

Dec, 2022

**RES
OUR
CES**

Mayor Gilmour Acknowledged

The Platinum Jubilee Medal was created to mark the 70th anniversary of her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada.



This commemorative medal is a tangible way for Alberta to honour Her Majesty's service to Canada. Throughout 2022 this medal will be awarded, by Alberta Municipalities, to Albertans in recognition of their outstanding service, who like the Queen, have dedicated themselves to family, community and country.

Mayor Gilmour received The Queen Elizabeth II's Platinum Jubilee Medal on Sunday, November 27.

Congratulations Mayor Gilmour. Thank you for your leadership and community service.

Business License Renewal Season



Contact:
Development Officer
Cindy Nielson
development@foxcreek.ca
780-622-3896

2023 RENEWALS HAVE BEEN MAILED

Please, check your listing on our website's **Business Directory** (QR code) and advise us if there is anything you'd like to update.

ADULT EDUCATION

**APPLY
TODAY!**



**Access quality,
post-secondary education
right from your home
community in Fox Creek!**

Academic Upgrading
Apprenticeship Trades*
Business & Administrative Studies
Continuing Education & Corporate Training*
Dual Credit*
Health Careers*
Human Service Careers
Resource Technology*
University Studies

Certificates, diplomas, and partnership degrees.



Northern Lakes College in Fox Creek
105 Campground Road | (780) 620-0590
www.northernlakescollege.ca

*Some programs have face-to-face components that may require you to travel outside of Fox Creek.

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



JAN 17 - MAR 30
TUES WEDS THURS 5PM - 8PM

GED PREP CLASS

100 Hours of GED Preparation
Books & Calculator

Register
Before
Jan 6th

✉ adulted@foxcreekcrc.ca

☎ (780) 622-3758

👤 Nickie Ballard-Amos

Register Today!

Subsidies available upon approval



ADULTS and SENIORS FITNESS CENTRE ORIENTATION

**Wednesday, Dec 7
5:30-6:30**

**Looking for a tour of
our fitness equipment?**


Please call the Multiplex to
register 622-2511



FOX CREEK COMMUNITY ADULT
LEARNING PROGRAM

AFTER SCHOOL HOMEWORK HELP PROGRAM

Call the CRC at 780-622-3758 to book an appointment



CALP

Trac AA Wolverines want to invite Fox Creek Seniors to:

Seniors Cookies & Kindness

4:00-6:00 PM
SUNDAY DECEMBER 18
FCGM FLEX ROOM



Trac AA
WOLVERINES

Fox Creek
Community Resource Centre

Ladies Craft Night



Tuesday, December 13
7:00pm - FCGM Flex Room
BRING A PROJECT WITH YOU TO WORK ON
WHILE ENJOYING THE COMPANY OF OTHER
CRAFTERS.

Fox Creek
Community Resource Centre

FOOD BANKS
alberta

57,750
MONTHLY FOOD BANK
USERS IN ALBERTA ARE
KIDS

According to Food Banks Canada's
2022 HungerCount Report.

Food bank use in
Alberta
is the highest in
Canada.

www.foodbanksalberta.ca

OVER
155,722
ALBERTANS ACCESS A
LOCAL FOOD BANK

According to Food Banks Canada's
2022 HungerCount Report.

FOOD BANK USE HAS
INCREASED
73%
FROM 2019 TO 2022.

If You Need Help, We're Here For You.
Find Your Food Bank at
www.foodbanksalberta.ca

alberta

SENIOR'S BINGO

Tuesday
Dec 27
7PM

Golden Circle
Seniors Centre



Home Games

Dec 3, 10, 17
Jan 14, 28

Feb 3, 10, 17, 24, 25

Men's Night
Make your own
**BOTTLE
OPENER**

DEC. 13 | 6:30-8:30
LOCATION TBD
PLEASE REGISTER BY CALLING
780-622-3758 OR EMAILING
CRCSUPPORT@FOXCREEKCRC.CA



ADULTS AND SENIORS

SENIORS

Coffee

& CONVERSATION



Tuesday, January 10, 2 p.m.
FCG Multiplex—Upper level

TOWN OF
**Fox
Creek**

Christmas Light Contest

Thursday, Dec 10
Judging begins
5PM

Tree Light Up

Friday
Dec 9, 6:30
Oasis Park

SANTA SWIM

Saturday
Dec 17, 3-4pm



nt
st

15
at
PM



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



FOX CREEK LIBRARY

at the library Dec

Grab and Go Ornament Kit

Children ages 3-5

* Limited kits
available

*Contains small
parts



Basket of Books Contest

January 1-27 ALL AGES

Read a book, magazine earn an entry to win.

