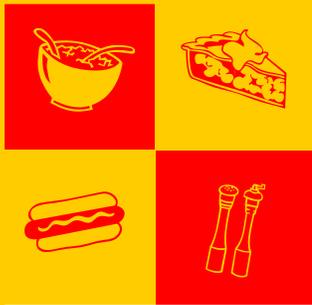


Neighbourly News

Volume 1, Issue 24

Wednesday, November 4th, 2020



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Vision, Mission and Values:

- ♦ *Vision: Mental health and wellness in all communities*
- ♦ *Mission: To be a leader in the provision of advocacy, education, research, and client centered recovery based services in the Kenora-Rainy River Districts*
- ♦ *Values: Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity and transparency; innovation.*

Ky's Korner; put the candy away

**Kyleigh Ossachuk-
Peer Support Worker-
Fort Frances**

What's going on everyone? I hope you all had a safe and happy Hallowe'en. It wasn't too busy at my house, we only had 4 kids, but I guess that's the way the cookie crumbles.

Speaking of Hallowe'en, how many of us have chocolate and treats lying around that are tempting us to eat them? I know there is at my house. So what can we do to reduce the temptation? Because honestly, we all know that all that sugar is bad

for us. Whether it raises blood sugar, triggers anxiety, or just makes us put on a few extra pounds, none of that is a good thing.

So one thing we can do, is get rid of that temptation. Give the candy away, hide it, have someone else hide it, throw it away. Do whatever you need to do to avoid the candy.

The second thing we can do, is find some "better" alternatives to the sweets, and salty. We can get some veggies and dip, some crackers and cheese, fruit, any type of protein, a granola bar,

anything like that that is easy to grab, and packs a bit more nutrients than the "bad" stuff.

One of the other things we can do is get water into our system. We, as human beings who are made up of a large part water, need to drink at least 3 litres a day. That is a lot of water, and for some people, it is not healthy for them to ingest all that water. But drink a few glasses a day, it will flush your system, and make you feel a little more full. Good luck this week, I will be rooting for you, and I'll be trying to do the same.

(World?) Series Champs!

The Los Angeles Dodgers are your 2020 World Series Champions.

I like the Dodgers, and I have cheered for them since I was old enough to do so, as my dad was a big Dodgers fan. So I am

happy they won the title. However, I question America, and why they say they are "World" champions, when they only play in North America?

In my humble opinion, if

you want to call yourself a "World" champion, then you should play teams from all around the globe? No? Yeah? Just me?

Anyways, congrats to the Dodgers. Well deserved.

Manitoba is in the RED zone

COVID-19 has gotten out of control in Manitoba as of late, and they are now in “Level Red” as of Monday, November 2nd at 12:01am.

Winnipeg will be closing all bars, restaurants, casinos, and recreation centers as of Monday. All grocery stores will operate at 50% capacity, and you are now required to wear a mask when out in public anywhere. If you are not wearing a mask, you will be refused service. All other retail stores, and gyms are only going to operate at 25% capacity,

and churches will only be allowed to operate at 15% capacity. Again, all public places are requiring you to wear a mask. All public gatherings in the city of Winnipeg have a maximum capacity of only 5 people.

This “Level Red” comes after the province of Manitoba had reported more than 349 new reported COVID-19 cases on Saturday, October 31st, and another 300 plus cases reported on Sunday, November 1st.

There have been 5 deaths reported in the last few days as well. These are all linked to an outbreak in a Long Term Care home.

These restrictions are in place for the next two weeks, and will be reassessed then, and things will progress from that point.

Manitobans are being asked to only socialize with people in their immediate household.

Hiking safety

Hunting is a very popular outdoor activity here in the Northwestern Ontario. Whether you agree with hunting or not, we share the same spaces with sportsmen and it’s important to stay aware and safe.

Here some tips to keep you and your family safe on the trails during this time of year: 1. Know when hunting season is. Your MNR Website will have details regarding dates for your area. There are also

different seasons for bow hunting and firearms. 2. Be aware of signage. Signs will indicate what you need to know!

3. Wear brightly colored clothing. Orange and red are good colors because they will stand out.

4. Don’t forget your furbabies! Put a brightly colored vest or sweater on Fido.

5. Stay on the trails. Sportsmen

tend to stray away from heavily used trails.

6. Make noise. Chattering and babbling will probably scare the deer – and hunters – off.

7. Head for high country. You won’t find many animals at high altitudes, but there are plenty of beautiful views!

Stay safe!

From the Desk of Donna.

In with the good, out with the bad

Worrying creates anxiety, and we all know that. So what can we do to help with that? We have to focus on the things we CAN control, and not the things that we CAN’T control.

Check out the picture, and take some of those ideas down. Focus on the things like turning off the news, staying off social media, staying

home when you can, and staying positive. Don’t focus your time and energy on others, because we can’t control them, or “fix” them. We need to keep ourselves in check, and make sure we are doing the right things. That is all we can do. It is hard to do, but it will make a difference in the end. We do what we can, and hope that that is enough.



