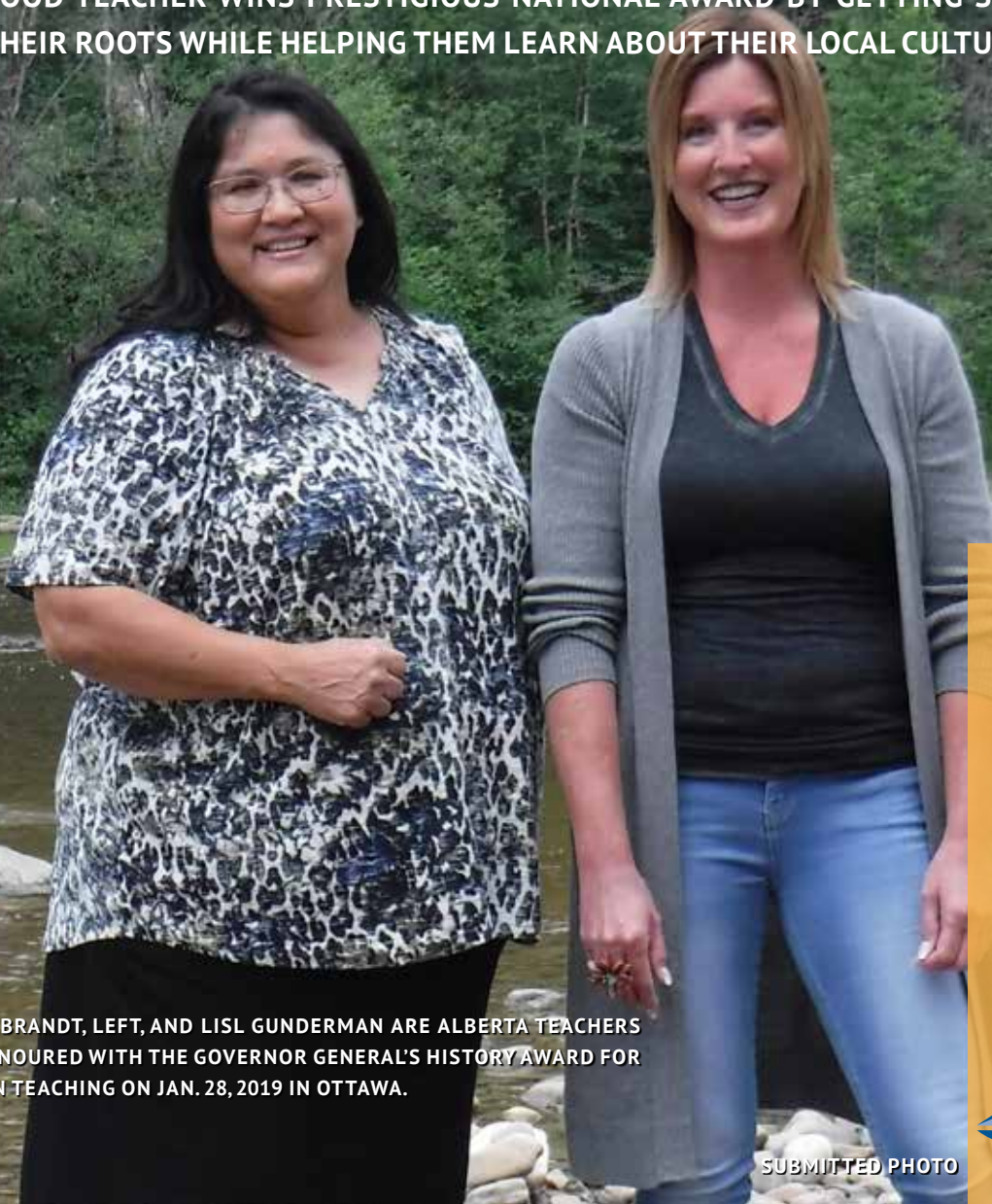# HANDS-ON-LEARNING PUTS STUDENTS IN TOUCH WITH LOCAL HISTORY

WILDWOOD TEACHER WINS PRESTIGIOUS NATIONAL AWARD BY GETTING STUDENTS IN TOUCH WITH THEIR ROOTS WHILE HELPING THEM LEARN ABOUT THEIR LOCAL CULTURE & HISTORY

MAXINE HILDEBRANDT, LEFT, AND LISL GUNDERMAN ARE ALBERTA TEACHERS WHO WERE HONOURED WITH THE GOVERNOR GENERAL'S HISTORY AWARD FOR EXCELLENCE IN TEACHING ON JAN. 28, 2019 IN OTTAWA.

