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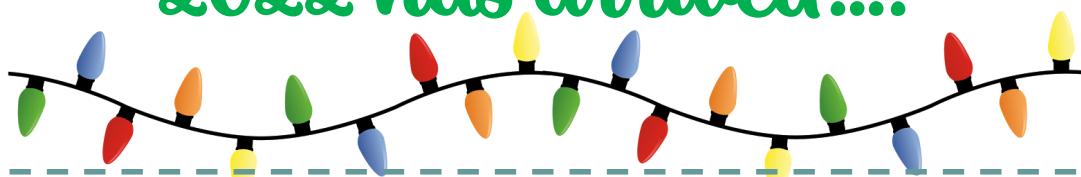
COPING AT  
CHRISTMAS

DOG TAGS 2023

PROPERTY TAX-  
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HOLIDAY HOURS

# CHRISTMAS 2022 has arrived....



On Wednesday, November 23rd 2022, the Youth Centre hosted the annual Christmas Tree Lighting in Devonian Park! Cenovus provided a BBQ, food, and employees to help serve. The Fire Department manned the BBQ making sure our residents were fed, had a big bonfire going to keep us warm, and even helped bring Santa and Mrs. Claus down from the North Pole to light the tree! The Rainbow Lake Girl Guides were also there with smiles, hot chocolate and cookies supplied by Bateman Petroleum. Thank you to the Youth Centre for hosting this event, our Public Works and Recreation staff for ensuring Devonian Park was decorated for the event, and all other volunteers who helped make this night a huge success!

Photo taken by Mayor Farris :)



# The Queen Elizabeth II Platinum Jubilee

The Queen Elizabeth II Platinum Jubilee Medal is a commemorative medal created to mark the 70th anniversary of Queen Elizabeth II's accession to the throne as Queen of Canada in 1952. It recognizes outstanding service from Albertans who have dedicated themselves to family, community and country.



7000 Albertans were invited to receive this award on Sunday, November 27th at the Westin in Edmonton.

Our very own Mayor, Michelle Farris, was invited as a recipient this year! Congratulations Michelle!!!!

Pictured above:

The Queen Elizabeth II Platinum Jubilee Medal

Pictured right:

Mayor Michelle Farris with her husband David (left) and son, Bryden (right).



# Snow Clearing Policy

Now that our airport has changed certification to become a Provincially Registered Aerodrome, The Town of Rainbow Lake's Snow Clearing Policy has changed. Here is some important information:

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## **POLICY NO. 31-001**

**5.3** Unless unusual circumstances or additional snowfalls otherwise interfere:

- a) Priority 1 will be cleared within 8 hours
- b) Priority 2 and 3 streets will be cleared within 24 hours, and
- c) Priority 4 (Airport) will be cleared within 48 hours of the start of the Snow clearing activities.

**5.4** The order in which Priority 2 & 3 streets are cleared may vary throughout the winter season to allow for all side streets to receive snow clearing on an equitable basis.

**5.5** Should another snow fall occur before all streets are fully cleared, clearing operations will start again with top priority streets.

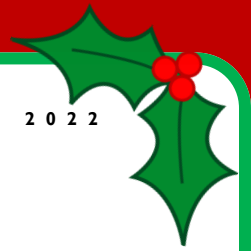
**8.2** The Town-owned walking trail will be cleared of snow and ice as time permits during winter operations. The clearing of the walking trail is the last priority for the Public Works Winter Maintenance Staff.

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Our crews work very hard every year to get the snow removed as quickly and efficiently as possible. Please keep in mind that if new snow starts to fall, they will have to revert back to Priority 1 and start over. Please drive with caution, give yourself enough time to stop at all intersections and please be aware of all your surroundings!

# A Message From Victim Services

DECEMBER 2022



The Assumption Region Community Policing Society (ARCPS) is the governing body of our local victim services unit and also has a keen interest in keeping our community healthy and supportive. Krista and Junice will be hosting paint days, drum making events, psychological first aid courses, indigenous rattle making, international cooking days and other **sober** events for adults to promote wellness in our community over the next year. Our goal is to offer some events that will bring us together and allow us to reconnect, learn a new skill and enjoy our community.

