

Upcoming Events

-Coffee Time – 10am-1pm on Sundays, 9am-11am on Tuesdays and 3:30-6:30pm on Thursdays @ Tangent Cultural Centre

-Morning Coffee – 7-9:30am Mon.-Fri. @ Birch Hills Senior Centre

-TOPS – 8:30-9:30am on Mondays @ Birch Hills Seniors Centre

-Ladies' Fitness & Weight Classes – 7:30am on Tuesdays and Thursdays @ COCO Hall

-TOPS – 9:30-10:30am on Tuesdays @ SR Happy Hour Club. Weigh-ins 8:30-9:20am.

-Drop-In Quilting – 10am on Wednesdays @ BH Senior Centre

-Drop-In Quilting – 10am-5pm on Wednesdays @ Rycroft Merry Pioneers Senior Centre

-Court Whist Tournament – 1pm on Wednesdays @ SR Happy Hour Club

-Bingo – 7pm on Wednesdays @ Birch Hills Seniors Centre

-Rycroft Farmers' Market – 3-6pm every Thursday, June through Sept. @ Rycroft Ag Centre

-Drop-In Shuffleboard – 2pm on Fridays @ Rycroft Merry Pioneers Senior Centre

-Farmers & Merchants Golf Tournament – on Aug. 3 @ Lakeside Golf Course

-Saddle Hills County Annual Volunteer Appreciation BBQ – 4:30-7pm on Aug.3 @ Moonshine Lake Provincial Park

-Annual Fresh Air Market – 11am-5pm on Aug. 6 @ Historic Dunvegan Provincial Park

-Birch Hills County Garden Tour – 3-9:30pm on Aug. 10 @ Lakeside Golf Course

-Pool Party Weekend @ RPCPAC – Free Swim on Aug. 11 (12-9pm) sponsored by ATCO.

- Free Swim on Aug. 12 (12-8pm) sponsored by Richardson Pioneer.

-Chepe Sepi Days – Aug. 11-12 in Spirit River

Events continued on next page...



COMMUNITY CONNECT



Chepe Sepi Days are here

Spirit River's first annual Chepe Sepi Days are finally here! An evolution from June Jamboree, Chepe Sepi Days promises plenty of fun, entertainment and community spirit over the second weekend in August.

Festivities begin on Friday August 11th at the Richardson Pioneer Central Peace Aquatic Centre, where ATCO is sponsoring the first of two Free Swims from 12-9pm. Visit Gregg's Distributors, where a kickoff BBQ is being held from 4-7pm. There will be a family movie at Ste. Marie School later that evening at 9:30pm.

Saturday begins with a toonie breakfast in the Arena, hosted by the Knights of Columbus.

The parade begins at 11am and ends at 12pm. Richardson Pioneer is sponsoring the Free Swim on Saturday, which runs from 12-8pm. The children will also enjoy the Junior Firefit Challenge from 1-4:30pm and the inflatables and children's activities set up in the Arena from 11am-5pm. Check out the bench show also occurring in the Arena, and the tradeshow occurring in the Curling Rink.

There is a Grand Opening tour and ceremony for the Central Peace Health Center from 12-

3pm. A car show is scheduled for Main Street from 12 to 4pm.

A fundraiser supper is being served from 4:30-7pm in the Arena and local celebrity and country music star Aaron Goodvin brings his Lonely Drum and western tunes to the stage at 7-10pm. Beer gardens open at 1pm on Saturday.

Chainsaw carver Ryan Cook, who created last year's Centennial carving, will be returning to Spirit River to work on another majestic sculpture. Be sure to stop by and check out his latest creation!

See you at Chepe Sepi Days!

Testing the waters for a swim club

Its 6am and the sun is just beginning to push its way through the morning clouds. The swimming pool sits empty - still and clear as glass. For many, this is an open invitation to dive right into the 26-28°C water – a healthy and active way to start the day.

Summer is short in northern Alberta and parents and children alike enjoy spending lots of time at the outdoor pool. That's why it's no surprise that interest is building to have a summer swim club in Spirit River.

Swim clubs in Alberta are administered by the Alberta Swim Club Association (ASSA). ASSA is a not-for-profit organization that provides a summer swimming program for

individuals of all ages.

Recently, Richardson Pioneer Central Peace Aquatic Centre (RPCPAC) Pool Manager Amanda Howard completed the Swim Coach certification in Fort St. John.

A community meeting is set for Monday July 31st at 7pm at the RPCPAC to discuss what a swim club in Spirit River would look like.

Those interested are welcome to come and swim during Fitness Swim from 6-7pm and attend the community meeting in the Lobby afterwards.

Tyler Vollman, a parent of a very active swimmer, is reaching out for more support. "I believe there is an appetite but we need interested folks to spearhead" Vollman said.