SUBMITTED PHOTO

LOCAL EDUCATOR TEACHES COUNTY YOUTH ABOUT THE IMPORTANCE OF LOCAL HISTORY

WILDWOOD STUDENTS LEARN ABOUT THE HISTORY OF THE AREA WITH A HANDS-ON APPROACH BY MOVING THEM OUT OF THE CLASSROOM AND INTO THE GREAT OUTDOORS

This past January, a local county teacher received one of the nation's most prestigious awards for her work with her students.

You may even be familiar with the recipient! This year marks Lisl Gunderman's 28th year teaching at our very own Wildwood School. She may have even taught you, and might even be teaching your kids. And she's doing a remarkable, outside-of-the-box job of it.

Back in 2016, Lisl noticed that her students were increasingly captivated by their phones. So much so that when the recess bell rang, they weren't eagerly sprinting through the hallways to play outside. Rather, they planted themselves in the shade so that they could play on their phones or get caught up in some digital gossip.

Were these young descendants of hunters, settlers, and farmers losing touch with nature?

The kids hadn't just forgotten how to use a playground—they had seemingly lost their appreciation for the outdoors and for their local roots and culture. This was a disheartening new development, especially for a rural community like Wildwood.

Lisl, like many teachers faced with this conundrum, recognized that she could stoke a passion for the outdoors in her students. She decided to complete a Hunter Education Certification course, which she could then use to educate her kids about conser-

LISL GUNDERMAN (RIGHT) AND MAXINE HILDEBRANDT (CENTRE) RECEIVE THE 2018 GOVERNOR GENERAL'S HISTORY AWARD FOR EXCELLENCE IN TEACHING

vation and wildlife in the area. The last time kids received such an education was years ago, by a now-retired teacher who was similarly committed to land-based education.

Lisl was eager to offer that to students again, as she notes, "For the kids and the community, hunting is a really important part of the culture and lifestyle." During her Hunter Education course, she had a chance meeting with Maxine Hildebrandt, a fellow educator who shared Lisl's exact sentiments about engaging students with a land-based education. Maxine currently teaches at Mother Earth's Children's Charter School, an Indigenous charter in Leduc County.

> ## "NOT ONLY THAT, THE KIDS REALIZED THAT, 'HEY, I HAVE A STORY!'—THAT THEIR OWN STORIES WERE IMPORTANT TO SHARE."
> ### LISL GUNDERMAN

The two bonded over the course, realizing just how much it could benefit their students, "Everything we were seeing at the Hunters Education course was giving us great ideas about how you could teach your social studies and science concepts hands-on with the kids. We wanted to spend time outside as opposed to just giving out worksheets."

Shortly after their chance meeting, Maxine learned about a grant meant for indigenous and non-indigenous cultural exchange projects. With the grant in tow, Maxine and Lisl decided they would integrate both of their classes over the course of four months and several fieldtrips. They hoped that this would bring a fresh perspective to both groups of students about the way people interact with nature and the historicity of our local communities.

The kids took to one another immediately—in fact, they were eager to make new friends and learn from one another. After a pen pal-like exchange of information in "All About Me" posters, the students finally got to meet one another.

The first fieldtrip of their cultural exchange saw the two groups of students (a total of 40 students) meet with Order of Canada-recognized Metis writer David Bouchard. Lisl relates the significance of that day, "He taught the kids the importance of storytelling and helped them realize that they were interested to know other people's stories. Not only that, the kids realized that, 'Hey, I have a story!'—that their own stories were important to share."

The next trip saw the two groups of students learn how to tan hide from Maxine's very own mother. On their third fieldtrip, the kids witnessed the vast history of this local area. They met at the Tipple Museum and observed the artefacts of European settlement and the importance of agriculture and energy resources to the early development of the area.

Next, they hiked the Pembina River valley park and learned about the westward growth of the railroad and how it allowed for the settlement of the area. Then, they tested their mettle with some gold panning and learned to carve whistles. It wasn't long before the kids were awestruck by the importance of the plants in the area—how did people use these resources for medicine and sustenance to survive here for thousands for years?

> ## "THE RIPPLE EFFECTS ARE HARD TO PREDICT, BUT I KNOW THAT THE LEARNING EXPERIENCE OF THE CULTURAL EXCHANGE WILL AFFECT THE STUDENTS FOREVER."
> ### LISL GUNDERMAN

Notably, during the fourth and last exchange, a local group of volunteers known as the grandparents had come to teach the kids to fish—for some of the kids, this was their first time fishing! The grandparents also offered their knowledge of the area as it was back in their heyday. Lisl could see that the kids had a renewed interest in history. Back in the classroom, they were consumed by a nominal local history book which earlier had gathered dust.

POSTERS CREATED BY THE STUDENTS SHOWING LOCAL HISTORY AND CULTURALLY SIGNIFICANT EVENTS & LOCATIONS IN THE WILDWOOD AREA.

