



January 2023

# Welcome to Fairview





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# Welcome!

## About Fairview & Area

The Peace Country, which includes Fairview & Area is the traditional homeland of many diverse First Nations and Métis people whose ancestors have walked this land since time immemorial. We are grateful to work, live and learn on the traditional territory of Treaty 8.

Other settlers were explorers and fur traders who travelled by way of the Peace River to Fort Dunvegan. For more history of the area check out Historic Dunvegan: <https://historicdunvegan.ca/>

Peace Country residents pride themselves on being self-reliant and hardy folk. They also have a strong sense of community spirit and will go out of their way to help a neighbor out.

Residents love outdoor activities. From sports to swimming, kayaking, canoeing, horseback riding, boating, biking, skiing, running, walking, golfing, camping, quadding, skiddooing, hunting, fishing, gardening, barbecuing, or just sitting around a campfire with good friends and family.

The Peace Country produces canola, wheat, oats, peas, barley, hay, flaxseed, rye as well as world class honey.

The Peace also boasts many livestock ranches, including beef cattle, dairy cattle, pigs, sheep, lambs and horses. It also accounts for 14% of Canada's bison herd. Other industries include oil & gas and forestry.

Fairview & area residents love music and host numerous music festivals each year. The most popular music is Folk, Country, Celtic, Bluegrass and Gospel.

Fairview & Area has a vibrant arts community - the Fairview Fine Arts Centre, as well as homemade crafts and natural products, which are featured with homegrown local food and goodies at the Fairview Farmers' Market, held at the Fairview Legion most Wednesdays.

Fairview & Area residents love their local hockey team, The Fairview Flyers. Come out for a game at the Fairplex Arena and cheer them on.

So sit back and enjoy a slower pace of life, fresh air and beautiful natural scenery and wildlife. Pick up a new hobby or activity by joining a community group- page 4/5 and before you know it, Fairview will feel like home.



**[fairviewfcss.com](http://fairviewfcss.com)**





**Get  
Connected!**

#### **WEBSITES**

**[www.fairviewfcss.com](http://www.fairviewfcss.com)**

information & referral for resources in Fairview & area

**[www.fairview.ca](http://www.fairview.ca)**

Town of Fairview community information

**<https://www.fairviewevents.ca/>**

community events

**[www.fairviewchamber.com](http://www.fairviewchamber.com)**

business directory

**[www.mdfairview.com/](http://www.mdfairview.com/)**

MD of Fairview No. 136 community information

#### **SOCIAL MEDIA**

Fairview FCSS Facebook page-

**<https://www.facebook.com/fairviewanddistrictfcss>**

Facebook @ Town of Fairview

Facebook @ Municipal District of Fairview No. 136

#### **LOCAL PAPER**

Fairview Post - at most retail outlets in Fairview

#### **FAIRVIEW NEWSLETTER "TALK OF THE TOWN"**

When you sign up for utilities in Fairview

#### **POSTER BOARDS AROUND TOWN**

Numerous organizations put up their event posters and they are located at the Mall on Main, Canada Post Office, Freson Bros. Fairview, Rexall, Guardian - Becher Pharmacy, and many other locations.

#### **COMMUNITY EVENTS**

Check out the FCSS Corner (page 9) monthly column, the last Wed. of the month for the next month or first Wed. of current month in the Fairview Post. As well as the events website listed to the left.

#### **EVENTS FOR YOUR PRESCHOOLER**

Check out the General Preschool Calendar included in this booklet on page 12.

**SPORT & COMMUNITY GROUP CONTACT** Check out the In & Around Fairview publication, included in the Newcomer Welcome bags, and at most retail outlets in Fairview, as well as page 5,6 of this booklet.



