

DECEMBER 2022

TOWN NEWS

EDITION #10 ISSUE #12

Town of Willow Bunch

Box 189 Willow Bunch, SK

S0H 4K0

Ph: 306-473-2450

Fax: 306-473-2312

www.willowbunch.ca

OFFICE HOURS

Monday – Friday

7:00 am – 12:00 pm

12:45 pm – 4:30 pm

COUNCIL MEETINGS

Town of Willow Bunch

DECEMBER 6 @ 7PM

R.M. of Willow Bunch No. 42

DECEMBER 12 @ 9AM

Sharleine Eger

Administrator

rm.42@sasktel.net

Tereena Bartlett

Assistant Administrator

willowbunch.town@sasktel.net

**Claire Lesperance – Community
Development Office**

willowbunchcdo@gmail.com

HILLS OF HOME CENTER BOOKINGS

If you are wanting to book the
Hills of Home Center for any
reason, please contact the
Municipal Office

WINTER Transfer

Station Hours

Now in effect until MARCH 31st

Tuesday: 1:00 pm – 5:00 pm

Saturday: 10:00 am – 12:00 pm

1:00 pm – 5:00 pm

NEXT GREY GARBAGE BIN

PICK UP DATE:

DECEMBER 5TH

DECEMBER 19TH

@ 7:00AM

NEXT BLUE RECYCLE BIN

PICK UP DATE:

@ 7:00AM

DECEMBER 12TH

DECEMBER 26TH

GYM MEMBERSHIPS

ARE ONLY \$15 / MONTH

CONTACT THE TOWN OFFICE

AT 306-473-2450

OFFICE CLOSED

MONDAY, DECEMBER 26, 2022

TUESDAY, DECEMBER 27, 2022

MONDAY, JANUARY 2, 2023



TOWN OF WILLOW BUNCH

2023 Water/Sewer/Recycling Prepayment Schedule

A discount of 5% will be given to all consumers who pay their YEARLY water & sewer charges in one lump sum on or before **January 31, 2023.**

The quarterly amount of water allowed is 9000 gallons,
if you go over this amount overage charges will apply.

TOWN RESIDENTS

Water 12 x \$30.00 = \$360.00 x **5% discount** = \$18.00 Balance \$342.00

Sewer 12 x \$15.00 = \$180.00 x **5% discount** = \$9.00 Balance \$171.00

Recycling 12 x \$10.00 = \$120.00 – **No Discount** = Balance \$120.00

Garbage 12 x \$15.00 = \$180.00 – **No Discount** = Balance \$180.00

* Capital Infrastructure Fee 12 x \$5.00 = \$60.00 – **No Discount** =
Balance \$60.00

TOTAL TO BE PAID BEFORE JANUARY 31, 2023 - \$873.00

NON-RESIDENTS

Water 12 x \$38.00 = \$456.00 x **5% discount** = \$22.80 Balance \$433.20

Sewer 12 x \$15.50 = \$186.00 x **5% discount** = \$9.30 Balance \$176.70

* Capital Infrastructure Fee 12 x \$5.00 = \$60.00 – **No Discount** =
Balance \$60.00

TOTAL TO BE PAID BEFORE JANUARY 31, 2023 - \$669.90

Recycling (if applicable) 12 x \$10.00 = \$120.00 – **No Discount** =
Balance \$120.00

Garbage (if applicable) 12 x \$15.00 = \$180.00 – **No Discount** =
Balance \$180.00

Take advantage of **5% savings** and prepay your annual water and sewer charges prior to **January 31, 2023**.

All pre-payments can be made at the Town Office and via online banking:

Payee listing – Willow Bunch Water & Sewer, Town of

Etransfer: Willowbunch.town@sasktel.net

Debit now available

PLEASE NOTE: Recycling & Garbage charges are applied to your utility bill. If you prepay the water and sewer only, you will have an amount owing at the end of the year for recycling and garbage and any consumption above and beyond 9000 gallons quarterly.



