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# 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  
their 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 October 1, 8, 15,  
22 & 29 8:30 am – 12:00 pm, 1:00 pm – 4:30 pm. At the  
Beaver County office. Please call 780-662-7067 to book  
an appointment.

## Pool is OPEN!

Pool Fall 2020 Hours

Morning Lane Swims:

Must register in advance for morning swim.

Monday and Wednesday 7-9 a.m.

Friday 7:30-9:30 a.m.

Public Swims:

Monday and Wednesday 6-8 p.m.

Friday 6-8 p.m.

Sunday 2-5 p.m.

780-663-3505 5215-52 Ave.

## FREE Family Swim

1st Sunday of Every Month

October 4, November 1 and December 6, 2020

2 p.m. to 5 p.m.

Sponsored by

Tofield and Area Health Services Foundation

## Trick and Treat at Ryley Legion

5121-50 St.

Saturday, October 31 from 5 to 7 p.m.

All children and parents are welcome to stop by for  
hotdogs, hot chocolate, and treats!

## Meals on Wheels

Did you know that Tofield/Ryley/Beaver West FCSS  
partners with the Tofield Lodge and the River Rock Cafe  
to run a Meals on Wheels program?

Meals are prepared at the Tofield Lodge or at the River  
Rock Cafe at a cost of \$7.00 each and billed monthly to  
the client through Tofield/Ryley/Beaver County West  
FCSS (TRBW FCSS).

TRBW FCSS will arrange a volunteer to pick up and  
deliver your meal within the Town of Tofield and the  
Village of Ryley (Mon-Fri). Arrangements can be made  
for Beaver County West clients to pick up.

If you or someone you know would benefit from this  
program, please call the Tofield/Ryley/Beaver West FCSS  
at 780-662-7067 to complete an application.

## Holden Remote Clinic

Located at the Holden Lodge

4820-52 Avenue, Holden

Dr. Niemand

October 20, 2020

Appointments from 1-4 pm

Phone to book your appointment today!

Please call 1-780-336-4780

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 included in the Village Voice at no charge. Businesses welcome. All information must be submitted one week before the end of the month.

October 2020



## CAO's Corner:

Hello Ryley: It is officially fall – unbelievable!

It continues to be a crazy, different world under COVID-19 and it's looking like that culprit is trying to make its second wave of attack given the number of cases on the rise. The virus prefers the colder weather, so this is no surprise. Now is the time to double up on our safe practices: keeping our hands clean and away from our faces, maintaining social distancing and keeping our breath/coughs/sneezes to ourselves, and keeping our surfaces and surroundings clean. And it is extremely important for our physical and mental health that we eat right, exercise regularly, get as much sun and fresh air as possible and get plenty of sleep.

Our Solar Power Plant went live at noon on Wednesday 23 September 2020. Soon the software will be in place and we will have a page on our website to provide you with live information on how much energy is being produced. Ryley is now officially "net-zero". This means that all power consumed to operate the municipality is offset by our very own solar power generator. Our solar plant will generate more power than we use and push it back into the grid. The power from the Village Offices and Shops, Skating and Curling Rinks, Campground, Museum, Community Hall, and Lift Stations use an annual average of \$14,000 of electricity. This much electricity will no longer be generated by carbon emitting sources because Ryley is "Net-Zero" and is pumping clean, renewable energy onto the grid.



Some of you may be concerned about the financial cost for the Ryley Solar Generator. Well, Council made the final decision after the public engagement feedback in February. The decision was an environmental decision in balance with total cost. So, now that we understand the impressive environmental position that Ryley has taken, let's take a quick look at cost... The project cost approximately \$300,000 and Dandelion Renewables delivered the project exactly on time, on target and on budget: an extremely rare feat in today's world! The Solar Generator has a life expectancy of 30 years, so it cost \$10,000 per year. We bought a maintenance plan for \$2,000 per year. Therefore, our \$14,000 savings in electricity per year will easily pay for the maintenance and cover the \$10,000 annual cost

with \$2,000 per year remaining. Again, this is modest and there are many variables that can change. Here's the big bonus: the Government of Alberta is giving us a \$100,000 grant so our actual cost for the project only \$200,000 (\$6,667 per year). So, remembering that going green is normally a financial cost and is rarely a financial investment, we are doing very well on this deal.

