care

Wednesday	Thursday	Friday	Saturday
<p>New Year!</p>	<p>2</p> <p>Joussard Ste. Anne Mass 10:00am Homesteaders Chair Yoga 9:30am HP Golden Age Cards 7:00pm</p>	<p>3</p> <p>Joussard Ste. Anne Mass 10:00am Kinuso Seniors Coffee 10:00am</p>	<p>4</p> <p>Joussard Ste. Anne Mass 10:00am HP St. Paul's Church 7:00pm</p>
<p>Mass 10:00am Curling 12:00pm Curling 1:30pm Seniors Supper 6:00pm Cards 7:30pm</p>	<p>9</p> <p>Joussard Ste. Anne Mass 10:00am Homesteaders Chair Yoga 9:30am HP Golden Age Cards 7:00pm</p>	<p>10</p> <p>Joussard Ste. Anne Mass 10:00am Kinuso Seniors Coffee 10:00am</p>	<p>11</p> <p>Joussard Ste. Anne Mass 10:00am Joussard Community Potluck 5:00pm HP St. Paul's Church 7:00pm</p>
<p>Mass 10:00am & Tiny Teeth 11:00am & Tiny Teeth 11:00am Curling 12:00pm Curling 1:30pm Seniors Supper 6:00pm Cards 7:30pm</p>	<p>16</p> <p>Joussard Ste. Anne Mass 10:00am Homesteaders Chair Yoga 9:30am HP Golden Age Cards 7:00pm</p>	<p>17</p> <p>Joussard Ste. Anne Mass 10:00am Kinuso Seniors Coffee 10:00am</p>	<p>18</p> <p>Triangle Jamboree 1:00pm Joussard Ste. Anne Mass 10:00am HP St. Paul's Church 7:00pm</p>
<p>Mass 10:00am Curling 12:00pm Curling 1:30pm Seniors Supper 6:00pm Cards 7:30pm</p>	<p>23</p> <p>Joussard Ste. Anne Mass 10:00am Homesteaders Chair Yoga 9:30am HP Golden Age Cards 7:00pm</p>	<p>24</p> <p>Joussard Ste. Anne Mass 10:00am Kinuso Seniors Coffee 10:00am</p>	<p>25</p> <p>Joussard Ste. Anne Mass 10:00am HP St. Paul's Church 7:00pm</p>
<p>Mass 10:00am Curling 12:00pm Curling 1:30pm Seniors Supper 6:00pm Cards 7:30pm</p>	<p>30</p> <p>Joussard Ste. Anne Mass 10:00am Homesteaders Chair Yoga 9:30am HP Golden Age Cards 7:00pm</p>	<p>31</p> <p>Kinuso Ladies Bonspiel Joussard Ste. Anne Mass 10:00am Kinuso Seniors Coffee 10:00am</p>	

Kinuso Municipal Library

Upcoming activities

Bound by Books Book Club met December 12 to discuss the book “Where the Crawdads Sing”. Thank you to all who participated in the book gift exchange and Christmas fun. This month the club is reading the book “The Help” by Kathryn Stockett. The group will meet in late January, date to be announced. All those interested in joining are welcome to pick up a copy of the book. For more information contact the club on Facebook - [Bound by Books Book Club](#).

Junior Book Club will be starting soon. For more information contact Leah Church at Kinuso School.

Homework Club will be continuing into January offering student support for Jr/Sr high students needing assistance with school, resume making, cover letter creation and more.

Adult Support is open to all community members offering adults assistance in filling out forms, resume writing or open to anyone who would just like to have computer and book access.

Craft and Games

After school crafts/games will be open to all patrons on Tuesday 3:18pm-5:00pm.

Congratulations to all the patrons who entered the comic book/graphic novel contest. Pop into the library to view the winners! January Contest is origami. Bring in your most creative origami design. All entries will be put on display.

Closed January 2, 2025 for the Christmas season.

