



NEWS RELEASE – Proceeds from the 2023 Reeve’s Charity Golf Tournament

December 7, 2023 – LAMONT, AB: Lamont County Council has directed its annual proceeds from the Reeve’s Annual Charity Golf Tournament to be provided for food security and mental health initiatives.

“I am happy to see proceeds going to great programs aimed at improving mental health and food security for the community, including school breakfasts and lunch programs in our schools,” said Lamont County Reeve David Diduck. “Supporting mental health initiatives and access is extremely beneficial to Lamont County and promoting access to these services is critical for our residents.”

Earlier this year, the Reeve’s Annual Charity Golf Tournament raised \$25,000 and Council has directed proceeds to be divided as follows:

1. Elk Island School Division receives **\$8,000** for school meal programs within Lamont County:
 - a. This is divided between Bruderheim Elementary School, Lamont Elementary School, Lamont High School, and Mundare School based on student population.
2. Council designated **\$2,000** to the "Lamont County Cares" project:
 - a. This program increases awareness, so every resident knows there are mental health supports available to them, how to access help, and to further maintain a good quality of life in our community.
3. Previously, Lamont County Council designated **\$15,000** to the Lamont County Food Bank:
 - a. This was presented at the October 10 Regular Council Meeting (see enclosure).

“Sadly, food security has become a real challenge for families in many communities,” says Cathy Allen, Board Chair, Elk Island Public Schools. “This generous donation will help ensure students at these schools have access to nutritious food during the day to help them grow and thrive. We are grateful for Lamont County’s assistance.”

These donations come at an opportune time as we enter the holiday season and into the new year, where there are demands on the Food Bank and food security needs typically increase.

“We receive a combination of monetary and food donations which allow us to include a greater variety of food in each hamper,” said Chris Mintenko, Lamont County Food Bank Treasurer. “We strive to make our hampers as nutritious and economical as possible. Monetary donations allow us to do so by purchasing fresh foods and specific perishables that we feel should be included in hampers. It also allows us fill in the gaps with items when food donations don’t always cover. We really appreciate Lamont County’s support.”

Challenges around mental health also tend to be higher during the mid-winter months, for example Bell Lets Talk Day (that centres around mental health awareness), typically is held annually towards the end of January to increase awareness around mental health initiatives. Weather and time of year can contribute to isolation, and that makes it harder to access supports.



“Lamont County Council and Administration care about and support our residents,” says Sara Rindero, Director of Lamont County Family and Community Support Services. “The *Lamont County Cares* program helps build awareness of the support programs available to residents across the region.”

Food security and mental health are two important needs year-round.

There are different ways in which people can donate to Lamont County’s Food Bank; its Facebook page posts a wish list of food currently in need. The food bank accepts cash, cheques (mailed to Box 1187 in Lamont), electronic funds transfer via Benevity, Canada Helps, or the United Way (listed as Lamont Hamper Committee). And donations are accepted in person on Thursday mornings between 8 and 9 a.m. The food bank is located at the Alliance Church in Lamont—for arrangements outside of these times, can be contacted at (780) 619-6955.

Those experiencing mental health concerns can access Alberta Health Services’ Mental Health Help Line (a 24-hour, 7-days a week, 365-days a year), a confidential service that provides support, information and referrals to Albertans experiencing mental health concerns at 1-877-303-2642 (toll-free), 2-1-1, or in an emergency, 9-1-1.

Lamont County is proud to support these great causes and to assist residents in need during difficult times. Food security as a basic need and Lamont County is doing its part to ensure residents have access support their needs.

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[Enclosure: Lamont County Food Bank Cheque Presentation and Elk Island Public Schools logos]

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Enclosure:

Lamont County Council presents proceeds from the Lamont County Reeve's Annual Charity Golf Tournament to Lamont County Food Bank, to Elk Island Public Schools school breakfast/lunch programs, and to the Lamont County Cares Project. L-R: Councillor Anaka, Deputy Reeve Warawa, Reeve Diduck, Chris Mintenko, with Lamont County Foodbank, Councillor Woitas and Councillor Wick.

