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Ryley, Holden, Tofield and Area. Seniors Discounts  
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Stitch by Stitch  
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www.dynamicscaleco.ca Toll Free: 1-844-488-7180



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780-275-0144

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SMALL ENGINE REPAIR IN BEAVER COUNTY

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Mary Ann & Murray Nason

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Specializing in: New Construction, Renovations, Gas  
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### Alberta Tank Fabrication and Coating Ltd.

Best in Design, Safety, Quality and Delivery.

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E-mail: info@albertatankfabrication.com

Web: www.albertatankfabrication.com

### Kids Help Phone

1-800-668-6868

Anonymous ~ Confidential ~ 24/7

### YOUNG LIVING ESSENTIAL OILS

Robert Evans (780) 663-2127



ATB Financial Ryley 780-663-3513

Now open: Mon. to Fri. from 9:30 a.m. to 5:00 p.m.

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### TH Lawn & Snow Removal

Thomas Hoban

780-663-2448

Cost varies on size.

Call for more information.



### Buildex Concrete Services

Also does snow removal with bobcat.

Rob Stainthorpe 780-263-5850

robstainthorpe@gmail.com

### Quality Yard Work

Snow removal, mowing, weed whacking and raking. Price  
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Interior & Exterior, Free Estimate. Serving all areas.

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Holden Laundromat ~ 4920 - 50 St Holden

Use rear door. Open: 9 am-9 pm. 7 days week. 780-632-9313

## Seniors Support Services

Helping seniors maintain their homes with general  
cleaning & repairs to woodwork, flooring, painting,  
plumbing, & installation of medical aids.

Phone 780-688-3357

Phone or Text 780-918-5678



## The Tofield Mercury

Weekly Newspaper  
Printing of all kinds  
780-662-4046  
Since 1918

Less than \$1/week to buy at stores  
66 cents/week for a 1 year subscription

tofieldmerc.com  
adsmercury@gmail.com



# The Village VOICE

VILLAGE OF RYLEY • 5005 50 St. • Box 230 • Ryley, AB • T0B 4A0

Ph: 780.663.3653 Fax: 780.663.3541 Email: info@ryley.ca Web: www.ryley.ca

Hours of Operation: Tuesday to Friday 8:30 a.m. to 4:30 p.m. Closed from 12-12:30 p.m.

### Lions Club Birthday Calendar

The Ryley Lions Club will once again be undertaking  
our annual Community Birthday Calendar project. If  
you are new to the Village, have a business you'd like  
to advertise, or want to purchase a calendar please  
contact André Nimchuk at (780)663-2444 or Pat Jeffrey  
at (780)663-3812.

### Tofield/Ryley/Beaver County West FCSS Ryley Days

FCSS will be in Ryley on Thursday's September 3, 10,  
17 & 24 8:30 am – 12:00 pm, 1:00 pm – 4:30 pm. At  
the Beaver County office. By appointment only due to  
Covid – 19.

Call 780-662-7067 to book an appointment.

### World Suicide Prevention Day

Thursday, September 10th

Working together to prevent suicide

Please join us to promote suicide awareness by join-  
ing our walk in the Village of Ryley at 12 o'clock noon.  
Please meet us in front of the Beaver County office.

Brought to you in partnership by:



2020 Sports Day #RyleyArts FaceBook winners the  
Vanstone Family. Won this beautiful, handmade  
chair by Ryley Woodcrafts.

Want the Village Voice sent right to your email?

Email angel@ryley.ca and we will send you a copy every month!

If you have any events or useful information for residents of the Village of Ryley, please contact Angel at 663-3653 to have it includ-  
ed in the Village Voice at no charge. Businesses welcome. All information must be submitted one week before the end of the month.

## CAO's Corner:

SEPTEMBER ALREADY!

Hello Ryley! We have not chatted much about our Solar Power Generator Project. This two-array grid of ground-mounted, photo-voltaic cells are being installed northeast of the Village, on the east edge of our sewage lagoon. This air photo was taken by Gradient Imaging (a Ryley Home-Based Business) a few weeks ago. The white boxes are the solar cells getting ready for mounting on the racks. The project is on-schedule to energize later this month.