You may have noticed that our trailer dumping station was closed all summer. Firstly, it was closed in the spring under COVID Health Orders – we could not dispense water. However, we also had a sewage blockage that we had hoped would thaw by spring-time. Unfortunately, we discovered that the sewage pipe was broken and we weighed the cost of digging this up for repair against our future plan to move it over to the campground and tie it into a septic system with the new shower and washroom building. As the present location does not have a septic tank or filtering system, this also makes it risky to our sewage system. We apologize for the inconvenience and we plan to have the new station in before next year. By the way, in case you're wondering, the sewage pipe for the dumping station is broken BEFORE the skating shack sewage pipe so this problem is not affecting the shack: the skating rink will be up and running as usual when the snow flies.

The rebuild of 54th Avenue is going extremely well. Watermain and Sewer Mains are all installed and the services to all homes between 50th and 51st Streets are complete, and we now have two new fire hydrants: one at each end of 54th Avenue. The services from the mains to the homes are now being completed moving EAST from 50th Street to the far end past 49th Street. The concrete workers are now scoping out the curbs, gutters, and sidewalks and as this work gets completed in the next few weeks, we should see the road and paving crew arrive by mid-October. If the weather plays too hard and it gets too cold, there is a small chance that paving will need to wait until spring – keep your fingers crossed! This project was estimated to cost \$1.52M. We were incredibly lucky, as we secured the contract at \$1.24M. So far, the project is on target, on time and on budget.

The Stormwater Study that we are conducting in partnership with Beaver County is ongoing and it's unfortunate that it will take a couple of years to get all the complete answers. Our challenge is going to be securing funds for the capital projects that the Study will recommend. This will mainly be a 2021 to 2023 problem, but we need to start thinking about this now. In the immediate term, we are focusing on a specific flooded area to the WEST of 54th Street (at the end of 52nd Avenue). We need to solve this mini sub-problem without impacting the greater Ryley Area / local Beaver County stormwater flow plan as soon as possible because we need to fix this so the pavers on 54th Avenue

# 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

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Ryley, Alberta

Samuel Kumson Jr



780-970-2902

[Kumsons.Electrical.Ltd@live.ca](mailto:Kumsons.Electrical.Ltd@live.ca)

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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



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



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### 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

**Call 780-663-3300**

## **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](mailto:intheeventcatering@gmail.com)



## **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](mailto:contact@diamondjbakery.com)

Phone: 1 (780) 386-2254

## **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](mailto:angel@ryley.ca)

## **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 "ware-  
house 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 enve-  
lope in the mail slot at the Village of Ryley Office. Then,  
orders can be picked up on the third or fourth Thurs-  
day 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:**

a. E-transfer to [tofieldwecan@gmail.com](mailto:tofieldwecan@gmail.com)

b. Drop your envelope through the door letter slot at  
the Food Bank - 5204 50 st, Tofield. They are keeping  
the orders.

c. 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 un-  
claimed baskets or distribute them to families in need.

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

[TofieldWECAN@gmail.com](mailto:TofieldWECAN@gmail.com)

**Fees Due: Oct. 9th - Pick Up: Oct. 22nd**

can roll right over to finish 52nd Avenue when they are  
done on 54th. We need this problem solved or we can-  
not pave the remainder of 52nd Avenue. What we have  
found out in the Stormwater Study so far, is that that  
years of surface water flow around and through Ryley  
have caused additional sediment movements to create  
obstacles to natural flow. Ryley has become essentially  
like a sponge sitting in a bowl. This is wreaking havoc  
on our roads and alleys, as well as our underground  
pipes. Until we get the water flowing properly, until  
the water flows THROUGH and OUT of Ryley, our alleys  
are going to continue to be extremely expensive to  
maintain in both time and money.