Prizes for:	Preschool-Kindergarten
Grade 1-3	Grade 4-6
Teen	Adult

Holiday Closures

December 24,25,27,31 January 1



SANTA SKATE

Sunday
Dec 11, 4-5pm



Drop off
Mailbox
in the
Multiplex
Lobby

By Morgan Holmen

Are you an avid exerciser or gym-goer? Have you ever thought to yourself- *does caffeine improve exercise performance?* The answer is an outstanding YES! Yes, it certainly does. To be very clear however, caffeine is most beneficial for aerobic exercise lasting longer than 30 minutes (Goldstein et al., 2010).

It's apparent that we live in a world that survives on caffeine. For most people, it's how they start their day, get through their day, or a substance they turn to when a late night of studying, working, or grinding of some sort is in order.

The question is, how much caffeine is too much? What is a safe dosage for adults? Health Canada recommends a maximum daily intake of 400mg of caffeine for adults (and less if you're pregnant, planning to become pregnant, or breastfeeding). To put things in perspective, a medium cup of original blend Tim Horton's coffee has approximately 205mg of caffeine. So, two medium sized cups would put you slightly over the daily limit. Although on the pricier side, a grande (aka medium) cup of Starbucks coffee contains 330mg of caffeine, which is quite a bit more caffeine comparably.

If you're looking to consume caffeine to maximize exercise performance, you want to ensure you're taking your caffeine at an optimal time. In our bodies, peak plasma caffeine concentration occurs at 60 minutes post-

consumption. So, take the caffeine 60 minutes before you want to "peak". Perhaps take your caffeine 30 minutes before your workout if you want to peak midway through your exercise session (Goldstein et al., 2010).

Another strategy would be to take a bolus (concentrated form) dose of caffeine before a nap. This way when you wake up 60 minutes later, you will have peak energy! What a life hack! In other words, decide what the most important part of your day to be caffeinated for is. Is it school, work, post-nap, your exercise session? This will help you a) ensure you are not exceed-

ing the recommended daily intake and b) energize yourself for what is a priority in your day (Pesta et al., 2013). When talking specifically about performance however, the optimal dosage ranges between 2-6mg/kg of body weight, 9mg/kg is the upper tolerable limit. Anything over 9mg/kg will start to produce side effects and "red flags" (Goldstein et al., 2010).

Research also suggests that taking smaller doses every couple hours is optimal to taking a bolus dose less frequently. Having smaller doses of caffeine may not lead to the stomach irritation that may occur with larger dosages and will likely have more practical applications for prolonged aerobic exercise. Research also suggests that trained individuals appear to be more responsive to caffeine than untrained individuals. This means that trained muscles can use caffeine more efficiently than untrained muscles can. (Pickering, 2019).

I'm a big proponent of coffee, but we all know caffeine comes in various forms. Coffee, in my opinion, is the most cost effective, and most easily accessible. If your caffeine of choice comes from a pre-workout, energy drink, you do you!