The project will push the power it generates into the Fortis grid for credit against our municipal power bill. It will create enough power to offset all the power the Village uses, including the Curling Rink, the Skating Rink/Shack, the Community Hall, the Main Office and Public Works Workshop, the Lift Stations, the Campground and the Street Lights. Presently we pay approximately \$14,000 a year for power. Of course, some of this will pay for maintenance and financing of the project. The Village will not be saving a large amount of money and although we will see some savings, the point of this project is not to save money.

The main benefit is that all power consumption by the Village of Ryley will be offset by our own generation of renewable energy. As of September 2020,

Ryley will be "net-zero" and will no longer contribute to fossil-fuel power consumption. An interesting sidebar is that a solar generating site needs to have something that draws a little power. Therefore, we are installing an aeration pump into our sewage lagoon as part of this project. This aeration pump system will cause our lagoon to do its natural job of digesting and decomposing at a much quicker and much more efficient rate. So, we will be releasing a much cleaner discharge each year when we drain our lagoon and we will be able to grow Ryley much larger in future before we will need to build another lagoon or build ours bigger. Ryley should be extremely proud of this project. We are making a huge impact to reduce our environmental impact. We can honestly say that Ryley is going green!

As for me, I am using this experience and looking into this technology and industry of solar generation very closely. I want to explore how we might enable you to make similar moves at the residential or commercial level if you are interested. With some luck and hard work, Council might be able to develop and offer some programs to help you get there, in the same way that the Province helped us get here!

Take Care – Stay Safe Ryley  
CAO Glen Hamilton-Brown

### 2020 Hosting Fees from Clean Harbors:

1st Quarter: \$62,494.71

2nd Quarter \$92,970.59



### Ryley Council Meeting Dates via video conference.

Tue. September 1 & 15 - Regular Council - 6:45 p.m.

Regular Council Meetings are held the first and third Tuesday of the month. Meetings start at 6:45 p.m. and are being conducted via video conference. Connection information will be posted on the village website and is live streamed on Facebook group Village of Ryley. For additional meeting information and to connect by telephone please call the Ryley Municipal office during office hours.

[www.ryley.ca](http://www.ryley.ca)  
780-663-3653

# BUSINESS bizz

## Businesses Advertise Here!

The Village Voice is accepting business ads. Now that we are a three page paper with a business section, businesses can advertise at no charge. You can send your information to [angel@ryley.ca](mailto:angel@ryley.ca) or drop off at the village office during office hours. For information and cut off dates please contact Angel at 780-663-3653.

### Donna's Tax Service

All kinds of tax returns, including small business & farms  
Over 25 years of experience. Can pick up and deliver.

Donna Pope 663-3693

### River Rock Cafe'

5111-50 St. Ryley 780-663-3300

#### Contact for hours

We serve soup, salads, sandwiches,  
burgers, sides, desserts, extras & evening specials!  
Weekly specials will be posted on the  
Ryley Today Facebook page.



**Kumsons Electrical Services**  
"Bringing Power to the People"  
\*Residential \*Commercial  
\*Service & Repair  
Ryley, Alberta  
780-970-2902  
Kumsons.Electrical.Ltd@live.ca

Samuel Kumson Jr



780-970-2902

Kumsons.Electrical.Ltd@live.ca

## MONAT

"JOIN THE HEALTHY HAIR REVOLUTION"  
AlbertaHairProducts.MyMonat.Com

Kolbey Kumson 780-616-7184  
AlbertaHairProducts@Hotmail.com

### First Line Tire Services (587) 990-2886

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firstlinetireservices@gmail.com



### RSM heating ltd.

Furnace Installations or Replacements ~ Free estimates  
Licensed Installers ~ Serving Ryley area for 20 years.  
Call Leo 780-221-8754 or 780-663-2441.

### Neckwork Massage Therapy

780-886-5916

Call or text for appointment.



Local Aerial Imaging &  
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Mike Klassen 780-729-0260  
Email: [sales@gradientimaging.ca](mailto:sales@gradientimaging.ca)  
Web: [www.gradientimaging.ca](http://www.gradientimaging.ca)

### Ol' Blue Community Coach

Group travel bus for rent call Marvin at 780-663-3796.