All in all, as the 2020 Capital Project Season starts to  
wind down, I would say that we have done very well  
this year in Ryley. Amidst the backdrop of a falling mar-  
ket due to COVID, the economic landscape is not look-  
ing bad for us. Council is pushing hard for us to make  
Ryley a community of choice for businesses to consider  
setting up shop and property values are holding up  
very well. If I were a betting man, I would be betting on  
"Living the Life of Ryley!"

## **Community Together Update**

Congrats Ryley-we made it through back-to-school!  
This September has been quite different from what  
most of us are used to as Covid continues to affect our  
day to day routines.

It has been a busy month for the Community Togeth-  
er Program. Finding ways to bring people together  
while we are physically apart and connecting with  
community members has been my focus. One of the  
things this program offers is mental health check in  
calls. These calls have been receiving great feedback  
from those that have requested them. If you find your-  
self feeling lonely or just would like someone to check  
in on you as the effects of isolation possibly creep in,  
please contact me and I would be happy to chat with  
you.

What else does Community Together have in the  
works?

### **1. Ryley FREE Give and Take Shed!**

We will be opening a location for people to donate  
their larger household items like sofas, stoves, washers,  
dryers, bicycles, lawn mowers etc. These items will be  
free of charge for anyone who would like to pick them  
up. We anticipate having this up and running by Octo-  
ber 1st and its starter location will be the old carwash  
building beside the Ryley Municipal Office. Please do  
not use this location as a dump. We will be posting  
hours of operation for access and will do our best to  
accommodate evening and weekend access.

If you are able to volunteer with this project, please  
contact me.

### **2. Canning Together!**

With the many skilled people in Ryley, we are plan-  
ning Covid friendly classes for them to teach others.  
We have some wonderful ladies in Ryley who have  
volunteered to put on the first class on the valuable art  
of canning! Classes will be video recorded. Registration  
will be required for each class. Once you register, the  
video can be either emailed to you or recorded onto a  
DVD and picked up at the Ryley Municipal Office.

If you have a skill or hobby and would like to connect  
with and teach others in our community, contact me  
and we can discuss putting a class together!

### **3. Pickleball!**

There have been a number of people inquiring  
about Pickleball and we are excited to get this going!  
Currently, we are working on getting the equipment  
and will be getting the sign-up information to you as  
soon as possible.

As details on all programs are finalized, more infor-  
mation will be posted to the bulletin board on  
main street next to Ryley Foods.

If you have ideas for what kinds of programs you  
think would benefit Ryley or if you would like to help  
with current programs, please call or email the Com-  
munity Programmer, Jessica, at (780)663-3653 or  
[commtog@ryley.ca](mailto:commtog@ryley.ca)

Don't forget to look for Community Together on  
Facebook by searching Community Together - Village  
of Ryley or visiting the [Ryley.ca](http://Ryley.ca) website for more infor-  
mation on the Community Together Program.  
Take care of one another!

**Community Together Programmer**  
**(780)663-3653** [commtog@ryley.ca](mailto:commtog@ryley.ca)

## **Ryley FREE Give & Take**

Do you have household items you would like to  
donate? Bring your gently used items to the new Ryley  
Donation Centre!

(50ave & 50 street-old carwash building)

### **Items we can accept:**

Clean Mattresses, Sofas, Recliners, White goods (stove,  
washing machine, etc.), Small appliances (coffee mak-  
ers, blenders, etc.), Electronics, Household furniture,  
Bicycles, Lawn mowers etc.

\*Clothing, stuffed animals, small items not accepted –  
please take to Tofield Busy Bee.

\* Items containing Freon not accepted- but contact us  
to see if we can help find it a new home!