Where the Lobstick River Flows became another stop in the children's course of learning and opened them up to an interest in their own histories. It wasn't long before the kids were badgering their parents for more of their own familial history. Lisl and Maxine had finally broken through to their kids—their rural surroundings were more than just a backdrop. This was their local history and culture.

Lisl and Maxine had encouraged their classes to work together to learn from one another—to learn about their own stories and our cultural history. This unique exchange was significant enough for Lisl and Maxine to be recognized by the Governor General. But Lisl will tell you that the value was in opening her students' minds and impacting them forever, "The ripple effects are hard to predict, but I know that the learning experience of the cultural exchange will affect the students forever."

Over 200 entries were received for the 2018 Governor General's History Award for Excellence in Teaching. Lisl Gunderman and Maxine Hildebrandt were among six teachers who were recognized for their dedication to teaching. On behalf of Yellowhead County, we thank all of our teachers who strive to make a difference in our children's lives.

BIGHORN TRAIL

BIG THINGS ARE PLANNED FOR THE BIGHORN TRAIL. THIS ONE-HUNDRED-YEAR-OLD TRAIL GETS A NEW LEASE ON LIFE IN 2020 WITH A $350,000 MAKEOVER.

Both visitors and residents love exploring the outdoor recreation opportunities in Yellowhead County, and the historic Bighorn Trail, south of Hinton, is one that comes with great views. The Bighorn Trail, a 100-year-old industry trail from the early 1900s, is still being utilized today for biking and hiking and will be even more accessible once the current upgrades are done this upcoming year.

The trail currently covers over 20 kilometres of trail and over a thousand feet of elevation and can be hiked in one or two days. Strong hikers can finish the trip in eight hours with time for scenic viewing, rest stops, photography and lunch. The trail can also be mountain biked by experienced riders in one day and is considered a spectacular ride.

The Bighorn Trail is managed by the Foothills Recreation Management Association (FRMA), a group of companies and organizations consisting of West Fraser, Yellowhead County, the Town of Hinton and other industry organizations. The group has committed to spending $350,000 for the upgrade and redesign as the trail has fallen into disrepair and doesn't meet modern trail building standards.

Over the years, FRMA has been unable to consistently maintain the last three kilometres of the trail because it is located in the flood plain of the Gregg River. The southern trailhead will be moved three kilometres to resolve the issue of the trail and footbridge being destroyed from the changing river channel.

This trail design and construction will be undertaken by Hoots Inc., who specializes in community-based bike parks and trail system. Hoots builds sustainable trails that require minimal maintenance and are built with the beginner to expert mountain bikers in mind.

The goal is to turn the Bighorn trail into a destination trail – where bikers or hikers can go for a long ride or hike along a beautiful ridge-top with stunning views in all directions.

After the work is completed on the 20 km Bighorn trail in Yellowhead County just south of Hinton, everyone with a bit of adventure in their blood will have a chance to trek along this historic route.

72 HOURS

Yellowhead County residents are encouraged to be prepared to survive on their own for at least the first 72 hours during an emergency.

EMERGENCY PREPAREDNESS

WANT TO KNOW WHAT TO INCLUDE IN YOUR EMERGENCY PREPAREDNESS KIT TO KEEP YOUR FAMILY SAFE FOR AT LEAST 3 DAYS DURING AN EMERGENCY?

VISIT OUR WEBSITE AT WWW.YELLOWHEADCOUNTY.AB.CA/EVACPREP

PREPARE AHEAD

Put together a 72 hour emergency kit — build your own or purchase a Red Cross one directly from Yellowhead County!

STAY TUNED

Visit Yellowhead County's Facebook page for the most up-to-date official emergency information!

PETS & LIVESTOCK

We also have a full Emergency Preparedness Checklist for managing your livestock and pets!

MAKE A FAMILY PLAN

Make a plan and go over it with your family so everyone knows what to do during an emergency! And keep your neighbours in the loop too.

COUNTY PEACE OFFICERS

YELLOWHEAD COUNTY PEACE OFFICERS CAN ENFORCE A RANGE OF LAWS AND BYLAWS FROM RESIDENTIAL CONCERNS TO EDUCATION AND TRAFFIC ENFORCEMENT.

Yellowhead County prides itself on ensuring the safety of residents, that's why our Protective Services department has made several strides in improving its services. Beyond extensive paid on-call firefighter recruitment, hall refurbishment/rebuild, and fleet right-sizing, the county has also put a premium on hiring the best Peace Officers.

Recently, Yellowhead County secured a total of 8 Peace Officers, and 6 patrol vehicles. The supplemental officers will improve the county's capacity to patrol some 22,000 km2 of county land, including 8 hamlets and other rural residential areas.