January							Library hours Tuesday 3:18-5:15pm Thursday 4-7pm
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	2025
			1	2	3	4	
				Closed for the holiday season			
5	6	7 Crafts/Games Homework Club	8	9 Adult Education Homework Club	10	11	
12	13	14 Crafts/Games Homework Club	15	16 Adult Education Homework Club	17	18	
19	20	21 Crafts/Games Homework Club	22	23 Adult Education Homework Club	24	25	
26	27	28 Crafts/Games Homework Club	29	30 Adult Education Homework Club	31		

ALBERTA HEALTH SERVICES

Grouard - Northern Lakes College

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

Well Child Clinic & Immunizations
Jan 15 - 11am-3pm

Tiny Teeth
Jan 15 - 11am-3pm

If you are interested in sexual health testing/treatment/ information please book an appointment

Kinuso Public Health Office #40 Centre Street Kinuso

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

Well Child Clinic & Immunizations
Jan 15 & 29 - 11am-3pm

Tiny Teeth
Jan 22 - 11am-3pm

Adult Immunizations & Sexual Health Clinic
Information, education, testing
Jan 22 - 11am - 3pm

Jossard - Homesteaders Hall

To book an appointment call Sharmaine, RN at 780-523-6450

Well Child Clinic & Immunizations
Jan 21 - 11am-3pm

Tiny Teeth
Jan 21 - 11am-3pm



Thank you!



Thank you to everybody who so generously donated to the 2024 Christmas Angels program. Because of you, we were able to provide 72 families in Big Lakes County with a hamper for Christmas, including gifts for 54 children!

January 2025 Workshops Alberta Healthy Living Program

Be Supported on your Journey to Better Health
– Virtual classes by Zoom



Managing Diabetes

Workshops for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those living with diabetes.

Overview

Jan 14	Tue Afternoon	1:30-4pm
Jan 22	Wed Morning	9:30-12pm

Nutrition

Jan 21	Tue Afternoon	1:30-3pm
Jan 29	Wed Morning	9:30-11am

Ongoing Care

Jan 28	Tue Afternoon	1:30-4pm
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Foot Care & Seated Exercise

Jan 14	Tues Morning	9:30-10:30am
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Heart & Stroke Education

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

Overview & Prevention

Jan 7	Tues Afternoon	1:30-4pm
Jan 30	Thurs Evening	5:30-8pm

Nutrition

Jan 14	Tues Afternoon	1:30-3pm
Feb 6	Thurs Evening	5:30-7pm

Managing Stress

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

Jan 9 & 16	Thurs Afternoons	1:30-2:30pm
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Moving Matters

Learn to get moving safely and how it can help you. Make a plan to get started, stay motivated and have fun.

Jan 30	Thurs Afternoon	1:30-2:30pm
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Weight Management

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

Series 1—Classes 1.1, 1.2, & 1.3

Jan 9, 16, & 23	Thursday	9:30am-12pm
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Series 2—Classes 2.1, 2.2, & 2.3

Jan 8, 15, & 22	Wednesday	5:30-8pm
Jan 30, Feb 6, & 13	Thursday	9:30am-12pm

Series 3—Classes 3.1 & 3.2

Jan 7 & 14	Tuesday	1:30-4pm
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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 13 - Feb 24, Mon/Wed @ 1-2:30pm
Jan 13 - Feb 24, Mon/Wed @ 6-7:30pm
Feb 4 - Mar 13, Tue/Thurs @ 10-11:30am

Better Choices, Better Health

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

Living with a Chronic Condition

Feb 25 - Apr 1	Tue Mornings	9:30am-12pm
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Living with Chronic Pain

Jan 15 - Feb 19	Wed Evenings	6-8:30pm
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Help using Zoom is
available!



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Alberta Healthy Living
Program

Exercise Program

Experience the health benefits!

Learn to exercise safely while living with a health condition.

Upcoming Sessions:

Jan 13 - Feb 24	Mon/Wed	1-2:30pm
Jan 13 - Feb 24	Mon/Wed	6-7:30pm
Feb 4 - Mar 13	Tue/Thurs	10-11:30am

Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely through Zoom in your own home.



Visit www.healthylivingprogram.ca
Or [Click here to connect](#) with our exercise team

If you are an adult living with one or more chronic health conditions, join this safe, fun and interactive small group setting.