**LORAAS
DISPOSAL**

IMPORTANT:

Carts must be out by 7a.m. on collection days

2023 Willow Bunch Collection Calendar

Garbage ONLY Recycle ONLY

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023

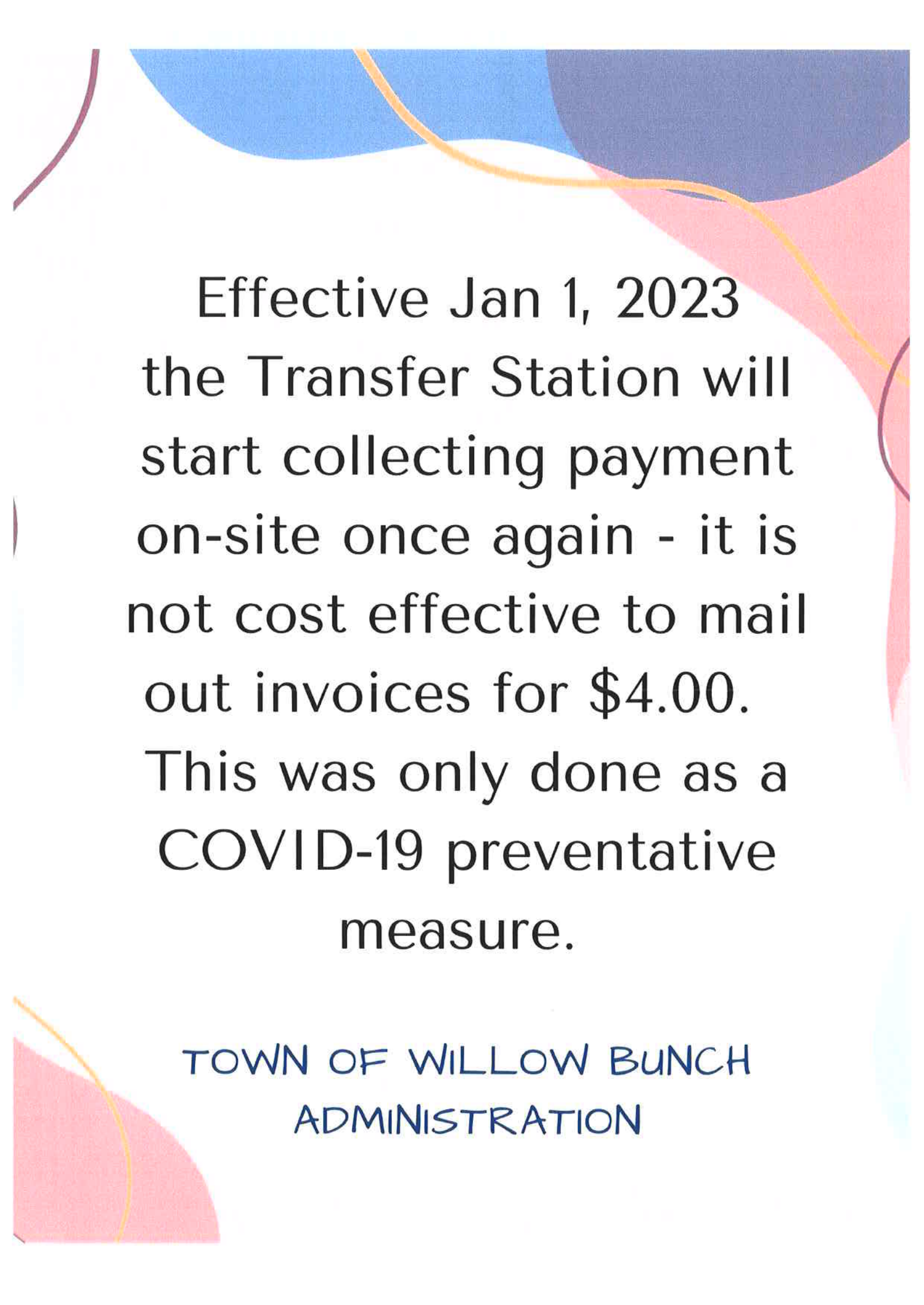
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Loraas Disposal
620 McLeod Street
Regina, SK S4N 4Y1

Phone: 306-721-1000
Web: www.loraasdisposal.com
Email: cart@loraasdisposal.com



Effective Jan 1, 2023
the Transfer Station will
start collecting payment
on-site once again - it is
not cost effective to mail
out invoices for \$4.00.
This was only done as a
COVID-19 preventative
measure.

