

MUNICIPAL DISTRICT of

Spirit River

The Spirit of Our Soil: News, Nature, and Neighbours



Empowering Minds Means Stronger Communities

The Central Peace is no stranger to tough times. We know what it means to weather drought, push through economic ups and downs, and keep going when the work is hard. That resilience is our strength. But even the strongest among us can struggle in silence.

Rural Alberta has one of the highest suicide rates in the country. Too many of our friends and neighbours face stress, addictions, isolation, or despair without ever reaching out for help. Distance from services, long hours, and the “handle it yourself” mindset make it easy to miss the signs until it’s too late.

- That is why the Empowering Minds: First Identifier initiative is coming to Rycroft. Its goal is simple: give everyday people the skills to notice when someone is struggling, have a conversation, and point them toward help.

This initiative is built on two vital ideas:

- The people closest to the problem are best suited to solve it. Neighbours, friends, coaches — those embedded in rural life see what’s off earlier and can act with trust and relevance.
- Upstream is better than downstream. Catching distress before it intensifies saves lives, preserves dignity, and protects the whole community.

The initiative is being led by Ian Hill, humanitarian and award-winning rural advocate who has worked with thousands of communities across North America. Hill will personally lead the training sessions, helping local residents gain the confidence to step in early and support those in need.

A First Identifier is not a counselor or a doctor. They are the farmer who sees his neighbour at the auction mart. The coach who notices a kid pulling away from the team. The friend who hears the quiet change in someone’s voice. Empowering Minds equips those people with the tools to act before a crisis.

Empowering Minds will bring leaders, students, and the wider community together. Join the community supper and training that turns willing residents into First Identifiers. A 30-day follow-up will be provided for ongoing resources, reminders, and support so momentum isn’t lost after one day.

In Rycroft, AB, community training events are scheduled:

- **Young Adults First Identifier Training (ages 17-25)**
June 16, 2026
5:30pm Supper & 6:00pm Event Starts
Rycroft Agricultural Society Hall 11055 PTH Rycroft AB
- **First Identifier Training (Public)**
June 17, 2026
5:30pm Supper & 6:00pm Event Starts
Rycroft Agricultural Society Hall 11055 PTH Rycroft AB

Supper will be provided at both sessions, and all residents are invited to attend.

Link provided below to sign up for the events <https://www.surveymonkey.com/r/829C231>

or scan the QR Code.



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From the Municipal District

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MOUNTIE MINUTE

News from the RCMP

Sponsored by:

Alberta Association of Agricultural Societies (AAAS)

South Bow

Solution Services

Agriculture Financial Services Corporation (AFSC)

Mental Health Foundation

MCSNet

The Central Peace is strong because of its people. Together, we can prove that strength isn’t only in what we endure but in how we care. Empowering Minds is a chance to live out that truth: when those closest to the problem lead, and when we act before a crisis, we all thrive.



Returns for Another Summer of Fun and Friendship

For families across the Central Peace region, summer means sunshine, adventure, and the return of one of the community's favourite programs — Camp Wanago.

Offered through Central Peace Family and Community Support Services (FCSS), Camp Wanago is a local summer day camp program designed for children ages 5 to 11. The camp provides a safe, welcoming, and affordable place for kids to stay active, make new friends, and enjoy a summer filled with creativity, games, crafts, outdoor activities, and themed programming.

Each summer, Camp Wanago offers several weeks of programming, with every week featuring a different theme and activities tailored to spark imagination and keep children engaged. Camp leaders work closely with FCSS staff to create meaningful experiences that help children learn, grow, and build confidence — all while having fun.

Beyond the games and activities, camp also helps children develop important life skills. Through daily participation, kids are encouraged to make choices independently, try new things, and build self-confidence. The camp environment provides structure while allowing children the freedom to simply enjoy themselves without the pressures often associated with school or competition.

Camp Wanago also offers opportunities for children to strengthen social skills and create lasting friendships. Whether working together during activities or meeting new campers from across the region, children are able to grow their sense of community and belonging throughout the summer.

FCSS programs like Camp Wanago are designed to support strong families and healthy communities by helping individuals develop resilience, interpersonal skills, and independence. Through partnerships, sponsorships, and community support, Camp Wanago continues to provide accessible programming for local families year after year.

The 2026 Camp Wanago season begins June 29 and runs until August 21, with camp hours from 8:30 a.m. to 3:00 p.m. Registration opens June 1.

Parents are reminded to send children with a lunch, snacks, water bottle, sunscreen, hat, swimsuit, towel, proper footwear, and a change of clothes — because you never know what adventures the day may bring!

For more information, registration packages, weekly themes, and programming updates, families are encouraged to follow Central Peace FCSS on Facebook or contact the office directly.

Central Peace FCSS
4201-50 Street, Spirit River
Phone: 587-771-3567 • Cell: 780-864-5698
Email: fcss@townofspirriver.ca



A Quick Heads-Up!

Starting with the **July issue**, newsletter submissions will now be due by the **12th** of each month — one week earlier than before.



Thank you for helping us keep the newsletter organized and running smoothly!

