

# COMMUNITY CONNECT



## Monthly Events

### - BAY TREE MARKET ON 49

2021 season June 1 - Aug 31  
Tuesdays 11 am to 1 pm @  
Bay Tree General Store  
Outdoor Rink

### - DUNVEGAN TOASTMASTERS

CLUB Wednesdays on Zoom  
6:30 pm to 8 pm Contact  
Carolyn at 780-864-5657

### - FCSS ROUND TRIP BUS to

Grande Prairie, Sexsmith or  
Clairmont on Tuesdays,  
Wednesdays & Thursdays  
Leaves 8:30-9:00 am, returns  
by 5:00 pm - \$25.00 per trip  
Call 780-864-3500 to book or  
for more information

### - RYCROFTS FARMERS MARKET

2021 Season starting June 3  
Thursdays 3:00 to 6:00 pm  
@Rycroft Ag Centre

## CHEPI SEPE DAYS BURSTING THE BUBBLE AUGUST 13 & 14, 2021

### FRIDAY, AUG 13

12:00-5:00 p.m. – Bench show entries – Hall  
4:00-6:00 p.m. – Slip & Slide – Field between Arena & St. Marie  
8:00 p.m. – Truck & Tractor Pull – lot beside ESSO

### SATURDAY, AUG 14

7:00-10:00 a.m. – Pancake Breakfast – Hall  
9:30 a.m. – Parade Gathering – Vacant lot near Bulk Water Station  
10:00 a.m. – Parade (through Sunset, past Sr. Lodge, & down main st)  
10:00-4:00 – Trade Show – Arena – *Silent Auction & 50/50 proceeds go to upgrading Lower Sunset Park*  
11:00 – Sandwiches & Pie – Curling Rink – *Proceeds go to the United Church*  
11:00 – Truck & Tractor Pull – lot beside ESSO  
11:00-3:00 – Bull Dog Gourmet (food truck) – Main St  
11:00-4:30 – Kids Carnival Games & face painting – Curling Rink  
11:00-4:00 – BBQ – Hall parking lot – *Proceeds go to Happy Valley Ag & Rec*  
11:30 – BINGO – Ross Family Room – *Proceeds go to Happy Hour Club*  
12:00-3:00 – Car Show – Main St (cruise to follow)  
1:00-3:00 – Jr. Fire Fighters – Area parking lot  
1:00-3:00 – Slip & Slide – Field between Arena & St. Marie  
3:00 – Pick up Bench show entries  
5:00 – Truck & Tractor Pull – lot beside ESSO

 \*Some events are weather dependant  
Thank you to our sponsors & hosts - Wayne Wells, Edge Automotive,  
Fountain Tire, Spirit River Home Hardware, Spirit River Ag Society, &  
Town of Spirit River

### The Mental Health Benefits of Spending Time Outdoors from Alberta Health Services

Have you ever noticed the sense of calm you feel after spending time in nature? In addition to physical health benefits, outdoor activities have also been shown to promote and maintain your mental health. Being in green spaces (such as gardens, parks or forests) can significantly reduce cortisol (a stress hormone), and raise endorphin levels and dopamine production.

Additionally, the vitamin D you get from natural light can help regulate your sleep cycle. Sleeping away from artificial light and waking up with natural sunlight can also reset your circadian rhythm, which will result in better-quality sleeps and likely leave you feeling more alert and capable the following day. That's why one of the best things you can do right now is get outside and take advantage of summer at its peak. Whether it's tending to a community garden, taking a walk through your local park, or having a picnic outdoors, contact with nature can rejuvenate your body and mind.

What does it take to reap the benefits?

While some people can't get enough time outdoors, many of us may spend most of our time inside, even in the summer months. Your schedule, lifestyle, and access to green spaces can all play a role, but research has shown that spending at least two hours a week outdoors will allow you to reap the maximum mental health benefits.

**Grief Recovery Support Group**

*Information, friendship, and support for those grieving the death of a spouse, child, family, or friend.*

**TUESDAYS 2-4pm**

**4712-50ST Rycroft**

For more information contact:

**Wendy 780-864-9400**

**GriefShare**

Central Peace FCSS is hosting their annual day camp this summer from **July 5– August 20**.

Registrations are weekly:

Mondays-Fridays 9:00am-3:00pm

\$60/week per child (\$45 for August 3-6).

Bring your lunch.

Registration opens June 21, 2021.

Ongoing registration through summer.

Camp is a fun, socially interactive, supervised place for children to express themselves while working on communication, creativity, friendship skills, and conflict resolution skills. There is a planned craft and activities each day, and a weekly theme to guide the fun and games! All COVID-19 protocols will be adhered to. Masks may be mandatory.



**CONTACT: fcss@mdspiritriv.ab.ca  
ph. 780-864-3500 ext 206**

**Oat & Pumpkin No-bake Bites**

3 cups rolled oats

1 cup pure pumpkin puree

1 cup natural almond or peanut butter or non-nut alternative

½ cup maple syrup

1 tsp cinnamon

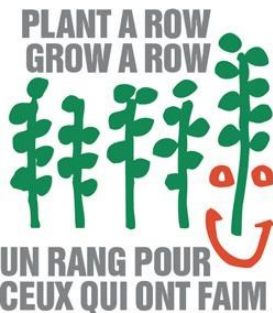
½ tbsp vanilla

1. In a large bowl, add all ingredients and mix well.

2. Using a tablespoon, pour mixture in your hand to form 1-inch balls and place on a baking sheet.

3. Cover and freeze for one hour before eating!

From <https://food-guide.canada.ca/en/recipes/>



Put your gardening skills to use for people in need. How often is it that you can enjoy a favourite hobby and help others in your community at the same time?

The Plant A Row, Grow A Row Project is a fun way to do both. It was initially started in Winnipeg in 1986 and came to Alberta in the 90's. We invite local gardeners to grow an extra row of vegetables, or earmark fruit and vegetables for donation to your local food bank. At harvest time, simply remove the majority of the garden dirt and take your produce in to your local food bank.

Pat yourself on the back for making a wonderful contribution to your community. Root vegetables are best; however, any produce items that can be easily handled and stored, such as cabbage, carrots, peas, beans, tomatoes, radishes, parsnips, sweet peppers, summer squash, and pears are welcome.

Due to the fragile nature of fruits and vegetables, donations are asked to be dropped off directly to your local food bank.

The contact info for the Food Bank is:

✦ **Location:** 4712 50 Street, Rycroft

✦ **Phone:** (780) 876-2075 or (780) 512-9628

**E-mail:** [centralpeacefoodbanksociety@gmail.com](mailto:centralpeacefoodbanksociety@gmail.com)

\*\*\*We are asking for pet food donations or donations can be made at Spirit River Home Hardware on the food bank account for dog and cat food. \*\*\*

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to [cphaw-c2.connect@outlook.com](mailto:cphaw-c2.connect@outlook.com). Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

If you would like to receive the newsletter via email, please send an email to [cphaw-c1@outlook.com](mailto:cphaw-c1@outlook.com) requesting to be added to the list.