**The Rink Diner 5117-49 st.**  
OPEN for BREAKFAST!  
Monday to Friday  
by Grethe's Kitchen.  
Daily Specials and Take-Outs posted on Ryley Today  
Facebook page. 780-663-3960




Sherri-Ann Vanstone 780-719-3783 Ryley, Alberta  
<https://sherrivanstone.voxxlife.com/>

### Lapointe's Renos

Bathrooms, kitchens & handyman services

PHONE ROBERT FOR FREE ESTIMATE

5012-50 st. Ryley AB T0B 4A0 Box 353

780-919-0612 [robear331@gmail.com](mailto:robear331@gmail.com)



### For All Your Sewing Needs

Dress Making, Alterations, Patching, Drapery & Hemming  
Call Sylvia in Ryley ~ 780-663-3324

### Country Bottle Depot

Hours: Tuesday & Saturday 9 a.m. to 5 p.m.  
5012-48 Ave., Holden, By Old Bus Barn  
Mark 780-632-9313  
We SORT, COUNT & PICK UP!!! Call today!



## River Rock Cafe' HOURS

Monday's to Thursday's 8:30-4:00 p.m.

**Breakfast Special Daily** from 8:30-11:00

\$7.95, 2 bacon, 2 sausage, 2 eggs and 2 pancakes

Starting August 13 we are open till 7 p.m. and every other **Thursday** after.

**Friday's & Saturday's** Closed

**Sunday's** 10:30-3:30, breakfast special all day \$7.95

We are practicing social distancing, hand sanitizer upon arrival PLEASE

## River Rock Snack Shack

The snack shack open Sunday from 1-6, with a Taco in a bag for \$5.00

Mini donuts, ice cream cones and more!

### Igloos

Slushy with a huge scoop of vanilla ice cream  
Medium \$4.50 Large \$6.00

We will be open for Sept long weekend Saturday and Sunday from 10:30-3:30

Closed Monday

**Call 780-663-3300**

# Legion

The Royal Canadian Legion Ryley Branch 192

## BAR OPEN

Friday evenings  
4:30 p.m. through 12:30 a.m.

## Rent the Legion Hall

1021 ft<sup>2</sup> 86 person capacity

**780-663-3565**

 facebook.com/ryleyLegion

**DIAMOND  
J  
BAKERY**

## Diamond J Bakery in Lougheed

Pick up at Lisa's Market or call for details on porch delivery. Delivery every Wednesday.

Email: contact@diamondjbakery.com  
Phone: 1 (780) 386-2254

## The RINK Diner June NEW HOURS

**Dine-in and Take-out**

Open Monday to Friday

**8:00 a.m. - 1:30**

Wednesday and Friday

**4:30- 6:30**

### Social Distancing Rules Enforced

Daily specials and soup with sandwiches. I'll cook whatever you want within reason. I'll try to keep prices down.

**Call 780-663-3960**

## WECAN - WHY NOT!

### About WECAN Food Basket

The WECAN Food Basket Society operates as a "warehouse without walls" – we buy all our food in bulk and distribute it to our community based depots.

### The Program in Tofield-Ryley

Members prepay for their food baskets by the first Friday of each month by depositing their order envelope in the mail slot at the Village of Ryley Office. Then, orders can be picked up on the third or fourth Thursday of the month at the Ryley Municipal Office.

### A WECAN Food Basket consists of...

Fresh food is the staple of any healthy diet. Our food offering is:

Meat Order (\$15): 2-3 cuts of frozen meat,  
Produce Order (\$10): 3 types of fresh vegetables and 3 kinds of seasonal fruit. Members can order whatever quantity of each order they would like, for example:  
2 produce + 1 meat = \$35 or 2 meat + 1 produce = \$40  
Membership is \$5 per year: Apr 1 to Mar 31.

### If you want to order you have several options:

- E-transfer to tofieldwecan@gmail.com
- Drop your envelope through the door letter slot at the Food Bank - 5204 50 st, Tofield. They are keeping the orders for me.
- Drop through the mail slot at the Ryley Village office front door.

PLEASE DO NOT DROP THEM IN THE BOOK RETURN AT TOFIELD LIBRARY until this COVID-19 crisis is over.

### PLEASE NOTE:

FOOD ORDERS THAT ARE NOT PICKED UP WILL NOT BE REFUNDED. WECAN reserves the right to sell unclaimed baskets or distribute them to families in need.

For more information: WECAN Food Basket Society of Alberta 780-413-4525 Website: www.wecanfood.com Or email the Tofield-Ryley Depot at:

TofieldWECAN@gmail.com

**Fees Due: Sept. 4th - Pick Up: Sept. 17th**

## Community Together Update

Did you know? We are here to help!