Municipal District of Spirit River No. 133

Monday–Friday:
8:30 am–12:00 pm, 1:00 pm–4:30 pm
Closed weekends & statutory holidays



Street Address: 4202 50th Street
Mailing Address: Box 389
Spirit River, AB T0H 3G0
(780) 864-3500 | mdspirriver.ab.ca

Missing an issue? Need more info? Grab your phone and take a look!

Get Out and Play

Please join the Rycroft Community Library for outdoor activities.

June 20th between 1 - 4 pm

We will have hotdogs and popcorn to snack on. Please plan on attending with your children.



4724 50th Street
Box 248 Rycroft, AB
T0H 3A0
Phone: (780) 765-3973



IF YOU SEE
SMOKE OR FIRE,
 PLEASE CALL
911



DO NOT assume that someone else has called it in!

Rycroft

★ **MERRY** ★
 PIONEERS

JUNE HAPPENINGS

Summer hours for the Centre are Tuesday to Thursday from 1:00pm - 4:00pm, unless otherwise stated. Come join us for coffee, fellowship, and games.

- **Chair Yoga for Seniors;** will run every Tuesday & Thursday starting at 2:00pm, no charge.
- **Foot Care** June 17th from 1:00pm-4:00pm

Regular hours and events to resume in the fall.

The Rycroft Merry Pioneers Senior Centre is located within the Rycroft Community Hall, at 5208 - 47th Avenue in the Village of Rycroft

★ HIGHWAY 2/49 ★

OLD TIME MUSIC JAMBOREE

LIVE MUSIC ★ COMMUNITY ★ GOOD TIMES

★ RYCROFT ★
JUNE
 19, 20 & 21



MUSIC STARTS EACH DAY APPROX. 10:00 AM AND ENDS AROUND 10:00 PM



CONCESSION AND 50/50 DRAWS



FREE PARKING AND FREE CAMPING (NO HOOKUPS) AT THE RYCROFT AG CENTRE PARKING LOT

Everyone Welcome

COME FOR THE MUSIC, STAY FOR THE FUN!



KELLY HUDSON
 Kelly.hudson512@gmail.com



780 500 5997

RIVER BEND JR. CATTLEMEN'S CLUB

Show Time: 1:00pm - Both Days
 Sat. June 13th: 6:30pm Grand Drive & Donation Steer Raffle Draw
 Sale Time: 7:00pm - Live Auction by VJV Dawson Creek



JUNE 12TH & 13TH, 2026
 RYCROFT AG CENTER

Recognizing the Team Behind the Scenes

During Council's regular meeting on Wednesday, April 22, Council took a moment to recognize the MD of Spirit River #133 administrative team by presenting them with flowers in honour of Administrative Professionals Day.

Our administrative staff is the heartbeat of the MD's operations. They are often the first friendly face or voice our residents encounter, while also working behind the scenes to keep municipal operations organized, efficient, accessible, and transparent. From managing records and inquiries to supporting Council and each other, their professionalism, dedication, and hard work help keep our municipality running smoothly every single day.

Council would also like to extend a special thank you to **The Little Petal Company** for the beautiful floral arrangements. We are proud to support this local business, now under new ownership, and wish them continued success in serving our communities.

Please join us in thanking our administrative team for their continued commitment and the important work they do each day.

Administrative Staff, from L to R:

Elena Valdes, Rebecca Fitzsimmons, Monty Bremont, Lori Witts, Jeanie Roode, and Shirley Hayden.



COUNCIL MOTIONS

MDSR No. 133 Council

on April 22nd, 27th & May 13th 2026



The next Council meetings will be held on **June 10th & 24th at 9:00am**, in Council Chambers located in the MD Office in Spirit River. Council meetings are open to the public and streamed live.

The following motions were made at our Council Meetings on April 22nd, April 27th, & May 13th, 2026.

Noxious Weeds Bylaw

Moved by Deputy Reeve Wark that Bylaw 01-2026: Bylaw for the Purpose of Designating Plants as Noxious or Prohibited Noxious be given Third and Final Reading, and finally passed.

CARRIED UNANIMOUSLY

2025 Audit Presentation

Moved by Deputy Reeve Wark that the 2025 audit findings report and the 2025 audited consolidated financial statements ending December 31st, 2025, for the Municipal District of Spirit River No.133, as presented by professional Chartered Accountant, Edward Telford of JDP Wasserman and Associates, be accepted as presented.

CARRIED UNANIMOUSLY

Regional Water Service Tie-in

Moved by Deputy Reeve Wark to accept letter from Council of the MD of Spirit River regarding a Formal Expression of Interest requesting consideration for Regional Water Service Tie-In, for information.

CARRIED UNANIMOUSLY

Advertising for 50th High School Reunion

Moved by Councillor Bzowy to send a letter to the Spirit River High School Reunion Committee regarding the grant request for the 50-year reunion event, relaying that due to budget constraints an in-kind contribution will be provided in the form of advertising space for the reunion event in the MD Newsletter.

CARRIED UNANIMOUSLY

MD Transit Bus to Assist with Seniors' Event in Woking

Moved by Deputy Reeve Wark that Council authorize Administration to offer use of the MD bus to the Central Peace Health and Wellness Coalition as per the Coalition request, for transport of attendees to the June 1st, 2026 Seniors Week event happening at Woking Multiplex.

