

# Winter Newsletter

January 2026

Reeve – Gil Cadrin  
reeve@rmmeota468.ca  
(306) 441-7774

## Councillors:

Div. 1 – Roy Dussault  
div1@rmmeota468.ca  
(306) 441-1145

Div. 2 – Keith Gregson  
div2@rmmeota468.ca  
(306) 441-5503

Div. 3 – Don Johnson  
div3@rmmeota468.ca  
(306) 441-0989

Div. 4 – Gary Heidel  
(Deputy Reeve)  
div4@rmmeota468.ca  
(306) 441-2089

Div. 5 – Kristin Carver  
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(306) 441-6768

Div. 6 – Jodie Gabruck  
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(306) 386-7384

## RM of Meota No. 468

*"A Community of Communities"  
Creating Harmony Between Land & Lakes*

### By-Election Result

The RM welcomed Don Johnson as the new Division 3 Councillor (elected by acclamation) following the resignation of Mark Carlson.

### Community Health Care Clinic

The RM of Meota partnered with the Village of Meota and Resort Villages of Aquadeo, Cochin & Metinota to establish a Health Clinic in Meota. If you are not sure whether making an appointment with a Nurse Practitioner is right for you, these are the specific duties and responsibilities of a Nurse Practitioner:

- Assessment and diagnosis: Conduct physical exams, take medical histories, and diagnose illnesses and health conditions.
- Diagnostic services: Order and interpret diagnostic tests, including lab work, X-rays, CT scans, and MRIs.
- Treatment: Prescribe medications and perform minor medical procedures, such as suturing lacerations, injections, mole removal, etc.
- Disease management: Manage both acute and chronic illnesses, including diabetes and COPD.
- Health promotion and education: Advise patients and families on healthy living, disease prevention, and illness management.
- Referrals and collaboration: Arrange for referrals to specialists and work with other health professionals, such as physicians, therapists, and social workers.
- Specialty services: Can provide women's health services, including prenatal care; order/perform screening tests such as and Pap tests and prostate exams, Well baby assessments, simple biopsies, cryotherapy for moles.
- Driver's Medicals; Disability Forms; WCB Injuries

Do Drop In, 365 Main Street, Meota

Appointments on Tuesdays from 10:00 a.m. to 3:00 p.m.

Call the Meota clinic directly on Tuesdays at 306-892-2223 to book your appointment.

or

Call the St. Walburg Medical Clinic, Mon-Friday from 8:30 – 4:30 @ 306-248-3434 to request an appointment at the Meota Medical Clinic.

Chief Administrative Officer:  
Kirk Morrison  
cao@rmmeota468.ca

Deputy CAO:  
Wanda Boon  
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Foreman:  
Matt Storgard  
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Development Co-ordinator:  
Kyla Sitter  
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Building Officials:  
Ryan Shepherd  
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Raymond Humenny  
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## Contact Us

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S0M 1X0

Phone: (306) 892-2061

General Inquiries:  
[info@rmmeota468.ca](mailto:info@rmmeota468.ca)

[www.rmmeota468.ca](http://www.rmmeota468.ca)

## Transfer Sites – Winter Hours of Operation

RM – (Cochin)  
(until Apr 30)

Meota

Saturday, Sunday, Monday

Sunday & Monday  
9:00 a.m. – 4:30 p.m.

10:00 a.m. – 4:00 p.m.  
Closed Statutory Holidays

## Retaining Wall Construction

Construction of retaining walls over two feet high, including replacing an existing wall in the same location, requires a Development Permit. Additionally, retaining walls adjacent to your property line(s) must be constructed within the property boundary up to the property line.

*A retaining wall is defined as: a wall constructed of concrete, steel, treated wood, stone, masonry, or a combination thereof, designed to support, confine, retain, or keep in place earth or aggregate material. The height of a retaining wall is determined by measuring the vertical distance between undisturbed soil and the top of the retaining wall. Slope alterations are considered a retaining wall where the altered slope exceeds 45 degrees.*

## Doing any Building, Renovating or Demolition?

Please remember to apply for permits by calling the RM of Meota office before you start your project and allow sufficient time for your permit application to be reviewed and approved. Please remember that retaining walls, decks, septic tanks and work adjacent to the shoreline all require permits as well. Check out our website for links to development information, bylaws and forms. Our Development Co-ordinator is Kyla Sitter and she can be reached by calling our office or by email at:

[development@rmmeota468.ca](mailto:development@rmmeota468.ca)

## VOYENTALERT!

Stay updated with day-to-day communication and emergency alerts. Register by visiting the home page of the RM's website or downloading the VoyentAlert! app.