

Serving: Carvel, Darwell, Drayton Valley, Duffield, Entwistle, Evansburg, Fallis, Gainford, Parkland County, Seba Beach, Tomahawk, Wabamun, Wildwood, Spruce Grove and Stony Plain.

November 24, 2020

EMOTIONAL SAFE SPOT: FCSS OFFERS FIRST STEP FOR MENTAL HEALTH

Submitted by Yellowhead County

Yellowhead County's Family and Community Support Services Department (FCSS) believes that everyone needs someone to talk to. When we are struggling socially and emotionally, life takes a toll. Knowing what to do next can be daunting.

Understanding the sort of support you may need can be a shortcut to finding wellness. Maybe you just need to hear yourself think or let someone know that you're having a hard time. That's why our FCSS department has undergone extensive mental health-related training to better serve our residents during these difficult times.

The Emotional Safe Spot program is meant to provide a place for people in the community to share the mental health struggles they might be facing, in a confidential and safe space.

Continued on Page 2



NEW MOBILE COVID-19 ASSESSMENT CENTRES NOW OPEN

Submitted by Alberta Health Services

Four new mobile assessment centres for COVID-19 testing opened Monday, Nov. 23, in the Edmonton Zone of Alberta Health Services. The centres will be located at:

• Leduc: 4330 Black Gold Drive, southeast parking lot

• Sherwood Park: 650 Bethel Drive, northeast parking area

• Spruce Grove: 9 Tri Leisure Way, parking lot

• St. Albert: 400 Campbell Road, parking lot

AHS would like to thank these municipalities for their ongoing support and help during the pandemic.

COVID-19 testing is of-

fered to eligible Albertans by appointment only. If you are symptomatic, a close contact of a confirmed case of COVID-19, or have been linked to a confirmed outbreak of COVID-19, please visit ahs.ca/covid to complete the self-assessment and book your testing appointment.

Continued on Page 6



Page 2 Community**VOICE** November 24, 2020 **CONSERVATIVES FIGHTING FOR CANADIANS WHO ARE LOSING HOPE**

Submitted by Gerald Soroka, MP for Yellowhead

I keep hearing from countless residents here in Yellowhead who have real worries and concerns for the future. Too many Canadians are losing hope. Justin Trudeau says, "we're all in this together," but the truth is Canada has never

been more divided.

Conservatives led by Erin O'Toole are proud to fight for every single Canadian on issues important to them.

Canada is also facing a unity crisis. Conservatives value and respect all Canadians. Workers in our natural resource industries contribute to building

roads and hospitals across the country, not just in the provinces where the resources are found. They need our support.

There is also a desperate need to provide practical help for small businesses, particularly family-owned businesses. Many are teetering on the edge of bankruptcy, and there must be

more direct support for them.

Finally, Conservatives will continue to support free and fair trade with countries who follow the rules. For far too long, Canada has paid a high price for trade with Communist China. We are a proud trading nation, but the one thing not for sale is our values.

Emotional Safe Spot: FCSS Offers First Step for Mental Health



Continued from Page 1

We can also help you find the information that you need to improve or maintain your mental health. This service is not a formal or certified counseling or therapy service, but meant to the "first step" in a person's journey to better mental health.

If you feel the need to speak with someone other than a friend or family member, you can contact Yellowhead County FCSS staff at 780-325-3782 and ask to speak with someone about the Emotional Safe Spot Program.

Our office is located in Wildwood, but arrangements can also be made to meet in Edson or another site if necessary. We are here with a warm smile and a listening ear during these challenging times.

November 24, 2020 Community VOICE Page 3 CHILDREN LEARN WHAT THEY LIVE

Submitted by Yellowhead Emergency Shelter

Imagine being a child and living in a home where you and the people you love are not safe.

Those who witness or experience abuse as a child are likely to be affected as an adult and may have a variety of life on-going issues due to childhood trauma. The more adverse children experiences a child has the more likely he or she is going to suffer from things like heart disease and diabetes, poor academic achievement and substance abuse later in life. The Centre on the Developing Child states, "these events can include, but are not limited to, physical abuse, emotional abuse, and household violence."

