



Municipal By-Election Results and Recruiting Volunteers

Nov, 2022

**RES
OUR
CES**

The results of the 2022 by-election are in, by acclamation.

Kim Norman assumes the councillor seat and will be sworn in at the next council meeting, Nov. 7. Congratulations and welcome, Kim.

There are additional important leadership and volunteer roles to fill:

- Joint Economic Development and Tourism Board;
- Subdivision and Development Appeal Board;
- Community Adult Learning Board;
- Library Board;
- Save the Curling Club Bonspiel Board;
- Volunteer drivers; hockey billet families and the Lion's Adopt a Family for Christmas Program.

The contact information for each are provided in this newsletter.

Board Development Program

This program helps non-profit organizations improve the governance of their board through training, consultation and resources.



Alberta
Government

SANTA'S ANONYMOUS



If you are in need of a Christmas Hamper this season

Register at:

Community Resource Centre
103-2A Ave, 2 floor
780-622-3758

Before December 2, noon



Start your academic upgrading journey!

NLC offers accredited high school courses that are available for adults of all ages, full time and part time.

There is no application fee* for Academic Upgrading, Adult Basic Education, and Integrated Foundational Pathways - Stepping Forward at NLC!

When applying online, select Academic Upgrading and NLC will be in touch to help you complete your Education Plan.

We are with you every step of the way!



**NORTHERN LAKES
COLLEGE**

*All other fees still apply

www.northernlakescollege.ca | 1-866-652-3456

**RES
OUR
CES**



Tech Help

At the Community Resource Centre

Tuesdays & Thursdays
2PM - 4PM

Drop-ins Welcome



TRAVELING BUSINESS INCUBATOR

LOOKING TO START, GROW OR SELL YOUR BUSINESS?
Book your appointment today with a small business specialist.
Fox Creek Community Resource Centre, 3rd Tuesday of each month

emaccormac@albertacf.com

yellowheadeast.albertacf.com

CANCELLED

The First Step Newcomers Support Group



Nov 17, 4-6PM at the Multiplex 2nd floor

Ladies Craft Night



BRING A PROJECT WITH YOU TO WORK ON WHILE ENJOYING THE COMPANY OF OTHER CRAFTERS.



BOOK CLUB



SCAN ME



Nov 23
7 pm
At the CRC



MEN'S POKER NIGHT

Nov 24, 6:30PM
Multiplex

Refreshments served

ADULTS AND SENIORS

BOTTLE OPENER

CRC SUPPORT@FOX CREEK CRC.CA



SENIORS

Coffee

& CONVERSATION



Tuesday, December 6, 2 p.m.
FCG Multiplex—Upper level

SENIORS BINGO
NOVEMBER 22
7:00 PM
SENIORS GOLDEN CIRCLE CENTRE



Christmas Light Contest

Thursday, Dec 15
Judging begins at 5PM

Revised Nov 16, 1225pm

Nov 18-19
Community Hall

CHRISTMAS CHAOS

FOX CREEK LION'S CLUB

This year for Santa's Anonymous we are looking for groups, families and businesses to

Adopt a Family

Receive the ages and gender of a family in need and you pick up the gifts! This will help ensure everyone gets an age appropriate gift.

For more information contact
Kerri 780-622-4586



Senior's CHRISTMAS Dessert Social

*Wednesday, December 7, 6:30-pm
Community Hall*

*Register at CRC before Dec 1
780-622-3758*



event and program calendar



If your group has an event or announcement you'd like included in the monthly newsletter, please email details to:

communications@foxcreek.ca



Home Games

Nov 5, 12, 19, 26
Dec 3, 10

Nov

at the library



FOX CREEK LIBRARY

Annual General Meeting

Tuesday, November 15, 7PM



Virtual Meeting Link will be available under the Program and Events tab

Youth FITNESS CENTRE ORIENTATION

Wednesday, Nov 16
3:45-4:45

Did you know?

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

Contact Multiplex reception to register

622-2511



Chat and Chill

Grades 7-12
Nov 2, 9, 23, 30, Dec 7
3:30-5:30PM

Tween Get Together

Grades 4-6
Nov 14, Dec 5
3:30-5PM

By Morgan Holmen

When this topic first came to mind, I wasn't sure how much information I would be able to find on the subject. To my surprise, there was an overwhelming number of publications on the affects of social media on mental health.

One of my favorite quotes from the articles I reviewed was, "...sitting is one of the worst things we can do for health. But possibly as concerning is the thing that we often do while we're sitting: Mindlessly scrolling through our social media feeds when we have a few spare minutes (or for some, hours)." (Walton, Alice. 2017)

Not only does the side effects of sedentary behavior pose a concern for when we mindless "swipe", but it's concerning what the things we are swiping on is doing to our mental health and wellbeing. Social media has associations with depression, anxiety, and feelings of isolation, particularly among heavy users. Last year, Instagram made headlines in their decision to suppress the ability to see the number of "likes" on posts in an effort to reduce the feelings associated with seeing high, and low, numbers of likes on posts. We post content to hopefully receive a positive response, and our self-esteem can be affected if our post doesn't ultimately attract the amount of "likes" we want. Believe it or not, social media activates our brain in a way that releases dopamine, which is a "feel good chemical" that our body produces. Because of this, social media can be addictive. We've all heard someone say they spent literally hours scrolling videos on TikTok because, well, the time just flies. And the content is quite literally addicting. We are addicted to our phones.

