



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
JULY 6 @ 7pm**

**R.M. of Willow Bunch No. 42
JULY 12 @ 9am**

Sharleine Eger

Administrator

rm.42@sasktel.net

Tereena Bartlett

Assistant Administrator

willowbunch.town@sasktel.net

**Claire Lesperance – Community
Development Officer**

wbcdo@sasktel.net

Questions and concerns can be brought to the administrator for prompt reporting to the Reeve/Mayor and Foremen when safety issues arise. Please send your concerns to: rm.42@sasktel.net.

HILLS OF HOME CENTER BOOKINGS

If you are wanting to book the Hills of Home Center for any reason, please contact the Municipal Office at 306-473-2450.

SUMMER Transfer Station Hours

Now in effect until **OCTOBER 31***

Tuesday: 1:00 pm – 5:00 pm

Thursday: 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:

JULY 5TH

JULY 19TH

@ 7:00AM

NEXT BLUE RECYCLE BIN PICK

UP DATE:

JULY 12TH

JULY 26TH

@ 7:00AM

WILLOW BUNCH WELLNESS CENTER

JULY 2021



Dr. Glaeske will be here on WEDNESDAYS:

JULY 7, 14, 21, & 28

Nurse Practitioner Johanne Rust will be here FRIDAYS:

JULY 9, 16 & 30

Labs are Wednesdays

JULY 7 & 21

1:30pm – 2:30pm

JULY 14 & 28

8:30am – 9:30am

All appointments must be booked ahead of time for both the Doctor/Nurse Practitioner and the Laboratory.

No Nurse Practitioner on JULY 2 & 23

PLEASE CALL: 306-473-2310

In an emergency: DIAL 911

St. Ignace Parish
JULY SCHEDULE

Mass will be held SUNDAYS @ 9:00AM

CRIME STOPPERS
RCMP NEWS RELEASE

The Coronach/Bengough RCMP are currently investigating an Attempted Theft that occurred at the Bengough Co-op Gas Station. On May 7th, 2021, between 16:00hrs and 17:00hrs, the Suspect attempted to steal a dirt bike parked behind the Co-op. The Suspect was described as a heavier man approximately 5'7" tall with brown shoulder length hair and wearing a blue sweater, jeans, and a backpack.

If you have information about this or any other crime, please contact Coronach Detachment at 306-267-1830 or you may call Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477), through Sask-Tel Mobility Network at *8477, or submit a tip online at www.saskcrimestoppers.com where you can also view information on other unsolved crimes.

CRIME STOPPERS **RCMP NEWS RELEASE**

The Coronach/Bengough RCMP are currently investigating a Hit and Run Collision that occurred to a parked vehicle in the Bengough Drugs Pharmacy Lot in Bengough, SK. On June 17, 2021, between 9:00am and 12:00pm, suspect(s) struck a parked Audi Q7 causing damage to the passenger rear bumper and reverse light.

If you have information about this or any other crime, please contact Coronach Detachment at 306-267-1830 or you may call Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477), through Sask-Tel Mobility Network at *8477, or submit a tip online at www.saskcrimestoppers.com where you can also view information on other unsolved crimes.

CRIME STOPPERS **RCMP NEWS RELEASE**

On Tuesday, June 15, 2021, Coronach RCMP received a report that the Willow Bunch Community Well Building, located at NW 9-5-26-W2, was struck by a semi/trailer. The building received extensive damage and is now inoperable. The incident occurred sometime between Monday, June 14, 2021 and Tuesday, June 15, 2021.

If you have information about this or any other crime, please contact Coronach Detachment at 306-267-1830 or you may call Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477), through Sask-Tel Mobility Network at *8477, or submit a tip online at www.saskcrimestoppers.com where you can also view information on other unsolved crimes.

Coronach RCMP Monthly Stats Report

During the month of MAY, the Coronach/Bengough RCMP responded to 47 calls for service. There were 24 Criminal Code charges laid, along with 8 traffic tickets issued, and 6 written warnings in our patrolling area.

**This includes all of Coronach / Bengough Detachment areas. It goes from US border to two miles North of Crane Valley, and from about 1 mile East of St. Victor to 3 miles East of Ogema.*

RCMP Calls to service included:

- 1 Person reported missing – was located
- 2 Assaults with a weapon
- 3 Assaults
- 1 Theft of truck
- 1 Disturbing the peace
- 1 Complaint of fraud
- 2 Theft under \$5000
- 1 Theft under \$5000 – fuel from a truck
- 1 Mischief
- 1 Motor vehicle collision – no injuries
- 1 Complaint of attempted theft of motorcycle
- 2 Complaints of speeder in Verwood – vehicle identified
- 1 Complaint of erratic driver in Ogema – driver identified
- 1 Complaint under the tenant/landlord act – civil matter
- 1 Break and enter into a Quonset
- 1 Grass Fire
- 1 Tractor Fire
- 7 Complaints of suspicious persons/vehicles/activity
- 1 911 misdial – no emergency
- 1 911 call – misuse – no emergency
- 1 Assistance to other detachments
- 2 COVID Quarantine Act investigations
- 1 Abandoned stolen vehicle
- 1 Customs Act – fail to report
- 1 Sudden death
- 1 Wellbeing check
- 3 Assistance to general public
- 4 Mental Health Act calls
- 1 Municipal bylaw – noise
- 1 False alarms