**Welcome Home!**

**fairviewfcss.com**





## phone numbers

Ambulance /Fire/Police .....	911	Your Doctor.....	_____
Health Link .....	811	Your Dentist.....	_____
Local RCMP complaint line .....	780.835.2211	Child's World Day Care.....	780.835.2102
Fish and Wildlife .....	780.835.2737	Canada Post.....	780.835.2855
Poison Centre .....	1.800.332.1414	Freson Bros.....	780.835.2716
Hospital .....	780.835.6100	Hello Cab & Delivery.....	780.834.6787
Hospital Social Worker.....	780.835.6112	Crossroads	
Homecare .....	780.835.4951	24 hr. Crisis Line.....	780.835.2120/ 1.877.835.2120
Long Term Care.....	780.835.6160 or 6170	Ministerial Association.....	780.835.3001
Fairview Ladies Auxiliary.....	780.835.4524	AHS Addictions....	780.835.4951
Fairview Medical Clinic.....	780.835.4255	Access Mental Health .....	1.888.594.0211
Rexall.....	780.835.4383	Suicide Prevention Help Line.....	1.800.784.2433
Guardian- Becher.....	780.835.4078	Alberta Supports.....	1.877.644.9992
Pharmasave.....	780.835.3485	Alberta Works.....	780.624.6135
FY i Doctors .....	780.835.3555	EE Oliver School.....	780.835.2225
Golden Age Centre.....	780.835.4397	STM School.....	780.835.2245
Harvest Lodge.....	780.835.2862	Fairview High School .....	780.835.5421
Garrison Manor....	780.835.4194	Fairview Public library.....	780.835.2613
North Peace Housing.....	780.624.2055	Fine Arts Centre.....	780.835.2697
Town of Fairview.....	780.835.5461	FCSS.....	780.835.5471
MD of Fairview #136 .....	780.835.4903	Fairview Registries.....	780.835.5707
		Fairview Regional Aquatic Centre.....	780.835.2812
		NW Polytechnic.....	780.835.6600





# Community Contacts 2022

Organization	Email	Phone
Awana Kids Club.....		780.835.5185
David Thompson Bible Camp.....	director@dtbc.ca .....	780.494.2103
Dunvegan Fish& Game.....		780.835.2435
Dunvegan Nordic Ski & Cycle.....	dunvegan.nordic@gmail.com .....	780.835.0576
FCSS .....	fcss@fairview.ca .....	780 835 5471
Fairview Curling Club.....	fairviewcurlingclub@gmail.com.....	780.835.5293/2828
Fairview & District Slow Pitch.....		780.835.8348
Fairview Flyers.....		780.835.9218
Fairview Golf Cub .....		780.835.2844
Fairview Gymnastics Club .....	fairviewgymnastics@hotmail.com.....	
Fairview Ladies Hockey .....		780.835.3760/2187
Fairview Minor Ball.....		780.835.3942
Fairview Minor Hockey.....	registrar@fairviewminorhockey.com .....	
Fairview Minor Soccer .....	fairviewminorsoccerclub@gmail.com .....	780.772.0719
Fairview Olympians .....		780.835.2115
Fairview Regional Aquatic .....	aquatic@fairview.ca .....	780.835.2812
Fairview Ski Hill.....		780.835.4725
North Peace Sporting Horse Club .....		780.835.5151
Ratepayers Hockey League .....		780.835.1560
Silver Blades Figure Skating.....	fairviewsilverblades@gmail.com .....	780.835.1756
Unchaga Lanes & Lounge .....	Unchagalanes@hotmail.ca .....	780.835.2695
Whitelaw Curling Club .....		780.835.4897
Fairview Chamber of Commerce.....	manager@fairviewchamber.com .....	780.835.5999
Career Resource Centre .....		780.835.4005 ex 101
Fairview & Area Palliative Care.....		780.835.3195
Family Resource Network.....	frn@peaceriver.ca.....	780.624.0770
4-H Clubs Regional.....		780.835.7536
Fairview & Area Learning Store .....		780.835.3800
Fairview & District Playschool .....	fairviewdistrictplayschool@gmail.com.....	
Fairview Fine Arts Society .....	finearts@telus.net .....	780.835.2697
Fairview Public Library .....	librarian@fairviewlibrary.ab.ca .....	780.835.2613
Northwestern Polytechnic.....	nbowes@nwpolytech.ca .....	780.539.2050
Fairview Agricultural Society.....	info@fairviewagriculturalsociety.com .....	
Fairview & District Lions Club.....		780.835.4808/0759
Fairview Livestock.....		780.835.2645





