



Taylor Times

November 2026



Taylor Directory

District Office	250-789-3392
Taylor Fire and Rescue Services	250-789-3392
Arena	250-789-3004
After Hours Trouble Calls	250-785-7078
Lone Wolf Golf Club	250-789-3711
Library	250-789-9878
Peace Island Park	250-789-9295
Parks and Facilities	250-789-3333
Community Services Hub	250-789-2828
Visitor Centre	250-789-9015
Taylor Pool	250-789-1024
Emergency	911
FSJ Rotary Club (assisting Seniors)	250-785-1972
Seniors Helpline BC 211	211





District of Taylor Council and Committee Meeting Dates

2026	Committee of the Whole at 3:30 p.m. Council at 5:00 p.m.
November	Monday, November 2, 2026 Monday, November 16, 2026
December	Monday, December 7, 2026 Monday, December 21, 2026

All meetings are held in Council Chambers at the District office
located at 10007 - 100 A Street, Taylor, BC

Can't make it to the meeting?

STREAMING

• LIVE

The District of Taylor is now streaming meetings live on YouTube:
Go to www.youtube.com and search "District of Taylor Council Meetings" or
click here: [District of Taylor YouTube Page](#)

*Questions and comments on agenda topics can be sent to
dmcginn@districtoftaylor.com by noon on the day of the meeting*

Stay informed on District of Taylor business!

Subscribe to receive agendas and minutes via email by visiting the
District of Taylor website or
click here: [Council and Committee Agendas and Minutes](#)



DISTRICT OF TAYLOR
DECLARATION OF OFFICIAL ELECTION RESULTS
GENERAL LOCAL ELECTION – 2026
OFFICE OF COUNCILLOR

I, Lisa Ford, Chief Election Officer, do hereby declare elected the following candidates, who received the highest number of valid votes for the office of Councillor.

1. Peggy Alexander
2. Murray Giesbrecht
3. Brad Filmer
4. Earle Connor

Dated at Taylor, BC

This 21st day of October, 2026.



Chief Election Officer



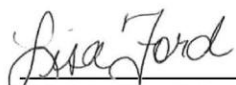
DISTRICT OF TAYLOR
DECLARATION OF OFFICIAL ELECTION RESULTS
GENERAL LOCAL ELECTION – 2026

OFFICE OF MAYOR

I, Lisa Ford, Chief Election Officer, do hereby declare elected, Brent Taillefer, who received the highest number of valid votes for the office of Mayor.

Dated at Taylor, BC

This 21st day of October, 2026.



Chief Election Officer



PUBLIC NOTICE

INTENTION TO PROVIDE ASSISTANCE UNDER A PARTNERING AGREEMENT

Taylor Enterprises Inc. (doing business as Fairway RV Park)

Pursuant to Sections 24 and 94 of the *Community Charter*, notice is hereby given that the District of Taylor intends to provide assistance to Taylor Enterprises Inc. under the terms of a Partnering Agreement.

Term of Agreement: October 8, 2026 to October 7, 2031

Nature of Agreement: The District intends to provide assistance to Taylor Enterprises Inc. in the form of a \$15,000 grant, which the Corporation is required to allocate in its entirety toward payment of the District's utility services invoices for Fairway RV.

Taylor Enterprises Inc. agrees to provide the District with a \$15,000 credit at Fairway RV Park to be used toward affordable accommodation for District staff. Unused credit will expire at the conclusion of the five-year term.

Lisa Ford
Interim Director of Corporate Services
October 23, 2026



IN THE HEAT WITH THE TAYLOR FIRE RESCUE

Do you know what to do after a fire has happened in your home?

The District of Taylor has another amazing group of emergency responders that volunteer their time to assist you after an emergency happens. Introducing our Emergency Support Services team!



What is Emergency Support Services (ESS)?

ESS helps preserve the well-being of British Columbians during or immediately following an emergency. Coordinated by the District of Taylor, our ESS volunteers help people affected by large emergencies; but may also assist during smaller emergencies such as house fires or disasters affecting a few members of a community.



Jose Fornelli has been with ESS since spring 2024. Jose works as the Detention Facility Supervisor at the Fort St. John RCMP Detachment. Outside of work, she enjoys a variety of creative hobbies, including sewing, knitting, and needlework, along with spending time in her garden. Jose is also married to Taylor Fire Rescue member and Firefighter Ed Fornelli. She joined Emergency Support Services (ESS) because she wanted to make a difference by supporting people during difficult times, particularly when facing emergencies or crises. Thank you, Jose, for volunteering your time and helping support our community. We're happy to have you on the ESS team!