MAY Criminal Code Charges:

- 5 Assault with a weapon
- 2 Assault
- 1 Carry a concealed weapon
- 2 Possession of a weapon for dangerous purpose
- 2 Pointing a firearm
- 1 Uttering threats
- 2 Theft of truck
- 2 Fraud under \$5000
- 1 Possession of stolen property under \$5000
- 1 Mischief under \$5000

MAY Criminal Code Charges continued:

- 1 Theft under \$5000
- 3 Fail to comply with Release conditions
- 1 Fail to attend court

Traffic tickets and warnings included:

- 1 Ticket issued for speeding faster than 35km/hr over the speed limit
- 5 Speeding tickets issued
- 2 Tickets issued for failing to produce drivers license upon request
- 3 Written warnings for speeding
- 1 Written warning for failing to use signal light
- 1 Written warning for failing to obey stop sign
- 1 Written warning for failing to produce vehicle registration upon request

WESTERN
FINANCIAL
GROUP
WILLOW BUNCH
OPEN JULY 2, 6, 7 & 8
CLOSED FRIDAY, JULY 9
OPEN JULY 13, 15, & 16
OPEN JULY 20, 21 & 23

**Willow Bunch
Sportsman
Lobsterfest**

Saturday July 10th
Starting at 5:00 pm

Lobster (1.5 to 2lb) with baked potato & Cesar salad
\$50.00

Hamburger with baked potato & Cesar salad
\$10.00

2 lb bag shrimp \$30.00

Must preorder by July 2nd at 640-8840 Bob

 



RM of Willow Bunch No. 42 Now Hiring For

SUMMER EMPLOYMENT

Grass Cutting
General Municipal Maintenance
Other duties as assigned by the Foreman

The successful applicant must be between the ages of 15 and 30
and must have a valid driver's license

Applicants for this position should forward their resume to:

RM OF WILLOW BUNCH
BOX 220
WILLOW BUNCH, SASK. S0H 4K0
Email: RM42@SASKTEL.NET
PH : 306-473-2450
Fax: 306-473-2312

APPLICATIONS still being accepted

Summer Job Opportunity

*** This great summer job opportunity is STILL
AVAILABLE - applications are still being
accepted*

Town of Willow Bunch

Please submit applications to:
TOWN OF WILLOW BUNCH
BOX 189
WILLOW BUNCH, SK. S0H 4K0

Fax: 306-473-2312

A MESSAGE TO WILLLOW BUNCH VILLAGE SPONSORS

* Applicant must be 15 - 30 years of age at the start of employment.
Preference given to individuals with valid driver's license.

* Duties consists of helping the Town Foreman with various tasks throughout the community such as grass cutting, painting etc.

* Wage is \$16/hr



WILLOW BUNCH MUSEUM



We are happy to say we have had several visitors stopping in for tours. Our workers are keeping busy sanitizing and working on other projects. I would like to welcome Sarah Fiset Brezinski who joined our staff on June 7, 2021 she graduated last year from the U of R with a Bachelor of Arts in History. This position is partially funded through the Young Canada Works program for both official languages. Sarah is bilingual and has been a great help for translating and researching all our history.

We are also still looking for people to submit any photos they have of Willow Bunch celebrations to add to the 150th anniversary album we are making. Please contact us by phone 306-473-2806 if you have any.

We have received some new clothing for our gift shop zipper and pull over hoodies, new style t-shirts adults and children's and more to come, so please stop in for a tour and visit our gift shop.





**PLEASE JOIN US ON CANADA DAY
FOR OUR ANNUAL BBQ FUNDRAISER
AND OPEN HOUSE!!**



**Thursday, July 1st
11am-1pm!!**



(Please See Posters for more details)

Thank you to our sponsors *Canadian Heritage and Southland Co-op*



**Canadian
Heritage**

**Patrimoine
canadien**



Come Celebrate/Venez Célébrer

Canada Day / Fête du Canada

Thursday/Jeuudi – July 1st /le 1^e Juillet, 2021



Willow Bunch Museum / Musée de Willow Bunch

Remember your masks / *N'oubliez pas vos masques*

Open House / Portes Ouvertes 9:00 - 4:00



BBQ / Barbecue 11:00 – 1:00

Door Prizes / Prix de présence

Scavenger hunt for everybody/

Chasses au trésor pour tout le monde

Covid-safe children's games / Covid-sûr jeux d'enfants



**Canadian
Heritage**

**Patrimoine
canadien**



SASK LOTTERIES

ANXIETY MANAGEMENT

By: Brandi Dahlman

Anxiety is something that we can't ever get rid of completely. A healthy level of anxiety is important and is actually helpful. However; sometimes, our anxiety may start to take over certain parts of us and our lives.