TOWN OF WILLOW BUNCH
ADMINISTRATION

SNOW REMOVAL

When clearing your driveway, or walkway, etc, the snow removed should be placed on your own personal property and not on the neighboring property or Town property unless you have been given permission by the property owner. Also we would like to remind all residential and commercial property owners/occupants that sidewalks are to be cleared within 24 hours of snowfall. We encourage residents to be a snow angel and help those neighbours who may need some help removing snow. Your cooperation is greatly appreciated.



IN THE EVENT OF UNPLANNED EXTENDED POWER OUTAGE – THE HILLS OF HOME CENTER IS EQUIPPED WITH A NATURAL GAS GENERATOR AND WILL BE OPEN TO ANYONE WHO WOULD LIKE TO GO WARM UP UNTIL THE POWER IS RESTORED.

The Town of Willow Bunch has passed a bylaw to Assess and Levy the Cost of Fire Prevention, Suppression and Emergency Response Services. **This means that if the Fire Department is called out to a fire in the Town of Willow Bunch that the property owner will be billed for the fire suppression services to a maximum of \$10,000.00. It is up to each property owner to make sure they have \$10,000.00 fire suppression coverage.** Most residential policies have an insurance clause to cover fire suppression services.

It is important that you contact your insurance company to make sure that you have coverage for fire charges. Please ensure you have adequate coverage. If you are charged and payment is not made, it will be applied to your taxes.



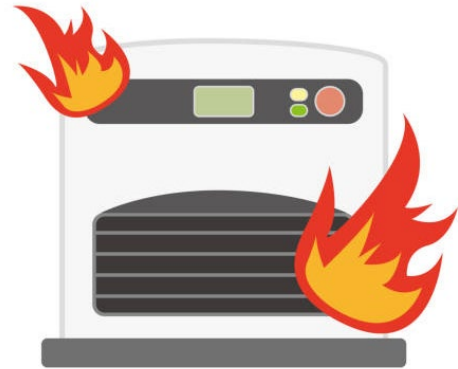
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FIRE SAFETY - SPACE HEATERS

Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. Unfortunately, they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters placed near combustibles, or space heaters that are improperly plugged in.

Safety should always be a top consideration when using space heaters. Here are some tips for keeping your home safe and warm when it's cold outside:

- * Make sure your space heater has the label showing that it is listed by a recognized testing laboratory.**
- * Before using a space heater, read the manufacturer's instructions and warning labels carefully.**
- * Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.**
- * Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.**
- * Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes.**
- * Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.**
- * Proper placement of space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat, and start a fire.**
- * Always unplug and safely store the heater when it is not in use.**



PUBLIC NOTICE
Of Intent to Adopt an
OFFICIAL COMMUNITY PLAN and ZONING BYLAW

NOTICE

Public notice is hereby given that the Council of the Town of Willow Bunch intends to consider the adoption of an Official Community Plan Bylaw and Zoning Bylaw pursuant to *The Planning and Development Act, 2007*.

REASON

The proposed Official Community Plan (OCP) will establish and provide direction on municipal land use policies, goals and objectives.

The proposed Zoning Bylaw is a regulatory document that implements the policies contained in the OCP, help direct and manage growth and development. This document will establish zoning districts, prescribe permitted and discretionary uses within each zoning district, establish a development permitted process, prescribe a process for appeals and provide a provision for amendments.

AFFECTED LAND

The proposed OCP and Zoning Bylaw encompass all properties within the municipality of the Town of Willow Bunch.

PUBLIC INSPECTION

The document and maps of the OCP and Zoning Bylaw may be viewed at the Town of Willow Bunch located at #16 Edouard Beaupre St. These documents may be examined by any person without payment of any fee between the hours of 7:00 a.m. – 4:30 p.m., Monday through Friday, excluding holidays, up to and including December 6th, 2022.

Copies of the documents may be obtained from the Administrator at a cost of \$25.00. Any questions about these documents can be directed to the Town of Willow Bunch Office.

PUBLIC HEARING

The Council will hear all submissions respecting the proposed OCP and Zoning Bylaw on:

December 6th, 2022 at 7:30 -8:30 p.m. in Council Chambers

Council will hear all persons who are present at the meeting and wish to speak on this matter. They will also consider written comments received at the hearing or delivered to the undersigned before the hearing.