Our officers are here to help; they approach their duty with a focus on educating residents regarding public safety and bylaw enforcement. Moreover, they are always approachable and happy to provide referrals to other county services. We hope that increased Peace Officer patrol presence and visibility (coupled with the RCMP's strides towards curtailing crime) will help make our county a safer place to live.

Currently, our Peace Officers are focusing on enforcing road bans, inspecting vehicles, patrolling residential areas, offering animal control services, and ensuring that our roads are safe. Of late, they have especially concentrated on ensuring that residents and industry alike are following the rules of the road, and that industrial and long-haul vehicles are held to a high standard of safety inspection.

You can also do your part to ensure that our Peace Officers are able to keep our roads and hamlets safe! And it's a simple ask; our Peace Officers have been dealing with numerous complaints regarding animal control, especially at-large dogs. To keep our Peace Officers tending to more pressing work, please ensure that your animals are confined to your property, and if they are to leave your property, ensure that they are controlled and leashed up.

Dog complaints pull our officers away from serving our communities effectively, though this concern is an easy one to curtail. Remember to take care of your animals, because sadly, our officers have had to impound many dogs, and issue fines as well.

Thank you for doing your part to ensure our officers are making the best use of their resources! We expect the increased number of county Peace Officers to improve our protective services impact for all in the county.

Members of the Yellowhead County Protective Services are out and about in the county making sure residents are safe and protected. Community Peace Officers are responsible for enforcing local bylaws, provincial statutes and non-criminal laws.

RURAL CRIME WATCH

LEARN TO PROTECT YOUR PROPERTY BY EMPLOYING SIMPLE YET EFFECTIVE TECHNIQUES TO DETER CRIMINALS FROM LEAVING YOU A VICTIM OF THEFT
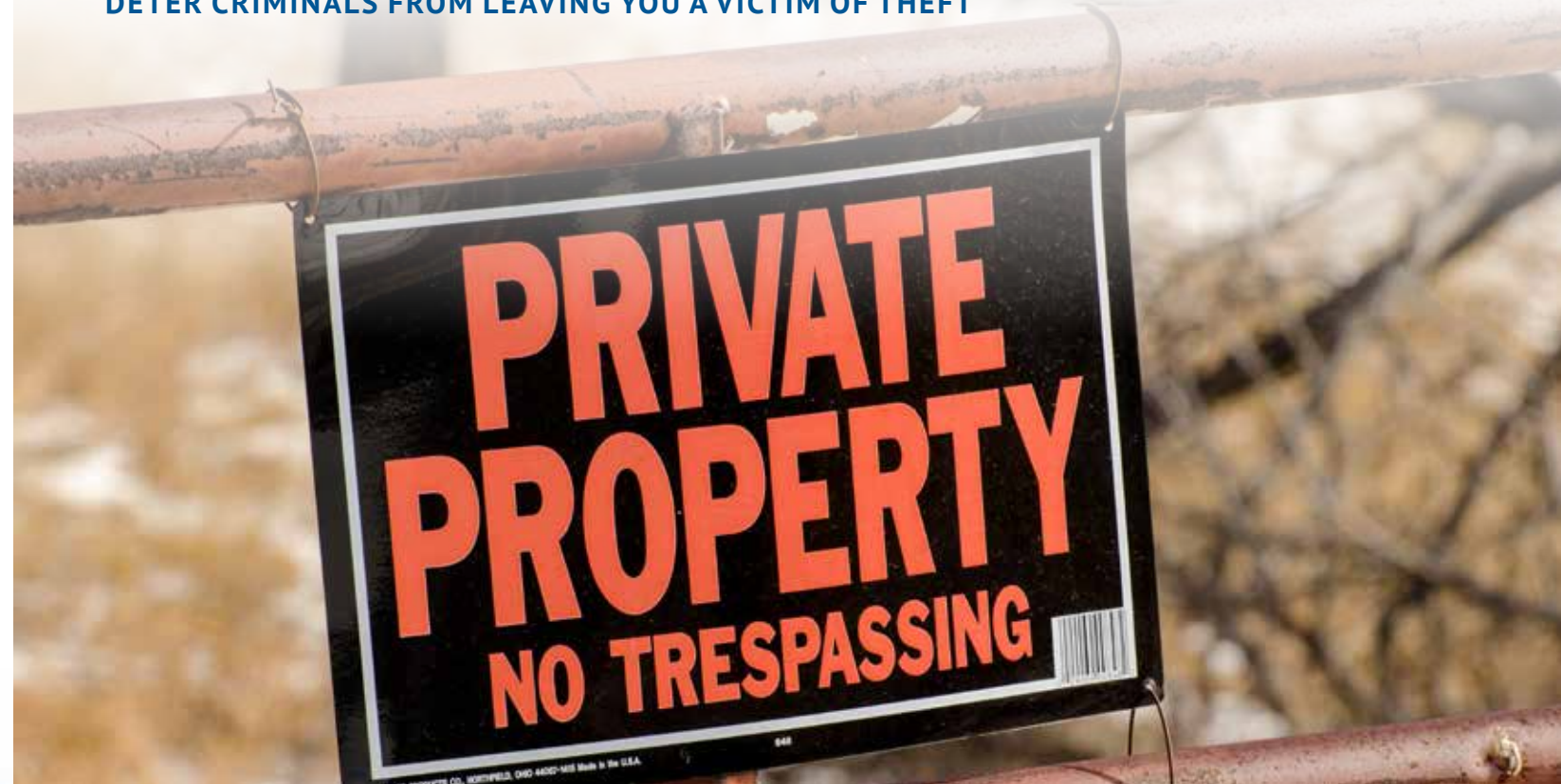
This past spring, Yellowhead County, in partnership with Rural Crime Watch Alberta and the RCMP Edson detachment, hosted a Rural Crime Prevention session.

