

# Healthy Active School Symposium

Students in Grade 4 to 12, coming from 15 different schools in the Peace County, attended the Healthy Active School Symposium held at the Mile Zero Regional Multiplex on Wed. Oct. 22 from 9:45 a.m. to 2 p.m. The symposium was hosted by Ever Active Schools in partnership with Alberta Health Services, Alberta Healthy School Community Wellness Fund, APPLE schools and Be Fit for Life Network. Students were educated on physical activity, healthy eating, and positive social environments. Afterwards students created action plans with regards to creating a positive school environment to bring back and implement in their schools. Photos by Justine Kimoden



Students from Good Shepherd School plan a cheer routine during the symposium at the Mile Zero Regional Multiplex on Wed. Oct. 22.



League of leaders, a group of high school students involved in student leadership, taught students a cheer during the Healthy Active School Symposium.



Etienne Francoie Crappier, a Grade 6 student from Ecole Quatre Vents, picked up some pamphlets at the symposium.

**FARM SAFE**

**BE SAFE**

**BERWYN AG SOCIETY**

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## Legion Court seniors forced to deal with broken elevator

“We are checking with Otis Elevator for an update on the status of the manufacturing of the new elevator shaft for the Legion Court Apartments. They will hopefully have something for us tomorrow morning (October 10), which will include, again I hope, an installation date, and we will communicate what we find out from them to our tenants,” the e-mail from Walisser explains. “Unfortunately, we are at the mercy of the manufacturer of the new elevator shaft and the elevator company who will be installing it. I am sure they are doing everything they can to expedite the repairs as they are keenly aware that this is a seniors (sic) apartment.” Susan Miller, a former Grimshaw resident, learned of the elevator outage when she was in Town visiting friends living at Legion Court. “I do come back to this

community to keep in touch and I like to go visit my seniors and it’s convenient for me because two or three of them live in the Legion Court,” she said. “I was absolutely appalled that one of my senior lady friends has been stuck on her floor for two and a half months.” Miller said she was beyond upset seeing residents in such circumstances. “It’s disheartening, it’s smacks of utmost disrespect to these women who are the core of our history, of our community,” she said. “They pay a huge percentage of their income to stay there, that’s their home.” Residents who are mobile enough living on the second floor of the two-story building aren’t as severely affected, however, those who are not mobile enough to take the stairs on their own are bound to their floor.

Residents of the building say they’re becoming impatient with the continued delays, which are forcing senior residents to continue having to carry groceries up stairs. “It’s very difficult going upstairs carrying groceries and things,” said another resident that asked not to be named. “Some people have bad backs and another person has a puffer and when he gets [to the top] he’s out of breath,” another resident added. One resident fairly unaffected by the elevator situation said they’re tired of seeing neighbours suffer. “It’s not that bad [for me]. I say people here are pretty good, I have groceries brought to me so I don’t have to worry about the stairs,” the resident said. “It’s others who I worry about. They just come up to the end of the stairs and they’re just beat.”

At time of publication no update was available as to when the elevator would be fixed, although Walisser explained via e-mail that tenants would be updated on the situation sometime during the week of Oct. 27 to 31.

**ARTISANS OF THE PEACE**

**ANNUAL CHRISTMAS CRAFT SALE & FARMERS MARKET**

Fri.

Sat.

Nov 7<sup>th</sup>

Nov 8<sup>th</sup>

4:00 pm - 9:00 pm

10:00 a.m - 4:00 pm

**Come out to the**

**Al Adair Rec Centre, Peace River**

**Enter to Win Door Prizes!**

*Crafts of All Kinds ~ All Handmade*

**Come out and do your Christmas shopping!**

**Peace River Regional Women's Shelter Society**

**BUILDING BETTER BABIES-CPNP**

**PROGRAM COORDINATOR**

The Building Better Babies Program is looking for a Program Coordinator. This is a part-time position for 15 hours per week. The Coordinator’s role is to ensure program funding is spent to improve the pre-natal and post-natal nutrition of high-risk mothers in the Peace River and surrounding areas. She/he manages the day-to-day operations of the program and program finances. She/he reports directly to the Executive Director of PRRWSS.

**The ideal candidate must have:**

- 1) an ability to work with minimal supervision
- 2) an ability to work collaboratively with health professionals and community agencies;
- 3) an ability to develop and maintain a financial system
- 4) an ability to prepare program work plans, cash flows and reports
- 5) an ability to facilitate programs – community kitchens/cooking sessions

She/he must pass reference checks and a criminal record check. She/he must have a valid driver’s license and provide her or his own transportation. Resumes to be submitted by November 7, 2014 to [lkiep@prws.com](mailto:lkiep@prws.com) or faxed to 780-624-1469.

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**GET IMMUNIZED BEFORE INFLUENZA ARRIVES.**

**Alberta's influenza immunization program is ongoing.**

**Influenza immunization is available, free of charge, to all Albertans six months of age and older.**

**Upcoming Immunization Clinics in Your Area**

DATE:	TIME:	LOCATION:
Thursday, October 30	2:00 PM - 8:00 PM	Mile Zero Regional Multiplex
Monday, November 3	10:00 AM - 3:00 PM	4609 50 Street
Monday, November 10		Grimshaw
Saturday, November 15	10:00 AM - 4:00 PM	
Tuesday, November 18	10:00 AM - 12:00 PM	Grimshaw/Berwyn Community Health Centre, 5621 50 Avenue
Tuesday, November 25	and 12:30 PM - 3:00 PM	Grimshaw
Tuesday, November 18	11:00 AM - 3:00 PM	Dixonville Golden Age Centre
		Dixonville

**Please bring Alberta Health Care Card. Short sleeves recommended.**

**albertahealthservices.ca/influenza**

**| 1.866.408.5465 (LINK)**