

Happy  
New  
Year

20  
23



NATURAL RESOURCES



LIFESTYLE

DEVELOPMENT

Handy  
Recycle  
Chart  
included



## Happy New Year Fox Creek

*Oh how you've grown.*



Jan, 2023

RES  
OUR  
CES

It's the first month of the new year. Can you believe it?

Whether 2022 went by fast or slow for you, we hope you began the new year with great plans, gusto, and optimism. We're ready for 2023 and excited to see what we'll achieve together, this year.

In December, 2022 The Town of Fox Creek officially expanded its land area. The process began in 2017 and involved a lengthy series of consultations, studies, documentation and preparation.

In February 2022, our request was forwarded to the Land and Property Rights Tribunal (LPRT) upon their recommendation it was subsequently forwarded to the Province of Alberta for final review and approval. The Province of Alberta issued an Order in Council #405/2022 on December 14, 2022, approving the annexation.



Legend

----- Existing Town of Fox Creek Boundary

■ Annexation Area

**What does this mean for Fox Creek?** Fox Creek now has control over lands that we purchased from the Crown. We can now proceed with subdividing the currently leased lots in the annexation area so that the leaseholders can, at long last, purchase their properties.



Lights Contest  
**WINNERS**

**HOUSES** Alex and Kathy Saavedra  
Dennis and Angela Bellwood  
Len and Doris Pierrard

**APARTMENTS**

Sharie McGinty  
Jill McMullen  
Beverly Boschmann

**MOBILES**

Debbie Zazelenchuk  
Blair and Cheryl Smith  
Rod and Deb Forest

# RESOURCES

## Business & Administrative Studies

Programs you can take from anywhere!

*Delivered online through Supported Distance Learning.*

Business Administration  
Computer Network Specialist  
Office Administration  
Human Resource Management Diploma

*Delivered online through Portage College.*

Business Administration Diploma – Accounting  
Business Administration Diploma – Management



**NORTHERN LAKES COLLEGE**

[www.northernlakescollege.ca](http://www.northernlakescollege.ca) | 1-866-652-3456



Call (780) 622-3758 to make your appointment

## Tech Help

Mondays & Wednesdays  
2pm – 4pm

Alberta Education



## 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, 3<sup>rd</sup> Tuesday of each month

[emaccormac@albertacf.com](mailto:emaccormac@albertacf.com)

[yellowheadeast.albertacf.com](http://yellowheadeast.albertacf.com)

In 2022 The Friends of the Fox Creek Hospital Society resumed their annual quilt raffle. This Hanging Garden quilt was beautifully handmade and generously donated by Carrie Howe.

Leslie Ann Sharkey won this year's quilt.

A huge thank you to everyone for their continued support.





# Men's Night

COME OUT AND TEACH  
THE GROUP YOUR  
FAVOURITE CARD GAME,  
AND LEARN SOME NEW  
GAMES!  
REFRESHMENTS PROVIDED

Feb. 16 | 6:30-8:30  
Fox Creek Greenview Multiplex



# BOOK CLUB



SCAN ME



Jan 18, Feb 15  
7 pm  
At the CRC



# Home Games

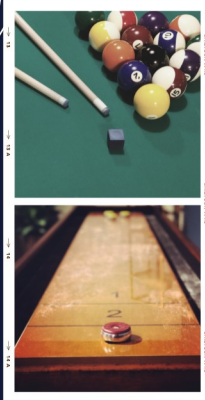
Jan 14, 28  
Feb 3, 10, 17, 24, 25

ADULTS AND SENIORS



Tuesday, February 7  
7:00pm - FCGM Flex Room

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



# Men's Night

Come join us for  
pool, shuffle board,  
and refreshments

Jan. 24 | 6:30-8:30  
Golden Circle Seniors Centre  
(beside the curling rink)



# FREE DYI class with Kelly



MAKE YOUR  
OWN  
LAUNDRY SOAP  
AND  
HOUSHOLD  
CLEANER

SIMPLE, CHEAP, AND EFFECTIVE.  
SAVE MONEY AND AVOID  
CHEMICALS.