Junior Firefighter **Sarah Byford** has called Taylor home with her family for the past eight years. Inspired by her mom and sister, who are both members of Taylor Fire Rescue, Sarah knew she wanted to help others too. She joined the Junior Firefighter Program in May 2024 when she was old enough to participate.

Outside the fire hall, Sarah enjoys fundraising and helping others, spending time with friends, riding horses, and biking.

Fire Prevention Week

Taylor Fire Rescue visited the local elementary schools (Baldonnell, Freedom Thinkers and Taylor Elementary) and helped with school fire drills and presented at school assemblies to help spread the message of fire safety and prevention. Thank you to all who made Fire Prevention Week another successful event!!

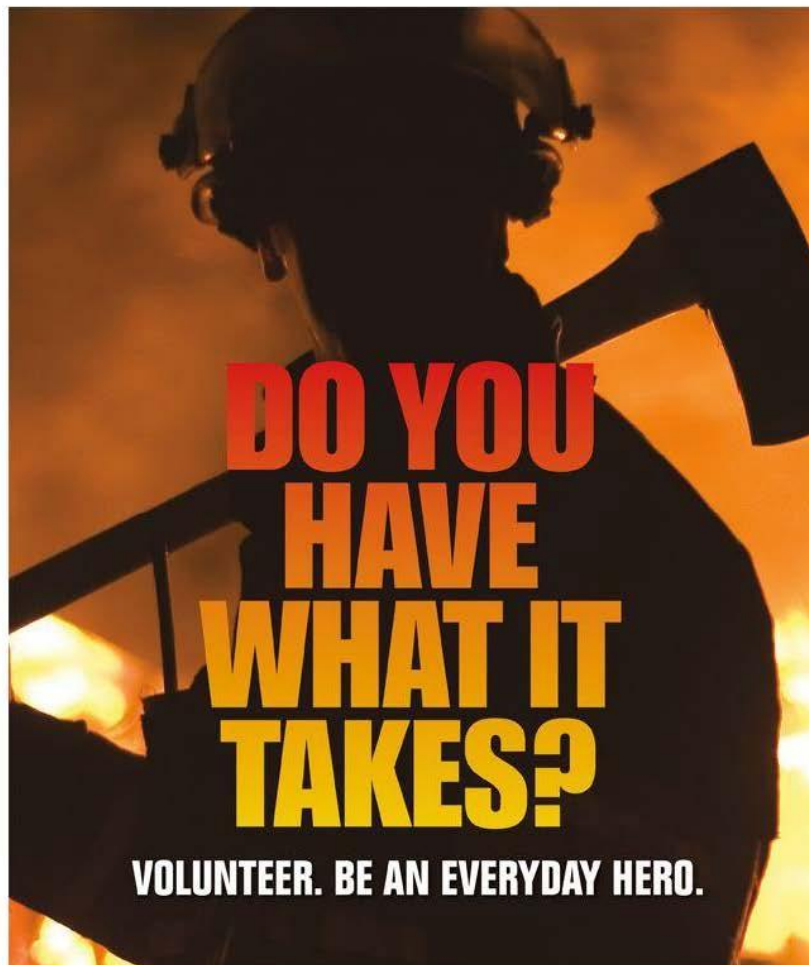


Thank you to everyone who joined Taylor Fire Rescue for BINGO on Oct 6th. The evening was full of fun and prizes!



RECRUITMENT!

We are always looking for new people, to come out and volunteer with Taylor Fire Rescue. If you live within Taylor, or our Fire Protection Area, and you are interested in serving your community in this special way, please feel free to contact Chief Steve Byford at 250-789-3392 or. We would be happy to have you come out and see what we do and let you talk to other members of the department to find out first hand on what to expect and how rewarding it is. Our Junior Fire Fighter program is available to students 14 to 18 years of age.



Safety Tip of the Month

Closing your bedroom doors can help prevent fire spread and potentially save your life if a fire happens to break out in your home. Look closely at the picture below, the room on the right shows what smoke and heat can do if the door is left open during a fire. The one on the left shows minimal damage with a closed door with only a small amount of smoke damage around the edges of the door.