One of the ways we can help is by assisting those who may be experiencing financial difficulties due to Covid. We know that sometimes people just need a helping hand and we encourage those people to reach out to us. All information and will always be kept confidential.

Our overall health is important to keep a close watch on. This includes financial, mental, emotional and physical. Community Together has an abundance of resources available to us, so if you are looking for ideas, supports or just a friendly check in during these uncertain times, please let us know.

We are still working hard on pinpointing the needs and wants of the community as well as building relationships with the existing organizations in Ryley. We are stronger together and it is so exciting to see how many people are willing to assist others and those that have been doing good deeds in the community already!

We would like to thank all the amazing volunteers who have stepped up in Ryley to help others and those that have joined the Community Together Program. We can already see the impact a program like this can have when people work together.

This month, Community Together would like to leave you with a Wellness Challenge!

### WAYS TO WELLNESS CHALLENGE:

**Day 1** – Eat healthy foods. What healthy foods did you eat today?

**Day 2** – Get active. Did you get moving today?

**Day 3** – Be kind. What act of kindness did you do today?

**Day 4** – Practice gratitude. Look for the good in your day. What are you thankful for?

**Day 5** – Be yourself. Remind yourself what is special about you!

**Day 6** – Get your groove on. Tune in. Listen to a song that either makes you want to dance or helps you relax.

**Day 7** – Laugh. What can you do today to bring humour and laughter into your day?

Don't forget to look for Community Together on Facebook by searching Community Together - Village of Ryley or visiting the Ryley.ca website for more information on the Community Together Program, you can also reach us at commtog@ryley.ca or by calling our Programmer at (780)663-3653.

Take care of one another!

**Community Together Programmer**  
**(780)663-3653 commtog@ryley.ca**



## HAITI REBUILDING FUNDRAISER

Margaret Jones invites you to be part of her continued efforts to raise funds for Haiti ARISE. She is hoping to travel to Haiti in 2021 when travel restrictions are lifted to assist with rebuilding homes and communities damaged or destroyed by the 2010 earthquake and/or the 2016 hurricane, two of the most devastating natural disasters in its history. Trip expenses are Margaret's personal responsibility; fundraising proceeds go directly to project costs.

Margaret is holding another used clothing drive as a fundraiser. The fundraiser is FREE and a win-win-win for everyone. Here's how it works:

**WIN FOR YOU** – you bag up used clothing, shoes, textiles (e.g. towels, sheets, pillows, etc.), housewares, toys, and books and Margaret will recycle them for you, free of charge.

**WIN FOR THE ENVIRONMENT** – keep your unwanted items out of the landfill and reduce your carbon footprint. Did you know that every year, North Americans send 12 million tons of clothing and textiles to the landfills - 95% of which could be reused or recycled? Just one pair of recycled jeans will save up to 6800 litres of water!

**WIN FOR VALUE VILLAGE** – they receive new inventory to support their business objectives, including providing employment, recycling unsold items to developing countries, and supporting charities.

**WIN FOR HAITI ARISE** – Value Village will provide a financial donation to Haiti ARISE (haitiarise.org) based on the weight of donated goods.

### ELIGIBLE USED ITEMS

(Please bag items for each category separately)

- Clothing in good repair, shoes, hats, mitts, scarves, socks, purses, backpacks, shoes, etc.
- Housewares and toys
- Books

### INELIGIBLE ITEMS

NO mattresses, baby gear, appliances, furniture, auto parts, building materials, tires, or flammables

### DROP-OFF INFORMATION

Location: 4844 – 54 Avenue (collection bin beside the driveway)

Times: Anytime, but last day for drop-off is October 21st.

Other pick-up or drop-off arrangements can be made by calling Margaret at 780-663-3890.

## 54 Ave Road Work

You may have already noticed that there is road paving construction going on at 54 ave. from 51 street to 48 street. Thank you to those that live in the area being so patient with the construction crew and village staff. This project is scheduled to be completed mid October. We ask that anyone with children that you please take a moment and talk with them about keeping a distance from the road work even though it may be very intriguing to them. Please don't take short cuts though the construction as it can be very dangerous with hazards in the area during this time.

If you have any questions or concerns about this project please contact CAO Glen Hamilton-Brown at 780-663-3653 or email [cao@ryley.ca](mailto:cao@ryley.ca)



## TEMPORARY WATER SHUT DOWN NOTICE

As a part of the Ryley 2020 Capital Works project, Urban Dirtworks is required to shut down a major water main. Residents will be affected by this water interruption. If everything goes as planned it will occur on Thursday, September 3rd. It is suggested that each household make available to them a sufficient water supply to facilitate their needs during these interruptions.

