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E-mail: info@albertatankfabrication.com

Web: www.albertatankfabrication.com

## Kids Help Phone

1-800-668-6868

Anonymous ~ Confidential ~ 24/7

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.

## YOUNG LIVING ESSENTIAL OILS

Robert Evans (780) 663-2127



ATB Financial Ryley 780-663-3513

Now open: Mon. to Fri. from 10:00 a.m. to 4:30 p.m.

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Stop in and see what's new!

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Cost varies on size.

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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

Neil A. MacDonald - Alta West



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Mercury

• Weekly Newspaper  
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780-662-4046  
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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.

## Christmas Light Up Contest

Thursday, December 3, 2020, 6 - 8 p.m.

HAVE YOUR LIGHTS ON!

Best Outdoor Decorated Residence

1st - \$250 2nd - \$200 3rd - \$150

Best Outdoor/Window Decorated Business

1st - \$250 2nd - \$200 3rd - \$150

For any inquiries please contact the  
Ryley Municipal Office at 780-663-3653.

## Tofield Long Term Care Online Christmas Bazaar 2020

We are hosting an on-line Christmas Bazaar to continue to support our resident recreation programs and special events.

We will be accepting orders from October 12, 2020 to November 6, 2020. Your items will be handmade by both the staff and residents and follow very strict COVID-19 protocols.

### Placing an Order: 3 options

1. Please call 780-662-5207
2. Email your order form to tofieldbazaar@gmail.com
3. Drop off your order form at the recreation therapy department.

### Picking up an Order:

All orders will be ready for pick up either November 20th or 27th, 2020 Your choice.

All orders will need to be paid in advance by either an email transfer to tofieldbazaar@gmail.com or by debit or cash to the Recreation Therapy department at the Long Term Care. These debit or cash payments need to be submitted within 48 hours after your order has been placed. **Call or Email for a list of items.**

\*\*Please note that we only have a set quantity of some

of our items. If you order something that is out of stock, we will get in touch with you immediately to update your order form.

Thank you for your continued support, we look forward to hearing from you.

Recreation Therapy Team – Nicole, Gina and Ashley.

Items: Ginger Snaps & Santa Cookies, Peanut Butter Balls, Sweet Georgia Browns, Breton Brittle, Chocolate & Peanut Butter Marshmallow, 5 Star Bars, Mars Bar Tray, Santa Cookie & Ginger Snap Frozen Cookie Dough, Ranch & Regular Nuts & Bolts, Caramel Corn, Dill Pickles & Pickled Beans. Jams: Strawberry, Strawberry Rhubarb & Blueberry Ginger. Jelly's: Mixed Sour Cherry, Sour Cherry Jalapeno & Red Pepper.

## Christmas Tree Light Up

Village staff are working at planning a COVID style Christmas Light Up for December 5th. Main Street Tree Light Up, Skating, Market and some additional activities are in the works. If you are interested in participating in the market please contact Angel at 780-663-3653 or email angel@ryley.ca Watch for information coming soon!

## Holden Remote Clinic

Located at the Holden Lodge

4820-52 Avenue, Holden

Dr. Niemand

November 17, 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?

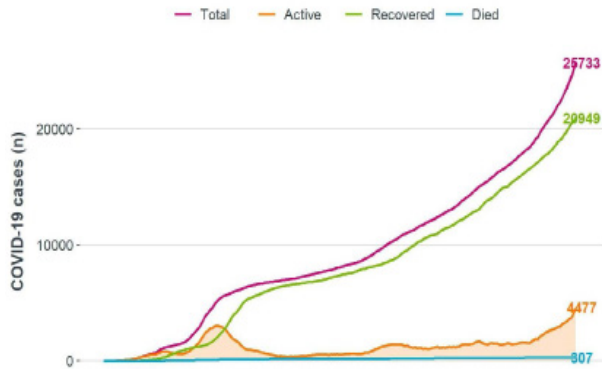
Email angel@ryley.ca and we will send you a copy every month!

November 2020

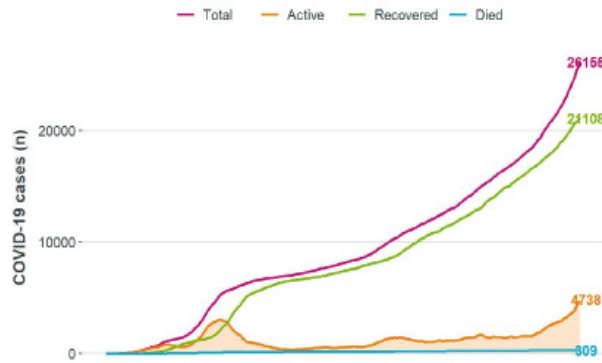
## CAO's Corner

Hello Ryley!

