

SAPRAE CREEK NEWSLETTER

June 2018

HAPPY
FATHERS DAY



CONTACT INFORMATION

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July Newsletter Deadline:
June 25th, 2018



Municipal Switchboard
1-800-973-9663
RCMP
780-788-4000

By-Law: 780-762-5858
Pulse Line: 780-743-7000
Fish & Wildlife: 780-743-7200
SPCA: 780-743-8997
Health link: 811

For Septic Services: Call Andrew March @
Day Time :780-743-7000
After Hours: 780-598-6025

All EMERGENCIES 911

SAPRAE CREEK RESIDENTS SOCIETY

<i>AnnMarie Hintz, Chair</i>	780-881-2958
<i>Tracy Unger, Vice-Chair</i>	780-743-3360
<i>Tanya Poulin Secretary</i>	780-715-6867
<i>Marilyn Rustad, Treasurer</i>	780-715-4960
<i>Brittany Ianetti, Youth Director</i>	780-881-4061
Shannon Sherk, Director	

Saprae Creek Residents Society
215 Freestone Way, Fort McMurray
T9H 5B4

Email: sapraecreek@gmail.com



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Councillor Report

June 2018

Saprae

A great big THANK YOU to the volunteers who participated in the community clean up! You did a great job on beautifying Saprae Creek.

I can't believe how green Saprae is looking lately. It's so nice to see the trees coming out in leaf and the grass finally growing after our long winter. School is almost done and I'm sure the kids are looking forward to summer vacation.

Now onto the monthly update: We had a meeting with Minister Anderson and spoke with him regarding the tax ratio, government grants (which are tied into our population numbers) and flood mitigation. All in all, it felt like a productive meeting.

We had a council meeting in Fort Chipewyan and also met with the different First Nations and Metis groups. I loved visiting Fort Chip and meeting the residents. For me, it felt like going back to Newfoundland; the similar scenery, small village on the water and the friendliness of the people, the only thing missing was the salt air. LOL

Thank you to the people who attended the Open House at Vista Ridge. It was well attended and your input on the upcoming Cannabis legislation will definitely help with creating the new bylaws that will be needed. I probably won't have any definite updates on the sewer lines for a while but I did strongly voice my opinion on what was presented at the first sessions and what was told to us at this last meeting. Hopefully this gets settled soon.

Just a couple of reminders: if anyone was interested in the Rural Crime Watch, please contact Cpl. Teri-Ann DEOBALD of the RCMP (780-788-4244) and she will help get a chapter started.

Also, the construction for the water/sewer is ongoing and it's only for a "short" time. Please have patience and if you lose water, let them know. I will be asking them to better communicate with the residents for repair times and when they have to shut off the main valve.

Until next month
Sheila



Dig out your large household items that need disposal and join us at one of the upcoming Big Bin Events.

This free service allows residents to dispose of large household items which cannot be set out for regular waste collection, such as large furniture, appliances, renovation materials (wood, countertops, tiles, etc.) and yard waste.

Electronic waste (E-Waste) such as computers, televisions and other electronics will also be accepted for recycling. Household hazardous waste such as used oil, paints and batteries will also be accepted for environmentally friendly disposal.

Residents are advised that commercial, construction and animal waste will not be accepted at these events.

Also note that refrigerators/freezers/air conditioners/water coolers will be subject to a \$42.90 fee for CFC removal. Mattresses and box springs are also subject to a \$20 fee (per piece) for disposal.

Residents will require photo ID and proof of address before depositing for these items. These items will also be collected as part of the Heavy Item Pickup in early June with the same fee requirements. Additional fees will not be collected at the events, but with the proper ID, fees can be added to monthly utility bills.

BIG BIN EVENTS – SPRING 2018 9 a.m. – 3 p.m.		
COMMUNITY	LOCATION	DATE
Saprae Creek	Community Mail Boxes	Saturday, June 9
Anzac	Municipal Office	Sunday, June 10
Gregoire Lake Estates	Community Mail Boxes	Saturday, June 16
Fort McMurray	Brett Drive	Sunday, June 17

For more information on disposal of large items please call 780-743-7947. Additional information can also be found at rmwb.ca/bigbin.

Saprae Creek Estates: 41%

Saprae Creek Estates, 41% of households in the hamlet have completed Census 2018! If you haven't completed your census yet, make sure to do so by June 30. Take part online, in your nearest municipal contact office or when census takers come to your door.

Want to complete your census online but lost your PIN? Call PULSE at 780-743-7000. For more information, visit rmwb.ca/census.





Watch your mailbox for your 2018 property tax notice.

Council approved the 2018 Property Tax Rate Bylaw on May 8. If you do not receive your tax notice by June 14, please contact Assessment and Taxation at assessment.taxation@rmwb.ca or 780-743-7900 to receive a reprint.

Property taxes are due June 29.

For more information, visit rmwb.ca/taxes

www.rmwb.ca/taxes



REGIONAL MUNICIPALITY
OF WOOD BUFFALO

RMWB Online Payments NOW AVAILABLE!

You can now pay your RMWB utility (water) bills, ambulance bills and general trade invoices online by credit card. Visit pay.rmwb.ca to learn more or make a payment today.



Community Clean Up!!!

Heartfelt 
THANKS
TO OUR VOLUNTEERS!



Thanks to Melanie Reddy For Organizing this event.