# Community Contacts 2022

Organization	Email	Phone
Fairview Volunteer Fire Dept.....	firechief@fairview.ca .....	780.835.4372
Golden Age Society .....		780.835.6499
Rotary Club .....		780.835.1273
Royal Canadian Legion #184.....		780.835.4129
Waterhole Old Timers .....		780.835.4868
St. Helen's Anglican .....		780.835.7073/9456
St. Paul's United .....		780.835.2008
Immaculate Heart of Mary .....		780.494.3770
Bluesky Christian .....		780.835.2489
Trinity Lutheran.....		780.835.5107
Faith Fellowship.....		780.835.3633
Cornerstone Baptist.....	cornerstonefairview@gmail.com .....	780.835.5656
Lighthouse Fellowship .....		780.685.3953
Fairview Alliance.....		780.835.2361
Westside Community .....		780.835.5355
Worsley Baptist .....		780.685.3953
Seventh Day Adventist .....		780.835.0096
Fairview Gospel Chapel.....		780.835.4198
St. Thomas More Catholic .....		780.835.2250
Seniors Community Kitchen .....	seniorscheckin@gmail.com.....	780.835.8873/3859
Ignite Youth .....		780.835.5455
Miiramichi House .....	grannyfiddler@gmail.com .....	
Stridivarius Studio.....	grannyfiddler@gmail.com .....	780.518.3937
Stepping Up .....	info@prsteppingup.ca.....	780.624.8235
NWPCALC.....	admin@nwpcalc.com.....	780.772.9487/9477
Blue Heron Disability Services.....	madonna.woolridge@bhssa.ca.....	780.834.6506
Crossroads Resource Centre .....		780.835.5550
.....		Helpline 1.877.835.2120
North Peace Housing Foundation.....		780.835.2862
Fairview Community Centre.....		780.835.2812
College Town Capers.....	Mary French .....	780.835.1393
Peace Valley Funeral Home .....	fairview@peacevalleyfuneral.ca .....	
R Work Group.....		780.539.1072
Mitelka Folkloric Theatre & Dance .....	Carol Wookey .....	780.685.3813/780.834.7680
Fairview Veselka Ukranian Dance.....	fairviewveselkadancers@gmail.com .....	Amber Moskalyk 780.835.1433





## Did you know...

- That FCSS is an innovative, made in Alberta approach to delivering preventive social programs
- Even though it has been around for more than 50 years, you may not have heard much about FCSS. We don't hear about preventing drug and alcohol abuse, preventing crime, preventing isolation, because when prevention works - it's not widely broadcast. Avoiding a crisis isn't news
- FCSS strategically invests in programming that helps to reduce crime, reduce health care dependency, reduce employment barriers for vulnerable Albertans and enhance our economy
- Research has shown that for every \$1 invested in preventive services, \$7 - \$12 dollars in future spending is saved. Long-term spending is reduced for justice, health care, and addiction treatment (Heckman, Moon, Pinto, Savelyev & Yavitz, 2010)

### References

Heckman, J.J., Moon, S.H., Pinto, R., Savelyev, P.A., & Yavitz, A. (2010). *The Rate of Return to the High/Scope Perry Preschool Program. Journal of Public Economics*, 94 (1-2), 114-128.