I like to focus on happier issues; however, we cannot ignore the importance of the 2019 Corona Virus Disease (COVID-19). In case you did not know, COVID-19 is the name of the disease that you have if you catch the corona virus. This graph shows Alberta statistics for October 27, 2020.



The "slope" of the pink curve is the critical point. When the growth of total cases reaches this steep rate of infection, it runs away from the rate of recovery because recovery is fixed at about two weeks. Here is the very next day of October 28, 2020.



Now is the time to be hyper-vigilant. There have been many theories out there and more scientific and medical truth is being discovered each day. But one thing is clear and has not changed: the virus enters through your face. So, do all the things to REDUCE the risk of getting it to your face and respect others by reducing the risk of you spreading it. Wash your hands often, wash surfaces often, keep your hands off surfaces, keep your hands off your face and above all, avoid

others who want to come closer to you – especially if they are not wearing a mask to reduce their chance of transferring their breath to you or accidentally sneezing or coughing on you.

We are doing great in Ryley and we need to continue keeping the spread in check. This does not mean we need to lock up tight and die inside our homes. The reality is that too many people ignore the rules and protocols, so it is going to be a long time. We need to fight the depression and mental challenges that come from isolation. We need to balance the benefit of going out and doing things against the risk of the exposure. And, when we decide the risk is worth the benefit, then we need to reduce the risk by taking protective measures. As the Holiday season approaches, we all need to be very deliberate in our plans and activities.

Take Care of Each Other Ryley  
CAO Glen Hamilton-Brown



### Clean Harbors Open House

Due to the pandemic this year's open house is canceled. We'll see you next year in 2021!

### CHCRC is now accepting grant application from local and area non-profit organizations Deadline is March 1, 2021

The Community Enhancement Grant (CEG) is an annual gift from Clean Harbors to the Ryley Community that is directed by the Ryley Clean Harbors Community Relations Liaison Committee (CHCRC). Local and Area non-profit organizations can apply and the deadline is March 1, 2021. Applications are available on the Ryley website or you can contact the Ryley Municipal Office. You can also request an email copy by emailing | angel@ryley.ca According to the Terms of Reference, the CHCRC members make decisions based on whether the group or activity is a "recreational, leisure, community resource or program" and how much it "enhances the overall general well-being of residents". Committee members are: Stan Yuha, Lyndie Nickel, Lori-Jo Pope, Cyndy Heslin, Mathew Kowalski, and Annette Short.

# BUSINESS buzz

## 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 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

Samuel Kumson Jr



780-970-2902

Kumsons.Electrical.Ltd@live.ca

### MONAT

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AlbertaHairProducts.MyMonat.Com

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

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

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Doug Hanson Owner/Operator  
firstlinetireservices@gmail.com



### RSM heating ltd.

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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 & Thermography.

Mike Klassen 780-729-0260  
Email: sales@gradientimaging.ca  
Web: 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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Sherri-Ann Vanstone 780-719-3783 Ryley, Alberta  
https://sherrivanstone.voxxlife.com/

### Lapointe's Renos

Bathrooms, kitchens & handyman services

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

780-919-0612 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'

Monday 8:30-4:00  
Tuesday 8:30-4:00  
Wednesday 8:30-4:00  
Thursday 8:30-6:30  
Sunday 10:30-3:30  
Closed Friday & Saturday

**November 18th is our one-year anniversary and as a thank you for our community's endless support, we invite you to stop by that day for cake and coffee to celebrate!**

We are excited to announce we have teamed up with "Meals on Wheels and Ryley Community Together".

As the holiday season approaches, we would love to be your host for any Christmas dinners/parties. We will be taking reservations as they come. Please call us for details and pricing at 780-663-3300.

As a reminder, please keep in mind that we will be following COVID-19 safety guidelines throughout this holiday season.

Many thanks, River Rock Café

**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

Need gas locally?

 DREVER AGENCIES We're here to serve you! Call today!

**780-672-2572**

**NOW Accepts Mastercard and Visa**

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

## The RINK Diner

Dine-in and Take-out  
Open Monday to Friday

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

### 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

### Order Online Now Available!

#### 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](mailto:tofieldwecan@gmail.com)
- Drop through the mail slot at the Ryley Village office front door.
- Go to [WecanFood.com](http://WecanFood.com) and place your order online.

