

COMMUNITY CONNECT



Upcoming Events

-WALK & TALK @ Centennial Hall
Spirit River - 9 am to 1 pm Monday
to Friday starting November 2

-NERF WARS @ Rycroft Community
Hall 10 am to 12 pm Saturday
November 14th & December 12th

-CHRISTMAS VARIETY MARKET
Friday December 4; 5 - 9 pm
Saturday December 5; 11 am - 5 pm
@ Rycroft Community Hall

-CHRISTMAS FARMERS' MARKET
Saturday December 5 @ Rycroft Ag
Centre; 11 am to 5 pm

-MERRY PIONEERS
Monday to Friday 1 pm to 5 pm
at Rycroft Community Hall

FCSS NEWS

SANTAS FOR SENIORS!

Is back again for another great year! Call the FCSS office after Nov. 16th to sponsor a senior's gift this Christmas!

Looking for a couple volunteers to help deliver gifts December 16th— let Julie know if you're interested

SNOW ANGELS NEEDS YOU!!

The Snow is Here! Seniors and individuals recovering from surgery and illness are in need of help clearing snow from sidewalks and driveways. Sign up to help someone out this winter.

Volunteer Recognition Certificate is available for Youths and all volunteers—build your resume with community service!

Exhausted Going Shopping in GP on your own? Take the Bus! Book with the MD of Spirit River now:

- * \$25 Round Trip, Tuesdays, Wednesdays and Thursdays
- * Leaves between 8:30am and 9am, Return by 5:00pm
- * 780-864-3500 to book, can take payment by credit card over the phone

Remembrance Day - We Will Remember Them

On the eleventh hour of the eleventh day of the eleventh month.

Generations of Canadians have served our country and the world during times of war, military conflict and peace. Through their courage and sacrifice, these men and women have helped to ensure that we live in freedom and peace, while also fostering freedom and peace around the world.

Every year on November 11, we pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. We honour those who fought for Canada in the First World War (1914-1918), the Second World War (1939-1945), and the Korean War (1950-1953), as well as those who have served since then. More than 2.3 million Canadians have served our country in this way, and more than 118,000 have died. They gave their lives and their futures so that we may live in peace.

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts: they were killed in action, they were wounded, and thousands who returned were forced to live the rest of their lives with the physical and mental scars of war.

By remembering their service and their sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in the present would make a significant difference for the future, but it is up to us to ensure that their dream of peace is realized. On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve.

The Spirit River Legion Branch #72 has made the difficult decision to cancel the 2020 Remembrance Day Ceremonies. They ask you to take part of the National Services being televised from Ottawa. Please keep an eye out for their Poppy Campaign that will be placed in locations throughout the community. The donations will support the veterans now more than ever, as well as be used to provide bursaries for veteran descendants to pursue schooling.

Names of the Fallen

World War I

James Bell	James Gunn	Robert Kerr	James Kinsey Jr.
Robert Leslie	M. McGonigle	James Pringle	William Riggs
W. Ronnie	D. Ross	D.P. Stinis	Vincent Sullivan
Reid Watson			

World War II

Miss Edith Brownlee	Fred Boychuk	James Dodge	Neil Dalglish
Richard Gill	Cecil Hightower	Robert Joyce	Leslie Kerr
High MacKenzie	Melvin McMillan	James Purvis	Earl Parrish
James Sloat	James Vader	Melvin Wawreniuk	
Michael Wityshyn	Ruben Young	George Zyha	

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning

We will remember them.

We will remember them.

To show your support, please place a poppy in your window!

Spirit River & District Society
44th Annual Christmas Craft Show

Handmade Items Only

Friday November 6

4:00 pm to 9:00 pm

Saturday November 7

10:00 am to 4:00 pm

Spirit River Centennial Hall

Food Booth - Take Out Only

Check Facebook page for Covid-19 regulations

Spirit-River-District-Ag-Society-Christmas-Craft-Show-101215704619897

Food Booth by Grace Gospel Chapel Ladies Group

Central Peace FCSS:

Christmas Hamper Applications are out this month. Please have your application in to the FCSS office by **DECEMBER 4**

If you or someone you know needs some help to make Christmas special this year, let our office know. We are also doing **Christmas Meals for Seniors**—let us know of a senior who could use some community support with meals through the Holiday Season

If you would like to **volunteer** with these Christmas Programs, please list your name and number with Julie at FCSS. Masks mandatory. Dates this year are:

December 14– sorting food 4-6pm

December 15– building hampers 10am-4pm

December 18– organizing 9:30am-12:00pm

Cooking Meals for Seniors– call our office for details. Delivery will be December 22

Call the FCSS office at 780-864-3500 ext.206 for information or to volunteer

Collection of donations for hampers begins November 16 and goes until December 11

MyHealth.Alberta.ca - Your Non-Emergency Health Information Resource

This website was built by the Alberta Government and Alberta Health Services to give Albertans one place to go for health information they can trust. Healthcare experts across the province make sure the information is correct, up to date, and written for people who live in Alberta.

It is home to valuable, easy-to-understand health information and tools made for Albertans, including information about health conditions, healthy living, medications, and tests and treatments. There are also educational videos, symptom checkers, emergency phone numbers, and a healthcare locator (e.g., a family doctor near you) that you can access.

Within this site, you can sign up for a MyHealth Records account. This is an online tool that was created that lets Albertans 14 years of age or older see some of their health information from Alberta Netcare, the provincial electronic health record. It also lets you keep better track of your health in one secure place. You can get, store, and manage your personal health information through a computer, tablet or smartphone.

Under your personal records you can:

- access your COVID-19 test results, as well as results for your child, as soon as they're ready
- see medicines you received from community pharmacies
- see most immunizations you received in Alberta
- see common lab test results
- keep journals to track your mood, sleep, weight and fitness goals
- upload and track information from your personal health devices, including blood pressure monitors, blood glucose meters, and fitness trackers that are supported by My Personal Records
- print out reports to share with your healthcare providers
- share your record with someone you trust
- safely exchange messages with your healthcare providers, provided they are using the same messaging tool
- add and store other personal health information

To register for MyHealth Records visit <https://myhealth.alberta.ca/MyHealthRecords>

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 cphawc2.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 cphawc1@outlook.com requesting to be added to the list.