Children who have witnessed abuse or have feared for their safety, and in extreme cases, their life, may show signs of child traumatic stress. Although the impact is unique for each child, children may show signs of behavioral difficulties, sleep disturbances, constant worry, anger, physical complaints, withdrawal from social activities and general malaise. Children and teens are aware of 80% of all violence in the home and their feelings about these occurrences can carry as much impact as the actual event. Children may also suffer from anxiety separation caused by excessive worry about the safety of family members when they are away from the home.

The sooner a child receives help, the better chance they will have for being a healthy adult. One recommendation, by Salud America!, based upon their research review on childhood development suggests, "high quality early care and education programs that provide stable, supportive relationships with caring adults should be more available to young children who are at risk of experiencing tolerable or toxic stress."

There are several other ways to help in the recovery for children that have been exposed to family violence. The best solution is to remove the sources of stress in children's lives by immediately removing the sources of fear and danger. Reinforce to the children often that none of the adult abuse is their fault and reinforce that they can still love their parents, but it is okay to hate the abuse. Offer emotional and physical safety with boundaries by keeping consistency with routines in place. Encourage a safe loving environment with the child, their siblings and the abused parent.

Remember, if you or your children are in immediate

danger call 911. The Yellowhead Emergency Shelter offers free, confidential support to anyone who calls 24 hours day, 365 days/year, including holidays. Staff can answer any questions you may have about your children's safety. Also, the shelter is a safe, temporary place to stay. You can reach the shelter by calling 780-865-5311 or 1-800-661-0937.

NOW MORE THAN EVER, WE ALL NEED TO Get immunized Against influenza

WE ARE ALL IN THIS TOGETHER.

AHS is offering influenza immunization to those under five years of age and their immediate families or household members only. There will be no drop-in immunizations at AHS locations.

If you meet the criteria above, you can visit **ahs.ca/flu** to book an appointment.

Albertans not in this age group are asked to call a pharmacy or doctor's office to arrange a flu shot.

Immunization Clinics in Your Area:

WestView Health Centre (Stony Plain) Spruce Grove Health Centre Evansburg Health Centre

To learn more, visit **ahs.ca/flu** Have Questions? **Call 811**



Friday, November 27th, 2020 Stores will be rolling out some great deals, as we kickoff the

Stores will be rolling out some great deals, as we kickoff the Holiday season. With prices falling like snowflakes, come out and take advantage of the offers and giveaways to be had.

Due to COVID, this year the event will not just be an evening event. Instead, the fun begins Friday morning and lasts through until 8:00 p.m. at most stores. Hopefully, this will result in fewer customers in a store at any given time. Participating stores this year include Family Clothing, Claire's V&S, Vimar Books, Evansburg Inn, On a Whim, Golden City Bistro, Hans down Liquor, and Unique Repeats. **The fun begins Friday morning, and lasts through until 8:00pm at most stores.**

7:00рм

Christmas Tree Light-up

in the Evansburg Bakery lot. Please wear masks and practise Social Distancing. Thanks in advance to the Osbornes for bringing in the tree.

7:00-9:00рм

Luminaria at the Tipple Park Museum. Go and enjoy the beautifully lit trails. Please bring a donation to the food bank or Santa's Anonymous.

The Evansburg Legion will not be hosting the Legion Home Based Business and Craft Fair, as before. Some vendors may be located in the Mainstreet Market location in the early afternoon, depending on weather. The stores will be lit up and inviting customers to some of the best deals of the year. Look for loss leaders, draws, games and give-a-ways. It's sure to be fun for the whole family.



Page 6 Community**VOICE** November 24, 2020 **GYPSD RECEIVES AN 'A' ON RECENT COVID-19 SCHOOL SAFETY AUDITS**

Submitted by Grande Yellowhead **Public School Division**

Earlier this month, GYPSD completed the last of the pandemic safety audits, and our schools met and/or exceeded the expectations established by Alberta Health Services for their work in

setting up health and safety procedures, protocols, and supplies to help reduce the spread of COVID-19.

Some of the items 'checked off' by the provincial Occupational Health and Safety Officer included:

· Staff access to an adequate supply of masks, gloves, hand sanitizer, and disinfectants

• Posting of COVID-19 related signage in visible locations

Protective barriers

. Review of current COVID-19 School Re-Entry Plans, and

Physical/engineered measures put into place to eliminate or control the hazard of COVID-19 in the workplace.