The well-attended and well-received session demonstrated that county residents are concerned about the safety of their property and are invested in learning ways to undermine rural crime.

Cor De Wit of Rural Crime Watch Alberta, and Staff Sergeant Peter King illustrated the realities of rural crime: Chiefly, most criminals are opportunists who are looking to steal easily accessible valuables.

Though both presenters offered their fair share of crime reduction and safety strategies for residents' properties, the greatest takeaway was that simple deterrents are often enough; meaning that the simple era of neighbourly trust is a bygone that needs shrugging off.

It sounds simple, and it is: We all have to remember to lock our doors—for both our vehicles and homes. Moreover, to best combat becoming a victim of rural crime, you must do as much as possible to discourage a criminal's attention.

Valuables in a car ought to be hidden out of sight. Don't leave your vehicle unattended, let alone unattended and running. Don't leave spare keys in your vehicle either—this is the reason for many auto thefts. Lastly, attempt to park in well-lit areas.

For home protection, ensure that you lock all doors and windows in and around your house and that you preferably have an alarm or security system. Be sure to have your house number displayed prominently (if you have to call the police). On that note, do remember your rural address, in case you need to call 9-1-1.

A well-lit home with motion-sensitive outdoor lights goes a long way, As Cor puts it, "Criminals don't like to be seen, they prefer the dark when they're looking for a target." If you eliminate a criminal's chance to be invisible, then you're one step closer to protecting your property.

In general, Cor encouraged residents to be cautious; seldom should you reveal your name or address—or that of your family member or even neighbour—to a stranger.

Don't trust a well-fitted suit too quickly, either—be sure to always confirm the identification of those who come onto your property, and don't hesitate to be impolite; the hospitality of letting a stranger use your home telephone can amount to more grief than you think. You could be victimized right then, or your home cased for later.

No one ever expects to be the victim of rural crime in our peaceful county, and that may just be the mistake that most of us make. As a community, we must discourage rural crime by being prepared and diligent. Prepare your security measures, and stay diligent in following them.

If you'd like to see some more measures to deterring rural crime (many that you'd be surprised you wouldn't think of), please visit www.ruralcrimewatch.ab.ca/resources/safety-tips.

Athabasca River-Solomon Creek Trail Commemeration

DOZENS OF PARTICPANTS TOOK PART IN THE DISCOVER YOUR RIVER EVENT TO COMMEMERATE THE NEW COUNTY BOAT LAUNCH AND HISTORICAL SIGN AND MAP. THIS TRAIL AND BOAT LAUNCH WERE DEVELOPED AS YELLOWHEAD COUNTY'S CANADA 150 LEGACY PROJECT. USERS TRAVEL ALONG THE SCENIC ATHABASCA RIVER; A DESIGNATED CANADIAN HERITAGE RIVER.

On June 8th, Yellowhead County, in partnership with the Athabasca Voyageur Canoe Society and the Town of Hinton, hosted a Discover Your River event.

The event saw a gathering of river-rafting aficionados for a first in the Brule area: The opening of a local boat launch!

The launch was developed in harmony with members of the local community interested in river-rafting and sits (well-marked) just before the turnoff to the hamlet of Brule. This new launch is perfectly situated to offer a new river-based recreational opportunity for locals that is both safe and convenient to access.

Designed to accommodate quick access to a slow moving, low-risk area of the river, the launch also offers a spacious parking lot!

Launching at this particular pull-out and disembarking at the Hinton pull-out totals about 1 ½ hours of river-trekking in fast-flowing current, and 2 ½ hours in slow-flowing current.

We welcome all to enjoy this new recreational addition to the county—the Athabasca is a World Heritage River and a proud symbol of our county.