#### 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](http://www.wecanfood.com) Or email the Tofield-Ryley Depot at:

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

**Fees Due: Nov. 6th - Pick Up: Nov. 19th**

### Free Advertisement!

Do you have a business and would like to advertise for free? Sign up to our Business Guild and we'll advertise for you. For more information please contact Angel at 780-663-3653 or email [angel@ryley.ca](mailto:angel@ryley.ca)

## Did you know...

Did you know that if there is a street light out you can go to [FortisAlberta.com](http://FortisAlberta.com) and simply report it by clicking on the appropriate street light on a map? It's a 3 click process that takes less than a few minutes. Many times we get calls in the office and it can be difficult for us to report the correct light by the descriptions we are given.

- Go to [FortisAlberta.com](http://FortisAlberta.com)
- Pull down the "Outages" tab at the top of the page and click on "Outage Map"
- Find Ryley on the map
- Click on the correct problem light

Fortis appreciates when problem lights are reported and respond as quickly as they can. Their mission is to respond within 10 days.

## Community Together Update

Hoping everyone had a spooktacular Halloween and was able to enjoy festivities in a safe and mindful way! As we continue to find new or creative ways to enjoy celebrations and holidays amidst Covid, it proves just how resilient we are and how eager we are to continue to engage in the community while keeping each other safe and healthy.

The Community Together Program has been growing in a number of ways over the past month. I have been thrilled to hear so many great ideas from residents as to what we can be done to raise morale and find those who may be in need in the community. We have had many people come forward to assist with programs and services and I want to thank everyone who has volunteered and shared ideas as the program grows. I have also been meeting with other organizations in Ryley who have plentiful experience and expertise in helping people. I want to thank those individuals and organizations for their time and wisdom and I look forward to continuing to expand our positive footprint in the community during these unprecedented times.

#### Programs & Services:

##### 1. Ryley FREE Give and Take Shed- NOW OPEN!

Donate your 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. The location is the old car-wash building beside the Ryley Municipal Office. Please do not use this location as a dump and we kindly ask that you take clothing and teddy bears to Busy Bees in Tofield at this time. Hours of operation are posted on the building. This Centre is volunteer run, if you see them, say thanks!

## 2. Meal Delivery Support Program- NOW AVAILABLE!

This program is an extension to the Meals on Wheels Program. While we are managing the Covid pandemic, we have expanded on the meals delivery programs available in Ryley offering financial assistance to those affected by Covid. Whether it be a job or income loss, increased vulnerability, self-isolation or concern about being in public spaces like grocery stores or restaurants, you may qualify for assistance. Contact the Community Together Programmer for more details or to apply. –This program is in partnership with River Rock Café.

## 3. Canning Together! FILMING OCTOBER 27!

With the many skilled people in Ryley, we are planning 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!

## 4. Pickleball! COMING SOON!

We are awaiting the arrival of equipment and will be getting the sign-up information to you as soon as possible. Covid guidelines will apply.

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 Community Programmer, Jessica.

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



**780-394-8994 or 250-619-4003**

**[DCYRENNE78@GMAIL.COM](mailto:DCYRENNE78@GMAIL.COM)**

Local to Beaver County



## Ryley 2020

### Remembrance Day Service

This year has been challenging for community organizations. The Ryley Legion continues to strive to offer access to our members and our community and Remembrance remains a top priority for the Legion.

The current restrictions force us to change the design and implementation of the Remembrance Day ceremony in Ryley. Therefore, we will not have the second ceremony at the Ryley Community Hall and we will not have the potluck gathering following the services.

This year the Remembrance Day service will be the following:

#### Cenotaph Service at 11:00 am

- Traditional Remembrance Day service and placement of some wreaths at the Cenotaph outside the Ryley Legion. Businesses are encouraged to place their wreaths after the formal service is completed.

- The Legion Hall will only be open for members and their immediate family after the service.

We welcome you to attend the ceremony if you do not have a cough, fever, shortness of breath, runny nose, or sore throat. We respectfully remind you, if you do attend, to be mindful of your physical distance from others and we strongly suggest the use of a nose and mouth covering.



The Royal Canadian Legion Ryley Branch 192

### BAR OPEN

Friday & Saturday Evenings  
4:30 p.m. through 12:30 a.m.