Zoom Zone

Zoomers! If you were not on the Zoom Virtual tour last week, you missed out! Here is a message from Reece:

“Good day everyone! With October over, Zoom was a success and we celebrated Mental Illness Awareness week with Zoom Mental Health Zones and an educational. We also had things like Baking on a Budget, where Linda made a fantastic no-bake Cheesecake, which was a great use of a dish considering we couldn't use our oven. As well, we

had a Halloween edition of the Virtual Tour this month, where we explored haunted houses! Featured here is a screenshot of us touring the Pittock Mansion, a mansion opened to the public that is thought to be haunted! Spooky! Thanks to everyone who participates and makes the Zooms an experience like no other. If you'd like to participate, e-mail us at peersupport@cmhaff.ca – the November calendar is now live!”

Thanks for making the virtual tour last week so much fun you guys!

We hope to see you whenever you are able to make it. It is always a fun and safe environment for you to come and hang out.



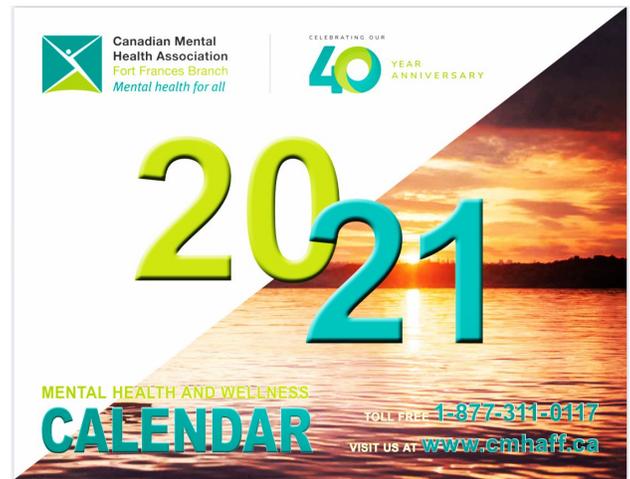
Shout out!

This week to the CMHA- FF management and staff for putting together another AMAZING 2021 Calendar. The calendar has been a staple around here for 14 years now, and it is absolutely beautiful.

Every year there is a new theme, some great quotes, and stunning pictures.

These have arrived in most communities around our district, but if you have not gotten one yet, contact your local CMHA- FF office, and ask them if they can get you one. You won't want to miss out, these will be going fast.

Thank you, CMHA- FF!



Lest we forget

October is now in the rear view mirror, and now we are into November.

The month of November is a really important month that doesn't quite get the "air time" it deserves, in my opinion, of course.

Remembrance Day is November 11th, and that is our day to

remember all the men and women who went to war for our country, and for us.

We would not be where we are today without the sacrifices they made, and their families made so that we could be free.

During the beginning of November, please consider wearing a poppy to

show support for the veterans. You can find poppies just about anywhere this time of year. The grocery store, gas stations, if you have a Royal Canadian Legion in your area, they will have them. They are not a lot of money, they are only a donation of whatever you can give. A small price to pay to show your support.

To do list

PRACTICE KINDNESS
BE THANKFUL
BREATHE DEEPLY
ENJOY LIFE
LOVE



SUDOKU

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

ANSWERS TO LAST WEEK'S SUDOKU:

	1	2	3	4	5	6	7	8	9
A	2	4	9	1	5	7	3	6	8
B	5	1	6	2	3	8	4	7	9
C	3	7	8	4	9	6	2	5	1
D	9	6	5	3	4	1	7	8	2
E	4	8	1	7	2	9	6	3	5
F	7	2	3	6	8	5	9	1	4
G	1	3	2	5	6	4	8	9	7
H	8	5	4	9	7	3	1	2	6
I	6	9	7	8	1	2	5	4	3

Science Word Search

Y G O L O M O T N E R I B A H E G O O
G L R R Y G O L O M E G R I M C Y U Y
O G O N N R T Y O Y H Y S Y O O L Z O
L C H E M I S T R Y A T U Y I L O I Y
O T M S A S T R O N O M Y X L O O O P
R N S C I S Y H P L Y G Y Y Y G G G H
T Y T I R O Y G O M O G E G O Y T G Y
E Y C T O O Y G O L O P O R H T N A T
M G Z S O O Y T O L O L Y L O O L Y O
Y O V U L C A N O L O G Y L O H G T L
C L O O L N A T V R O T Y O O O D Y O
O O Y C A E I I O L Y Y N O L L Z H G
L I L A C S R E O L I T H O L O G Y Y
O S L O A O T Y Y C Y Y C T E I O L G
G Y Y R L E R Y Y I L I O Y H L Y Y O
Y H A O M B O I Y O X O R E S C A G L
G P G R M H Y D R O L O G Y O G I P O
L Y N E Y S C I T E N I K P H H E A E
A A O Y O L H L O A I S Y S R Y C M G

Acoustics
Anatomy
Anthropology
Astronomy
Biology
Chemistry
Ecology
Embryology
Entomology
Gemology

Geology
Histology
Hydrology
Ichthyology
Kinetics
Lithology
Meteorology
Metrology
Mycology
Oceanology

Ornithology
Paleontology
Parasitology
Physics
Physiology
Phytology
Toxicology
Virology
Vulcanology
Zoology