We anticipate the water service to be interrupted for a maximum of 8 hours. Urban Dirtworks will make every reasonable effort to keep the duration of this interruption to a minimum and during daytime working hours however it is not guaranteed.

After the water shut down, residents will be on a BOIL WATER ADVISORY until bacteria samples are cleared by Alberta Health Services. At that point an Urban Dirtworks Representative will communicate that the water is cleared and drinkable.

Should an emergency situation occur during a service interruption, please call Bryan Houle – Urban Dirtworks at 403-392-3415.

We apologize for the inconvenience and greatly appreciate your patience.  
Yours truly, Urban Dirtworks Inc.

## Trees and Grass

**Trimming Trees and bushes:** Residents are responsible to trim their trees and bushes to be within the bounds of their own property. This applies to back alleys, trees and bushes hanging over the sidewalk, and hanging over your neighbour's property. Help the Village walkways stay clear for everyone to use, prune your trees and bushes. Please be courteous to your neighbours to ensure that your trees and shrubbery do not encroach on their property.

**Grass Clippings:** Many of our streets cannot be cleaned by the street sweeper. **Please do not blow your grass clippings onto the street or alley.** They decompose, become mud and can plug up the curbs and drainage system. Public works employees have been out hand shoveling the gutters to get them clean. Please do your part by keeping them clear of grass and leaves.

If you have any questions or concerns please contact CAO, Glen Hamilton-Brown at 780-663-3653 or [cao@ryley.ca](mailto:cao@ryley.ca)

## Is This You?

- I help my elderly parents.
- I assist my loved one who has a mental illness.
- I care for my ill spouse.
- I have a child with special needs.

### You are a Caregiver?

A caregiver is someone who assists a family member or friend with challenges resulting from disability, illness, or aging. Caregivers Alberta's award-winning COMPASS for the Caregiver program helps caregivers balance their own well-being with the challenges of care-giving. Join other caregivers in a safe and supportive environment for this multi-week workshop led by a trained facilitator from the Tofield/Ryley/Beaver County West FCSS.

LOCATION: Online

DATE: Wednesdays, September 30 - October 28, 2020

TIME: 6:00 PM - 8:00 PM

COST: \$20 (USE PROMO CODE FCSS)

TO REGISTER: Visit [bit.ly/beavercountycompass](http://bit.ly/beavercountycompass) or call 1-877-453-5088

[caregiversalberta.ca](http://caregiversalberta.ca) office@caregiversalberta.ca



## 780-662-3511

Tuesday & Friday: 10-12 noon

Wednesday: 2-4 p.m.

If you need assistance, even if you have never accessed the food bank before this COVID-19 crisis, please call us for a hamper for your household. Call by 9 p.m. the day before you require the hamper and leave a message. One of our volunteers will return your call.

During this crisis, we also offer DELIVERY for those who cannot come into our Food Bank because transportation problems, isolation/quarantine, or just because our hours of operation don't work for you.

## Ryley Market

**CANCELED due to COVID19 Restrictions**

Please watch for updates in the October Village Voice. If you have any questions please contact Angel at 780-663-3653 or email: [angel@ryley.ca](mailto:angel@ryley.ca).

## McPherson Municipal Library

Closed until further notice due to COVID-19.

We are open for curbside pick up. This means patrons can call or email during open hours to request materials and arrange a time to pick them up or drop off materials in sealed bags. Our hours are 12-7 Monday to Friday but only until Sept 3rd then we will announce hours after that point depending on our students school schedules. We have a number of new movies and books. And we are having our first meeting of fall September 14th 7:30pm.

Call 780 663 3999 or email [librarian@mcphersonlibrary.ab.ca](mailto:librarian@mcphersonlibrary.ab.ca) we will be open for calls Monday 4-7pm Tuesday 12-7pm Wednesday 1pm-4pm Thursday 4-7pm Friday 12pm-4pm Sat 10-1pm. Patrons can order items from our library through Trac Pac, they can see our collection through Trac-Pac we can put their items aside for pick up. Returned items will be contained for 72 hours then sanitized for circulation. To be clear we can only offer items from our library. This will be followed by a controlled opening.