# Follow Us for All Upcoming Events!

## FUN FACTS!

Family & Community Support Services (FCSS) is a preventative social services a preventative social service, not for profit organization that has operated in Fairview for 33 years. Even though it has been around provincially for more than 50 years, you may not have heard much about FCSS. We don't hear about preventing drug and alcohol abuse, preventing crime, preventing isolation, because when prevention works - it's not widely broadcast. Avoiding a crisis isn't news.

FCSS strategically invests in programming that helps to reduce crime, reduce health care dependency, reduce employment barriers for vulnerable Albertans and enhance our economy. Research has shown that for every \$1 invested in preventive services, \$7 - \$12 dollars in future spending is saved. Long-term spending is reduced for justice, health care, and addiction treatment (Heckman, Moon, Pinto, Savelyev & Yavitz, 2010). The Rate of Return to the High/Scope Perry Preschool Program. Journal of Public Economics, 94(1-2), 114-128.

Some of the ways FCSS does this, is by providing information and referral services for resources available locally in the community. Such as through the Fairview FCSS Family & Community Resource Centre, operated in the Fairview Provincial building. As well as the Fairview FCSS Website, the Fairview FCSS Facebook page, and the monthly newsletter, FCSS Corner in the Fairview Post. Fairview FCSS also runs, or funds, numerous other programs and events annually.

### Here are our offerings for 2022:

- EEO & STM Family School Liaison Program
- Fairview Big Brothers Big Sisters
- The Fairview Fine Arts Generation XYZ Program
- Bonding with Baby
- Newcomer Welcome Bags
- Community Volunteer Income Tax Program
- Volunteer Week
- Seniors Week
- FCSS Corner Newsletter
- PACE Community Support, Sexual Assault & Trauma Centre Courses
- Kindness Campaign Monthly Activity Bags
- Ignite Youth
- Grant Program

In 2021, Fairview FCSS programs were accessed 47,976 times by Fairview and Area residents. A total of 51 volunteers contributed 1,759 hours to provide these programs and services. Ninety percent of surveyed participants reported a positive change as a result of participating in Fairview FCSS programs.



Office Hours: 8:30-3:30 Monday to Friday  
Phone: 780.835.5471 • Fax: 780.835.5443  
Email: [fcss@fairview.ca](mailto:fcss@fairview.ca)  
Facebook: Fairview & District FCSS  
Provincial Building Rm #12610209 109 St. Fairview, AB

[fairviewfcss.com](http://fairviewfcss.com)







## FCSS CORNER

### LOTS HAPPENING THIS MONTH

“ Like US on the Fairview FCSS  
Facebook page or check out our  
website for upcoming events! ”

## JANUARY CALENDAR 2023

#### Triple P Fear-Less

January 9, 16, 23, 30 | 6:30pm-8:00pm  
Ignite Youth Centre | FRN 780.624.0770

#### Story Time at the Library

Wednesdays | 10:00am-11:30am  
Fairview Public Library | 780.835.2613

#### Peace Grief Care Support Group

Tuesdays | 6:30pm  
In Person/Online Options | 780.624.1010

#### Virtual Reality Night

January 12, 19, 26 | 5:00pm-8:00pm  
Fairview Public Library | 780.835.2613

#### Malanka - Ukrainian New Year Celebration

January 14, 2023 | Doors 5:30pm  
EE Oliver School Gym

#### Lego Club

January 14, 28, 2023 | 1:00pm-3:45pm  
Fairview Public Library | 780.835.2613

#### Free Indoor Soccer Grades 1-6

Wednesdays | 6:00pm-7:00pm  
EE Oliver School Gym | 780.330.9000

#### Fairview Book Club

2nd Tuesday of Month | 7:00pm  
Fairview Public Library | 780.835.2613

#### Seniors Community Kitchen

3rd Tuesday of Month | 10:30am  
Fairview Legion  
780.835.8873 / 780.835.3859 / 780.835.2476

