

Upcoming Events

-RYCROFT THANKSGIVING
FARMER'S MARKET
October 4; 12:00 - 6:00 pm
@Rycroft Ag Centre

-GENTLE HEALING OF MIND,
BODY and SPIRIT
October 4; 6:30 to 8:00 pm
@ Woking Community Hall

-TANGENT THANKSGIVING
FARMER'S MARKET
October 6; 10:00 am to 4:00 pm
@Tangent Community Hall

-COMMUNITY KITCHEN
October 11, 9:00 am
@Rycroft Community Hall
October 12, 9:00 am
@ Spirit River Centennial Hall

-FIRST AID "C" CPR & AED
October 13 & 14, 9 am to 5 pm
@ PALS Office, \$150.00

-WOKING HARVEST SUPPER,
October 21 at 4:30 to 6:00 p.m.
@Woking Community Hall
Tickets purchased in advance.
Contact Denise 780-774-2271 or
Alanna 780-765-2101

-LAND BY-LAW OPEN HOUSE
October 23 6:30 to 8:30 pm
@Rycroft Community Hall
October 24 6:30 to 8:30 pm
@Ross Room Spirit River

-FAMILY FALL FUN NIGHT
October 24, 6:30 to 8:30 pm
@Centennial Hall Spirit River

- EAGLESHAM COUNTRY
CHRISTMAS CRAFT SHOW
October 26 3:00 to 7:00 pm
@ Eaglesham Community Hall

- BIRCH HILLS SENIOR CENTER
HARVEST SUPPER
October 28, 5:00 pm @COCO Hall
Looking for donated items for the
silent auction. Contact Betty 780-
694-3947

-SAFE HALLOWEEN
October 31 @SR Centennial Hall
Games from 6:00 to 8:00 pm
Haunted House 6:30 to 9:00 pm
Contact Tracy 780-864-4038

-TRICK OR TREAT
October 31 @Rycroft Library
Hot dogs, warm drinks and of
course TREATS!

COMMUNITY CONNECT



Spirit River Seawolves



The inaugural season for the Spirit River Seawolves was a smashing success.

Our Seawolves accepted the challenge of being a new club and, for the most part, all new to the sport of competitive swimming. We leave this season being very proud of our achievements both individually and as a club. We look forward to continuing to grow our competitive swim club both in and out of the water.

The club has two coaches: Amanda Howard and Miguel MaCedo.

We garnered much respect at all meets in large part due to our coaches. We are committed to building off our success this season and are confident that competitive swimming within our community will continue to grow.

Thank you to everyone in the community for their support. See our Facebook page for information on our club.

Highway 49ers Toastmasters

Please accept this warm invitation to attend our opening **Highway 49ers toastmasters** club meetings this fall at the **Merry Pioneers hall** located on Main street in **Rycroft**. We start at **7:00 pm sharp – 8:30 pm** every **Tuesday** and the time just flies by!

If you have been looking for help to build your confidence, get your thoughts and ideas heard, deal with difficult situations or how to ask for a raise—the Toastmaster program can help you develop the skills and confidence to speak up. Through organized activities and world class online resources, our members are able to overcome shyness, learn strategies to speak with impact and organize topics into compelling stories and speeches that just seem to flow naturally.



I have been an active member for over 30 years and really appreciate the club meetings to help learn and practice different competencies—such as effective listening and giving relevant focused feedback. I delight in learning new ideas and thrive in the warm fellowship and risk-taking of my fellow members.

Come visit us to see what we are up to! We have fun and would love to have more members. Contact: karenegge17@gmail.com or cell 780 512 3572.

Due to unforeseen weather and family matters Gordondale's Annual Tractor Pull scheduled for October 6 has been cancelled.

Join ATB in raising funds for United Way!!

Pie-Five - October 5; 2 to 4 pm

Throw a pie at your favorite ATB Team Member

Carve Off - October 12; 2 to 4 pm

Carve a pumpkin the quickest - winner gets a prize & Halloween Bragging Rights.

Upcoming Events

-CHRISTMAS CRAFT SHOW
 November 2, 4:00 to 9:00 pm
 November 3, 10:00 am to 4:00
 @ Centennial Hall Spirit River
 Contact Denise at 780-864-4065

-SPIRIT RIVER LIBRARY
 GRINCH TREE FUNDRAISER
 November 25; 2:00 to 5:00 pm
 @Ross Room Centennial Hall
 \$65.00 everything included.
[Registration due October 28](#)
 Contact Spirit River Library
 780-864-4038

- GORDONDALE
 COMMUNITY MEETING
 November 5, 7:00 pm

MONTHLY EVENTS

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

-Rycroft & District Lions Bingo
 Mondays 7:00, doors open 6:30
 starting November 5

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

Rycroft & District Lions Club –
 7:00 pm, 3rd Tuesday of each
 month @ Rycroft Community
 Hall

-Drop-In Quilting – 10am on
 Wednesdays @ Birch Hills
 Seniors' Centre

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

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

-Lego Club - 7 pm, every third
 Thursday @Rycroft Library
 starting October 18

-Drop-In Shuffleboard—2pm on
 Fridays @ Rycroft Merry Pio-
 neers Senior Centre

-Gordondale Monthly Movie
 Nights, please watch for dates

Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be available, starting October 15, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community.

Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 42%. Without immunization, Albertans were completely at risk. And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

Many pharmacists and physician offices are offering influenza immunization this season. Call ahead to ensure availability before visiting.

For more information on the influenza program, including AHS public immunization clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Prevention is your protection. Get immunized this season.

AHS will again host the FIT (Fecal Immunochemical Test) campaign. Ask your local healthcare provider if FIT is right for you.

Provided by Alberta Health Services

“Experience Truth”

International Guest Speaker:
 Pastor Charlotte Quist
 at Saddle Hills Victory Church
 5007 46 Avenue, Rycroft
 Friday Oct. 19 – 7 pm
 Saturday Oct. 20 – 7 pm
 Sunday Oct. 21 – 10 am
 Pot Bless Luncheon to follow
 Sunday session.
 Everyone welcome!

Fourth Creek—Free Computer Training Workshop. Tuesday, October 30 Everyone Welcome!! Bring your laptop If possible (we will have 4 spare laptops there). Bring any questions, or topics that you would like to have covered at these sessions. These sessions are held on the last Tuesday of each month at Fourth Creek Community Hall. 9:00 a.m. to 4:00 p.m. Free lunch provided.

Annual Harvest Supper



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 24th of the month to cphawc1@outlook.com.

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.