

# NEWSLETTER

## COUNCIL MEETINGS:

Next Regular Council

- November 27, 2023

## Council Highlights from October 23, 2023 Regular Council Meeting

- First Reading was given to Bylaw 013-2023; Land Use Bylaw amendment for small homes and Hens.
- A temporary seasonal parking ban was approved on 45 & 46 Street on the south side of the street (across from Bar-V-Nook) while Administration works with Smoky Lake Foundation to determine permanent parking solutions.
- Smoky Lake Town Council approved hosting an appreciation BBQ for the Town's volunteer firefighters on October 30, 2023.
- Karen Chipchar, Ela Kozakiewicz and Lori Tychkowsky were re-appointed to the Smoky Lake Library Board for a term of three years.
- Six new FCSS Board Members were appointed: Pat Mallet-Ramsun, Fran Byers, Sacha Henry, Dominique Céré, Tegan Scharff and Sharon Boychuk.
- The Town has requested that Evergreen Waste Management Commission apply for the Extended Producer Responsibility program for the Smoky Lake Region. This places the responsibility of recycling on producers.

For full agenda packages and meeting minutes, visit:

**smokylake.ca** under the **TOWN OFFICE** menu.

Also under the same menu, check out this recent reviewed policy: Halloween Curfew.



The Town of Smoky Lake has given **\$12,030.33** back to your community in the form of monetary, promotional, & in-kind sponsorships or donations.

**Approved Donations:**  
**\$95.00 for the Smoky Lake Legion.**



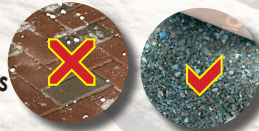
Legacy mural reveal. October 7, 2023. Check out the mural on the west side of the Curling Rink.

### It's Snow time!

Please do your part to help your Public Works staff keep your roads and sidewalks clean! Avoid and clear ice buildup on sidewalks at your residence.

**Curb Ramps:**  
Please remove any curb ramps along the streets to help with the upcoming winter snow removal.

**NO safety salt on sidewalks:**  
Safety (rock) salt destroys the bricks and cement! Please use flake salt!



**Curb Parking:**  
Please do not park on the curb as the sweepers will not have enough room to get past.



### Extension Cords:

If cords are on the ground across the sidewalk, the walks can't be swept unless the cord is strung 85" high over the walk. Only then is there enough room for the sweeper to go under.

We offer a **HUGE THANK YOU** to all of the volunteers who made Pumpkin Fair 2023 such a great success. **BIGGEST CROWD EVER!!!**

Congratulations to Don Crews of Lloydminster AB for the winning pumpkin!



# FAMILY & COMMUNITY SUPPORT SERVICES



**What is a PCN?**

PCNs are made up of groups of family doctors who partner with other health care specialists to meet individual patient needs.

**How do you access the PCN?**

Some programs, such as Foot Care and Kinesiology, require a referral from your Doctor. The Social Work & Dietitian Program can be self-referred. Call Lakeland PCN at 780-645-1188 to self-refer

**What programs does the PCN in Smoky Lake offer?**

Social Work, Dietician, Kinesologist, and Foot Care

**SOCIAL WORK**

Social workers are available to assist clients with their multi-faceted needs. They can meet clients in-person at the Smoky Lake PCN Hub Office.

*What can they help with?*

- Supportive counselling:
  - Life Management, Stress Management
  - Caregiver support
  - Parenting Support
  - Grief & Loss
- Patient Advocacy
- Coping with a new diagnosis
- Seniors Supports and assistance with filling out applications/forms
- Dementia/Alzheimer's Support
- Assessing and assisting with housing, finances, medical needs and/or transportation
- Resource Navigation

Call 780-645-1188 to self-refer.

(\*note: approx. 2-4 week lead time)

**For more information on PCN services, please visit: <https://lakelandpcn.com/>**

**DIETITIAN**

Dietitians are experts in nutrition and work with you to help you feel your best.

*What can they help with?*

- Customized meal ideas to help you prevent and manage chronic diseases
- Works with you to

implement individualized healthy lifestyle goals

- Tips and healthy recipes to help you plan, shop for and cook healthy meals
  - Help with managing your weight, food allergies/ intolerances or digestive issues
- Call at 780-645-1188 to self-refer.

**KINESIOLOGIST**

Kinesiologists are experts in exercise and work with you to help you achieve your health and wellness goals.

*What can they help with?*

- Weight management/Lifestyle change
- Getting and staying physically active
- Active rehabilitation
- High blood pressure
- Diabetes
- Osteoporosis
- Osteoarthritis
- Back pain

Please ask your doctor for a referral.

**FOOT CARE**

Performed by a nurse for high-risk patients who are unable to care for their own feet due to medical conditions, e.g. artery disease, foot ulcers, foot deformities & diabetes.

*What can they help with?*

- Diabetes
- Peripheral artery or venous disease
- Foot ulcer (previous)
- Anticoagulation medication
- Foot calluses

Please ask your doctor for a referral.

**NOVEMBER EVENTS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	Notes				

All Library EVENTS are FREE with no registration required unless otherwise specified.

- TUE** **Teen Craft Club**  
Library: Nov. 14, 21, 28 - 3:30-5:00 pm  
*Learn a new craft every month!*
- WED** **Morning Storytime**  
Library: Nov. 1, 8, 15, 22 & 29  
10:30-11:30 am *Caregivers & Kids 0-5*
- WED** **After School Programs**  
Library: Nov. 1, 15, 22, 29 - 3:30-4:30 pm  
*Grades 1-3 (Kids will be picked up at school)*
- WED** **Evening Storytime**  
Library: Nov. 1, 8, 15, 22 & 29 - 6-7 pm  
*Caregivers & Kids 0-5*
- THU** **After School Programs**  
Library: Nov. 2, 16, 23 & 30 - 3:30-4:30 pm  
*Grades 4 - 7*
- 3<sup>rd</sup>** **Food Basket Order Day**  
Smoky Lake Town Office  
*All residents, Smoky Lake Region*
- 6<sup>th</sup> & 20<sup>th</sup>** **Dungeons & Dragons**  
Library: 3:30-6:00 pm  
*Ages 11 plus (REGISTERED PROGRAM)*
- 13<sup>th</sup>** **Teen Workshop**  
Library: 5:30-7:00 pm  
*Learn to make essential oil blends*
- 16<sup>th</sup>** **Coffee With A Cop**  
Porky's Cafe, Vilna 10:00-11:00 am  
*All residents, Smoky Lake Region*
- 17<sup>th</sup>** **Food Basket Pickup Day**  
Anderson's Grocery  
*All residents, Smoky Lake Region*
- 18<sup>th</sup>** **Casino Night - Kinettes**  
Complex: 5:00 pm Start  
*All residents, Smoky Lake Region*
- 23<sup>rd</sup>** **Annual Toy & Food Drive**  
Kinettes Club, 6:00 pm Start  
*Kinettes will pick up on your front step or drive-way. 780-554-9906 for info.*
- 27<sup>th</sup>** **Regular Council Meeting**  
Town Office, 10:00 am Start  
*Followed by Budget Meeting*
- 27<sup>th</sup>** **Adult Book Club**  
Library: 7:00-9:00 pm
- DEC 2<sup>nd</sup>** **Chamber Community Christmas Party - Métis Crossing**  
*Book by November 12th.*