Issued at the Town of Willow Bunch
this 20th day of October, 2022.

Sharleine Eger

RMA

Town of Willow Bunch

BYLAW 6/2017

A BYLAW TO REGULATE ANIMALS

The Council of the Town of Willow Bunch, in the Province of Saskatchewan, enacts as follows:

PART I - TITLE & PURPOSE

1. This bylaw shall be cited as "The Animal Control Bylaw".
2. The purpose of this Bylaw is:
 - 2.1. To control and regulate cats and dogs;
 - 2.2. To control and regulate other animals including exotic and wild animals

PART III - GENERAL

4. *DOGS BARKING OR HOWLING*

- a. No person who owns or keeps a dog or allows it to stay in the owner's premises shall allow such dog to bark excessively or howl excessively;
- b. Any person who allows a dog to bark or howl excessively shall be deemed guilty of an infraction of this bylaw;
- c. Any person who hears a dog barking or howling excessively and can positively identify the animal, can file a written complaint at the Town Office. Written complaints must include information as set out in Form 1 attached to this bylaw;
- d. The municipality may issue a written order if there is anything in the physical environment that the dog is being kept in that can be remedied that would prevent said dog from barking or howling;
- e. The municipality may apply to a judge to have a dog that barks or howls excessively, at the owner's expense, muzzled, fitted with a collar or device that deters barking or permanently removed from the municipality; and,
- f. The municipality may issue a written infraction notice, in the appropriate Municipal form, under this or the Municipal Noise Bylaw.

5. *RUNNING AT LARGE AND PROHIBITED AREAS*

- a. No animal shall run at large in the municipality;
- b. If an animal is found to be running at large the owner shall be deemed to have permitted the animal to be at large unless the owner proves to the satisfaction of the court that at the time of the offence the owner did all that was reasonable to prevent the animal from being at large;
- c. Any person who sees an animal running at large, and can positively identify the animal, can file a written complaint at the Town Office. Written complaints must include information as set out in Form 1, Notice of Violation, as attached to this bylaw;..."

9. *LITTER CLEAN UP*

- a. If an animal defecates on any public or private property other than property belonging to the owner of the pet, the owner of the cat or dog shall remove the defecation immediately.
- b. Any person who owns, possesses, or harbours an animal and fails to remove the defecation as set out in Subsection 10.1 shall be deemed guilty of an infraction of this bylaw;
- c. This section does not apply to a person who owns and is physically reliant on a guide dog trained and used to assist such person

**NOTE: THIS IS ONLY A PARTIAL LISTING OF BYLAW 6/2017 –
TO VIEW BYLAW 6/2017 IN IT'S ENTIRETY PLEASE GO TO:
willowbunch.ca/government/town/bylaws/**

Coronach RCMP Monthly Stats Report

During the month of OCTOBER, the Coronach/Bengough RCMP responded to 41 calls for service and issued 12 traffic warnings/tickets/inspections. The following is a breakdown by area:

RCMP CALLS TO SERVICE INCLUDED:

RM 10

1 Complaint of cattle on highway

RM 11

1 Suspicious person/vehicle/activity

1 Vehicle fire

1 Semi rollover – no injuries

1 Speeding ticket issued

1 Written warning for speeding

TOWN OF CORONACH

1 Complaint of fireworks in town

1 Complaint of coyotes in town – Conservation called

1 Wellbeing check

RM 12

2 Charges of assault

1 Call for unruly patron in bar

RM40

3 MVA with a deer – no injuries

TOWN OF BENGOUGH

1 Theft under \$5000

1 MVA – no injuries

1 Assistance to other agency serving documents

2 False alarms

RM 42

1 Fraud

2 Complaints of cattle on highway

1 Complaint of bicyclist on highway

1 Hit and run – side swiped on highway

1 False alarm

7 Speeding tickets issued

1 Written warning for speeding

RCMP CALLS TO SERVICE CONTINUED:

TOWN OF WILLOW BUNCH

- 3 Charges for failing to comply with release conditions
- 1 Charge for Fail to attend court
- 1 Charge for driving while disqualified
- 1 Complaint of driving while disqualified
- 1 Fire
- 3 Family law act