The Division extends a huge thank-you to school leaders and staff for ensuring GYPSD schools are doing everything possible to minimize risk to students, staff, and community members!

New Mobile COVID-19 Assessment Centres Now Open

Continued from Page 1

All locations available to you, including any of the new mobile assessment centres, will be displayed in the online booking tool. If you do not have Internet access, you can call 811 and

Health Link staff will book a test appointment for you.

We remind anyone who has booked, but cannot make, a COVID-19 testing appointment to please cancel or change it so someone else can book that spot. If you booked your spot online and have a confirmation number, go to ahs. ca/mybooking and enter your confirmation number and postal code to make a change or click the link provided in your confirmation email.

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. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.





Large Workshop Quonset Not in a subdivision Bung with total of 4 bedrooms ACREAGE by Seba Beach

www.serenity.ca



TEMPORARY MANDATORY FACE COVERING BYLAW IN EFFECT

Face covering or mask required

in all indoor public places

Exceptions include children under the age of 10 and people unable to wear a face covering due to a mental or physical concern or limitation.

For more information, visit www.parklandcounty.com/masks

Help prevent the spread of COVID-19.

Please isolate or get tested if you are have a fever, cough, sore throat, runny nose,

shortness of breath, or are a close contact of a person who tested positive for COVID-19.

Parkland County Bylaw 2020-14









Classified Ads - Call 962-9228

Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice. com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE. BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www. com-voice.com/classified. htm

Hall Rentals

Bright Bank Hall, 780-968-6813

Camp Encounter, Vincent Mireau - Camp Director. director@campencounter. com. C: 780-504-2012 W: 780-967-2548

Cherhill Community Assoc. Hall, Kevin 780-785-8153

Darwell Centennial Hall, 780-892-3099

Darwell Seniors Phone Debra 780-785-2907

Duffield Hall, 892-2425

Entwistle Community League Hall Rentals, Call Cheryl at 780-515-1755

Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House. Dennis 727-4186

Evansburg Legion, upper hall 250 people, 727-3879 Fallis Community Hall, 892-

3150

Gunn Hall (G.A.R.S.) 780-951-9452

A Health and Beauty Breakthrough!

not produce euphoria or intoxication. It targets

using these products for both treatment and

prevention of numerous ailments.

Keephills Hall, 731-3761

Lake Isle Community Hall, PH: 780-892-3121 or Email: lakeislehall@mail.com Lake Romeo PeaVine Hall, 785-2700 Magnolia Hall, 727-2015 Goodwill Manley Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, 786-4044

Moon Lake Community Hall, Diane 780-514-4694

Park Court Hall, call or text Karyn 780-712-3918

Parkland Village Community 780-298-9155 Centre, a **PVCCentre**

Ravine Community Hall, 325-2391





Therapeutic Uses For Pure Hemp

Supports healthy blood sugar levels, promotes healthy energy levels, relieves anxiety, aids in digestion, supports optimal immune function and the regeneration of healthy cells, and promotes a sense of serenity and overall well-being.

Anti-Aging Uses For Pure Hemp

Promotes more youthful skin, provides hydration, enhances radia ssens age lines hydration, enhances radiance, lessens ar as well as the appearance of dark spots.

KEY BENEFITS

PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.

PROMOTES HEALTH: Helps to promote relaxation and overall health.

WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

PET PRODUCTS

PET CHEW TREATS **KEY BENEFITS**

SYNERGISTIC BENEFITS: Can be used in conjunction with regular medications with no side effects. NO SIDE EFFECTS: Does not damage the liver, kidney or GI Tract like OTC medication.

DIETARY SUPPLEMENT: Can be administered daily as part of your pet's diet.



ORAL SPRAYS & DROPS KEY BENEFITS

MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain. TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nausea IBS and gastrointestinal swelling. GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets. CONVENIENT: Can be sprayed into pet's mouth or on food

For more information, Call (780) 907-8642

Classified Ads - Call 962-9228

Rich Valley Community Hall, 967-3696 or 967-5710

Rosenthal Community Hall, 963-7984

Smithfield Community Hall,



ANGEL MISSING Since July 6

Seba Beach, Wabamun Contact us with ANY INFORMATION about her whereabouts 780-476-1617 Wanita 780-718-8824.