We hope to honour the legacy of our first explorers by respecting the river as a recreational opportunity and a piece of local culture that will continue to be explored for many more generations of locals and visitors.

Photo by Athabasca Watershed Council

Photo by Yellowhead County

Photo by Athabasca Watershed Council

Photo by Athabasca Watershed Council

Photo by Athabasca Watershed Council

Photo by Athabasca Watershed Council

Solomon Creek Trail: Discover the Athabasca River

This trail and boat launch were developed as Yellowhead County's Canada 150 Legacy Project. Users travel along the scenic Athabasca River; a designated Canadian Heritage River.

New County Heritage Signs:
Adventure, Industry & More!
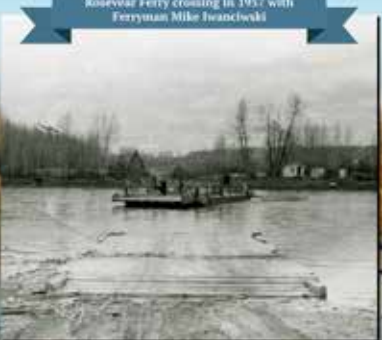
Over this past year, several new interpretive signs have joined other heritage signs that showcase the area's local history.

Working hard over the past several years, the Heritage Advisory Group board, with input from local historians and organizations, has been developing the content for this new signage. Each sign look at the rich history that is tied to the diverse areas throughout the county.

They provide a glimpse into the people, stories, and land that have helped shape the region. These new signs highlight the connection between the local mining industry and the growth of Evansburg and Robb, the infamous Coal Branch manhunt of 1919, and the recently decommissioned Rosevear Ferry that played an important role in connecting the surrounding communities for decades and was a pivotal part of local industry.

More interpretive and landmark signage can also be found in Brule, at the Solomon Hill lookout on the way to Brule, near Luscar on the Cardinal Divide, and now in the hamlets of Robb and Evansburg.

Wop May Manhunt Sign in Robb

This past fall, approximately forty residents and special guests took a trip back in time to commemorate a new sign that celebrates Robb and spotlights an exciting part of the area's history.

The new sign tells the story of the chase for an escaped Edmonton murder suspect who fled to the Coal Branch in September of 1919.

To help apprehend the suspect who had escaped from Edmonton and travelled by train into the Coal Branch to elude his captors, famous Canadian pilot Wilfred' Wop' May flew detective James Campbell into the area in pursuit of the accused murderer.

The fugitive was quickly arrested in Mountain Park, south of Cadomin, but escaped once again near Robb. After being seized for a second time, he was finally taken back to Edmonton for trial.

Guests of honour at the commemoration included several of the descendants of both Wop May and Detective Campbell, including Wop May's son and his family as well as James Campbell's grandson and family and historian John Chalmers from Canada's Aviation Hall of Fame.

The Rosevear Ferry: A Sense of Place
Built to be an alternative to a bridge across the McLeod River, this cable ferry was in service from 1914 – 2015.

Tipple Park: The Mine that built the Town

Explore Robb: Gateway to the Coal Branch
Bryan, Minehead, and Embarras make up the community we refer to as Robb; the entrance to the vast mining area known as the Coal Branch.

Photo by John Chalmers

BRULE HERITAGE BUS TOUR

THIS YEAR'S YELLOWHEAD COUNTY HERITAGE BUS TOUR EXPLORED SEVERAL NEW LOCATIONS WITH A FOCUS ON THE HISTORY OF THE BRULE AREA.

The Alberta Northern Rockies were the backdrop of the recent Heritage Bus Tour this past September. Nearly fifty residents took part in the 2019 Heritage tour that went to Brule and several other nearby stops.

Participants were able to see some of the sites and buildings that are part of the County's ongoing Heritage Survey including the Northern Rockies Museum in Hinton, a stop at Solomon Lookout on the way to Brule, a guided tour of historical Brule, and lunch at the Black Cat Guest Ranch. The guided tour of Brule included visiting the recently renovated Brule cemetery and the remnants of other historical sites, including the old Brule hospital foundations.

Brule is located approximately twenty kilometres west of Hinton in the Alberta Coal Branch. The hamlet was initially developed as a gathering place by explorers, trappers and traders before they entered the Rocky Mountains. It was later established as a coal mining town in the early 1900s and artifacts of a thriving mining community can be found in the hills be-

hind the townsite of Brule. The cement foundation wall structure of the old Brule School is also still standing.

Located outside of town is the old Brule Cemetery, with some graves that date back to the early 1900s. The cemetery fell into a state of disrepair over the years due to neglect. The cemetery became overgrown as the forest encroached on the original cemetery

site and natural weather events such as the yearly meltwater flowed over the site. Starting in 2013, work had begun as part of the Brule Cemetery Project. The project's goal was to re-establish this historic site. These renovations would allow the old Brule Cemetery to be more accessible, and new gravesite markers now show visitors where many of the graves are located.

