



Aug, 2022

**RES
OUR
CES**

July 11 Council Highlights

The Director of Community Services reported the Iosegun Manor building addition is progressing well. The project is on budget and expected to be finished by fall. Rental applications continue to increase so this will be a great addition to the community and housing.

Seniors' week was one of CRC's biggest events this year so far. A total of 86 participants came out to enjoy a week full of programming including bingo, golf, pickleball and many more activities. Fun was had by many and it was a great way to stay social and active.

The Director of Recreation reported Canada Day was a huge success with over 700 people

visiting the Multiplex to participate in the festivities. We would like to shout out a huge thank you to all who donated and helped make this day such a success. Our community really knows how to celebrate!

Summer day camps for youth are filling up. You can expect that these camps will keep your kids busy and interested with unique educational activities throughout the summer.

The Director of Operations reported hydrant and sewer line flushing would be completed within a week. To date, they have not experienced any issues or problems. A reminder that stirred up settlement may turn your water brown, run your COLD water until clear.

(Continued on page 2)



Reporting Works

**More bear migration is anticipated
Remain vigilant**

1-800 642-3800

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The CAO reported summer work is well underway in all departments with summer programming, grass cutting and capital projects in progress. Administration will begin the purchasing process with property owners on the west side for the industrial properties located on the North Road. The east side is still in the annexation application stage and purchasing of those properties will take place when the Town's annexation application is approved.

Our Peace Officer reported numerous positive tickets have been issued to resident youth. This program has been well received, youth are setting good examples for each other and reaping positive rewards.



Volunteers Needed!


Our volunteer driver program is looking for volunteers. This opportunity may be for you if:


- you have a clean driving record
- you can drive in the city
- you enjoy helping people


Compensation is provided for fuel.

Interested? Call the CRC for more information or to get started as a volunteer 780-622-3758



 Road Rules

 Bike safety

 Courtesy

MEN'S NIGHT

Come join the Silver Birch Golf Course and the CRC for some golf!

Wednesday, August 17 & 31
6:00pm registration
6:30pm shotgun start
Silver Birch Golf Course

Golfers are responsible for cart fee; Green fee will be free for non-members



We are looking for volunteers!



Connecting Neighbours Program

Help others around our community with things like:

- ☒ Running errands
- ☒ Getting to appointments at the Fox Creek Hospital or Clinic
- ☒ Going for coffee

Call the CRC at 780-622-3758 to find out more!



Bronze Medals Programs

Chevron Aquatic Centre

Bronze Star *NEW

July 25-29 / \$95 +gst
6-8pm *Recommended 10 years old

Bronze Medallion

August 2-5 / \$137.50 + gst
12-5pm
Pre-requisite: Bronze Star or 13 years of age

Standard First Aid

Sept 10-11 / \$150 + gst / 9-5pm

Bronze Cross

Sept 12-16 / \$130 + gst
4-8pm
Pre-requisites: Bronze Medallion & Standard First Aid

All programs require a minimum of 4 participants

Swim and Lifesaving Instructor Course

CHEVRON AQUATIC CENTRE

August 22-26th

9:00-5:00pm

\$320

Pre-requisites:

16 years of age and Bronze Cross

This course certifies candidates to teach the Swim for Life Program, Canadian Swim Patrol Program, Bronze Medals Program, CPR *C/AED, and more!



multi plex

622-2511



LIFESAVING SOCIETY®
The Lifeguarding Experts

Splash Zone!

Aug 8-12th

Ages 8-12

6:45-8pm

\$30

An additional \$10 will be applied for non-members

A five day program packed with a variety of games, races, and fun. Kids will enjoy games such as water basketball, relay races, just dance, and many others!

Come out and join the summer fun!



August Swimming Lessons

CHEVRON AQUATIC CENTRE

Aug 8-12

Swimmer 1/2 4:10-4:55 \$40 JUST ADDED

Preschool 1/2 5:00-5:45 \$40 *parented

Swimmer 1/2 5:50-6:35 \$40 FULL

Aug 15-19

Preschool 3/4/5 5:00-5:45 \$40 FULL

Swimmer 3/4 5:50-6:35 \$40

Swimmer 5/6 6:50-8:05 \$50

An additional \$10 will be applied for non-members

Registration opens June 20th

FITNESS CENTRE ORIENTATION

TUESDAY, August 9
12-1PM

Did you know?

