



Fox Creek *Inside and out*



Feb, 2023

RES OUR CES

Humans are wired to seek community. We are social animals; connection, growth, the needs for safety, security and belonging are in our nature. Community membership is a natural component; it may even be as essential as breathing. It's what makes us tick.

But, healthy communities don't just happen, they require nurturing to truly thrive. Everyone has a role to play, whether contributing time and skills, serving in leadership, administering, investing financially, providing services, extending hospitality, or simply focusing on the well-being of every member to reach their full potential.

It is when we intentionally nurture our communities that they become something truly special.

Nature and nurture are partners in how we interact with and how others perceive our communities. The globalized world demands a sophisticated mapping of paradoxes and trade-offs inherent in the choices we make. Whether our home, club, neighbourhood, family, or not-for-profit, we are entrusted with the task to affirm the environment we're gifted and protect the resources we create. Our future may depend on it.

The challenge is to rediscover the heart of our communities, find ways to protect, promote and nurture the depth and richness they offer. What's at the heart of community? What makes community tick? You.

Camp Season Begins

May 18



**For-Site
Environmental
Services Ltd**



Information Reservations Applications

780 622-5503

for-site@outlook.com



APPLY NOW!

A career in trades provides endless opportunities!

Carpenter Electrician Welder

Offered in Slave Lake. Student housing is available!
Visit our website for a list of trades offered through Dual Credit and Pre-Employment.

 **NORTHERN LAKES COLLEGE**

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



RESOURCES



Call (780) 622-3758 to make your appointment

Tech Help

Mondays & Wednesdays
2pm - 4pm





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

FFCHS Thanks Athabasca Oil Corp

During our annual fundraising campaign in December, staff raised and Athabasca matched results for a total donation of \$10,000 for the Friends of Fox Creek Hospital Society.

Thank you to Athabasca's generous employees and the fundraising committee for leading this charge.

The Hospital Society expresses a heartfelt thank you to Athabasca Oil Corp and all concerned for their continuing support. Keeping our Fox Creek hospital up to date is number one priority for the "Friends". We couldn't do what we do, without you.



VOLUNTEER FOR GO GIRLS CONFERENCE 2023

As a Go Girls Volunteer you can...

- Help take registrations
- Help with set-up and/or clean-up
- Help serve lunch & snacks
- Chaperone sessions
- Other odd jobs
- Spend a day empowering girls

April 29, 2023 | 8:00-4:30

Fox Creek Greenview Multiplex

Interested? Call the CRC to receive more
information 780-622-3758



SENIOR'S BINGO

Tuesday
Feb 21

7PM

Golden Circle
Seniors Centre



ADULTS AND SENIORS

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



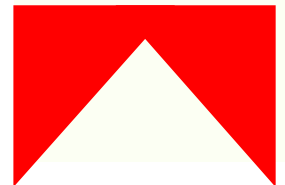
Thank you to all donors

FOX CREEK
FOOD BANK
SOCIETY



BOOK CLUB

Feb 15, Mar 15
7 pm
At the CRC



Impaired Driving Enforcement is Underway



Fox Creek RCMP and Community Partners remind everyone to plan ahead.