CARRIED UNANIMOUSLY

Supporting Alberta NW Command

Moved by Councillor Bzowy that Council provide support to the Alberta NW Command through purchase of an advertisement in the 20th annual edition of the Royal Canadian Legion Service Recognition Book in the amount of \$690.00, to come from 'Donations to Organizations'.

CARRIED UNANIMOUSLY

Fire Fighters' Annual Golf Tournament

Moved by Councillor Rozecki to contribute \$500 to the Central Peace Fire Fighter's Association 6th Annual Golf Tournament, to come from 'Donations to Local Groups & Orgs'.

CARRIED UNANIMOUSLY

Anyone wishing to review more of our Council Meeting minutes can visit the MD of Spirit River No. 133 website under **Council and Council Meeting Minutes**.

MD #133 TRANSIT BUS

Your Ride to Grande Prairie!

Looking for an easy, affordable way to get to Grande Prairie for shopping or appointments? The MD Transit Bus has you covered!

Runs: Tuesdays, Wednesdays, & Thursdays (excluding STAT holidays) **Departs:** 8:30am **Returns:** 4:30pm

Pick-Up Locations:

- MD Office (Spirit River)
- Pleasant View Lodge
- Rycroft Post Office
- Sexsmith Sunset Homes (by request)

Fare: \$25 per trip

Note: Medical appointments receive priority booking when space is limited.

Call (780)864-3500

to book your seat
(minimum 24 hours in advance)



✦✦ Convenient. Reliable. Local.

Have an idea? Share your story!

For all submissions and advertising inquiries, please contact Denise at dvanroot@outlook.com by the 12th of each month.

Thank you!

Neighbours, BBQ & Summer Memories

SAVE THE DATE FOR A SPECIAL AFTERNOON AT NARDAM!

Seniors Event & MD Residents Appreciation BBQ

July 23, 2026
11:00 AM – 2:00 PM

Watch for more details coming soon.

Mother's Day Brunch Sponsors

THANK YOU

Saddle Hills County	Birch Hills Energy
Spirit River Dental	Green Thumbs Up
Little Petal Company	Spirit River Hotel
Royal Bank	I.G.A.
Home Hardware	Miss Bliss Bath & Body
Weavers	Fountain Tire
Nutrien	U.F.A.
Woking Municipal Library	Dave Ross
Chinook Valley Golf Course	MD of Spirit River #133
Div's Pharmacy	Richardson Pioneer

*Sincerely,
Woking Willing Workers*

Celebrating the Light: *The Spiritual Meaning of the Summer Solstice*

The Summer Solstice has long been recognized as a time of light, renewal, and spiritual reflection. Occurring each year around June 20 or 21, it marks the longest day and shortest night of the year in the Northern Hemisphere — a moment when the sun reaches its highest point in the sky and the earth is bathed in its fullest daylight.

For thousands of years, cultures around the world have honoured the Summer Solstice with ceremonies, gatherings, songs, dances, and storytelling. Ancient peoples closely followed the movements of the sun and seasons, understanding that the solstice represented far more than a date on the calendar. It symbolized abundance, growth, vitality, and humanity's deep connection to the natural world.

Spiritually, the Summer Solstice is often viewed as a celebration of life itself. It is a reminder to pause and appreciate the warmth, beauty, and energy that surrounds us during the height of summer. Fields are growing, gardens are flourishing, wildlife is active, and communities come alive with outdoor activities and gatherings. In rural regions like the Peace Country, where the changing seasons shape daily life, the solstice serves as a meaningful reminder of nature's rhythms and the importance of stewardship of the land.

Many traditions see the solstice as a time of balance and gratitude. Although it is the brightest day of the year, it also quietly marks the point at which daylight will gradually begin to shorten once again. This duality has inspired generations to reflect on the cycles of life — growth and rest, beginnings and endings, light and darkness. For some, it is a time to set intentions, reconnect with family and community, or simply spend time outdoors appreciating the natural world.

Indigenous cultures across Canada have long held deep spiritual connections to the land, sky, and seasonal cycles. Around the Summer Solstice, many Indigenous communities gather to celebrate culture, identity, and traditional teachings through ceremonies, music, dance, and storytelling. National Indigenous Peoples Day, celebrated on June 21, was intentionally chosen to coincide with the Summer Solstice because of its cultural and spiritual significance for many First Nations, Métis, and Inuit peoples.

Today, people continue to celebrate the Summer Solstice in many different ways — from sunrise ceremonies and festivals to quiet moments spent watching the evening sky. Whether viewed through a spiritual, cultural, agricultural, or personal lens, the solstice invites us to slow down and recognize the extraordinary beauty of the season.

As the sun lingers a little longer over the Peace Country this June, the Summer Solstice offers an opportunity to reflect, reconnect, and celebrate the light that sustains both the land and the communities who call it home.



Congratulations!
SPIRIT RIVER REGIONAL ACADEMY
CLASS OF 2026

Alaythia Amy



Mission trip in Asia.