Tomahawk & District Sports Agra, Bookings: Kathy 780-339-3773.

Wabamun Jubilee Hall, 892-2699.

Wildwood Community Hall, 325-2180 or 780-514-6105

Wildwood Rec Complex 325-2077 or 514-8944

Wildwood Senior's Hall, 325-3787 or 325-2391

Buy & Sell

I Buy Gun Collections, World War 2 collectibles, Call Jay Love for a quote 780-686-1350 Stony Plain (28) 03-11



FREE COMPUTER CHECKUP - Repairs NOT over \$50. FREE REPAIRS for Single Parents and low income Seniors. Erase or Save hard drive, pictures, documents. Good PC, Laptops, Screens, Batteries, Parts. DONATE used Laptops, Tablets, Cell Phones for parts or repairs (will clear all data). Call 780-892-2407 (15) 20-10

Vehicles

2008 BMW 335i For Sale, 157,000 kms, Black on black, auto, Brand new tires & rims, Brand new serpentine belt(have receipts), Brand new spark plugs & ignition coils, Power steering & coolant flushed, No rips on seats (MINT), Car sits on coilovers, Downpipes, Tail Q blow off valve, K&N cone air filters, Dinan MHD stage 1+ tune installed, Also a set of winter tires ready to go, Only ever used premium fuel, Car is in amazing condition for the year! \$ 10,900. No trades, no lowballers, serious inquiries only, Not in a rush to sell the vehicle, can only be viewed on week days after 4pm & weekends anytime, if u have any questions text or call 780-908-6659 (S) OG

For Rent

Available, 2 Bdrm (\$795) in Entwistle Bldg. at 4932-50A Avenue, DD \$300. Tenant pays power, Smoke Free Bldg. Please call Ivanka 780-807-1300 (4) 17-11 OG

Completely renovated Motel in Onoway, AB. offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms, furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Starting at \$950 + tax. Please call for viewing, 780-967-4420 or 780-945-1723. www. onowayinnandsuites.com (4) 24-11 OG



LAC STE ANNE REAL ESTATE ONOWAY 780-967-3335 SANGUDO 780-785-2444

Direct: 780-699-3814 Toll Free: 866-685-2444 E-Mail: <u>davidjlowe@live.com</u> "Each office is independently owned and operated"



Masters



18. ½ STOREY IN SANGUDO Renovated Bungalow on Corner Lot 2 Bdrm, 1 Bath in Main House 1 Bdrm, 1 Bath, Self-Contained Bachelor Suite Dble. Attached Garage, Partly Fenced Yard MLS# E4202140 REDUCED \$174,900



ALBERTA BEACH DOUBLE LOT 1/3 Acre Site, Level & Cleared Fully Serviced - Well, Power & Natural Gas Ready to Build Your New Home Close to Lake, School & Shopping MLS# E4202882 \$119,900 #113 LESSARD LAKE ESTATES 1254 Sq. Ft. Modular Home 2 Bdrms, 1 Bath, Living & Family Rooms Deck & Fire Pit, Manicured Yard Heated Dble Det. Garage & Sheds MLS# E4203907 \$234,900



FERN MEADOWS BUNGALOW & GUEST CABIN 1248 Sq. Ft. Bungalow on 2.8 Acres House & Cabin Both Have Wood Heaters Pilings for Garage/Shop in Place Wheelchair Accessible Deck & Circular Drive MLS# E4214371 REDUCED \$168,200



PARADISE ESTATES BUNGALOW 1399.97 Sq. Ft. Perfectly Renovated Home 3 Bedrooms, 2 En-Suites & 4 Pc Main Bath Full, Partially Finished Basement 3.1 Acre Lot with Double Detached Garage MLS# E4200069 REDUCED \$387,500

November 24, 2020

CommunityVOICE Page 13



Page 14 Community VOICE



November 24, 2020

Community**VOICE** Page 15



Page 16 Community VOICE