#### Recreational Activities for Seniors

Check Monthly Schedule  
Fairview Golden Age Drop-In Centre | 780.834.4361

#### AHS Better Choices Better Health

January 24, 31, 2023 | 12:30pm-3:00pm  
Online | 1.877.349.5711

#### Fire it Up Circus Workshop

January 28, 2023 | 12:00pm-3:30pm  
EE Oliver School Gym | 780.835.5455

#### Aquatic Activities

Check Monthly Schedule  
Fairview Regional Aquatic Centre | 780.835.2812

#### Gym, Sauna/Movies

Check Monthly Schedule  
Fairview Community Centre | 780.835.2812

#### Ice Skating

Check Monthly Schedule  
Fairview Arena | 780.834.7239

#### Bowling

Check Monthly Schedule  
Unchaga Lanes & Lounge | 780.835.2695

#### Skiing/Snowboarding

Check Monthly Schedule  
Fairview Ski Hill | 780.835.4725

#### Cross Country Skiing

Check Monthly Schedule  
Dunvegan Nordic Ski & Cycle | 780.835.1492 / 780.835.4958

The events listed in this calendar are subject to change without notice. As such please contact programs directly for further information.

Do you or your organization have an event coming up that could use some promotion?

Contact us, we would be happy to include it in next months column: [780.835.5471](tel:780.835.5471) email: [fcss@fairview.ca](mailto:fcss@fairview.ca)



780.835.5471  
F. 780.835.5443  
E. [fcss@fairview.ca](mailto:fcss@fairview.ca)



[fairviewfcss.com](http://fairviewfcss.com)



Room 126, 10209-109th St.  
Provincial Building  
Fairview, AB





## Retiring Soon?

Get Government form assistance at the Fairview FCSS Family & Community Resource Centre 780.835.5471.

### FEDERAL GOVERNMENT

Apply at least six months before your 65th birthday

- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Canada Pension Plan (CPP)

**Contact: Service Canada 1-800-277-9914**

**[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)**

### PROVINCIAL GOVERNMENT

You should receive a Seniors Financial Assistance application package in the mail three months before your 65th birthday. If you do not, call the Alberta Supports **Contact Centre at 1-877-644-9992.**

### SENIORS FINANCIAL ASSISTANCE

One application to access the following programs:

- Alberta Seniors Benefit
- Dental Assistance for Seniors
- Optical Assistance for Seniors
- Education Property Tax Assistance for Seniors
- Special Needs Assistance for Seniors

**Contact: Alberta Supports Contact Centre**

**1-877-644-9992 | [www.health.alberta.ca](http://www.health.alberta.ca)**

### ALBERTA BLUE CROSS COVERAGE FOR SENIORS

(prescription medications)

Provide proof of age. A Proof of Age Declaration form is included in the Seniors Financial Assistance application package.

(Provide a copy of ONE of the following:

Birth Certificate, Passport, Canada Entry Document, Old Age Entitlement Letter, or Baptismal Certificate.)

**Contact: Alberta Blue Cross 1-800-661-6995**

**[www.ab.bluecross.ca](http://www.ab.bluecross.ca)**

You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select registry agents across Alberta. For a list of registries or to print a Proof of Age Declaration. Contact: Alberta Health 780-427-1432



**[fairviewfcss.com](http://fairviewfcss.com)**



## 55+ Crowd Social Outings

- **Fit & 50 + Aqua Size** - Fairview Aquatic Centre 780.835.2812 - Check monthly calendar
- **Birthday Party** - First Monday of the month 2:00pm - Golden Age Centre 780.835.5922
  - **Bowling** - Wednesday 1:00pm - Unchaga Bowling Lanes 780.835.2695
- **Stirling Curling** - Tuesday 10:00am - November through March - Curling Rink 780.835.2828
  - **Shuffle Board & Cards** - Tuesday 1:00pm - Golden Age Centre 780.835.5922
  - **Kaiser** - Fourth Sunday of the month 7:00pm - Golden Age Centre 780.835.5922
  - **Whist** - Second Wednesday of the month 7:00pm - Golden Age Centre 780.835.5922
- **Pot Luck Supper** - Third Wednesday of the month 5:30pm, music to follow - Golden Age Centre 780.835.5922
  - **Seniors Community Kitchen** 3rd Tuesday of the month - 780 835 8873
- **Fairview Farmers' Market** - most Wednesdays 4:00-8:00pm - Fairview Legion 780.330.9211