[www.mcphersonlibrary.ab.ca](http://www.mcphersonlibrary.ab.ca)

## Connect with Technology

### Beaver County Community Adult Learning

Would you like to learn to connect with friends and family using your own technology tools while social distancing?

We are here to help you learn how to connect with different social media platforms.

It's just a click away! Google Hangouts, Facebook Messenger, Zoom, and WhatsApp.

**Call: 780-663-3730 Email: [calp@beaver.ab.ca](mailto:calp@beaver.ab.ca)**

### Improve your board leadership

## Board Development Webinar Series

### Free Live Interactive Webinars

Understanding Your Legal Landscape  
Roles and Responsibilities  
Legal Responsibilities  
Organization Purpose and Planning  
Financial Responsibilities  
Risk Management  
Committees and Meetings  
Building a Strong Team  
Effective Relationships




Tuesdays and Thursdays

**Register on: <http://AlbertaCDU.eventbrite.com>**

Information provided by

Tofield/Ryley/Beaver County West FCSS

 **DREVER AGENCIES** Need gas locally?  
We're here to serve you! Call today!

**NEW PUMPS!!!**

**NOW Accepts Mastercard and Visa**

**780-672-2572**

We also do Fuel deliveries to the area within  
36 Hour Maximum.

### **The Paragon Theatre Showtimes**

5019-50 St. Holden

**Admission** \$7 ~ Under 12 years \$3

**September 12th: Spies in Disguise (PG) 3 p.m.**

**The Call of the Wild (PG) 7 p.m.**

**Next Movies: October 10th: Wendy & The Way Back**

Admission, information, and updates are on  
www.beaverhillplayers.com. You can also email  
beaverhillplayers17@gmail.com

#### **Paragon Movie Ideas**

We want to hear from you and what movies you  
would like to see. Send us an email at  
**beaverhillplayers17@gmail.com**

### **Ol' Blue Community Coach**

Looking for transportation for your group or organi-  
zation? Ol' Blue Community Coach is available for rent  
by groups, organizations, families and more! "Ol' Blue  
Community Coach Society" operates this 36 passenger  
bus - and are based here in Ryley. We can provide the  
transportation you need! For more information or to  
book the Bus, contact Marvin Annell at 780-663-3796.

### **For Rent, Lease or Sale**

Do you have property for rent, lease or sale? Send  
information to Angel at angel@ryley.ca and we will  
advertise for you at no cost.

**Commercial space available in Ryley.**

**Call 780-974-7746**

### **Free Advertisement!**

Do you have a business and would like to  
advertise for free? Sign up to our Business Guild  
and we'll advertise your business. For more infor-  
mation please contact Angel at 780-663-3653 or  
email angel@ryley.ca

## **Good News Community Church Sunday Service**

**Preschool:** Registrations are being accepted for this  
fall by contacting Larissa Holowachuk at: 780-878-  
1751, ryleycommunitypreschool@outlook.com

**Sunday School:** begins September 13th.  
Sundays 9:30 a.m. All school ages.

**Senior Youth Group:** begins September 11th.  
Gr. 7-12 Fridays 7 to 10 p.m. At Youth Group teens will  
enjoy a wide range of activities from Soccer Rugby,  
capture the flag, and other outside games to movie  
night and youth concerts.

**Junior Youth Group:** begins September 18th.  
Gr. 4-7. One Friday night a month from 7 to 9 p.m.  
Hosted by Salem Mennonite church and Good News  
Community Church.

**Awana:** begins in early October.  
Gr. K-6. Thursdays 6:30 to 8 p.m. Awana is a bible based  
children's program. At Awana children will enjoy a safe  
and fun environment where they will enjoy a game's  
time, story time and singing each week.

For more information contact Pastor Mark at  
780 663-3664. See website for additional information  
and updates.

**Email: pastor@ryleygncc.ca**  
**website: ryleygncc.ca**

### **Preschool Pre-register**

Greetings everyone! It's now officially summer - woo-  
hoo!! Ryley Community Preschool will be open and  
running in September, following all government guide-  
lines to keep your little ones and our staff safe. More  
detailed information will be made available to parents  
closer to the first day of school. Pre-register your 3-5  
year olds by contacting Larissa Holowachuk at:  
780-878-1751,  
ryleycommunitypreschool@outlook.com  
Or message us on Facebook  
...we look forward to seeing you in the fall

### **Ryley Pies**

We offer a selection of savoury meat pies,  
pastries and freshly-baked breads.  
Custom orders available. Ask for details by  
email to: intheeventcatering@gmail.com

# **UPCOMING events**



**Thursday, September 3, 10, 17 & 24, 2020**

- FCSS in Ryley from 8:30 to 4:30 p.m. at the Beaver County Office. **MUST MAKE APPOINTMENT.** See ad for details.