7:00 PM  
THURS FEBRUARY 23  
CRC KITCHEN

REGISTER BY CALLING 780-622-3758  
\*LIMITED SPACE\*



# SENIOR'S BINGO

Tuesday  
Jan 17  
Feb 21  
7PM

Golden Circle  
Seniors Centre

SENIORS

Coffee

& CONVERSATION



Tuesday, February 7 2 p.m.  
FCG Multiplex—Upper level





# RECYCLING



Place these items in  
your blue bag.  
They must be clean  
and free of foods,  
liquids and dirt



**Wrapping Paper  
Greeting Cards**  
No Foil, Decorations Removed



**Aluminum and Tin Cans  
and Containers**



**Deposit Items Including:**  
Mix Containers, Pop & Beer,  
Cans and Bottles, Tetra Paks



**Hard Plastic Containers, Tubs  
and Bottles. No Lids or Caps.**  
(e.g. Detergent, Condiment or Shampoo  
Bottles Margarine and Large Yogurt  
Containers, Ice Cream Pails)



**Mixed/Shredded  
Paper and Paperboard**  
(e.g. Magazines, Flyers, Newspaper,  
Catalogues, Office Paper, Envelopes,  
Craft Paper, Shredded Paper, Books  
with front and back cover removed)



**Cardboard - Flattened**

## Thursday is Recycle Day

## HAZARDOUS WASTE MUST BE DISPOSED OF PROPERLY

**Did you know when batteries touch metal  
they can spark, smoke and cause fires?  
Keep our facilities safe and dispose of  
your hazardous material properly.**



For additional sorting,  
recycling, and collection  
information.



# LANDFILL



**Place these items in  
your waste cart**



**Styrofoam & Rubber**



**Coffee Cups**



**Plastic Clamshells**



**Non Refundable  
Glass**



**Film Plastic**



**Fabric**



**Single Use Packaging**



For more information:  
**gflenv.com**  
**780.778.4888**





By Morgan Holmen

This month, I wanted to share some information on exercise recommendations for adults with Multiple Sclerosis. I think this quote really captures the essence of exercise implications on MS.

***“Although exercise prescription is gaining favour as a therapeutic strategy to minimize the loss of functional capacity in chronic diseases, it remains under-utilized as an intervention strategy in the MS population. However, a growing number of studies indicate that exercise in patients with mild-to-moderate MS provides similar fitness and psychological benefits as it does in healthy controls.”***

White, L.J., Dressendorfer, R.H. Exercise and Multiple Sclerosis. *Sports Med* 34, 1077–1100 (2004).

<https://doi.org/10.2165/00007256-200434150-00005>



^^^ Guidelines available ^^^

**Canadian Physical Activity Guidelines**  
FOR ADULTS WITH MULTIPLE SCLEROSIS

**HERE IS WHAT IS RECOMMENDED**

	Aerobic Activity	Strength Training
<b>How often?</b>	Two times per week	Two times per week
<b>How much?</b>	<ul style="list-style-type: none"> <li>Aerobic and strength training activities for at least one day</li> <li>Gradually increase your activity so that you are doing at least 30 minutes of aerobic activity during each workout session.</li> </ul>	<ul style="list-style-type: none"> <li>Rest your muscles for at least one day</li> <li>Gradually increase your activity so that you are doing at least 30 minutes of aerobic activity during each workout session.</li> </ul>
<b>How hard?</b>	<p>These activities should be performed at a moderate intensity. Moderate intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up.</p> <p>As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.</p>	<p>These activities should be performed at a moderate intensity. Moderate intensity physical activity is usually a 5 or 6 on a scale of 10, and causes your heart rate to go up.</p> <p>As a general rule if you're doing moderate-intensity activity you can talk, but not sing a song, during the activity.</p>
<b>How to?</b>	<p>Some options for activity include:</p> <ul style="list-style-type: none"> <li>Aerobic activities: walking, arm cycling, leg cycling, walking, leg cycling, and body exercises: elliptical, body exercises: elliptical, body exercises: elliptical</li> <li>Upper Body Exercises: arm cycling, leg cycling, and body exercises: elliptical</li> <li>Lower Body Exercises: walking, leg cycling, and body exercises: elliptical</li> <li>Combined Upper and Lower body exercises: elliptical, body exercises: elliptical</li> </ul>	<p>Some options for activity include:</p> <ul style="list-style-type: none"> <li>Aerobic activities: walking, arm cycling, leg cycling, walking, leg cycling, and body exercises: elliptical</li> <li>Upper Body Exercises: arm cycling, leg cycling, and body exercises: elliptical</li> <li>Lower Body Exercises: walking, leg cycling, and body exercises: elliptical</li> <li>Combined Upper and Lower body exercises: elliptical, body exercises: elliptical</li> </ul>