Regular Schedule

Aquatic Centre



Public Swim

Daily 2- 8PM

Private rentals
available

Lane swim

Daily 12- 2PM

Monday-Friday 8—9PM

Walk and Jog

Monday and Friday 12-1PM

Aquasize

Wednesday 12-1PM

Another study found that social media usage triggers more sadness and less well-being. The more we use social media, the less happy we tend to be. Studies have also linked social media use to greater feelings of isolation. It's not surprising that the more people who use platforms like Facebook, Twitter, Instagram, TikTok, etc., the more isolated they may perceive themselves to be in comparison to others.

All of this goes without saying that indeed, there IS benefit to social media, despite the picture I've been painting for you. It does keep us connected, re-engage with people we've lost touch with, and can bring us laughter and joy. However, taking a break from social media does help boost psychological well-being, and if you choose to keep social media as part of your day-to-day, perhaps do so in moderation.

References:

<https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>

<https://www.forbes.com/sites/alicegwalt/2017/06/30/a-run-down-of-social-medias-effects-on-our-mental-health/?sh=7e261b562e5a>





FIELDHOUSE FUN

NOVEMBER 6 & 20 2022
10:00AM-12:00PM

BOUNCE CASTLES, OPEN GYM
SPACE, & FUN FOR THE WHOLE
FAMILY!

FREE FOR MEMBERS
OR DROP IN RATES APPLY




multi
plex

622-2511

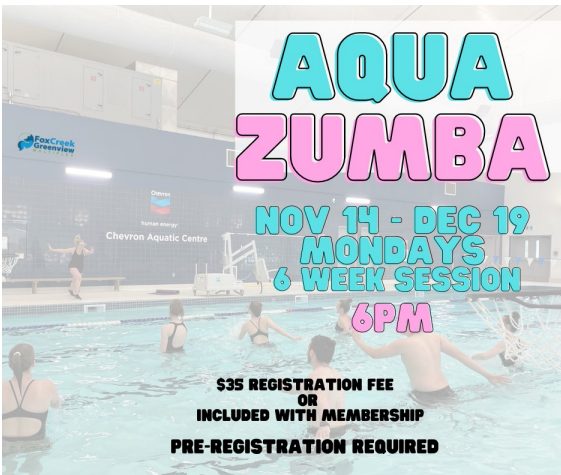


KID'S NIGHT OUT *Space Party!*



NOVEMBER 25 - 5:00-9:00PM - AGES 6-12
LIMITED SPACES AVAILABLE \$35/NON-MEMBERS \$25/MEMBERS

PLAN YOUR NIGHT OUT! YOUR CHILD(REN) WILL HAVE SUPERVISED, STRUCTURED PROGRAMS IN A SAFE, SOCIAL, AND RECREATIONAL ATMOSPHERE. WHETHER IT'S A DATE NIGHT OR SOME DESPERATE DOWNTIME, BRING THE KIDS TO THE FOX CREEK GREENVIEW MULTIPLEX! LET YOUR CHILDREN HAVE A BLAST WITH THEIR FRIENDS AND PARTICIPATE IN ACTIVITIES SUCH AS GAMES, ARTS & CRAFTS, AND A MOVIE. SUPPER AND A SNACK WILL BE SERVED.



AQUA ZUMBA

NOV 14 - DEC 19
MONDAYS
6 WEEK SESSION
6PM

\$35 REGISTRATION FEE
OR
INCLUDED WITH MEMBERSHIP
PRE-REGISTRATION REQUIRED



AGE RESTRICTIONS



AGES 0-9

All children under the age of 10 **MUST** have a guardian that is 14 years or older in the building

AGES 0-7

All children under the age of 8 **MUST** be accompanied **WITHIN ARM'S REACH** IN THE WATER by a guardian 14 years or older **AT ALL TIMES** in the Chevron Aquatic Centre



VOLUNTEER AND EMPLOYMENT



Fox Creek Greenview Multiplex

Food Service Attendants

Food Service Attendants Supervisor

Community Resource Centre

Facilitator

Full job descriptions
on our website



SEASON OF BONSPIELS TO SAVE FOX CREEK CURLING CLUB JOIN OUR BONSPIEL COMMITTEE

LADIES
BONSPIEL
1st weekend
February
2023

RESOURCES
BONSPIEL
3rd weekend
January
2023

JUNIOR
BONSPIEL
1st weekend
February
2023

DROP IN FUN NIGHTS TBA

NEXT PLANNING
MEETING
NOVEMBER 17 @ 7PM

CALL
780-622-2332
FOR RENTAL INFO

MORE INFO:

Jenn @ 780-668-5726
Sarah @ 780-622-9222
Dawn @ 780-835-1504



Fox Creek Community Adult Learning Program

WE WANT YOU!

Two volunteer Board Member
positions available

Interested applicants should have a
passion for life long learning and live in
the Fox Creek Area

Send a Letter of Interest to
adulthood@foxcreekcrc.ca
or Call 780-622-3758 for more information

Alberta Education



What they said

The Town of Fox Creek also has
various board seats available

Subdivision and Development Appeal Board
Joint Economic Development & Tourism Board

Contact 622-3896



Billet Families Needed

Contact Corey Gagnon (780) 622-7585

\$500
per month