Please keep in mind that some of the community members will be having garage sales on June 9th!!!

Summer camp will also be taking place in July and August, details to follow in couple weeks on the Saprae Creek Residents Facebook Page.



SAPRAE CREEK FIRE HALL OPEN HOUSE

SATURDAY JUNE 16

11 A.M. TO 2 P.M.

SAPRAE CREEK FIRE HALL

FREE BBQ

Check out the newly renovated Saprae Creek Fire Hall and learn about FireSmart, Fire Prevention, Emergency Management and what you can do to help keep your family and community safe.



Planting trees on your property this spring or summer?

You could be eligible for a community grant from Tree Canada.

Residents

Residents looking to plant fire resistant trees on private property could receive up to a maximum of \$3000.

Community Groups

Community groups looking to purchase fire resistant trees to plant or give away to homeowners could receive up to a maximum of \$10,000.

Application deadline is June 8, 2018.
Learn more at mmwb.ca/trees.



Wellness Corner

Brought to you by FCSS Counselling Services

GRIEF: A misunderstood and neglected emotion

Grief is one of the most misunderstood emotions, the assumption being that it is only connected with death. Grief is:

- A normal and natural reaction to a significant emotional loss of any kind.
- Conflicted feelings caused by the end of or a change in familiar patterns of behaviour.
- The feeling of reaching out for someone who has always been there only to find when you need them again, they are no longer there.
- Not a pathological condition.

Most common misinformation on the topic of grief

Time heals or just give it time

Time does not heal, it is the action taken within the time that will help us recover from grief. There are people who have waited 10, 20, 30 or 40 years to feel better.

Grieve alone

Often this advice is subtly implied, e.g. “give your mom her space” or “he/she just needs sometime alone in the other room.” We learn from a very early age that sad feelings should be hidden or experienced alone.

Be strong for others

The message implies that the griever’s emotions aren’t as important as those of people he/she needs to be strong for, e.g. “be strong for your children.”

Don’t feel bad

This is usually followed by intellectual comments but it is not helpful as it leads to grievers struggling to hide their feelings, e.g. “don’t feel bad, you are better off without them” or “don’t feel bad, at least you had him/her for a long time.”

Replace the loss

Mostly common with pet loss or the end of a romantic relationship, e.g. “we will get you a new dog” or “there are plenty of fish in the sea.” The goal of these statements is to avoid feeling the emotions attached to a loss.

Keep busy

This is a distraction from feelings and emotions. The thinking is “if I just get busy, then I won’t have time to think about the loss.” This brings up sadness because some people go through life with this mentality and never get a chance to grieve and complete what was unfinished with a loss.

For more information on grief and loss, please contact **FCSS Counselling Services** at (780) 743-7910.

Stay tuned for the next series on grief and loss.

THE HUB

Parent/Child Program



WHEN: Wednesday's

WHERE: Vista Ridge, Spruce Valley Room

TIME: 10-11:30am

*** June SCHEDULE ***

- June 6th Insects/bugs Day
 - June 13th cancelled
- June 20th Father's Day Brunch
 - June 27th Under the Sea



WALKING SAFETY TIPS

Walk Facing Traffic: If there is no sidewalk and you must walk on the side of the road, choose the side where you are facing oncoming traffic. In North America, this is the left side of the road. This gives you the best chance to see traffic approaching closest to you and take evasive action when needed.

Cross Safely: Mom was right: look both ways before crossing any street. Make eye contact with any drivers who may be turning. Give them a wave. Make sure they see you.

Walk Single File: Unless you are on a sidewalk separated from the road or a wide bike lane, you should walk in single file. This is especially important on a road with lots of curves, where traffic has only a split second chance of seeing you before hitting you. While it can be enjoyable to walk down the road two to three abreast chatting merrily, drivers don't expect it and you may lose your best walking buddies.

Stay Aware of Bikes and Runners: Share the road and path with bikes and runners. Bike riders should alert you when approaching from behind with a bike bell or a "passing on the left/right." Listen for them, and move to walk single file, allowing them to pass safely. Runners should also call out for passing. Bike-walker collisions can result in broken bones or head injury for either — and you aren't wearing a helmet.

Be Visible: Wear bright colors when walking in daytime. When walking at night, wear light-colored clothing and reflective clothing or a reflective vest to be visible. Drivers are often not expecting walkers to be out after dark, and you need to give them every chance to see you, even at street crossings that have crossing signals. Be just as cautious at dawn or twilight, as drivers still have limited visibility or may even have the setting or rising sun directly in their eyes.

Hang Up and Eyes Up: Chatting or texting on a mobile device while you walk is as dangerous as doing those things while driving. You are distracted and not as aware of your environment. You are less likely to recognize traffic danger, passing joggers and bikers or tripping hazards. Potential criminals see you as a distracted easy target.

Community Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1  	2
3	4	5	6	7	8  	9 Spring household hazardous waste roundup
10	11	12	13 Board Meeting	14	15  	16 Saprae Creek Fire Hall Open House
17 Happy Father's Day	18	19	20	21 Happy National Indigenous Day	22  	23
24	25	26	27	28	29  	30

Saprae Creek's ON-GOING FUNCTIONS:

Mondays Nights: Saprae Creek Volunteer Fire Department Training

Wednesday Mornings: The HUB 10-11:30pm

Saturday June 9th Spring Household Hazardous waste roundup.

*** BOARD MEETING 2018 ***