BRUSH PILE BURNING

SAFE BURNING PRACTICES FOR FALL AND WINTER BURNING

Fire permits are not required in winter, however following safe burning practices during this period will help prevent holdover fires that can start spring wildfires. Although the snow helps reduce the risk of the fire burning into the ground, we recommend that you check all fall and winter burn sites to ensure that the fire is out. Walk the burn area and roll over any debris to check for hot spots.

Burn permits are required between March 1st and Oct 31st. Residents are not required to contact Agriculture & Forestry or local Yellowhead County outside of fire season, but we do appreciate the information in case we get reports from the public of smoke.

Contact the Forestry Front Desk 780-723-8527 and the receptionist will take down the information.

When Do You Need A Permit?
GETTING A PERMIT
Fire permits are required from March 1 to October 31.

A fire permit explains safe burning practices that will help prevent your fire from becoming a wildfire. It is required for all fires, except campfires, in the Forest Protection Area of Alberta. Fire permits are free and can be requested from Alberta Wildfire. To locate your nearest office go to firepermits.alberta.ca or call 310-0000. PERMIT CANCELLATIONS

Fire permits may be suspended or cancelled if the fire hazard in the area changes. In these situations, the permit holder will be notified and must immediately extinguish all fires. In the event of a fire ban or restriction, all fire permits can be suspended.

Did You Know?
If you're responsible for starting a wildfire, you can be charged under the Forest and Prairie Protection Act (FPPA), fined and held liable for all costs associated with fighting the wildfire.

Brush piles are commonly used to burn woody debris from land clearing for agricultural and development purposes. Alberta Wildfire can advise you on how to construct your burn site so it meets the guidelines for safe burning practices required for your fire permit.

Prepare the Site

- Brush piles and windrows must be at least 25 metres from trees and bushes.

- A fireguard 15 metres wide and cleared down to the mineral soil must completely surround the area.

- Windrows cannot be more than 60 metres in length with a minimum eight metre break between each windrow.

- Windrows and brush piles cannot be more than 6 metres wide.

- Parallel windrows must be separated by at least 15 metres.

- To allow for a cleaner burn, ensure that you reduce the amount of soil and dirt in your windrows or brush piles. Clean burning reduces the likelihood of smoke issues and smouldering fires. Smouldering fires can last for months and emerge as a wildfire in warm, dry weather.

Safe Burning Practices

- Never leave your fire unattended.

- Only burn what you can control and follow the conditions of your permit.

- Have your fire permit ready to present if requested.

- Watch for sparks and burning material that may result in smaller fires. Larger fires can send these sparks over several kilometres, especially when burning in the wind.

- If the wind is gusting over 15 km/hour or increases beyond the limit on your permit, immediately extinguish your fire.

- Have the tools and equipment listed in your permit available to put out any spot fires that may occur.

After You Burn

- Spread or stir the debris to speed up extinguishing the fire.

- Re-pile unburnt debris to ensure it burns as needed.

- Walk the area and check for heat. Fire can smoulder underground only to reappear under drier conditions as a wildfire.

- Insert a metal probe into the burned area and then feel it for heat to ensure nothing is burning in the ground.

- Water down and extinguish hot spots.

- Carefully inspect the area in the days and weeks after your burn is complete.

- Extinguish any areas still burning and ensure that they are cool to the touch.

This information was used with permission from AB Agriculture and Forestry.

SENIORS' APPRECIATION

THE YELLOWHEAD COUNTY SENIORS' APPRECIATION DINNER GIVES SENIORS A CHANCE TO LEARN AND SOCIALIZE AND CELEBRATE THEIR CONTRIBUTION TO OUR COMMUNITY.

On June 14th, Yellowhead County celebrated our seniors with an appreciation event hosted at Wildwood! The event saw over 100 seniors attend.

The celebration included a number of spirited presentation across a range of topics related

to seniors' wellbeing. Moreover, a delicious lunch, catered by Pretty Pink Aprons, was emphatically devoured.

The event saw a number of dignitaries, including then MP Jim Eglinski, and MLA Martin Long, as well as a number of Yellow-

head County's councilors and then Mayor Gerald Soroka offer kind words in exaltation of our seniors. "I wish our seniors good health and I thank them for all their efforts to ensure that the next generation of our residents prosper," said Mayor Soroka, "I am also proud to see so much local history held by so many of our community members."

All were eager to share their appreciation during the occasion. Our seniors were duly recognized for all the hard work they put into volunteering around the county; for the empowering wisdom and learning they impart to future generations; and for their role as the historical torchbearers in the region.