RM 70

- 1 Theft under \$5000 – civil issue
- 1 MVA with a deer – no injuries
- 1 MVA with a deer – non-reportable

RM71

- 1 MVA with a deer – non-reportable
- 1 Complaint of erratic driver – unable to locate
- 1 Complaint of letters left at businesses

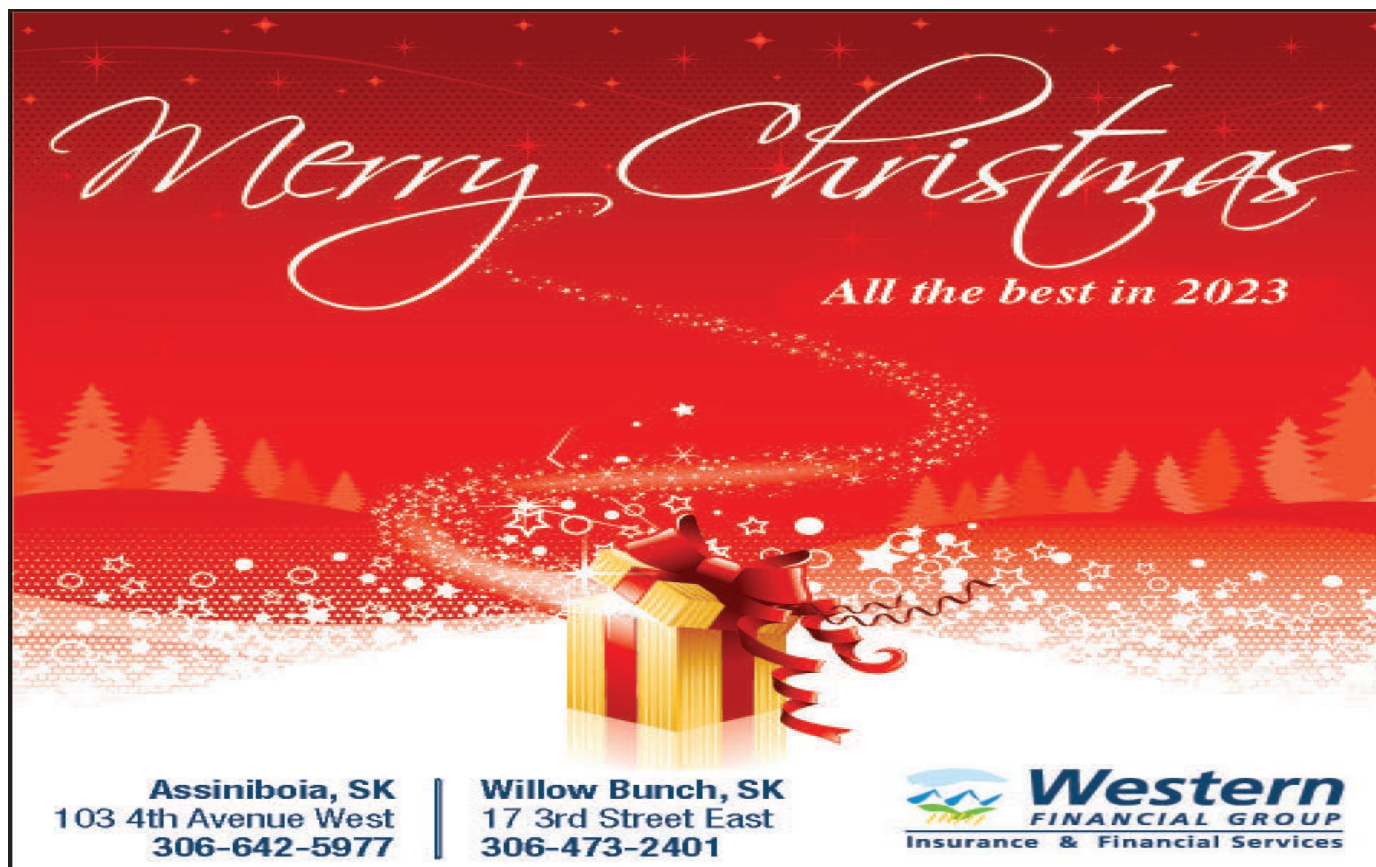
TOWN OF OGEMA

Sudden death

- 1 Family law act

Assistance to other areas :