Lucien Amyotte



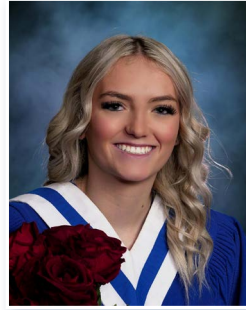
Baker

Bo Barbarich



Heavy Duty Mechanic

Vanessa Black



NWP for Business

Hayden Bourque



Millwright

Kolby Boychuk



Work in agriculture

Atreus Brown



Plumber

Bradley Cadwell



Brewmaster or a Vintner

Sam Cerevka



Paramedic/Practical Nurse

Thane Charest



Natural Gas Compression Mechanic

Andrew Cyr



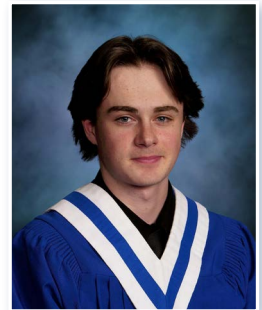
Armed Forces

Matthew DeLeon



Rig Worker

Kash Denis



Professional Golfer

Tristan Dickinson



Pursue chemistry or computer science

Avah Fischer



Social work diploma/bachelors

Dekkon Hickey



Professional basketball player

Emerick Knezevich



Get my money up

William Knezevich



Hold a planche and be successful.

Cooper Lefley



Hockey and Carpentry

Logan Rawlings



Veterinary assistant

Jaxon Stokes



Teacher in Physical Education

Gennae Vandeligt



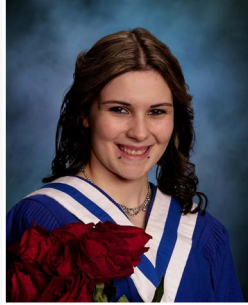
Attend a Bible college

Ryan Kolosky



Go everywhere and do everything

Izabelle Madison



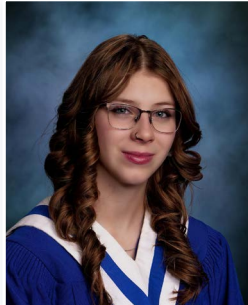
Work with animals

Aiden Skinner



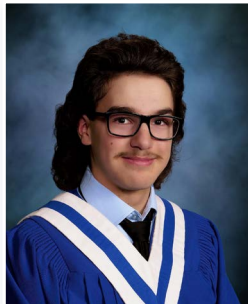
Trades

Kayla Telford



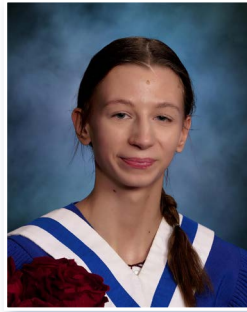
Environmental Science

Timber Vinck



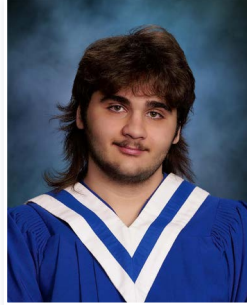
Water Treatment Operator

Yana Kovalenko



Positive Social Influencer.

Jobe Meades



Bodywork, boxing

Daymon Sproule



Firefighter

Tyler Tomkow



Go wherever the road takes me.

Luke Webber



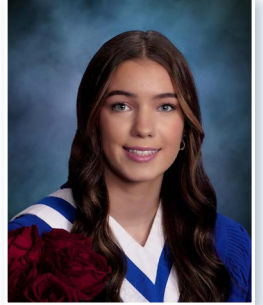
Microbiology or Immunology

Charles Kuehl



Motorsports or Combat Robotics

Sarah Moxness



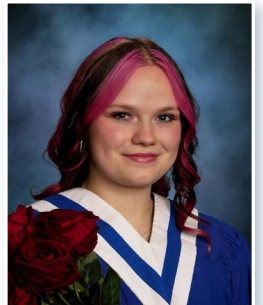
Business Administration

Josh Spurgeon



Radio or Electrical Trade

Alicia Vanberg



Pharmacist or Psychologist.

Levi Young





Burnout: Recognizing the Signs Before Exhaustion Takes Over

Spring in the Peace Country is a season of momentum. Calving, seeding, equipment repairs, yard work, long hours, changing weather, and the pressure to “get everything done while the window is open” can leave many people running on empty before summer even begins.

In rural communities, hard work is often viewed as simply part of life. Many people are used to pushing through fatigue, working despite stress, and putting their own needs aside to take care of family, livestock, crops, businesses, or community responsibilities. While resilience is something to be proud of, constantly operating in survival mode can eventually lead to burnout.

Burnout is more than just being tired after a long day. It is a state of physical, mental, and emotional exhaustion caused by prolonged stress without enough recovery time. It can affect anyone — farmers, parents, business owners, healthcare workers, volunteers, and retirees alike.

The tricky part is that burnout often develops slowly. Many people do not notice it until they are already overwhelmed.