For more information call
1-877-349-5711

 **Alberta Health Services**
Alberta Healthy Living Program

Alberta Healthy Living Program

Education that Supports your Health and Your Life



Better Choices Better Health® Group Support for living with a long-term health condition

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Better manage medications
- Solve problems and set goals
- Attend with a friend or family member

Next 6-week workshop runs:
Thursday afternoons
Feb 6, 13, 20, 27, Mar 6, & 13
1:30 - 4:00 p.m.
Join Online by zoom

Chronic Pain Group Support Better Choices Better Health®

- Connect with others experiencing long-term pain
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Better manage medications
- Practice a gentle movement program
- Solve problems and set goals

Next 6-week workshop runs:
Wednesday evenings
Jan 15, 22, 29, Feb 5, 12, & 19
6:00 - 8:30 p.m.
Join Online by zoom



Register at:

www.healthylivingprogram.ca
1-877-349-5711

 **Alberta Health Services**
Alberta Healthy Living Program

How to Shovel Snow Safely

When you are shoveling, remember to always:



- Lift with your legs and not your back
- Try to push the snow, rather than lift it

- Take frequent breaks
- Use an ergonomic shovel that puts less strain on your back



Dill Pickle Soup

Ingredients

- 5-1/2 cups chicken broth
- 1-3/4 lbs. russet potatoes, peeled and quartered
- 2 cups chopped carrots, smaller dice
- 1 cup chopped dill pickles (smaller dice—about 3 large dills)
- 1/2 cup unsalted butter
- 1/2 cup flour
- 1 cup sour cream
- 1/4 water
- 2 cups dill pickle juice
- 1-1/2 tsp Old Bay seasoning
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp cayenne pepper



Directions:

- In a large pot, combine broth, potatoes, carrots, and butter. Bring to a boil and cook until the potatoes are tender. Add pickles and continue to boil.
- In a medium bowl, stir together flour, sour cream, and water. Vigorously mix the sour cream mixture into the soup, 2 tbsp at a time.
- Add pickle juice, Old Bay, salt, pepper, and cayenne. Cook 5 more minutes and remove from heat. Serve immediately.

HANDY DANDY LIFE TRICKS

FROM NICOLE AND TORI

1. When attempting to cook a meal, ensure you turn the stove ON.
2. When making hard boiled eggs, don't forget about them on the stove - they will explode!
3. Remove seat belt before exiting the vehicle.
4. There - a place
5. Their - shows ownership
6. They're - short for they are
7. Be kind to yourself. We are all human!



Winter Word Search

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

hotchocolate	gingerbread	snowstorm	snowflake	evergreen	toboggan
reindeer	pinecone	flurries	firewood	february	earmuffs
blizzard	blanket	sweater	snowman	mittens	january
flannel	winter	shovel	sneeze	shiver	jacket
icicle	gloves	eggnog	socks	slush	sleet
skate	scarf	quilt	frost	boots	wind
sled	ski				



Local Churches

St. Paul's Anglican Church

#1-1st Street SW Faust

Contact Lynn Nygaard 587-516-1973

Sunday January 5 - 1:30pm

Sunday January 19 - 1:30pm

Ste. Anne Catholic Church

#20 Lakeview Drive Joussard

Sundays - 10:00am

Tuesday - Saturday - 8:30am

St. Bernard Catholic Church

#64 Mission Street Grouard (Kapawe'no school gym)

Sundays - 10:30am

St. Felix de Valois Catholic Church

#38-1st Street Kinuso

2nd, 4th, 5th Sundays

Sunday, January 12 - 9:00am

Sunday, January 26 - 9:00am

Contact Gertie Cunningham for First Communion or Baptisms 780-775-2265

St. Paul Roman Catholic Church



#4633-52nd Ave, High Prairie

Saturdays - 7pm

Sundays 10:30am

Father Eucharius C. Ndzefemiti 780-523-3140 Pastor.stpauls@gmail.com

Facebook: [St Paul's Catholic Church](#)