FREE TO DROP OFF & FREE TO PICK UP

Wondering if we can accept your item? Have ques-  
tions? Contact the Community Together Programmer  
at (780)663-3653 or email [commtog@ryley.ca](mailto:commtog@ryley.ca)



## 2020 FALL LARGE ITEM PICK UP PROGRAM RESUMES

After a suspension in the spring to the 2020 Large Item Collection Program due to the pandemic, we are pleased to announce this program will resume in October. This Program is provided at no charge to regional municipal residents.

As in the past, urban residents will need to place their large items directly onto the front street, by the curb, the evening before their scheduled pick up as identified below. They are asked not to place items on the grass or lawn, but rather directly on the street as it is easier for Claystone Waste staff to clean up any broken materials. Please place all items at least 3 feet (1 metre) from parked vehicles.

The fall urban collection schedule is as follows:

Town of Viking – Tuesday, October 6  
**Village of Ryley – Thursday, October 15**  
Village of Holden – Tuesday, October 20  
Town of Tofield – Tuesday, October 27

For rural regional residents, large items can be taken to the transfer station year round. We ask that they check our website to see what large items are acceptable at which transfer station site.

Fridges, freezers, water coolers and window air conditioning units are acceptable, however there is a \$25 charge for Freon removal. Due to the pandemic, urban residents will need to pay for the Freon removal at the local Town/Village office. Once payment has been made, a sticker will be provided that needs to be placed on either the front or side of the appliance.

Lindbrook and Viking Transfer Stations accept Freon-containing appliances year-round for the same \$25 charge and can pay when bringing their appliance for disposal.

Items acceptable for collection in this program include mattresses, sofas, recliners, white goods (stove, washing machine, etc.) and appliances, tires and propane tanks.

Items that are unacceptable for the collection program include grass clippings, trees, tree branches, bags of household garbage, small items that would fit into the neighbourhood waste bin, and cardboard boxes. These items can be broken down and placed in the

bin in the alley. Electronic waste should be taken to a transfer station. Chunks of concrete or cement must be taken to the landfill site in Ryley.

If you have any questions, please call our office at 780.663.2038

## Covid-19 Throat Swab

September 4, 2020

Asymptomatic testing is now available in the town of Tofield. This is testing for people without symptoms and no recent travel outside Canada. The reasons Alberta Health is encouraging this is to develop a baseline for patients that would be contagious without symptoms and to screen the public for early detection to prevent larger outbreaks. This is being provided for the general public, employees, students or any other groups.

This testing is supported by Alberta Health and they pay for all testing. It involves a 2 minute phone call to the pharmacy for pre-screen and to set an appointment time. We set appointments to limit patient contact in our pharmacy. Your appointment will take about 2 minutes at the pharmacy for a simple throat swab. Results are available by accessing your myhealthrecords Alberta account or by calling the pharmacy in 5 to 6 days. You are entitled to a throat swab screening every 14 days.

If you, your business or group is interested in this extra layer of safety please call one of the following pharmacy's.

Guardian Pharmacy 5222 50 St. Tofield AB 780-662-3108	Tofield PharmaChoice 5119 50 St. Tofield AB 780-662-3520
--	---

Thank you for your consideration,  
Darren Erickson BSc. Pharmacy

## Ryley Market Starting up again soon!

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

## 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.

## Deadline Approaching! HAITI REBUILDING FUNDRAISER

Margaret Jones is wrapping up her Fall Haiti ARISE fundraiser and thanks everyone who has taken the time to drop off used items.

It's not too late! There is still time to clean out that last closet! Donations will be accepted until **October 21** at 4844 – 54 Avenue (collection bin beside the driveway). Other pick-up or drop-off arrangements can be made by calling Margaret at 780-663-3890.