Common Signs of Burnout

Burnout can look different from person to person, but some common warning signs include:

- Feeling exhausted even after sleeping
- Becoming more irritable or short-tempered
- Difficulty concentrating or remembering things
- Feeling emotionally numb or unmotivated
- Trouble sleeping despite being tired
- Increased anxiety or feelings of dread
- Frequent headaches, muscle tension, or digestive issues
- Feeling detached from work or responsibilities
- Losing interest in activities you normally enjoy

In rural life, burnout is sometimes dismissed as simply “part of the season.” However, chronic stress affects the body in real ways. When stress hormones remain elevated for long periods, the nervous system can become

overloaded. Over time, this can impact mood, sleep, digestion, immune function, heart health, and even relationships.

Why Spring Can Be Especially Demanding

During calving and seeding season, many people are operating under intense physical and mental demands. Days often start early and end late. Meals may be rushed, sleep gets cut short, and stress becomes normalized.

There is also the mental pressure that comes with farming and rural life — weather uncertainty, equipment breakdowns, financial strain, and the constant responsibility of caring for animals or land. Unlike many jobs, rural work often follows people home because home and work are deeply connected.

Many rural residents are also caregivers within their families and communities. They may be supporting aging parents, raising children, volunteering, or helping neighbours while trying to keep up with their own workload.

Over time, even the strongest people need recovery.

The Importance of Recovery

One of the biggest misconceptions about burnout is that recovery requires taking weeks off or completely stopping responsibilities. While extended rest is sometimes necessary, smaller daily habits can also make a meaningful difference.

Recovery is not laziness. Recovery is part of maintaining long-term health and performance. Just as machinery requires maintenance to continue functioning properly, the human body and brain also require rest and care.

Practical Ways to Reduce Burnout

The goal during busy seasons may not be to eliminate stress entirely—that is often unrealistic. Instead, it is about helping the nervous system recover more consistently.

Here are a few simple strategies that can help:

Prioritize sleep when possible. Even one or two nights of better sleep can improve mood, concentration, and patience. Try to protect sleep by limiting screen time before bed, reducing caffeine late in the day, and creating a consistent

bedtime when possible.

Eat regularly. Skipping meals during busy days can increase irritability and fatigue. Balanced meals with protein, fibre, and healthy fats help stabilize energy and blood sugar levels.

Take short recovery breaks. A five-minute pause may not seem significant, but short breaks help calm the nervous system. Stretching, stepping outside, deep breathing, or simply sitting quietly for a few minutes can help reset stress levels.

Watch for isolation. Busy seasons can reduce social connection. Even brief conversations with neighbours, family, or friends can improve mental well-being and reduce feelings of overwhelm.

Pay attention to emotional changes. If you notice increased anger, hopelessness, constant worry, or emotional numbness, it may be a sign that stress levels are becoming too high.

Ask for help earlier. Many people wait until they are completely overwhelmed before reaching out. Whether it is asking family members for support, sharing responsibilities, or talking to a healthcare provider, early support can prevent deeper exhaustion.

Supporting One Another in Rural Communities

One of the greatest strengths of rural communities is the willingness to help one another during difficult times. Sometimes the most meaningful support is simply checking in on someone. A quick conversation, offering help with a task, or reminding someone to take care of themselves can go a long way.

Burnout is not a sign of weakness. It is often a sign that someone has been strong for too long without enough recovery.

As the busy spring season continues, it is worth remembering that caring for your health is not separate from the work — it is part of sustaining it. Small moments of rest, nourishment, connection, and recovery matter more than many people realize. And sometimes, slowing down for even a few minutes can help us keep going for the long road ahead.

Honouring Indigenous Peoples in the Central Peace

National Indigenous Peoples Day is observed each year on June 21 — the summer solstice and the longest day of the year. For generations, this time of year has held deep cultural and spiritual significance for many First Nations, Métis, and Inuit peoples, who have traditionally gathered to celebrate community, culture, language, and connection to the land.

Here in the Central Peace, Indigenous history is woven deeply into the identity of our region. Long before municipalities, highways, and settlements existed, the land we now call the Central Peace was home to Indigenous peoples who travelled, hunted, traded, and built communities throughout the Peace River region. Today, the area continues to be enriched by the traditions, knowledge, and contributions of Indigenous residents, neighbouring First Nations, and Métis communities.

National Indigenous Peoples Day is an opportunity for all Canadians to recognize and celebrate the diverse cultures, histories, languages, and achievements of Indigenous peoples. It is also a time for reflection — to learn more about the history of Indigenous communities in

Canada, acknowledge the challenges of the past, and continue working toward understanding, respect, and reconciliation.

Across the Central Peace and all of Alberta, Indigenous culture remains vibrant through storytelling, music, art, dance, language preservation, traditional land-based practices, and community gatherings. Many local events held throughout June encourage residents to learn more about Indigenous heritage and to celebrate the enduring strength and resilience of Indigenous peoples.

The MD of Spirit River recognizes the importance of fostering respectful relationships and greater understanding among all who call the Central Peace home. On June 21, residents are encouraged to take a moment to learn, listen, and celebrate the cultures and histories that continue to shape our region today.

Whether by attending a local event, reading Indigenous authors, learning about the traditional territories of the Peace Region, or simply taking time to reflect, every step toward understanding helps strengthen our communities for future generations.

MOUNTIE MINUTE

Summer is officially here this month! Remember to plan ahead during any barbecues, and if you're drinking, don't even think about driving!