- 1 911 hang up – no emergency
 - 1 Family law act
 - 1 Ticket issued for failing to signal to warn of turn
 - 1 Written warning for failing to produce drivers license upon request
-



St. Ignace Parish

December & January Mass Schedule

MASSES– Saturday @ 5:00pm

December 3, 10 & 17 & 31

Father will be available for Reconciliation (Confession) 15 minutes before Saturday Mass

On December 3, 10 & 17

CHRISTMAS EVE – December 24 @ 7:00pm

**December 25 – CHRISTMAS DAY –
NO MASS**

Sunday, January 1, 2023 – 9:00am MASS

JANUARY MASSES – Sunday - 9:00am

January 1, 8, 15, 22 & 29, 2023

Merry Christmas from Heaven

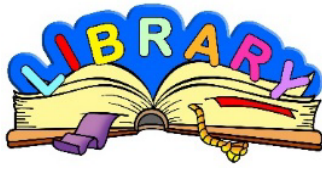
Throughout the Christmas season,
don't fall into despair,
Relive the special times we shared,
I promise, I'll be there.
You'll find me in the stories,
of loved ones who stop by,
I am the flickering candlelight,
My spirit did not die.
Continue with traditions and gather
around the tree,
I want you to be happy. . . You were
everything to me!
So fill the house with laughter,
and know that I'm a part,
Of all the joy the season brings,
Here ALWAYS in your heart.



**In Memory of former residents of Willow Bunch
we loss in 2022**

**Gerald Beausoleil
Janvier Bonneau
Berthe Delorme
Helen Domes
Elaine Eger
Cameron Gibson
Daniel McGillis
Louise Piche
Leo Thorhaug**

**Joseph Bellefleur
Sylvia Cote
Leo-Paul Delorme
Gerard Durand
David Genik
Lea Lesperance
Clarence Montgomery
Dickie Porter**



DECEMBER EVENTS

Early Literacy

Every Thursday @ 10:30am DECEMBER 1ST, 8TH, 15TH AND 22ND

Please register so we have enough craft supplies for Everyone.

Developing language and literacy skills begins at birth through everyday loving interactions, such as sharing books, telling stories, singing songs and talking to one another. A child's positive early experiences with books and language lay the foundation for success in learning to read. **OUR THEME THIS MONTH WILL BE SNOW AND**

CHRISTMAS

FREE PROGRAM

Family Art Night – **“BOTTLE TOP POPPIES”**

FRIDAY, DECEMBER 9TH @ 6:30pm

A Time for families to enjoy making art together.

Space is limited so please register early

FREE PROGRAM

Let me know if you have to cancel.

SANTA CLAUS DIRECTED DRAWING – Please Register by December 9th at noon.

PRE-SCHOOL & HOME SCHOOL LEGO

DECEMBER 2nd, AND 14TH @ 1:30PM

What's the connection between **LEGOS** and books, you ask? Promoting play contributes to early literacy development by increasing attention span, memory, creativity, and language and vocabulary skills. It also lays the foundation for logical mathematical thinking, scientific reasoning, and problem solving.

FREE PROGRAM



AFTER SCHOOL LEGO AT 4:15PM

After school at the Library is the place to be! Join other LEGO Creator's for building fun together. Bring your creativity, we provide the LEGO.

FREE PROGRAM

Secret Santa Workshop

December 21st @ 6:00pm in the library

Register by Sunday, December 18th

Projects will be pre-bagged to keep all secrets safe!

Please register your children by calling the library, leaving your information on this post or stop by the library. This way, we can make sure we have enough supplies prepared for everyone. Our Library elves will be there to help throughout their gift making and gift – wrapping experience.



BREAKFAST with Santa!

December 3rd @ 9:30am at Hills of Home
Tickets must be purchased by December
1st at noon

Tickets 12 and up - \$6

4 to 11 - \$3

Under 3 - FREE

Willow Bunch Rec Board

The new ice plant is up and running! Thanks to the new plant, the skating rink ice was ready for our first day of public skating on October 30th.

Skating Rink kitchen is open every Tuesday night in conjunction with skating lessons. Pre-order takeout, or come on down for supper and watch the skaters learn new skills!