AAA-000


Remember to renew your
 vehicle registration in
January if your surname or
 company name begins with
A, I, J, Ke, U, or X or #0-9



ENILDA	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	Faust General Store	780-355-3600	Mon - Sat Sundays & Holidays	9:00am - 8:00pm 11:00am - 7:00pm
GROUARD	Bigway Foods	780-751-3964	Mon - Fri Saturday Sunday	10:00am - 11:00pm 10:00am - 12:00am 12:00pm - 11:00pm
	Ferguson Market	780-751-2221	Sun - Sat	9:00am - 10:00pm
	Grouard Post Office (Ferguson Market)		Mon - Fri	9:30am - 12:00pm 3:00pm - 5:00pm
JOUSSARD	Jerry's Store	780-776-3833	Sun - Sat	9:00am - 10:00pm
	Joussard Bottle Depot	780-523-0270	Mon Sat/Sun	12:00pm-4:00pm 11:00am-5:00pm
	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
KINUSO	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 Kodiak Restaurant	780-775-3500	Sun-Sat	8:00am - 9:00pm
	Korner Kitchen	780-775-3768	Mon - Sat	8:00am - 8:00pm
	Swan River Grocery Corp Ag Foods	780-775-3699	Mon - Sat Sunday & Holidays	9:00am - 6:00pm 10:00am - 5:00pm
	Kinuso Liquor Store		Mon - Thurs Fri-Sat Sundays & Holidays	9:00am - 6:00pm 9:00am - 8:00pm 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	Tuesday Thursday	3:18pm - 5:15pm 4:oopm - 7:00pm
	Kinuso Agricultural Society	780-775-2684	Mon/Tue/Fri	9:00am - 5:00pm
	Swan River Gas Co-op Closed 12:00pm - 1:00pm	780-775-3779 Emergency	Mon - Fri	9:00am - 4:30pm
	HP	Twice is Nice Boutique 5211-49th Street High Prairie	780-523-8503 780-618-6222	Wednesdays Thursdays

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
Damage Deposit	\$200

*Rent and damage fee doubled with alcohol
Other fees may be applicable*

Contact - Diana 780.523.8503 or
Father Eucharius 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.
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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

Joussard Community Association

Full day function (Meetings, showers, funerals)	\$300.00 +\$200 DD
Weddings/Reunions	\$800.00+\$300 DD
Community development workshops	No charge/no DD

Contact - Jeanette 780.536.1028

Pioneer Thresherman's Triangle Hall

Weekend rate: Fri 12pm - Sun 2pm	\$1,000 +\$1000 D.D.
Full day	\$500 +\$500 D.D.
Funeral (full day)	\$300
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 - Kathy -780776.2204 or 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) Renter provides liquor and supplies	TBD
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Bar service Hall provides liquor, supplies, and servers	TBD
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Contact - Darla Driscoll 780.523.0624

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

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

Spruce Point Park Multi Recreational Building

Complete Center	
Day rate	\$700
Weekend rate	\$1400
Weekend rate + 1 extra day	\$2100
Arena	
Daily rate	\$300 ^{per day} or \$50 ^{per hour}
Weekend rate	\$600
Weekend rate + 1 day	\$900
Kitchen Only	
Daily rate	\$400
Weekend rate	\$800
Weekend rate + 1 day	\$1200
Meeting Room	
Daily rate	\$100
Weekend rate	\$200
Weekend rate + 1 extra day	\$300

Reservation deposit required at time of booking. Damage deposit required min. 3 days before rental. GST calculated on reservation deposit.

Contact - Spruce Point Park 780.775.3805



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

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Ward 2
Grouard

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Ward 3
Gilwood N./Triangle

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TYLER AIRTH
Ward 8
Banana Belt/HP East

Box 1967 High Prairie, AB T0G 1E0
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ANN STEWART
Ward 9
Sunset House/Gilwood S.

Box 660 High Prairie, AB T0G 1E0
H: 780-523-2590
C: 780-523-7282
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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

*Closed Christmas Day, Boxing Day, New
Years Day, Easter Sunday*

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.