While you shouldn't be leaving babies and children in cars unattended anyway (it's illegal), summer makes it especially risky as the temperatures climb. The same goes for pets, as their thicker coats make them prone to overheating quickly.

Although its less common, vehicle breakdowns can still happen in the summer months. Be sure you're prepared in case you're stranded on the side of the road on a hot summer day. Keep some extra water or drinks inside, ideally in a cooler location such as in the trunk or tucked under the back seat.

If you haven't changed over your tires yet, now is probably a safe time to do it. Winter tires are made of softer rubber, and wear out way faster in the summer heat, and you'll need as much tread as possible when you switch back come October!

Sadly, many people get hurt or killed during the summer while doing something that should be fun. If you're out riding a quad or dirt bike, make sure you're wearing a properly fitted helmet and any other protective gear you

might need. If you're going out in the woods, let others know where you are before you leave so they know where to find you if you run into trouble. If you're out on the water, make sure you're wearing a lifejacket. Heat exhaustion and heat stroke can be an issue, too, even doing something as simple as Frisbee in the park. Keep some **cold water** bottles on hand and check on others around to make sure they aren't overheating too. **If you find someone in distress, stay with them and call 911 immediately.**

Some of these summer activities require loading/unloading and towing a trailer. Check, or have the trailer checked for issues such as lights not working, bad wheel bearings, brakes (if they have them) and worn out, cracked or low tires. Backing up a trailer can not only be stressful but also dangerous for those who have limited experience. It's a good idea to practice hooking it up a few times, and practice backing up in a wide open empty space like a parking lot, using pylons if you're unfamiliar. Overloading or improper loading puts extra strain on your brakes, suspension and transmission, and can even cause you to lose control and crash.

Over the last month and a half, I've noticed there are significantly fewer speeders on the highways. While

I'd love to take credit for it and hope that it was people taking my advice to slow down, I think the real reason is that these disgustingly high gas prices are more of a deterrent. There is a benefit, though: with fewer people speeding excessively, the roads are much safer!

Mark your calendars! June 13th is Spirit Days in Spirit River! There are fun things for the whole family. This year, we are teaming up with FCSS to host a bike rodeo for kids. The bike rodeo is to teach bicycle safety to children, including proper hand signals, helmet fitting and rules of the road. If you plan to attend, please try to remember to bring a helmet, bike, and ideally running shoes instead of sandals. *Since I don't want to see anyone left out, I will try to arrange to have some spare bikes and helmets there just in case somebody doesn't have one or forgot theirs.*

Where: The back parking lot of Spirit River Regional Academy (High School)

When: June 13th at 12:30pm after the parade

See you there!

Corporal Don McCullough
RCMP Spirit River Detachment

CHIEF'S BRIEFS



Another month has gone by so quickly that farmers are in the field, and crops will be planted by the time you read this; time moves so rapidly for us. With that in mind, when that large farm equipment is travelling down the road, take extra caution when trying to pass.

This last month's emergencies have been on a steady pace, and we surpassed last year's numbers from 63 in 2025 to 73 in 2026. Keeping with this rate in 2026 my prediction is that we will surpass last year by 10%. I hope I'm very wrong, but only time will tell.

As of my last briefing to you we have had 5 Medical First Responder calls, 3 Motor Vehicle Collisions, 3 Fires, and 5 alarm calls mostly due to cooking issues.

I'd like to thank everyone who has had large burns over the winter months for their good management and maintenance of those fires. With our high winds of late we haven't been called to any previous burns.

Spirit River Days, on June 13th, will be upon us very quickly, and for everyone's enjoyment, I have been able to attain the Grande Prairie Pipes and Drums once again to march in front of the fire department. We're very excited to represent ourselves. In the evening, the Fire Fighters Association will be

putting together a dance at the Centennial Hall, with proceeds going to the new fire hall. I hope to see everyone there.

Lots of events are happening for everyone on Spirit Days, and I know we'll have a great time.

Summer is just around the corner, and travellers are thinking about vacations, camping, fishing and such. Just a reminder to drive safely and sober so that everyone gets to their destination safely.

Another quick reminder, as you pass emergency workers on the road, whether fire, police, EMS, tow vehicles or roadside workers, please slow down to 60kmh as we all have families we want to return to at the end of the incident. Last year, I knew personally of a fire fighter who was hit while doing traffic control and now has a long way to go to get back to normal from her injuries. So sad, really, as one person's inattention for one second behind the wheel changed the life of a first responder and her family forever.

Just please be careful out there.

Thank you for your continued support.





Brian Kroes
Fire Chief, CPFRC

HAPPY VALLEY



• *Ag & Recreation Club* •


Our local facility offers quiet outdoor luxury paired with unmatched privacy and stunning views of local scenery. The Club hosts many events including trail rides, gymkhanas, clinics, and kids holiday parties. The facility is available for drop-in use and private rentals. Weddings, family reunions, baby showers, birthday parties, everything works in Happy Valley! The facility features a picnic pavilion, fire pit area, playground, horseshoe pits, day use area and a camping area with horse corrals.