If you are 12-17 years old, our fitness centre orientation is compulsory.

Regular Schedule

Aquatic Centre



Public Swim

Daily 2- 8PM

Lane swim

Daily 12- 2PM

Monday-Friday 8—9PM

Walk and Jog

Monday and Friday 12-1PM

Aquasize

Wednesday 12-1PM



Community Night

August 30, 4-7PM

Contact the CRC to book a table.

780 622 3758



OUR
event and
program
calendar



TOWN OF **Fox Creek**
Community Resource Centre

SENIORS OUTDOOR GAMES

@ THE SOCCER FIELD
LOCATED BY THE FCGM

EVERY WEDNESDAY IN AUGUST • 6:30 PM

Top Running Tips

from an Ultra-Marathoner

By Ina & Brent Holmen


The first thing any runner must do is examine their WHY? Running is not for everyone, but for those of you who can mentally “escape” when you run, it no longer becomes a workout that you dread doing. Running can become a personal quality time to reflect and ponder on life! However, like any physical pursuit, it may start off as uncomfortable and difficult. Hang in there! It gets better.

Tip #1 Find a time that works best for your lifestyle and dedicate it to your run.

Wear proper gear. A supportive running shoe is going to create a pleasant experience for you, but more importantly, a sturdy supportive shoe will prevent injury. There are many knowledgeable running stores who can assist you with the purchase of a great pair of shoes suited to your running style. Running is a high impact sport and requires shoes that withstand constant jarring.

Tip #2 Dress is also important. Wear light, breathable layers. Use a body glide for areas that may chafe. Nothing will shut down a run like a blister! On cool days, dress at least 10 degrees cooler than the air temperature. For example, if it is -25, dress as if it were -15. This will allow your body to run at a comfortable temperature once it has warmed up. In warmer climates, stay away from the hottest part of the day to avoid dehydration and heat stroke. On hot days, expect to run slower or shorter distances.

Tip #3 Whether you are a seasoned veteran or a beginner to the sport, listen to your body. Overuse is one of the leading causes of injury to runners. Like any sport it can be an addictive activity and continual use of the same muscles for prolonged periods of time can cause long and permanent damage. Make sure you take rest days and change things up with a bit of cross training. Weights are a great



Tip #4 Make sure you stay hydrated. If you feel thirsty when you are running, it is too late, you are already dehydrated. Make sure you are hydrated before you begin running, especially if it is a long-distance course. For example, during a distance race where water stations are available, take a drink even if you do not feel thirsty.

If you are new to running, start with a walk/run mix. Keep the distance and time fairly short to begin, then add more distance as you progress. As your fitness improves, take fewer or no walk breaks and try to run a distance without stopping.

Tip #5 Start with a slow but sustainable pace. Essentially this means starting at a pace that you know you can finish at. Don't let your excitement lead you to start out too fast! This will usually lead to early exhaustion and frustration. In fact, a good rule is to always try and run a "negative split". This means run the second part of your run faster than the first. Work toward improving your running time and distance. Remember that everyone is different, so fast or slow is relative to each individual. The objective is to enjoy YOUR run and achieve YOUR running goals.

Tip #6 Don't be discouraged if you have a bad run or a series of bad runs. This is perfectly normal. Eventually your body will shake off the funk and the enjoyment will return. Be patient and try not to judge yourself too harshly. It is often fun to run with someone but be careful- no two people run the same so your pace may not be compatible with someone else or vice versa. This can lead to injury or frustration, so be aware.