On **Sunday, December 11th** there will be an Indigenous Paint Day. The facilitator will be Miranda Lane. Miranda was born into the Wolf Clan of the Kaska First Nation in Yukon and has lived in High Level for several years where she is a successful painter and intuitive. Spots are limited for this event, so please sign up on the Facebook page asap or send the VSU ladies a message to reserve your spot. The fee is \$20. Fees may be sent to [vsu.krista@gmail.com](mailto:vsu.krista@gmail.com)

On **January 26th, 2023 from 9am-12pm** ARCPS will host a Psychological First Aid course. The course will be over zoom so you can enjoy the course from the comfort of your own home. We have also rented the RecPlex and will put the zoom screen on the overhead projector if you prefer to be surrounded by others while taking this course. There is no fee for this course but you must register by emailing the address below. The course can accommodate up to 40 people. The course is geared towards everyone, not only those who have suffered a trauma or work with trauma patients. This course is for members of the community to learn more about psychological first aid and to promote a healthy community. AHS is offering us this training for free. Absolutely everyone can benefit from this course! What a wonderful gift to give your friends, family and community by learning about such an important topic. Please let us know closer to the date if you will be attending in-person at the RecPlex to view the screen so we have enough snacks for everyone.

Wishing everyone in Rainbow Lake and Chateh a wonderful holiday season filled with warmth and love.

Thank you,

Krista



# PSYCHOLOGICAL FIRST AID (PFS) TO SUPPORT INDIVIDUALS, FAMILIES AND COMMUNITIES

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## WHAT IS PFA?

PFA is an internationally recognized method of support intended to help people during and immediately after a disaster or emergency (including a pandemic). It uses a holistic, community wellness approach to help reduce levels of emotional distress for individuals, families, and communities through practical care, compassion, connection, and support from others.

## PFA TRAINING

PFA training is an interactive 3-hour webinar adapted from the 6 hour in-person training. The training aims to share knowledge, teach skills, build confidence, and increase capacity to support people in the face of a disaster or emergency.

### **Objectives:**

- Understand the timing of interventions for disasters and emergencies.
- How to utilize the PFA Action Principles in virtual environments.
- Identify and provide practical support to those in distress.
- Understand when to refer people to appropriate community supports.
- Explore self-care strategies for disaster response.

### **Training facilitated by:**

**Jody Walker & Lucille Labrecque**

**January 26th, 2023 from 9 am—12pm**

**Please register with Victim Services to attend this awesome event!**



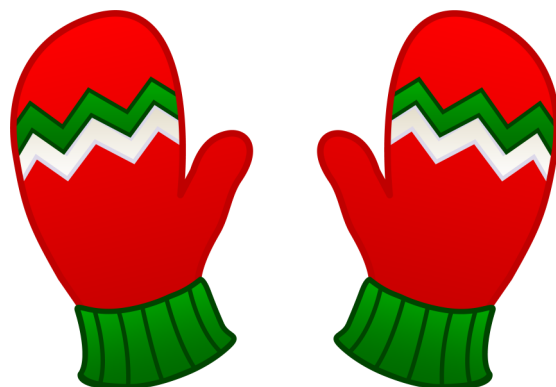


# Hat & Mitten Donations

Victim Services staff have placed a bin at the east entrance (Gym/Library entrance) of the RecPlex for community members to donate new and gently used adult and children mittens, gloves, hats, scarves, socks and gift cards. Items will be collected and distributed to community members by VSU regularly.

Please consider donating for those community members in need!

Please note: VSU is not currently collecting clothes and do not have a clothing drive planned anytime in the near future. Any clothing donations can be brought to The Native Friendship Centre in High Level :)



## Dart League 2022-2023

Missed out on joining the Dart League? Don't fret—this year, the Rainbow Lake Dart League has decided to go with a drop-in, Jetney format. Team's will be picked by a random draw. Registration fees are \$50 per person + \$42 for curling club fees. Each Friday there is also a fee of \$5 to play the games. All money collected on that night will be used to pay the winning team. If you would like to drop in, it's \$25 per night to play—\$10 for drop in darts, \$10 for drop in curling club fee (unless you're already a curling club member) + the \$5 for the Jetney. The Dart League encourages you to pay the league fees if you plan on dropping in more than twice throughout the year.

Teams are picked by 6:45 and games start at 7:00 pm sharp. If you come after 7:00pm, you will be unable to play as the teams for the night have already been picked.

The Curling Lounge is open on Friday's until 11:30pm—Last call at 10:30 !!!

**League fees are due by November 30th, 2022.**

# St. Peter and St. Paul's Spreading Christmas Cheer

Do you or someone you know need a little extra assistance this Christmas? To register for a Food Hamper, Gift or both, please contact Maureen Leptich at 780-956-0335. Distribution will be on December 19th, 2022.

## **CHRISTMAS FOOD HAMPER PROGRAM**

Drop off locations available at: Canada Post, Rainbow Lake School, The Clinic, Cenovus Main Office & Plant, Graham Office

All non-perishables are appreciated!!!