**Guidelines**  
To achieve important fitness benefits, adults aged 18-64 years with multiple sclerosis who have mild to moderate disability need **at least**:

- 30 minutes of moderate intensity aerobic activity, 2 times per week.
- AND
- Strength training exercises for major muscle group, 2 times per week.

Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health related to quality of life.

**Who are the Guidelines for?**

- These guidelines are appropriate for adults (aged 18-64 years) with minimal to moderate disability resulting from either relapsing remitting or progressive forms of multiple sclerosis

**Getting Started**

- You may wish to speak to a health professional to find out what types and amounts of physical activity are appropriate for you.
- A health professional might include a doctor, a physiotherapist, or a qualified exercise professional.
- If you are physically inactive, activities performed at a lower intensity, frequency, and duration than recommended may bring some benefit.
- Gradually increase duration, frequency, and intensity as a progression towards meeting the guidelines.

Now is the time. Walk, run, or wheel, and embrace life.

CSEP SCPE MS SP PARTICIPATION

Aquatic Centre



## 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

Mondays, Jan 8 – Feb 13 6pm

### Aquasize

Wednesday 12-1PM



**Mondays January 9-February 13 6PM**

\$35 +GST / Included with membership

**Drop-ins Welcome**

# Youth FITNESS CENTRE ORIENTATION

Wednesday, Jan 11  
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

Jan 11, 18, 25, Feb 1, 8, 15

3:30-5:30PM

## Tween Get Together

Grades 4-6

Jan 9, Feb 6

3:30-5PM



TEENS AND TWEENS

# Babysitter Safety Course



February 9 & 10 | 9AM-3PM

Cost: \$40 +GST

Lunch and snacks provided

Must be 12 years old in 2023

# Junior Lifeguard Club

CHEVRON AQUATIC CENTRE

## Winter Session

Thursdays

Feb 23 - April 27

Ages 12+ 5:00-6:00pm

Are you interested in expanding your swimming skills while learning lifesaving skills and rescues?

**members \$65**

**non-members \$85**

\*min number of participants required  
Registration opens January 4th



multi  
plex

622-2511



# Winter Swimming Lessons

CHEVRON AQUATIC CENTRE

**Tuesdays / Jan 17-March 7**

Swimmer 1/2 5:15-5:45 \$45

Swimmer 3/4 5:50-6:20 \$45

**Thursdays / Feb 23 - April 27**

Junior Lifeguard Club (ages 12+)  
5-6pm / \$65

Additional fees apply for non-members

**Registration opens January 4th**

All classes require a minimum number of candidates



# VOLUNTEER AND EMPLOYMENT



## Fox Creek Greenview Multiplex

*Food Service Attendants  
Food Service Attendants Supervisor*

Additional opportunities  
and full job descriptions  
on our website



## LOOKING FOR SOME EXTRA CASH?

IMMEDIATELY RECRUITING FOR

### Childmind Support Worker

Contracted Casual Position

**CONTACT NOW**

**780-622-3758**  
adulted@foxcreekcrc.ca

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**

**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

CALP



## Billet Families Needed

Contact Corey Gagnon (780) 622-7585

**\$500**  
per month