



TOWN OF
RAINBOW LAKE

NEWSLETTER

FEBRUARY



WHAT IS INSIDE THIS MONTHS ISSUE:

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- ♥ DOG TAGS
- ♥ SOFTWARE UPGRADE
- ♥ PINK SHIRT DAY
- ♥ FAMILY GAME NIGHT
- ♥ TRICOUNCIL SURVEY
- ♥ 2023 RAINBOW LADIES BONSPIEL
- ♥ PEER SUPPORT AHS + REFERRAL FORM
- ♥ NALOXONE KITS
- ♥ OFFICE CLOSURE

Winter Carnival 2023

Planning is well under way for our annual Winter Carnival, happening this year on **March 17th and 18th!**

The following schedule is tentative and may change before the event arrives.

FRIDAY MARCH 17

Talent Show - Chili Cook-off - Fireworks & Bonfire

SATURDAY MARCH 18

Free Pancake Breakfast - Arena activities - BBQ Lunch

Outside activities (adults & children) - Carnival Room

Crib & Darts Tournament - Evening Social

There will be lots of prizes to win!!! In order to qualify, all you have to do is participate in the events and activities :)

As always, volunteers are greatly appreciated, so if you're interested in helping out and missed the meeting, don't fret! Reach out to Mark to let him know you're interested in helping :)

Mark — (780)956-1707

Dog Tags 2023

Dog tags are now available at the Town Office.

Tags can be purchased at the Town Office,
Monday-Friday between 7:40am-4:30pm.

Neutered & Spayed Dogs License fee
\$30.00

Non-Neutered & Spayed Dogs License fee
\$50.00



Software Upgrade

The town office is currently in the process of switching to new financial software. As expected, we have run into some hiccups along the way. We

are still in the process of training and learning, and will be working with both programs until we are able to transition fully to the new system.



We would like to thank all our residents for their patience during this time.

Pink Shirt Day 2023

Bullying is a major problem, and one that doesn't discriminate. It is important to victims of bullying to know they are not alone and there is help and support available.

Wear your pink shirt on **February 22nd** and take a stand against bullying!!!



Family Game Nights

The Rainbow Lake School will be hosting Family Game Nights from 6:30pm-9:00pm, the first Friday of each month. There will be board games and card games provided, and you are welcome to bring games from home as well.

The gym will be split into 2 sections; one section for physical games using equipment from the gym, and one section with tables for board games and card games. All families are invited to attend.



Alberta Games 2026

Tri- Council is looking for feedback from residents on submitting a bid to host the Alberta Games in 2026. You can scan the QR code to fill out the survey, or visit the website below:

<https://form.jotform.com/222706115000235>

TRI-COUNCIL SURVEY
2026 Alberta Games
Deadline February 28, 2023

mackenzie
REGIONAL ALLIANCE OF MUNICIPALITIES
High Level Mackenzie County Rainbow Lake

Winter

Scan the QR Code to fill out the Survey

Summer

Tri-Council is seeking assistance to gauge the interest of the region in submitting a bid to host the 2026 Alberta Winter and/or Summer Games. Tri-Council is composed of the Town of High Level, Mackenzie County and the Town of Rainbow Lake. This event would be a collaboration of the region, not just one community. The economic revenue from hosting an event such as this would benefit the region.

Before pursuing a bid, Tri-Council would first like to determine the level of interest from local businesses, non-profit and community groups. Hosting an event of such magnitude relies heavily on commitment from many volunteers, sponsorship support, suitable venues for sporting events, accommodations for lodging and food services for approximately 3,000 athletes, coaches, officials and spectators.

2023 RAINBOW LAKE LADIES BONSPEIL

MARCH 3RD - 4TH

SEMI-FINALS AND FINALS MAY TAKE PLACE ON MARCH 5TH
DEPENDING ON HOW MANY TEAMS REGISTER :)

Disney ON ICE

\$240/TEAM
INCLUDES YOUR CALCUTTA

CASH OR CREDIT
ONLY IN THE
LOUNGE

FRIDAY NIGHT FUN
DRESS UP & DINNER SATURDAY EVENING
TO REGISTER CONTACT PENNY MURRAY

780-956-4360

DEADLINE: MARCH 1



Peer Support

Alberta Health Services • Addiction and Mental Health

“PEER SUPPORT is a helping relationship between a client and support worker that promotes respect, trust, and hope which can empower individuals to make changes and decisions to enhance their life.

Typically, the person will be struggling with addiction or mental health to be accepted in the program, but all referrals will be considered.

How can Peer Support help you?

- ♥ Assisting with locating and connecting to resources.
- ♥ Provide connection to community either individually or within a group.
- ♥ Walk alongside you as a non-clinical support by listening to your story and empowering you by using a self-directed, strengths-based approach to enhance your life.

HOW TO CONNECT TO SERVICES:

A person can self refer, be connected through a health care professional or community agency. Complete referral form provided by the Peer Support Team. This is a basic form requesting general information. This can be emailed, faxed or picked up from the Addiction & Mental Health Office at the Northwest Health Centre in High Level. Once completed, the Peer Support Team will review the referral and connect with the potential client to confirm if the Peer Support program is suitable for them.

Peer Support can be offered as a stand-alone service or in conjunction with other approaches to service delivery. It is used to address the limitations of services provided by the health care system. The focus is non-clinical, mutual support empowering the service—user and centred around holistic care rooted in the lived and living experience.

The service is designed to minimize power imbalances and fosters equal and empathetic relationships, encouraging people who are coping with challenges to make decisions that are based on their own knowledge and expertise about their own needs.”

All information pulled from a pamphlet available at the town office.



ADDICTION & MENTAL HEALTH **PEER SUPPORT - Referral Form**

Date (M/D/Year): _____

NAME: _____ Tel# _____ DOB: _____

REFERRED BY (Name): _____ Tel# _____

Circle one: Self-referred Health Professional Community Agency

I have concerns with:

- ☐ Addiction (for example): alcohol, narcotics, prescriptions, and gambling.
- ☐ Mental Health (for example): anxiety, depression, and grief.
- ☐ Other _____

Requested Services: Check all that apply

- ☐ Locate Resources
- ☐ Social Activity
- ☐ Talk/Share Lived Experience
- ☐ Connect to Community
- ☐ Physical Activity
- ☐ Coffee Talk

Requested Site: Check one

- ☐ High Level
- ☐ Fort Vermilion
- ☐ La Crete
- ☐ Rainbow Lake
- ☐ Paddle Prairie

Ways to Access Services: Check all that apply

- ☐ Face to Face
- ☐ Virtual (Zoom)
- ☐ Telephone
- ☐ Group

Forms can be **faxed** to: **780-926-7378** or can be dropped off at the Addiction & Mental Health front desk located at the Northwest Health Centre (High Level Hospital) **11202 100 Ave High Level**. Any questions call: 780-841-3229.

Victim Services Naloxone Kits

The Rainbow Lake & Chateh Victim Services unit is now distributing Naloxone Kits. Whether you just want to pick up a kit or receive training on how to properly administer the life saving drug, the wonderful staff with VSU will be able to assist you.

Check out their facebook page (Rainbow Lake & Chateh Victim Services) for more information on their office hours.

NEED A NALOXONE KIT?



Office Closure Family Day 2023

The Town Office will be closed on Monday, February 20th 2023 for Family Day. We will resume our regular office hours, Tuesday February 21st—open from 7:40am-4:30pm.

Sorry for any inconvenience.



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