### ELIGIBLE USED ITEMS

- (Please bag items for each category separately)
1. Clothing in good repair, shoes, hats, mitts, scarves, socks, purses, backpacks, shoes, etc.
  2. Housewares and toys
  3. Books

### INELIGIBLE ITEMS

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

## Ol' Blue Community Coach

Looking for transportation for your group or organization? 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 780-913-5614.

## The Paragon Theatre Showtimes

5019-50 St. Holden

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

**October 10th: Wendy (PG) 3 p.m.**

*The Way Back (PG) 7 p.m.*

**Next Movies: November 14th: TBA**

Admission, information, and updates are on [www.beaverhillplayers.com](http://www.beaverhillplayers.com). You can also email [beaverhillplayers17@gmail.com](mailto: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](mailto:beaverhillplayers17@gmail.com)



We're here to serve you! Call today!

**780-672-2572**

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

## McPherson Municipal Library

As of October 1st our library will allowing limited access to our computers. Patrons will be asked to wear masks and gloves as well as book time for the computer which will be 30 min at a time. This allows for sanitizing in between patrons. Patrons can browse our selections one patron at a time again wearing masks and gloves. Any item touched but not borrowed by the patron will be set on a table and will then be quarantined for 72 hours.

As for hours our library will resume normal winter hours October 1, they are Mon 4-7pm, Tues 12-7pm, Wed 1-4pm, Thurs 4-7pm, Friday 12-4pm, Sat 12-3pm. Interlibrary loans are available now as well. We have great need for board members at this time so anyone interested can contact either the library at 780-663-3999, email [librarian@mcphersonlibrary.ab.ca](mailto:librarian@mcphersonlibrary.ab.ca) or the Ryley Municipal Office at 780-663-3653 as to how to join.

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

## Looking for members!

### Join your local

### Library Board today!

For more information please contact either the library at 780-663-3999, Email [librarian@mcphersonlibrary.ab.ca](mailto:librarian@mcphersonlibrary.ab.ca) or the Ryley Municipal Office at 780-663-3653 as to how to join.



**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](https://facebook.com/ryleyLegion)

**Watch for Remembrance Day Service Information in the November Issue of the Village Voice.**



## 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:** Started September 13th.

Sundays 9:30 a.m. All school ages.

**Senior Youth Group:** Started 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:** Started 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 **October 8th.** Registration 6-6:30 p.m.

**Limited number of children who can attend this year due to Covid restrictions.**

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 games 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

## Beaver County Community Adult Learning Program

*Beaver County CALP is here to help!*

Phone: 780 663 3730 Email: calp@beaver.ab.ca  
**One on One Tutoring**

We offer one on one tutoring support in basic literacy, math, digital skills, and English language learning. We offer tutoring through video chats, emails and phone calls. Tutors and learners can also meet in-person while observing COVID-19 protocols. 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.

### New Futures Career Transitions Workshops

Online Workshops with in person support available. October 19-30

The first week is broken into 10 - ½ day sessions (morning and afternoon). These sessions include resume and cover letter writing, networking & interview skills, managing change and job loss, and career services. Learners can choose to attend one, two or all

of the sessions. During the second week participants can make an appointment to meet with Beaver County CALP for one on one support. This support can be at any time that works best for the learner.

Please call Beaver County CALP to register for this FREE program.

### 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 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) for more programs. And let us know how you like the new format.

## Ryley Council Meeting Dates

**via video conference.**

Tue. October 6 - Regular Council - 6:45 p.m.

Tue. October 20 - Organizational 6:45 p.m. with Regular council Meeting to follow.

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 the 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**

# UPCOMING events



**Thursday, October 1, 8, 15, 22 & 29, 2020**

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

**Sunday, October 4, 2020**

- FREE Family Swim at Ryley Swimming Pool. See ad on front for details.

**Tuesday, October 6, 2020**

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

**Thursday, October 8, 2020**

- AWANA starts at Good News Community Church, 6 p.m. registration starts. See ad for details.

**Friday, October 9, 2020**

- WECAN Fees Due. See ad for details.