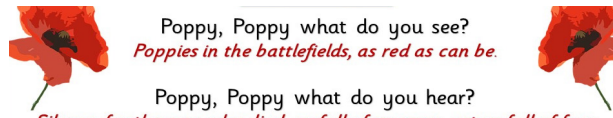
### Rent the Legion Hall

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

**780-663-3565**

 facebook.com/ryleyLegion

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



Poppy, Poppy what do you see?  
*Poppies in the battlefields, as red as can be.*

Poppy, Poppy what do you hear?  
*Silence, for the men who died, so full of courage, yet so full of fear.*

Poppy, Poppy what do you feel?  
*Proud and respectful, soldiers fought for their country, the battles were real.*



Poppy, Poppy what do you say?  
*Remember them on the 11<sup>th</sup> November, they fought for peace on earth, let's show respect for Remembrance Day.*

### Holden United Church Produce Fundraiser

Members of the Holden United Church have grown produce which would normally be donated to the fundraising suppers held by the Church. Veggies include carrots, rutabagas, cabbage, potatoes. Suggested donation \$6/10lbs potatoes, \$0.60/lb carrots, \$1.20/lb rutabagas, and \$0.70/lb cabbage

All proceeds go to the Holden United Church.  
Contact Sharon for your veggie order at 780-632-6814  
Contact Kary for Potatoes at 780-603-7480

### Lions Club Birthday Calendar

The Ryley Lions club would like to thank all those individuals and businesses that have agreed to purchase and advertise in our community calendar. We very much appreciate your support in our fundraising project and it will assist us continuing our involvement in the community.

The calendars should arrive in early December and be distributed soon after.

### The Paragon Theatre Showtimes

5019-50 St. Holden

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

**November 11: Memphis Belle (PG14) 1 p.m.**

**November 14: G.I. Joe Retaliation (PG) 3 p.m.**

**Midway (PG) 7 p.m.**

**Next Movies: December 12th: 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)

### Ryley Swimming Pool

Fall Hours

#### Morning Lane Swims:

Monday: 7:00-9:00am

Wednesday: 7:00-9:00am

Friday: 7:30-9:30am

#### Public Swim Times:

Monday: 6:00-8:00pm

Wednesday: 6:00-8:00pm

Sunday: 2:00-5:00pm

### FREE Family Swim

1st Sunday of Every Month

**November 1 and December 6, 2020**

2 p.m. to 5 p.m.

Sponsored by

*Tofield and Area Health Services Foundation*

3rd Sunday of Every Month

**November 15 and December 20, 2020**

2 p.m. to 5 p.m.

Sponsored by

*Busy B Bargains - Tofield*

### Ryley Council Meeting Dates

**via video conference.**

Tue. November 3, and 17 - 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 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](http://www.ryley.ca)

### Ryley Market

**Starting up again soon!**

Please watch for updates in the December Village Voice. If you have any questions please contact Angel at 780-663-3653 or email: [angel@ryley.ca](mailto: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](mailto:angel@ryley.ca) and we will advertise for you at no cost.

### McPherson Municipal Library

We would like to say a huge thank you to Lynda Johnston and Christine Madge for all the time they have put in volunteering these past few months. As well as big thank you to Vince Jones from VMJ services for all his contributions to our community library.

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.

Mon 4-7 p.m., Tues 12-7 p.m., Wed 1-4 p.m.,

Thurs 4-7 p.m., Friday 12-7 p.m.,

Sat 10-1 p.m. & 12 p.m.-3 p.m.

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.

### 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)

#### Items we can accept:

Clean Mattresses, Sofas, Recliners, White goods (stove, washing machine, etc.), Small appliances (coffee makers, 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 questions? Contact the Community Together Programmer at (780) 663-3653 or email [commtog@ryley.ca](mailto:commtog@ryley.ca)



## Good News Community Church Sunday Service

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

**Sunday School:** Sundays 9:30 a.m. All school ages.

**Senior Youth Group:** Nov. 6 and 27

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:** Nov. 20

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: 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@rleygncc.ca **website:** rleygncc.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.

### 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.

## HAITI REBUILDING FUNDRAISER THANK YOU !!

Ryley, I am overwhelmed by your support of my Haiti ARISE fundraiser! In partnership with the Tofield and Holden communities, a total of 26,630 lbs of used items were collected and delivered to Value Village. In return, \$3178 was donated to my team's charity and our housebuilding project. This amount is enough for one hurricane shelter home. Thank you so much!