Breathing:

Abdominal breathing

- breathe in slowly and deeply through the nose
- fill your lungs with air and let your stomach rise
- deep breathe out

4x4 breathing:

1. Breathe in to count of 4
2. Hold or pause to count of 4
3. Breathe out to count of 4
4. Hold or pause to count of 4

Thought stopping:

- scattered counting (10, 16, 5, 7, 32)
- verbal interruption (Stop, thank you anxiety for coming but I am safe right now)
- snapping a band/hair elastic on your wrist

Resources:

- Mindshift app
- Self-Help for Anxiety Management App
- anxietycanada.ca
- anxietybc.com
- onlinetherapyuser.ca
- Mental Health and Addictions Centralized Intake- 306-691-6464
- Primary Health Care Counsellor- 306-642-4454 (referral through your doctor/NP)

Remember you are not alone! Reach out for help when you need it.

Tools and techniques to tackle your anxiety:

Grounding: body awareness

1. Take 5 deep breaths through your nose and exhale through puckered lips
2. Place your feet flat on the floor. Wiggle your toes. Curl and uncurl your toes. Feel the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground
4. Clench your hands into fists, then release the tension. Repeat 10 times.
5. Press your palms together. Press hard and hold for 15 seconds. Pay attention to the tension in your hands and arms.
6. Rub your palms together briskly and notice the sound and feeling of warmth.
7. Reach your hands up to the sky. Stretch like this for 5 seconds then bring them down and let them relax.
8. Take 5 more deep breaths and notice the feeling of calm in your body.



Anxiety symptoms:

- increase in heartbeat and strength of beat
- increase in sweating
- dry mouth
- slowed digestion
- chills
- muscle tension
- tingling of the limbs
- knots in the stomach
- dizziness
- blurry vision
- brain fog
- rush of blood to certain areas of the body

5 senses soothing to bring yourself and your thoughts back to the present:

1. What are 5 things I see right now
2. What are 4 things I hear right now
3. What are 3 things I can touch/feel right now
4. What are 2 things I smell right now
5. What is 1 thing I taste right now

Take inventory of these areas and how they are working or not working in your life and possible areas of improvement.

1. Physical movement
2. Nutrition
3. Sleep
4. Self-care
5. Caffeine and alcohol intake

ADULT AND SENIOR SWIM

TUESDAY'S
5:30-6:30

Come by for a
quiet and
relaxing swim!

Come by the pool for some

Aquasize

SATURDAYS @ 10AM

The benefits of aquasize:

lifts the gravity forcing weight down on your body and
reduces impact on joints by 85 percent

Burns calories

The low-impact nature of Aquafit makes it a great activity
for anyone recovering from injury.

Relieves stress and decreases anxiety

Second set of swimming lessons

August 9th-13th

Registration begins July 19th

Call 306-473-2206 between 2:00-7:30pm / email
jeanlouislegare@regionalpark@sasktel.net / text 306-640-8995
or come stop by the pool!

Be sure to specify your child(s) name, their birthday, and what level you would like to register them in. We also need a parents name, an address, email, cell number and your preferred method of payment. you can pay at the pool with cash/cheque or send an etransfer using the parks email (while sending an etransfer be sure to specify what lesson your paying for and your child's name)

JULY 12TH-16TH

SWIMMING LESSON TIMES

Ranger & Star - 7:00- 7:45

Rookie - 7:00-7:45

swimmer 5 & 6 - 8:00-8:45

swimmer 4 - 9:00-9:45

swimmer 3- 9:00-9:45

swimmer 2- 9:45-10:15

swimmer 1- 10:30-11

Preschool 4 & 5- 10:30-11

preschool 2 & 3- 11:15-11:45

preschool 1- 11:15-11:45

parented- 12:00-12:30

PLEASE REMEMBER TO SHOW UP ALREADY CHANGED AND READY TO GO! WE ALSO
ASK THAT YOU EXIT THE POOL AS SOON AS YOUR CHILD'S LESSON IS DONE





LOOKING FOR WORK?

THE WILLOW BUNCH PARK IS
LOOKING FOR A CASUAL OR PART-
TIME HELPER AT OUR PARK

IF INTERESTED PLEASE EMAIL
YOUR RESUME TO

jeanlouislegareregionalpark@sasktel.net

Or drop off at the Town/RM office

FOR MORE INFORMATION CALL 306-640-8143

POOL PRICES AND PUBLIC SWIMMING HOURS

HOURS

EVERYDAY

1:00-5:00 AND 6:30-8

DAILY, WEEKLY AND SEASONAL PRICES

Daily

STUDENTS \$5

ADULTS \$10

FAMILY \$20

1 week

SINGLE \$30

FAMILY \$75

Seasonal

SINGLE \$80

FAMILY \$180

2 weeks

SINGLE \$50

FAMILY \$125