Curling ice is now ready and 4-End funspiel curling occurs every Wednesday until Christmas, this is solely for fun and to try out curling so stop in Wednesdays at 7pm if you'd like to curl. Regular league curling starts the first week of January, to enter your team call or text Wanda at 640-8833.

The Coronach Merchants Senior team will be playing their first home game of the year in Willow Bunch on Dec 10th at 7:30 vs Glentworth Thunder.

Come down and cheer on the Merchants who have been practicing in Willow Bunch for the month of November while the Coronach ice plant was being rebuilt.

We'll also be looking for gate and kitchen workers for this game, so if you are able to help out please text or call Carter at 640-8105.

All this fun has been made possible by the new ice plant that was installed this year. The new, more efficient ice plant now runs both the skating and curling rinks.

Funding for the \$375,000 project was obtained through the Investing in Canada Infrastructure Program (Federal and Provincial governments) for \$274,987 and the following donors:

The Gerard & Richard Cayer Charitable Foundation Inc. - \$25,000

Richardson Pioneer - \$25,000

Farm Credit Canada - \$15,000

Conexus - \$15,000

Hickseed - \$2,500

Western Financial - \$5,000

Southland Co-op - \$3,000

Willow Bunch Legion - \$500

Chase the Ace - \$15,895

Bengough Credit Union - \$1,000

Youngs Equipment - \$5,000

Thanks to all the donors and everyone who supported the project through Chase the Ace!



WILLOW BUNCH MUSEUM



The Museum closed for the season *on September 15th*, but we have had a few more curious folks stop by in the last month, giving us a total of **2166** visitors this year!



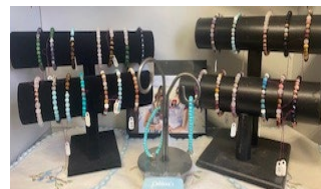
A big thank you to The Gerard and Richard Cayer Charitable Foundation Ltd. for their generous donation of \$10,649.93 towards the replacement of the tile flooring in the basement kitchen and both bathrooms, 2 entrance ways and corridors that are in poor condition and starting to lift.



Thank you to the “GOVERNMENT OF SASKATCHEWAN” for the funding we received through the Technology Microgrant for Community Museums to purchase an “Acer Laptop & Office Chair for our museum.

We have great **Christmas ideas** for gifts or Stocking Stuffers!

Just give us a call @ 640-7785 and we will be glad to open up for you.



THANK YOU FOR YOUR CONTINUED SUPPORT!



Coronach – Rockglen – Willow Bunch Service Calendar – December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Coronach Primary Care Clinic Staff would like to Wish you a Very Merry Christmas and a Happy New Year!!! From: Dr. Glaeske, Johanne Rust, Trina V, Carrie, Angela, Janna and Trina K					To book appointments call:
Nurse Practitioner – Coronach Lab–Coronach-8:00-4:00	Dr. Glaeske –Coronach Nurse Practitioner – Away Lab-Rockglen-9:00-11:00	Nurse Practitioner – Coronach Lab–Coronach-8:00-4:00	Nurse Practitioner - Rockglen	Nurse Practitioner – Willow Bunch	Coronach Clinic Monday to Wednesday 306-267-2200 Coronach Lab: Monday & Wednesday 306-267-2524 Public Health Coronach 306-267-5705
5 Nurse Practitioner – Away Lab–Coronach-8:00-4:00	6 Dr. Glaeske – Coronach Mental Health Counsellor - Coronach Nurse Practitioner- Rockglen Lab-Rockglen-9:00-11:00	7 Dr. Glaeske – Willow Bunch Lab-Willow Bunch-2:30-3:30	8 Nurse Practitioner -Rockglen	9 Nurse Practitioner-Willow Bunch	
12 Nurse Practitioner – Away Lab–Coronach-8:00-4:00	13 Dietitian Coronach	14 Dr. Glaeske-Willow Bunch Lab-Willow Bunch-9:30-10:30	15 Nurse Practitioner -Rockglen	16 Nurse Practitioner – Willow Bunch	
19 Nurse Practitioner – Away Lab–Coronach-8:00-4:00	20 Dr. Glaeske – Coronach Nurse Practitioner – Rockglen Lab-Rockglen-9:00-11:00	21 Dr. Glaeske – Willow Bunch Lab-Willow Bunch-2:30-3:30	22 Nurse Practitioner - Rockglen	23 Nurse Practitioner- Willow Bunch	Rockglen: Clinic & Lab Tuesday & Thursday 306-476-2209
26 <i>Boxing Day</i> Clinics Closed	27 Clinics Closed	28 Nurse Practitioner – Coronach Lab–Coronach-8:00-4:00 Dr. Glaeske-Willow Bunch Lab-Willow Bunch-9:30-10:30	29 Nurse Practitioner - Rockglen	30 Nurse Practitioner–Willow Bunch	Willow Bunch: Clinic & Lab Wednesday & Friday 306-473-2310