Goldstein, E. R., Ziegenfuss, T., Kalman, D., Kreider, R., Campbell, B., Wilborn, C., Taylor, L., Willoughby, D., Stout, J., Graves, B. S., Wildman, R., Ivy, J. L., Spano, M., Smith, A. E., & Antonio, J. (2010). International society of sports nutrition position stand: caffeine and performance. *Journal of the International Society of Sports Nutrition*, 7(1), 5–5. <https://doi.org/10.1186/1550-2783-7-5>
 Pickering, C., & Grgic, J. (2019). Caffeine and Exercise: What Next? *Sports Medicine (Auckland)*, 49(7), 1007–1030. <https://doi.org/10.1007/s40279-019-01101-0>
 Pesta, D. H., Angadi, S. S., Burtcher, M., & Roberts, C. K. (2013). effects of caffeine, nicotine, ethanol, and tetrahydrocannabinol on exercise performance. *Nutrition & Metabolism*, 10(1), 71–71. <https://doi.org/10.1186/1743-7075-10-71>

Regular Schedule

Public Swim

Daily 2- 8PM

Lane swim

Daily 12- 2PM

Monday-Friday 8—9PM

Walk and Jog

Monday and Friday 12-1PM

Private rentals available

Aqua Zumba

Monday, Dec 19, 6pm

Aquasize

Wednesday 12-1PM

No class Dec 28

Youth FITNESS CENTRE ORIENTATION

Wednesday, Dec 14
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
Dec 7, 14, Jan 11
3:30-5:30PM

Tween Get Together

Grades 4-6
Dec 5, Jan 9
3:30-5PM



TEENS AND TWEENS

Oasis Park Tree Light Up

Midnight Madness

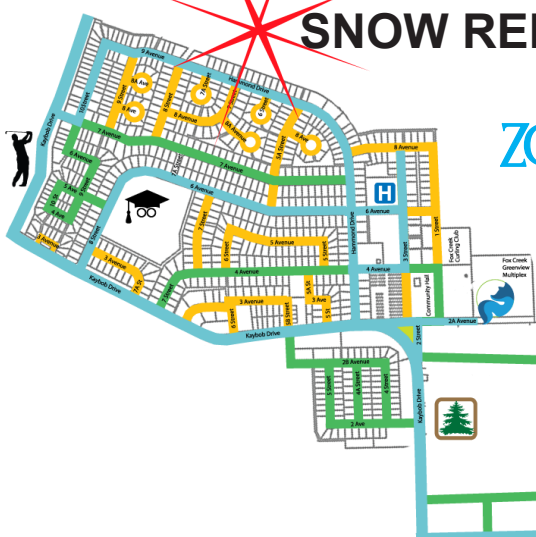
TOWN OF
Fox Creek



Fox Creek
Chamber of Commerce

Friday, December 9, 6:30 PM

SNOW REMOVAL BASELINE SCHEDULE



ZONE A

Priority 1. Essential routes and services. Continuous plowing and sanding after 10cm of snowfall.

ZONE B

Priority 2. Secondary roadways. Plowing and sanding, when logistically possible, within 24 hours of snowfall.

ZONE C

Priority 3. Residential side streets and cul de sacs. Plowing and sanding, when logistically possible, within 72 hours of snowfall.

VOLUNTEER AND EMPLOYMENT



Fox Creek Greenview Multiplex

Food Service Attendants

Food Service Attendants Supervisor

Community Resource Centre

Facilitator (x2)

Additional opportunities
and full job descrip-
tions on our website



LOOKING FOR A SIDE HUSTLE? SOME EXTRA CASH?

NOW RECRUITING FOR



Tutors: Math, English, Computers, etc



Instructors: Share your skills & knowledge



Facilitators to support programs



CONTACT NOW

780.622.3758
adulted@foxcreekcrc.ca



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
adulted@foxcreekcrc.ca
or Call 780-622-3758 for more information

Alberta Education



URGENTLY NEEDED

VOLUNTEER DRIVER



Qualifications

- ✓ Have a valid driving license and insurance
- ✓ Clear Criminal Record Check and Drivers Abstract (cost will be reimbursed)
- ✓ Enjoy helping and spending time with seniors
- ✓ Comfortable driving in Whitecourt, Grande Prairie, and/or Edmonton

Benefits

- ✓ Fuel costs covered
- ✓ Minimal time commitment
- ✓ Flexible
- ✓ Make a difference for individuals in our community

Please call or visit the CRC if you are interested
or would like more information

780-622-3758



Billet Families Needed

Contact Corey Gagnon (780) 622-7585

\$500
per month