**Tuesday, September 1, 2020**

- Regular Council Meeting, 6:45 p.m. via video conference. See ryley.ca for meeting video link or call 780-663-3653.

**Friday, September 4, 2020**

- WECAN Fees Due. See ad for details.

**Thursday, September 10, 2020**

- World Suicide Prevention Day, Ryley Walk - Meeting at noon in front of Beaver County Office. See ad for details.

**Friday, September 11, 2020**

- Good News Community Church Senior Youth Group begins, 7 to 10 p.m. See ad for details.

**Saturday, September 12, 2020**

- Paragon Theatre Movie at 3 p.m. and 7 p.m. See ad for movie details.

**Sunday, September 13, 2020**

- Good News Community Church Sunday School, 9:30 a.m. All ages. See ad for details.

**Monday, September 14, 2020**

- McPherson Library Board Meeting, 7:30 p.m. Call for meeting details, 780-663-3339.

**Tuesday, September 15, 2020**

- Regular Council Meeting, 6:45 p.m. via video conference. See ryley.ca for meeting video link or call 780-663-3653.

**Thursday, September 17, 2020**

- WECAN Pick up. See ad for full details.

**Friday, September 18, 2020**

- Good News Community Church Junior Youth Group, 7 to 9 p.m. See ad for details.

**Wednesday, September 30, 2020**

- Online Caregiver Program, 6 to 8 p.m. Must Preregister. See ad for details and Promo Code.

**Are you reopening? Have you booked a new date for your event?**  
**We want to help you get this information out to the public. Contact Angel to have your business  
or event information in the next issue of the Village Voice at no cost.**  
**Angel 780-663-3653 or email angel@ryley.ca**



## Heart Wise:

### **Managing Blood Pressure and Cholesterol**

Free two-part educational series for anyone with high blood pressure and/or cholesterol who would like to learn how to lower them.

Participants will learn:

- What blood pressure and cholesterol are
- Nutrition and life choices that may affect heart health
- How to create a plan to improve your blood pressure and cholesterol levels.

Sessions:

**Sept. 15 and 22 from 1 p.m. to 3:30 p.m.**

Oct. 14 and 21 from 9:30 a.m. to noon.

Location: Online with Zoom.

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

### **Better Choices, Better Health®**

Based on Stanford University's widely tested Chronic Disease Self-Management Program.

Discover:

- Practical ways to deal with pain, fatigue and stress.
- Better nutrition and exercise choices.
- Ways to make informed treatment decisions.
- Improved ways to talk with your doctor and family about your health.
- The support you need for ongoing conditions such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety.

Dates/Time:

**Sept. 17, 24, Oct. 1, 8, 15 & 22 9:30 a.m. – noon.**

Oct. 19, 26, Nov. 2, 9, 16 & 23 9:30 a.m. – noon.

Nov. 3, 10, 17, 24, Dec. 1 & 8 1:00 p.m. – 3:30 p.m.

Location: Online with Zoom

Please call the Alberta Healthy Living Program at 1-877-314-6997 to register, and you will receive your Zoom link.

### **Minding Stress**

#### **Effectively Reduce and Manage Stress in Your Life**

Free educational workshop for anyone who feels stress and would like to learn how to reduce or prevent it.

Participants will learn about:

- What stress is.
- What causes stress and how it can affect your life.
- Mindful eating.

**Date: Sept. 21 and 28 & Oct. 19 and 26**

Time: 1:30 p.m. to 4 p.m.

Location: Online with Zoom

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

### **Living with Chronic Pain?**

Program to help residents live well with chronic pain now offered online. Free six-week evening virtual workshop series begins Tuesday, September 22 – call 780-735-1080 to register

Edmonton – Albertans living with chronic pain have an opportunity to join a free Alberta Health Services (AHS) program designed to help them take control of their health and improve their quality of life.

With in-person classes on hold due to COVID-19, the Better Choices, Better Health® workshop will be held virtually.

Better Choices, Better Health® is a six-week series of workshops designed to support Albertans living with chronic pain. These workshops are one of many services provided by the Alberta Healthy Living Program, which supports chronic disease management programming throughout the province.