There are so many people who contributed to this success, however special thank-yous are due to Yvonne Brown (Busy Bee), Dale/Janet Winsnes, and Elaine Cooper/The Gallery in Holden for their support.

Thank you again, Ryley! This is indeed an amazing community of which we can be proud!

Margaret Jones

## 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.

# UPCOMING events



**November 3, 10, 17 & 24, 2020**

- FCSS in Ryley at Beaver County Office. Must make an appointment by calling 780-662-7067.

**Sunday, November 1, 2020**

- Free Family Swim, 2 to 5 p.m. Sponsored by Tofield and Area Health Services Foundation.

**Tuesday, November 3, 2020**

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

**Wednesday, November 4, 2020**

- Human Trafficking Free Presentation via zoom. See ad for full details.

**Friday, November 6, 2020**

- WECAN Fees Due. See ad for details.

**Wednesday, November 11, 2020**

- Ryley Remembrance Day Services. See ad for details.  
- Paragon Theatre Movie at 1 p.m. See ad for full details.

**Saturday, November 14, 2020**

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

**Sunday, November 15, 2020**

- Free Family Swim, 2 to 5 p.m. Sponsored by Busy B Bargains Tofield.

**Tuesday, November 17, 2020**

- Regular Council Meeting, 6:45 p.m. via video conference. See rley.ca for meeting video link or call 780-663-3653.  
- Holden Remote Clinic with Dr. Niemand. Book an appointment from 1 to 4 p.m. by calling 780-336-4780.

**Wednesday, November 18, 2020**

- River Rock Cafe 1 Year Anniversary! Come celebrate with cake and coffee!

**Thursday, November 19, 2020**

- WECAN Pick up. See ad for full 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@rley.ca**



## November is Fall Prevention Month

If you haven't personally had a fall or fall-related injury, you likely know of at least one colleague, family member or friend who has. It's fairly well known that as people get older, they are at an increased risk for falls, but did you know that middle-aged adults (aged 45 to 64) are also falling?

Here are a few surprising Alberta statistics:

- Almost 40,000 middle-aged adults sought emergency treatment for a fall-related injury in 2018.
- Of those, the most common reason for a fall injury was a slip or trip on the same level (14,436 injuries). Falls related to ice and snow came in second place (8,500 injuries).
- From 2008 to 2018 there has been a 28.5 per cent increase in middle-aged fall injuries that require urgent treatment, with fractures being the most common injury.

It's not just the older adults and young children who are at risk of falls. Middle-aged Albertans are also falling, second only to seniors. Why, you might ask?

- Physical deterioration, including a loss of muscle mass and balance, begins around age 45, particularly in women.

The good news is that we can take action sooner to prevent falls and reduce our risk of injury now, and as we age.

What can we do about it?

- Be active
- Build strength
- Work on our balance
- Target lower limb muscle strength using resistance training and weight bearing activities
- Maintain bone health through exercise and a calcium-rich diet.

There are many great physical activities which support bone health and challenge balance and build strength. Some indoor/outdoor activities to consider this winter include: resistance training, Tai Chi, yoga, Nordic walking, swimming, pickle ball, exercise classes, biking, snow shoeing, and cross-country skiing.

If you are concerned about falling or you are noticing changes in mobility, talk to your health provider about finding some strategies to help you build your strength and confidence so that you can stay active.

## 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

**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.

## 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:

**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.

## The Warning Signs of Suicide

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.

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.

## 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:

**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.

## One number.

All your trusted health advice.



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

FCSS will be in Ryley every Tuesday in November from 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.

## Seniors Series Coming Soon!

Look out for our Tofield/Ryley/Beaver West (TRBW) FCSS Online Seniors Series line up for November. Details are being finalized and will be released shortly.

## The Action Coalition on Human Trafficking Alberta

Are you interested in learning more about Human Trafficking?

Tofield/Ryley/Beaver County West FCSS and Viking/Beaver FCSS have invited ACT Alberta to present and raise awareness around this important topic.

**November 4th, 2020 – via Zoom at 6:30 p.m.**

A free community presentation will take place at 6:30 p.m. where you will learn the types of human trafficking, common myths vs. realities and the work that ACT Alberta does in our province.

Please register by calling Tofield/Ryley/Beaver County West FCSS at 780-662-7066. A ZOOM link will be sent to all registered attendees closer to the date.



Traffickers undertake ACTION using MEANS for the PURPOSE of exploiting people.

## 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.