Swimming is a popular sport, even in our area. There are active swim clubs in Fort St. John, Dawson Creek, Grande Prairie, Beaverlodge, Fairview, Grimshaw, Peace River, Falher, High Prairie and High Level.

A swim club existed years ago at the old pool in Spirit River – ASSA online records show last participation was in the 1974 Provincial Championships.

Other benefits to joining a swim club include developing social and physical skills, spending time outdoors and being active early.

If you are interested in being a part of a swim club in 2018, we are looking for volunteers to fill positions. Please attend the community meeting on July 31st or contact RPCPAC and leave your information at the Front Desk if you are unable to attend.

Events cont'd...

-Central Peace Health Center Grand Opening – 12-3pm on Aug. 12 in Spirit River

-Savanna Agricultural Fair – Aug. 19-20 @ Savanna Rec Plex

-Kids Rodeo – 5pm on Aug. 19 @ Savanna Rec Plex

-Alberta Open Farm Days – Aug. 19-20 @ Dunvegan Gardens

-Dunvegan Kids! 2-4pm on Aug. 19 @ Historic Dunvegan Provincial Park

-Pirate Day – 12-5pm on Aug. 19 @ RPCPAC

-Hawaiian Day – 12-5pm on Aug. 26 @ RPCPAC

Questionnaire hits the streets

The Central Peace Health & Wellness Coalition (CPHAWC) is looking to gather feedback on walkability in your neighbourhood or rural area. The Central Peace Walkability Questionnaire has been developed and is available both in paper and on line.

All residents of the Central Peace are asked to give input on where, when and why they walk.

A number of strategies to encourage more walking within the community are being examined, including signage and route directions, strategically placed benches and dog litter stations and protection from UV rays.

Copies of the survey are available at Spirit River Town Office and online - Town of Spirit River website and Facebook (CPHAWC , Town of Spirit River pages).

Gift of Play has arrived

A little bit of paint can make a big difference in a community. Playground games have begun to appear in places Kin Park, Public Health Unit, Ste. Marie School and Spirit River Regional Academy.

Emerging research suggests using painted lines on playground tarmac surfaces can be an effective and low - cost way to help increase moderate to vigorous activity levels in children.

Developed by the University of Calgary's Faculty of Kinesiology to help celebrate the U of C's 50th anniversary, the Gift of Play is a kit

complete with playground stencils, spray paint and game instructions. The initiative has been piloted by the Central Peace Health and Wellness Coalition.

Hopscotch, four square and bull's eye toss are available to play with variations that could include games like triangle tag, wall ball and dozens more.

Rules and more information on the playground games can be found at the Public Health Office on 45th Ave. in Spirit River.

Where can I get tested?

STIs are on the rise in Alberta. There were roughly 3,400 cases of gonorrhea reported in Alberta in 2015, which marked an 80 per cent increase from 2014.

An STI is an infection that's passed on by sexual contact. Many Sexually Transmitted Infections (STIs) are spread through contact by with infected body fluids such as blood, vaginal fluids or semen.

You should get tested if /

when...

- You have a new sexual partner
- Multiple sex partners
- Symptoms are showing up
- You had sex with someone with an STI
- You had sex without a condom, or the condom broke

You can access STI testing

TOWN OF SPIRIT RIVER

CHEPE SEPI DAYS

AUGUST 11-12

- ❖ Parade
- ❖ Ryan Cook Chainsaw Carver
- ❖ Fireworks
- ❖ Outdoor movie (Fri. night)
- ❖ Aaron Goodvin concert

www.townofspiritriver.ca

			5			
	6	4		3	1	
7	1	2	6	8	3	5
9	5		3		6	4
1	8	5		6	7	3
6	4		1		5	2
5	2	9	8	1	4	3
	9	3		4	2	
			2			

Word Scramble ☺

IICCV _____

RPADAE _____

SPRHASEGPRO _____

CTYLRCEOMO _____

ALNCOA _____

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

For more information, to subscribe to receive the Community Connect via email, or if you would like to submit info, please call 780-864-9771 or email recmanager@townofspiritriver.ca.



POOL PARTY WEEKEND

FREE SWIMMING

12-9 PM FRI. AUG. 11
SPONSORED BY ATCO

12-8 PM SAT. AUG. 12
SPONSORED BY
RICHARDSON PIONEER

through the following ways:

Family Doctor / Nurse Practitioner: this might be the easiest way for you to get tested. Book an appointment with your health care provider to ask for STI testing. At a minimum ask your health care provider to test you for HIV, syphilis, gonorrhea and chlamydia.

Alberta STI Clinics and Sexual Health Centres: Sexually Transmitted Infection and Birth Control Clinic (Grande Prairie Regional College).

For more information on STIs see www.teachingsexualhealth.ca.