★ Important Dates to Remember ★

-  Spring Ride - June 13
-  Danette DeBolt Clinic - August 1-2
-  Alberta Endurance Riders Event September 4-6
-  Fall Ride and Steak Supper September 12

Join us for our next event or call for private bookings! For more info, contact us at:

 Happyvalleyagrec@outlook.com
 Happy Valley Ag and Rec

 Connie Poss
(780) 864-0785



CENTRAL PEACE
FIREFIGHTER'S ASSOCIATION

★ 6TH ANNUAL ★ GOLF TOURNAMENT



-  **JULY 11, 2026**
CHINOOK VALLEY GOLF COURSE
-  **10:00AM SHOTGUN START**
-  **4 BALL BEST BALL,**
LIMITED TO 144 GOLFERS
-  **TEAM \$440.00**
OR SINGLE \$110.00



LIVE AND SILENT AUCTIONS



ADDITIONAL DINNER TICKETS AVAILABLE \$30.00



AND MANY MORE PRIZES TO BE WON!

TO REGISTER

Please email registration form to wozny01@telus.net or mail registration along with fees (check payable to Central Peace Firefighter's Association) to
Box 38, Rycroft AB, T0H 3A0

 or call Mike @ 587-343-4252 | or the Clubhouse @ 780-774-3838

SUPPORTING OUR COMMUNITY. ★ HONORING OUR BROTHERS AND SISTERS.

SPIRIT RIVER SECONDARY HIGH SCHOOL

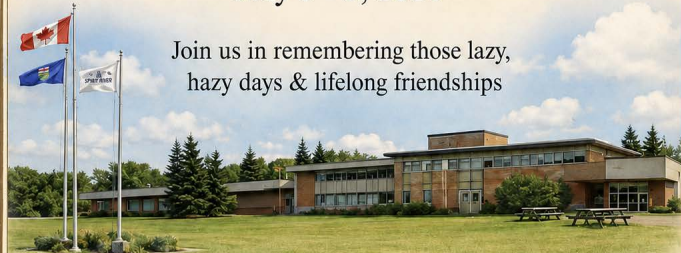
50 Year Reunion

(Almost!)

CLASSES of 1970 - 1981

July 3 - 5, 2026

Join us in remembering those lazy, hazy days & lifelong friendships



A Fun Weekend Featuring:

- Outdoor old-time music
- Games & social events
- Reconnecting with classmates
- Sharing memories of the "GOOD OLD DAYS"

Bring your family

Free camping available | Nearby accommodations coming soon

EVENT DETAILS

Main Gathering:
At Woking (courtesy of Ed Zaichkowsky)
More details coming soon ...

WE NEED TO HEAR FROM YOU

Will you attend?

How many?

Please RSVP by June 21.

✉ 2026spiritreunion@gmail.com

Or call Ed:

780-933-4420

(Share this with classmates!)

Strong Hands, Steady Hearts

On Sunday, June 21, families across the Peace Country will gather to celebrate Father's Day — a special opportunity to recognize the fathers, grandfathers, stepfathers, foster fathers, mentors, and father figures who help shape our homes, farms, communities, and futures.

In rural communities like ours, fatherhood often comes with many hats. Fathers are teachers, mechanics, coaches, neighbours, volunteers, storytellers, and providers. They are the early risers feeding livestock before sunrise, the patient hands teaching children how to drive a tractor or bait a fishing hook, and the steady voices offering advice when life becomes uncertain.

Across the MD of Spirit River and throughout the Peace Country, generations of fathers have helped build strong communities through hard work, resilience, and quiet dedication. Whether working in agriculture, forestry, oil and gas, local businesses, trades, emergency services, or community organizations, fathers continue to play an important role in supporting the people and places we call home.

Father's Day is also a reminder that fatherhood is not defined by biology alone. Many people step into the role of mentor, protector, and guide for children and youth in our communities. Coaches, uncles, grandfathers, family friends, Elders, and community leaders often leave lifelong impacts through their encouragement, wisdom, and example.

While the modern celebration of Father's Day began in the early 1900s, the values it honours — responsibility, sacrifice, love, and leadership — have long been woven into family life across generations and cultures. Here in the Peace Country, those values remain deeply rooted in community spirit and neighbour helping neighbour.

This Father's Day, we encourage residents to take a moment to thank the father figures in their lives. Whether it's through a phone call, a shared meal, time spent outdoors, or simply expressing appreciation, small gestures often mean the most.

The MD of Spirit River extends sincere thanks to all fathers and father figures throughout our region for the many ways they contribute to their families and communities every day.

We wish everyone a safe, meaningful, and happy Father's Day.



Back to Basics: Practical Living in the Central Peace

Real-life ways to grow, save, and live more self-sufficiently.

What to Plant Now in the Central Peace

For many gardeners across the Central Peace, late May and early June is when things start to feel real.

Garden centres are busy, seed packets are everywhere, and after a long winter, many of us are eager to finally get planting. But in northern Alberta, timing matters—and knowing what to plant and when can make all the difference between a thriving garden and a disappointing one.

The good news? You don't need to be an expert gardener to have success. With a little planning and an understanding of our local growing conditions, even beginners can grow a productive and rewarding garden.