Check out monthly events in Fairview

[fairview.ca/eventscalendar](http://fairview.ca/eventscalendar)



[fairviewfcss.com](http://fairviewfcss.com)





## Fairview General Preschool Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fairview Developmental Playgroup</b> 10am-12pm	<b>Fairview Playschool</b> 9am-11:15am 1pm-3:15pm  <b>Library Rhyme Time on Momma's Lap</b> 10-10:30am 6 mo.-2 years	<b>Fairview Playschool</b> 9am-11:15am 1pm-3:15pm  <b>Library Time for Tots</b> 10-11am 3-5 years  <b>Fairview Regional Aquatic Centre (FRAC) Family/Public Swim</b> Check monthly calendar	<b>Fairview Playschool</b> 9am-11:15am 1pm-3:15pm  <b>(FRAC) Family/Public Swim</b> Check monthly calendar	<b>Fairview Playschool</b> 9am-11:15am 1pm-3:15pm  <b>(FRAC) Family/Public Swim</b> Check monthly calendar	<b>(FRAC) Family/Public Swim</b> Check monthly calendar  <b>Library Lego &amp; Duplo</b> 3-12 years Every 2nd Sat.	<b>(FRAC) Family/Public Swim</b> Check monthly calendar
<b>**Important Notice**</b>  Program times, dates and details are subject to change without notice. For up to date information on the pool and other programs please contact programs directly, contact info below.						

### PROGRAM CONTACT INFORMATION

Fairview Regional Aquatic Centre ..... **780.835.2812** Fairview Public Library ..... **780.835.2613**  
 Fairview Developmental Playgroup ..... **Facebook**  
 Peace Region Family Resource Network.....780-624-0770  
 Fairview & District Playschool.....**fairviewanddistrictplayschool@gmail.com**

# — Self Care Ideas —

## Spiritual Self-Care Ideas

- Pray
- Meditate
- Make a list of things to be grateful for
- Sing, listen to music
- Join or go to church
- Read uplifting books
- Read poetry
- Read about extraordinary people
- Watch inspiring movies
- Pay it forward
- Do random acts of kindness for others
- Practice forgiveness for yourself and others
- Start volunteering for a worthy cause

## Physical Self-Care Ideas

- Go for a walk, gym, swim, yoga, stretching, biking
- Join an exercise class/sport
- Dance to your favorite music
- Sleep, rest, get a massage
- Have a bubble bath
- Treat yourself to home spa treatments
- Book a hair or spa treatment
- Get a makeover
- Drink water, cook your favorite foods, eat
- Reduce clutter, go through your clothes, if it's not flattering get rid of it
- Clean, organize and beautify your home

## Emotional Self-Care Ideas

- Watch a comedy and have a good laugh
- Watch a touching movie and have a good cry
- Have a vent session with a good friend
- Join a new sport or hobby group to meet new people
- Go to a dance/event/concert where you can meet new people
- Get a punching bag and punch it until you are exhausted
- Make a picture of where you want to be in a year
- Surround yourself with loved ones, tell them you love them & why

## Mental Self-Care Ideas

- Get into a new book, game, puzzle, craft, artwork, scrapbook
- Start a journal /dream journal
- Write a letter to someone who bothers you and burn it
- Take an art class
- Start a new hobby
- Learn a new language
- Take a continuing education class
- Plan/ go on a trip
- Watch a new movie or show
- Learn how to use the computer/IPAD, I phone,
- Play brain games, play cards/video games