Welcoming smiles and laughs spread across Wildwood's community hall, and the joy of the occasion was a quaint reminder of how community-oriented our county's residents are. The brief talks offered by presenters included a notable look at the world of scams, and how to avoid these sorts of pitfalls.

The celebration also touched on a somber note; World Elder Abuse Awareness Day would follow only one day after our seniors' appreciation event. Attendees were reminded of their rights, the nature of abuse, the availability of help, and the dignity of having a choice to seek help.

ELDER ABUSE PREVENTION

HOW TO IDENTIFY POTENTIAL ELDER ABUSE AND HOW TO GET HELP

Over the past few decades, we've become more aware of emerging mental health and social issues in our communities. And we've come to learn that our elder adult population is extremely vulnerable to abuse.

According to a 2015 study on the treatment of older adults nation-wide, some 7.5% of seniors are victims of some type of abuse. That's roughly 700,000 Canadians across the country!

How does one qualify elder abuse? According to the Alberta Elder Abuse Awareness Council, elder abuse is any action or inaction by one's self or others that jeopardizes the health or well-being of any senior.

Elder abuse can occur in a variety of forms; it can feature elements of financial, emotional, physical, and sexual abuse, and it can also feature as neglectful behavior on the part of caretakers. Incorrect administration of medication can also be considered a form of abuse.

Strikingly, several forms of elder abuse are often perpetrated at one time; in fact, statistics show that seniors most often suffer financial

and emotional abuse. Sadly, approximately 25% of crimes against older adults are committed by family members, usually a spouse or adult child. Most abuse is perpetrated by someone known to the victim.

YELLOWHEAD COUNTY WOULD URGE ANYONE WHO SEES A POTENTIAL SITUATION OF ABUSE TO SIMPLY DIAL 2-1-1 OR VISIT WWW.ALBERTA.CA /GET-HELP-ELDER-ABUSE.ASPX

Common signs of elder abuse include confusion, depression or anxiety, unexplained injuries, changes in hygiene, seeming fearful around certain people, and fear or worry when talking about money.

If you feel like you've noticed some signs of abuse in an elderly individual, please know that there's much you can do. We often get hung up in the worry of getting unduly involved in the lives of others—but know that you can make steps towards a positive change in a victims life that are both respectful and dignified.

Yellowhead County would urge anyone who sees a potential situation of abuse to simply dial 2-1-1. The qualified operator will help you to better make sense of the complexity of the abuse case and will offer guidance on what you can do and what resources are available.

Likewise, if you are a victim of abuse, know that you can reach out for help by dialing 2-1-1—again, our operators understand that these unfortunate situations are often complex and require empathy and confidentiality. You will always be given your due dignity in these cases; the information you seek will be offered, but it is ultimately always your choice about how you want to proceed.

If you feel your situation is escalating and you feel immediate danger, we would urge you to go to a safe place (like a friend's or neighbor's place)—if you're unable to leave your home, call 9-1-1 immediately.

Remember: If you're suffering, it's not your fault—you don't deserve to be abused, and help is available. We all want our community members' rights, safety, and dignity to be preserved.

Meals on Wheels

Available in communities from Seba Beach to Peers.

Real food. Ready when you are.

How much does this cost?
Residents only pay the cost of the meals which are very affordable from **$4.50 to $7.00 per meal**. Orders to be paid upon ordering.

What day do I order by?
Order by the **first Wednesday of every month**.

Menus and ordering information at the libraries in:
Niton, Wildwood, Evansburg, Entwistle and Seba Beach; or the Yellowhead County Wildwood Office.

Thank you to the Lobstick River Foods for donating an upright freezer to be placed in the Wildwood Library for storage of frozen meals for pick up.

Thank you to the Mackay Community Association for using their freezer for storage of the frozen meals for pick up.

Call the Yellowhead County Wildwood office at
780-325-3782 or **1-800-814-3935**
for more information
or go to
www.yellowheadcounty.ab.ca

Feel free to contact Yellowhead County's Chief Administrative Officer or Directors with questions, concerns, or comments.

Jack Ramme
– Chief Administrative Officer

Albert Bahri
– Director of Protective Services

Barb Lyons
– Director of Corporate and Planning Services

Christopher Read
– Director of Community Services

Don O'Quinn
– Director of Infrastructure Services

Yellowhead County	Office Locations
780-723-4800	Edson Office (Main)
1-800-665-6030	2716 - 1st Avenue
Fax: 780-723-5066	Edson, AB T7E 1N9
Hours of Operation	Wildwood Office
Monday to Friday	53404 Rge Rd 92A
8:00 a.m. to 4:30 p.m.	Wildwood, AB

**After-Hours Emergency
Utilities, Bylaw, Transportation: 780-723-3221**

Visit www.yellowheadcounty.ab.ca

Yellowhead County