First Things First:

Don't Trust One Warm Weekend

One of the biggest gardening mistakes in our region is planting warm-weather crops too early.

In the Central Peace, late spring frost is always a possibility—even after several warm days. While it's tempting to plant everything at once, patience can save you from having to replant later.

A good rule of thumb:

- Hardy crops can handle cooler temperatures
 - Tender plants should wait until frost risk has mostly passed
- Watching local forecasts and nighttime temperatures is just as important as watching daytime sunshine.

Crops You Can Plant Early

Some vegetables actually prefer cooler weather and can be planted earlier in the season.

Potatoes, carrots, peas, radishes, lettuce, spinach, beets, and onions are reliable choices for northern Alberta gardens. These plants tolerate cooler soil and light frost far better than heat-loving vegetables. Many also grow quickly, making them ideal for beginner gardeners.

Warm-Season Crops Need Patience

Vegetables like tomatoes and cucumbers may be garden favourites, but they need warm soil and steady temperatures to thrive. If planted too early, they can struggle—or fail altogether.

It's best to wait until nighttime temperatures stay consistently warmer before planting tomatoes, cucumbers, zucchini & squash, beans, corn, and peppers. In the Central Peace, many gardeners wait until early to mid-June for these crops, depending on weather conditions.

Don't Plant Everything at Once

A successful garden isn't just about what you plant—it's also about when you plant it.

Fast-growing crops like lettuce and radishes can be planted more than once throughout the season. This is called succession planting and helps extend your harvest instead of having everything ready at the same time.

For example:

- Plant lettuce every couple of weeks
- Reseed radishes throughout June and July
- Spread out your harvest and reduce waste

A little spacing and timing can keep fresh food coming for much longer.

Herbs: Small Space, Big Value

Herbs are often overlooked, but they're one of the easiest and most cost-effective things to grow. Even a few small containers can produce plenty for cooking and preserving.

Fresh herbs can add flavour to meals while helping reduce grocery costs over the summer. Easy options for our region include chives, dill, parsley, mint, and cilantro.

Water Smart, Not Constantly

Young plants need consistent moisture, but more water isn't always better. A deep watering a few times a week is often more effective than shallow watering every day.

To help retain moisture consider placing mulch around plants, water early in the morning or evening, and avoid watering during the hottest part of the day. This becomes especially important during dry summers.

Protect Young Plants from the Elements

Central Peace weather can change quickly, and young plants sometimes need a little extra protection.

Simple solutions work surprisingly well:

- Old sheets or blankets for frost warnings
- Milk jugs or buckets as temporary covers
- Windbreaks for exposed gardens

Gardening here often means learning to adapt as the season changes.

Learn as You Grow

Every garden season is different, and no one gets everything perfect the first time. Part of gardening is experimenting, learning what works locally, and adjusting from year to year.

Talk to neighbours, ask questions, and don't be discouraged by setbacks. Even experienced gardeners lose plants occasionally. The important thing is getting started.

A Garden Doesn't Have to Be Perfect to Be Worthwhile

Whether you're planting a few containers on a deck or rows in a large backyard, every little bit helps.

Gardening can offset grocery costs, provide fresh food for your family, build useful long-term skills, and offer a rewarding connection to the seasons and the land. And sometimes, even a single successful row of carrots feels like a win.

Try This This Month

Plant a second round of lettuce or radishes two weeks after your first planting. Staggering crops helps extend your harvest and keeps fresh produce coming longer into the season.

SUPPORTING LOCAL STUDENTS

MD of Spirit River #133

\$1,000 BURSARY

Apply Now for Fall 2026

- Open to MD Residents
- Full-Time Post-Secondary
- Deadline: July 31st



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Apply online or at the MD office
4202-50th Street, Spirit River

APPLY TODAY

DID YOU KNOW?

nzhn North Zone Health Neighbourhood



Get to the Emergency Department or **DIAL 911** if you have:

- Chest pain
- Trouble breathing or severe shortness of breath
- Heavy bleeding or major injury
- Poisoning or overdose
- Signs of stroke (sudden weakness, facial droop, arm droop, slurred speech)



FOR NON-EMERGENCY CARE, DID YOU KNOW...



PRESCRIBING PHARMACISTS:

- Offer prescriptions for minor ailments
- Phone your local pharmacist at:



VISIT YOUR FAMILY DOCTOR OR NURSE PRACTITIONER

Accepting family physicians can be found at:
albertafindadoctor.ca



YOU CAN ACCESS 24/7 VIRTUAL CARE

by dialing **811** to access TeleHealth



ACCESS SOCIAL SERVICES:

- General inquiries: 1-877-644-9992
- 24/7 Emergency income support: 1-866-644-5135



CRISIS LINES

Dial 211 - for Emergency
Social Resources (Housing crisis; food insecurity; shelters)

Dial 988 - for mental health emergencies



HELP-LINES

1-877-302-2642 - Mental Health helpline (24/7)

1-866-332-2322 - Addiction helpline (24/7)

1-780-482-4357 - 24/7 Distress Line

1-888-342-4822 - Alberta Indigenous Virtual Care Clinic



KNOW WHERE TO GO FOR CARE

The right care, at the right time, in the right place.