Here are some suggestions:

Canned Soup (Mushroom, Tomato, Vegetable, Chicken Noodle)

Cereal (Adult & Children's)

Kid's Lunch Snacks (Bear Paws, Fruit Snacks, Pudding, Fruit Cups, Granola Bars, Juice boxes)

Pasta & sauce, Mac n Cheese, Canned food (Chili, Stew, Ravioli)

Rice, Instant Potatoes, Sidekicks, Stuffing Mix

Peanut Butter, Nutella, Jams, Honey

Canned Meat (Tuna, Salmon, Ham, Chicken)

Cooking Oil, Basic Seasonings

Shampoo, Conditioner, Body Wash, Dish Soap, Laundry Soap, Dryer Sheets

Grocery Gift cards and monetary donations are appreciated to purchase perishable items.



## **SECRET SANTA PROGRAM**

Drop off locations available at: Canada Post, Rainbow Lake School, The Clinic, Cenovus Main Office & Plant, Graham Office

St. Peter and St. Paul's are collecting gifts for Children and Adults.

If you wish to wrap them, please mark with gender and age group.

All donations collected will be distributed locally.



# Coping at Christmas

Christmas is meant to be a magical time of year, spent enjoying the season with those you cherish most. Unfortunately, what is meant to be a joyous time of year can be especially hard for those of us who have lost loved ones, are far away from our families, suffer from seasonal depression or are struggling to make ends meet financially.

It's okay if it's not the "most wonderful time of year"!

**If you or a loved one needs help, please reach out!**

**MENTAL HEALTH HELPLINE** 1-877-303-2642

**ALBERTA HELPLINE DIRECTORY** 211

**HEALTH LINK** 811

**ASPIRE PSYCHOLOGY** 1-780-690-9607

**ADDICTION HELPLINE** 1-866-332-2322

**GRANDE PRAIRIE OPIOID DEPENDENCY PROGRAM (AHS)**

Phone: 780-833-4991 Fax: 780-833-4715



**MOMS STOP THE HARM**

Information pulled from [momsstoptheharm.com](http://momsstoptheharm.com)

## **Healing Hearts with Moms Stop the Harm**

### **Peer Support After a Loss from Substance Use Related Causes**

"Healing Hearts is a free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use related harms.

Healing Hearts support groups offer an open-format peer-led model of support. Healing Hearts does not offer therapeutic counselling. The group facilitators have lived experience and have personally lost a loved one to substance related harms."



# **STOP ILLEGAL DRUGS REPORT DRUG ACTIVITY!**

**Drug Abuse**



**RCMP .....911**

**RCMP COMPLAINT LINE.....780-321-3753**

**CRIME STOPPERS.....1-800-222-TIPS(8477)**

# Dog Tags 2023

Dog tags will be available at the Town office hopefully by the end of December. We will notify residents once they come in.

Tags can be purchased at the Town Office, Monday-Friday between 7:40am-4:30pm. If you would like to pre-order your tag to secure the cheaper price, please contact Danielle at the Town Office!

Neutered & Spayed Dogs License fee

**\$20.00**

(before January 31, 2023)

**\$30.00**

(after January 31, 2023)

Non-Neutered & Spayed Dogs License fee

**\$40.00**

(before January 31, 2023)

**\$50.00**

(after January 31, 2023)



# Property Taxes

This is a friendly reminder that all 2022 Property Taxes must be paid by December 31, 2022 to avoid entering arrears with the Town of Rainbow Lake. Any Property Taxes left unpaid from before December 31, 2021 will be registered with the province in 2023. Any Property Taxes left unpaid from before December 31, 2020 will begin the process of tax sale proceedings.

If you aren't already part of our Property Tax Pre-Authorized Monthly Payment Plan, you might want to consider setting it up at the office. No penalties will be levied against your property for outstanding balances during the year (some restrictions do apply). To request further information on this payment plan, please contact the Town Office :)

# Christmas Hours

The Town Office will be closed  
Thursday, December 22nd at 12pm  
and will reopen Tuesday, January  
3rd 2022.

From all Town Staff and Council,  
we would like to wish all our resi-  
dents a very Merry Christmas  
and a Happy New Year!!!

See you again in January,  
2023!



Town Office (Administration)  
Box 149, 65 Imperial Drive  
Rainbow Lake, AB  
T0H 2Y0  
780-956-3934

Recreation Complex  
Rec Plex  
1 Atco Road  
780-956-3778



Town Shop (Public Works)  
58 Imperial Drive  
780-956-3949

Fire Hall  
58 Imperial Drive  
780-956-3354