The Better Choices, Better Health® workshop sessions are led by trained volunteers, many of whom live with a chronic disease. This approach ensures an understanding of the challenges participants face and provides a supportive and welcoming environment.

**Topics include:**

- Solving problems and setting goals.
- Handling pain and fatigue.
- Managing medication.
- Dealing with difficult emotions.
- Eating healthy and increasing physical activity.
- Communicating with healthcare providers.

Virtual workshops will be held on Tuesdays from **September 22 to October 27, 2020** between 6:00 pm to 8:30 pm online using the virtual platform Zoom ([www.zoom.us](http://www.zoom.us)). For more information or to register, please call 780-735-1080.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta.

### **Managing Emotional Eating**

Attend free online educational workshops to improve your eating habits.

Learn about:

- Forming a healthy relationship with food.
- Food triggers, such as emotions, situations, events and cravings.
- Strategies for long-term, healthy eating habits.

Sessions:

**Sept. 17, 24 & Oct. 1 1 p.m. to 3:30 p.m.**

Oct. 13, 20 & 27 5 p.m. to 7:30 p.m.

Nov 30, Dec 7 & 14 9:30 a.m. to 12:00 p.m.

Location: Online through Zoom

Registration is required as dates and times are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

### **Diabetes the Basics**

Free educational workshop for anyone diagnosed with pre-diabetes, Type 2 diabetes, or at risk of developing diabetes. In this workshop will you learn about diabetes and effective strategies that help manage it including:

- Monitoring blood sugar and other tests.
- How foods affect blood sugar.
- How to read food labels.
- The benefits of keeping active.
- Taking care of your feet.

Number of Sessions: 4

Dates/Time:

**Sept 15, 22, 29 & Oct 6 9:30 a.m. – 12:00 p.m.**

**Sept 30, Oct 7, 14 & 21 1:00 p.m. – 3:30 p.m.**

Nov 3, 10, 17 & 24 5:30 p.m. – 8:00 p.m.

Nov 25, Dec 2, 9 & 16 9:30 a.m. – 12:00 p.m.

Location: Online through Zoom

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

### **Beaver County Community Adult Learning Program**

Happy September Everyone!

Beaver County Community Adult Learning Program is back from our summer break and we are so excited to connect with new learners in Beaver County.

#### **One on One Tutoring**

We offer one on one tutoring support in basic reading, writing, math, and digital skills. We also offer one on one tutoring support for new Canadians in English

language learning. At this time, most of our tutoring is done through video chats, emails, and phone calls, but we hope to offer in person tutoring as soon as it is possible in each of our communities. With grants from the Alberta Government, we are able to offer this support at either low cost (or free) depending on the financial circumstances of the learner.

#### **Foundations for Learning (Norquest College)**

Foundations for Learning are anytime Online Courses offered through Norquest College that include 30 Hours of FREE one on one tutoring by Beaver County CALP. Tutoring can be through in-person meetings, video chats, email, or phone whichever works for you! Tuition and Fees are payable to Norquest College.

Available Courses:

GED Preparation Foundations – Prepare for writing the GED Exam.

- **Pre-Trades Math and Science Preparation Foundations** – Develop math and science skills needed to pass the apprenticeship exam.
- **Prep for Practical Nurse Foundations** – Completes the math pre-requisite for entry into the Practical Nurse program at NorQuest.
- **High School Prep Math Foundations** – Basic algebra skills required for High School math courses. Successful learners progress to Math 10C.

#### **Career Transitions**

In October, we will be offering Career Transitions training (through our partner Academic Express). This training can give learners tips and strategies for job search, resume and cover letters, job interviews and much more. Stay tuned for more details.

#### **Career Exploration Workshop**

Participants will complete a Career Exploration Inventory (CEI) that will help them identify their interests in work, leisure activities and learning opportunities. Part II of this workshop will include exploring the **Alberta Learning and Information Services web-site (ALIS)** and creating an **Action Plan** for short, medium and long-range goals.

Cost: \$10 Please contact us to schedule a workshop.

**More CALP Programs please check our website.**

**[www.beavercountycalp.ca](http://www.beavercountycalp.ca)  
Home | BeaverCountycalp**

*Beaver County adult learning opportunities in literacy, ELL, basic math, and digital skills to help learners reach their goals. We are here to help.*