Tip #7 Goal setting is also a fabulous way to motivate. If comfortable doing so, enter a fun run or a race that will keep your focus on regular training. Runs are usually 5, 10, or 20 kilometers in length and can incorporate a wide range of novelty formats (relays, costumes, etc.). If you feel ready, look around for an appropriate run to enter. Travel running is super easy. All you need is your regular running gear and a destination. Chances are your gear would be coming along anyway. For the really ambitious, half marathon and full marathon distances are a real challenge (21.1km or 42.2km). Training for these distances requires a further level of commitment and fitness. Generally speaking, if you can run half the distance on a regular basis, then double that is achievable.

So, these tips are running in a nutshell. If you decide to take on the world of running, best of luck and have fun!

ADULT EDUCATION



NORTHERN LAKES
COLLEGE

Open House

Wed, Aug 24, 1:30-3:30



CALP
COMMUNITY ADULT
LEARNING PROGRAM

Alberta
Government

We offer

- English language tutoring
- Reading and writing support
- Computer help
- Family literacy programs
- Math help
- Budgeting
- Computer lending

The **Community Adult Learning Program** provides support to adults interested in accessing educational services that increase employment opportunities and enhance quality of life.

One in five Albertans struggle with reading and writing. We can help you achieve your learning goals and move closer to the life you desire.

Unsure if this includes you? Give us a call, we can talk it out over coffee with no obligation and no pressure.



Fox Creek Community Resource Centre
103 2A Avenue—2nd Level
Fox Creek Greenview Multiplex



1 (780) 622-3758



Nickie Ballard-Amos
adulted@foxcreekcrc.ca



www.foxcreek.ca



Fox Creek Community Resource Centre

SCREEN TEST

Mobile Mammography Screening

Fox Creek **Health Care Centre**

September 23-26, 2022



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

*Thank you for supporting Screen Test over the past 30 years.
Together we are saving lives, one community at a time.*



**SCREENING
FOR LIFE.CA**





OCT 4 - DEC 15
TUES WEDS THURS 5PM - 8PM

GED PREP CLASS

Cost: \$300
Includes 100 Hours of GED Preparation
Books & Calculator

✉ adulted@foxcreekcra.ca
☎ (780) 622-3758
👤 Nickie Ballard-Amos

Register Today!

Subsidies available upon approval

Alberta

CALP

International Youth Day

FRIDAY,
AUGUST 12



PIZZA AND GAMES NIGHT PARTY



Youth in grades 7-12
5:00-7:00pm
Fox Creek Library



MINDEFUL MONDAYS

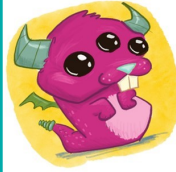


Mondays Jul. 4-Aug. 15* | 1:00-3:00
Free for All Ages

COME JOIN THE CHAMP TEAM AND THE CRC AT
THE SCHOOL'S OUTDOOR CLASSROOM FOR
SOME FUN ACTIVITIES! SUPPLIES AVAILABLE ON
A FIRST COME FIRST SERVED BASIS
EXCLUDES AUG. 1 STAT HOLIDAY



TD Summer Reading Club



2022 at the Fox Creek Library!

(FREE for kids age 6-11)



**SIGN UP
and receive
a FREE
book log and
goody bag!**



August 3,10,17,24 3-4PM

Computers Wi-Fi Printing
Photocopying Faxing
Puzzles Outdoor Games
DVDs STEAM Centre



Curb Side Services Available

103-2A Avenue Box 1078
Fox Creek, Alberta T0H 1P0

foxcreeklibrary@yahoo.com
www.foxcreeklibrary.ca

780 622- 2343

FOX CREEK LIBRARY

Monday - Friday 10 - 8 pm
Saturday 10 - 3 pm



FREE Library Membership for Residents

FOX CREEK LIBRARY'S

TINY ART SHOW



Display your artistic talents in the Fox Creek Library's Tiny Art Show! Take home or paint at the library a mini canvas (3"x3" with easel) or modeling clay and create your own masterpiece!

- Registration begins August 1, 2022.
- FREE and open to **all ages**.
- Artwork will be displayed in the Fox Creek Library during the month of September.
- All participating artists will be entered in a draw to win a prize.
- Artwork must be complete and handed in to the library by August 31, 2022.

*** Registration Required * Limited Quantities Available ***