PD
Day

Shinny Hockey

10 am - noon



Fieldhouse Fun and open gym

Noon -1 pm



Family Day

10-NOON

February 20

FIELDHOUSE FUN and open gym

12-1:45 pm

Family Skate

2-4 pm

Family Swim

Free admission during applicable times for Family Day activities

**NERF
GAMES**
PREPARE FOR BATTLE!

Tuesdays, Feb 14, 21, 28

Ages 5-8 4- 4:45 pm

Ages 9+ 4:45- 5:30 pm

Ninja

Tuesdays, Feb 6, 13, 27

Ages 8-12 5- 5:45 pm

Call to register: 622-2511

February 9



Home Games

Feb 10, 17,
24, 25



event and
program
calendar



Hotdog Lunch
Noon -1 pm



Public Swim
1-3 pm



Feb
at the library

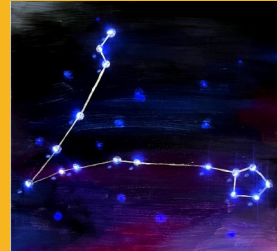
Snow Art Contest Feb 1-20

Prizes awarded for:
Most artistic
Best try
Most colourful
Largest



Email your entries before **Feb 20**
foxcreeklibrary@yahoo.com

Star Lit Canvas Feb 23 11am-6pm



Choose a time, drop
in and create a con-
stellation or zodiac
with led lights

Adults 19+

* Limited supplies. *Registration required

Family Games Night

Mar 16, 6:30 - 8:30 pm

Board games, door prizes, cookies and milk



By Morgan Holmen

Alcohol Consumption

This month, I wanted to highlight Canada's NEW Guidance on Alcohol and Health Recommendations (based on research, of course) that have been updated effective January 2023. This is a very recent publication and those that have peeked at the new recommendations have noticed some eye-opening changes.

Consider reviewing these recommendations and think about the affects it may pose to your personal health relative to your own consumption. Just food for thought...

The risk of negative outcomes begins to increase with any alcohol use, and consuming more than 2 standard drinks per occasion is associated with a significant increased risk of harms to self and others.

"The physiological differences between females and males at low levels of alcohol use have only a small impact on lifetime risk of death. However, it is unequivocal that above the upper limit of the moderate risk zone for alcohol consumption (above 6 standard drinks per week), the health risks increase more steeply for females than for males. Enzymes, genes, lean body weight and size, organ function and metabolism are important in processing alcohol and are affected by sex-related factors. These biological factors enhance the impact of alcohol on females, causing higher blood alcohol levels, faster intoxication, more risk for disease, including breast cancer, and more long-term harm, such as liver damage and injury."

Review the full summary of the new guidelines:
Canada's Guidance on Alcohol and Health | Canadian
Centre on Substance Use and Addiction (ccsa.ca)



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

AQUA ZUMBA

Mondays January 9-February 13 6PM

\$35 +GST / Included with membership

Drop-ins Welcome

Youth FITNESS CENTRE ORIENTATION

Wednesday, Feb 8
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
Feb 15, Mar 1, 8, 15
3:30-5:30PM

Tween Get Together

Grades 4-6
Mar 6
3:30-5PM



TEENS AND TWEENS

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

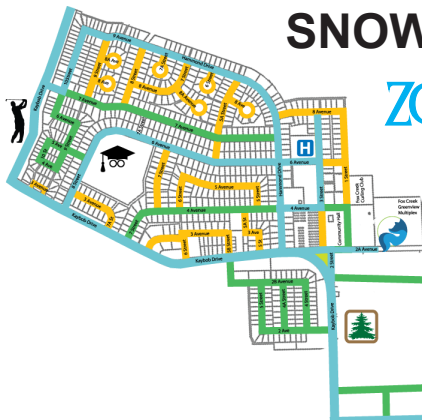


multi
plex

622-2511



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.



**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




**LOOKING FOR
SOME EXTRA CASH?**

IMMEDIATELY RECRUITING FOR

Childmind Support Worker

Contracted Casual Position




Contact us for
information
about any
of our
programs or
services.

622-3758




**Fox Creek
Community Adult Learning Program**

**WE
WANT
YOU!**

Two volunteer Board Member
positions available




URGENTLY NEEDED

**VOLUNTEER
DRIVER**

Volunteer for Go Girls Conference 2023

April 29 | 8-4 pm

Fox Creek Greenview Multiplex

More information on page 3



Public Hearing February 27, 2023, 6PM

Fox Creek Protective Services building or via ZOOM

The Bylaw and zoning changes are proposed primarily to accommodate recently acquired annexation areas, and solar installations.

Copies of:

Draft_Bylaw 824-2019 Land Use A06 Consolidation; Draft Bylaw 824-2019-A-06 Land Use Bylaw Amendment Zoning, are available at the link.

