

# EWSLET

**January 8, 2024 UPCOMING REGULAR COUNCIL MEETINGS:** 

> January 15@1pm February 5 @ 1 pm February 26 @ 1 pm



As of December 31, 2023, the Town of Smoky Lake has given \$25,860.30 back to your community in the form of monetary. promotional, and in-kind sponsorships or donations.

## Council Highlights from December 21, 2023 **Council Meeting**

· At Council's request, Administration conducted research into costs associated with EV Charging Stations. Reporting on Level 2 Chargers from April 29, 2023 to December 7, 2023 (the estimated kw rate used was for November 2023.)

Locations:

- Town Office Usage: Hours 239; Kw Used: 1,061.01; estimated cost \$58.03
- Shop/Firehall Usage: 56.55 Hours; Kw Used: 438.79; estimated cost \$23.28
- Complex Usage: 7 Hours; Kw Used: 49.21
- Beaver Creek Co-op Project (to be located at 4403 Harvest Gold Drive in Smoky Lake) is estimated to begin in 2024.
- Town of Smoky Lake was successful in its application in acquiring funding for the Municipal Internship Program. As a result, the Town will be recruiting for a Municipal Intern for an 18-month term.
- Bylaw No. 016-2023: Operating Expenditure

Borrowing Bylaw was adopted. This Bylaw is renewed annually and its purpose is to authorize the Town of Smoky Lake to borrow for the purpose of financing operating expenditures and establishing a line of credit.

- Council voted to support the Smoky Lake Curling Association by sponsoring four curling rock handles in the amount of
- Council has approved the sale of Kolocreeka Plan No. 0721842, Block 6, Lot 10.
- Council has agreed to enter into an agreement with MCSnet that will result in all Smoky Lake Broadband clients moving to MCSnet as their new provider. Watch for more info.

For full agendas and meeting minutes, visit: smokylake.ca > TOWN OFFICE menu. Also under the same menu, check out the recently approved Bylaws/Policies.



### Sign up for the Tax Installment Payment **Plan for 2024!**

Pre-authorized debits in the amount of the previous years taxes divided into 12 monthly installments are paid on the last day of each month beginning with January 31, 2024. In June, the monthly payment will be adjusted to reflect the actual taxes owing for that year. Please complete the Pre-authorized Tax Payment Plan Application form by January 24, 2024 and submit it to the Town office.

Box 460 56 Wheatland Ave. Fax: 780-656-3675 Smoky Lake AB TOA 3CO : smokylake.ca

Phone: 780-656-3674 • **Public Works After Hours:** 780-656-3054

### 2024 Pet Licenses Time to Renew Your

## Pet License

Ensuring your cat or dog is licensed and has a tag is a great way to ensure if they are lost, they are easily identifiable when found.



Vol.2 Edition 1

Phone: 780-656-3674 Fax: 780-656-3675





### 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

5:30pm to 8:00pm 9:30am to 12:00pm Jan 9 Tue Jan 11 Thurs 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 Jan 25 Thurs 5:30pm to 8:00pm 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 1:30pm to 3:00pm Jan 18 Thurs

#### Nutrition

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

### **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 Tue/Thurs 10:00am to 11:30am Jan 30 to Mar 7

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 1:30pr

#### Living with Chronic Pain

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

1:30pm to 4:00pm

To register for a Zoom class call:

1-877-349-5711 Or https://www.healthylivingprogram.ca



Alberta Healthy Living Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	New Year's Day	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	1	2	3
4	5	Notes				

All Library EVENTS are FREE with no registration required unless otherwise specified.

### **Dungeons & Dragons**

8th Library: 5 - 7 pm Register: smokylakelibrary.ab.ca

**Teen Craft Club** Library: Jan. 9, 16, 23 & 30 - 3:30-5:00 pm Learn a new craft every month!

### Storytime **WED** Library: Jan 10, 17, 24 & 31 - 10:30-11:30 am

Caregivers & Kids 0-5 After School Program

## **WED** Library: Jan 10, 17, 24 & 31 - 3:30-4:30 pm Grades 1-3 (Programmer will pick up at school)

After School Program **THU** Library: Jan 11, 18 & 25 - 3:30-4:30 pm Grades 4 - 7

#### **Regular Council Meeting** Town Office, 1:00 pm Start

Coffee With A Cop Red Chimney, Smoky Lake 10:00-11:00 am All residents, SL Region

#### Food Basket Pickup Day Anderson's Grocery All residents, Smoky Lake Region