**Saturday, October 10, 2020**

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

**Thursday, October 15, 2020**

- Large Item Pick Up. Must have items out by 7 a.m. See ad for full details.

**Tuesday, October 20, 2020**

- Organizational Council Meeting, 6:45 p.m. and Regular Meeting to follow via video conference.  
- Holden Remote Clinic with Dr. Niemand. Book an appointment from 1 to 4 p.m. by calling 780-336-4780.

**Wednesday, October 21, 2020**

- Deadline for Haiti Rebuilding Fundraiser Item drop off. See ad for details.

**Thursday, October 22, 2020**

- WECAN Pick up. See ad for full details.

**Saturday, October 31, 2020**

- Halloween at the Legion, 5 to 7 p.m. See ad on front for details.

**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**



# Alberta Health Services

## Chronic Pain?

Program to help residents live well with chronic pain moves online. Free six-week morning virtual workshop series **begins Thursday, October 1** – call to register

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 Thursdays from October 1 to November 5, 2020 between 9:30 am to 12:00 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.

## 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:

**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.

## 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:

**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.

## 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 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.

## 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:

**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.

## The Warning Signs of Suicide

### Warning signs

It is hard to know if a person is thinking about suicide. But you can look for warning signs and events that may make suicide more likely.

People may be more likely to attempt suicide if they:

- Are male.
- Have attempted suicide before, or have had a family member who has killed themselves or who attempted suicide.
- Have had or have mental health problems such as severe depression, bipolar disorder, schizophrenia, or anxiety.
- Have been through family violence, including physical or sexual abuse.
- Drink a lot of alcohol or use drugs.
- Are veterans or are members of the armed services.

Events that may put people at greater risk for suicide include:

- Changes in life such as the death of a partner or good friend, retirement, divorce, or problems with money.
- The diagnosis of a serious physical illness, such as cancer or heart disease, or a new physical disability.
- Severe and long-lasting pain.
- Loss of independence or not being able to get around without help.
- Living alone or not having friends or social contacts.

Adults who are at risk may show these warning signs of suicide. They may:

- Plan to or say they want to hurt or kill themselves or someone else.
- Talk, write, read, or draw about death, including writing suicide notes and talking about items that can

cause physical harm, such as pills, guns, or knives.

- Say they have no hope, they feel trapped, or there is no point in “going on”
- Buy guns or bullets, stockpile medicines, or take other action to prepare for a suicide attempt. They may have a new interest in guns or other weapons.
- Drink more alcohol or use drugs, including prescription medicines.
- No longer want to see people and want to be alone a lot.
- No longer take care of themselves or follow medical advice.
- Give away their things and/or hurry to complete a will.

Warning signs in children, teens and young adults may be different. They include running away from home or doing risky or dangerous things, such as drunk driving.

Take any mention of suicide seriously.

If someone you know is threatening suicide, get help right away.

Help and support is available 24/7

- Call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, seven days a week.
- Text and online chat options are available for all Alberta youth through Calgary ConnectTeen, Monday-Friday 3 pm-10 pm and Saturday, Sunday noon-10 pm. Visit [calgaryconnectteen.com](http://calgaryconnectteen.com) or text 587-333-2724.
- The federal First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310 is available 24 hours a day, 7 days a week. Clients can also access an online chat at [www.hopeforwellness.ca](http://www.hopeforwellness.ca).

Support is also available for caretakers because caring for people who are at risk for suicide can take its toll. Caretakers can reach out for help by calling Health Link at 811 or the Mental Health Help Line at 1-877-303-2642.

It's important to heal after a loss. Get emotional support and practical help.

Help is available for survivors after a death by suicide. The aftermath of a suicide can be particularly devastating for those left behind - family and friends, co-workers, team and school mates, treating clinicians and fellow patients or clients. Ask your family doctor or call Health Link at 811.

One number.  
All your trusted health advice.