Dealing With Stress During the Holidays

The holidays are a time of gathering, connection, high spirits, visits and excitement. However; for many people, the holidays are also a time of increased stress, financial strain, depression, isolation and resentment. It is important to know how to take care of yourself and cope this holiday season!



- Acknowledge your feelings. If the holiday season is a time that does not bring you joy, that is ok. Acknowledge the reasons why and validate that. Turn to your coping skills.
- Reach out for help. If you are lonely, feeling isolated and depressed or having thoughts of suicide, please reach out for help. You are not alone.
- Be realistic and avoid perfectionism. The holidays do not need to be perfect. Keep in my mind what the holidays are truly about- family and connection. Shop and give within your means. Give handmade, personal gifts. Holiday plans look different for everyone- try not to compare and be willing to switch plans and traditions.
- Set boundaries. Say no if you need to and be ok with your decision to say no. Avoid people and situations that bring you down or do not serve you in a positive way. Put your own mental health first.
- Stick to your healthy habits. Of course the holidays are a time to indulge and enjoy good food and spirits. However; try to continue your exercise routine, sleep hygiene, healthy meals, drinking lots of water, avoid social media if it is triggering, etc.
- Make time for yourself. Prioritize your self-care and take time outs for yourself if needed. It is ok to take a step back, take a breath and take a break.
- Recognize your triggers. Know and understand the things, people, situations that trigger you over the holiday season.
- Increase breathing exercises, meditation, yoga, stretching, muscle relaxation and positive self-talk.
- Reframe problems and put things into perspective. The holiday season is not that long over the course of the year.
- Take time to volunteer and give back to those in need and your community. There are so many people needing extra supports during this time and it is so beneficial to help others during this time but also brings a sense of purpose and satisfaction to yourself.
- Be mindful of those large, overzealous resolutions we set for ourselves. Go small and realistic with the resolutions so that you do not overwhelm yourself or set yourself up for failure.



Hotlines:

Mobile Crisis Services- 306-757-0127

Crisis Suicide Helpline- 306-525-5333

Mental Health Intake- 306-691-6464

SaskHealthLine- 811

**Moose Jaw Transition House
(Domestic Abuse 24 Hour Crisis Line)-
306-693-6511 or text 306-631-0962**

HAVE YOU HEARD?

GO Digital SASK is available:

Bengough - Big Beaver - Coronach - Rockglen -
Willow Bunch and Surrounding Areas! **

We Help Businesses Grow Online

We help storefront & home-based businesses, not-for-profit organizations and associations increase their presence online. We help with:

- Logo Design and Branding
- Set up E-commerce stores to sell online
- Website Development
- Social Media Content Strategy & Marketing
- Getting found on Google
- Digital Consultation & Advertising

How Much Does It Cost?

There is no cost for this service. It is **FREE** - funded by Community Futures (CF) Sunrise

Digital is no longer an option. Get ahead.

Learn More and Sign Up at www.godigitalsask.ca or by scanning the QR Code with your mobile phone camera!



Project ends March 2023
Must be located in the Sunrise Study Region

GO Digital SASK

Community
Futures

FCC ASSINIBOIA LUNCH AND LEARN

Kickstart your 2023 planning. Join us for lunch and hear from a panel of industry experts on cash flow strategies, managing risk and grain, beef and economic outlooks.

Thursday, December 15
10 a.m. – 3 p.m.

Prince of Wales Cultural & Recreation Centre
Assiniboia

Free. Lunch is included.
To register, call the local office at 306-642-5282.