Close before you doze.



Public Notice - Emergency Siren Testing

A reminder that the District of Taylor will be testing their **Emergency Siren at 12:00 noon November 4th**. This test will continue monthly on the 1st Wednesday of every month.

Emergency and Public Alerts

Did you know that you can receive alerts affecting Taylor, directly to your cell phone, email, or home phone? All residents of the District of Taylor are encouraged to sign up for **North East BC Emergency & Public Alerts**, and it is **FREE!**



Be evacuation prepared before an emergency strikes by self-registering for the **Evacuee Registration and Assistance (ERA) tool**. The ERA tool supports the delivery of ESS through an online web-based platform.

Be Evacuation Prepared - Register with ERA

Evacuations can be stressful. However, if you take the time now to prepare you can save time and make real situations less stressful.

If you have a **BC Services Card** and would like to register in preparation for a possible future evacuation, you can now self-register.

[Self register](#)

ess.gov.bc.ca



“Our Family Protecting Yours”

A Message from Bylaw

Since winter is upon us, Bylaw would like to remind residents of the new Unsightly Premises and Maintenance Bylaw No. 909,2026 regarding snow removal:

12. Snow Removal

(a) No person shall deposit or in any way cause to be deposited:

- i. all snow or ice moved from footpaths or driveways will be placed on their premise or premises, and cannot be placed onto highways, municipal property, including boulevards, ditches, utility corridors or rights-of-way. Except for the boulevard abutting their premise or premises. Any material which must be removed from their premise or premises will be placed in an area approved by the Director of Operations; and*
- ii. any snow or ice from a sidewalk, premise or premises cannot be placed on any fire hydrant or the area adjacent (1.5 metre in all directions) to a fire hydrant which in any way blocks or prevents access or restricts visibility of the fire hydrant.*



For more information and to view the entire bylaw, visit our bylaw page at <https://districtoftaylor.com/bylaws>

Do you have a culvert or a ditch in front of your property?



As ditches and culverts form a key part of the District's drainage system, they should not be obstructed under any circumstances. Accumulation of debris can lead to blockage of the pipe and thereby prevent the free flow of water that will eventually overflow the ditch. As well, water flows are affected by culverts that are damaged, commonly by being ran over by vehicles and/or equipment.

Fall is a good time to verify if there is any accumulated dirt, leaves or any form of debris at the entrance or exit of the culvert pipe. In addition, make sure to mow the grass shorter in front of the entrance to ensure proper water flow in the ditch.

If you have any questions or have a damaged culvert, please call Operations @250-789-3392.



Public Works Corner

Boulevard/Back Alley Debris Reminder

As winter approaches, the District of Taylor needs to have all boulevards and alley ways cleared of any debris or obstacles placed there by the public. This will enable regular road maintenance to take place safely as the equipment goes by, as well, these areas provide snow storage when plowing.

Vehicles left unattended in the alleys or streets may also impede the Fire and Rescue Department response vehicles.

- Operations Department





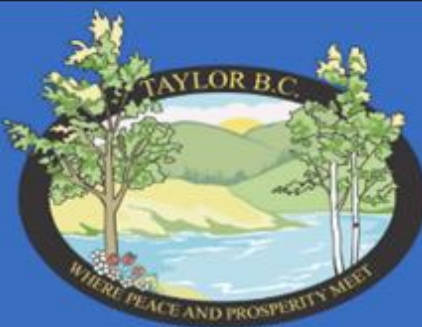
Have You Paid Your 2026 Utility Bill?

2026 utility bills are due by **December 31, 2026**. If your bill has not been paid in full by this date, all remaining balances will be rolled into your 2027 property taxes.

There are four convenient ways to pay:

- In person – visit the District of Taylor Office located at 10007 100A Street
- By mail – send to PO Box 300, Taylor, BC V0C2K0
- Over the phone, with Mastercard or Visa – call the District of Taylor Office 250-789-3392
- Online bill payment through these major Canadian banks:
 - BEEM Credit Union
 - Scotiabank
 - Bank of Montreal
 - TD Canada Trust

If you have any questions or concerns about your utility or property tax bills, please contact the District of Taylor office at 250-789-3392.



LOVETAYLORBC.COM

Be Part of a Regional Marketing Program

Your investment to be part of this exciting program is only \$50. This money stays in your community to support the promotion of the program.

Working in partnership with our Love Taylor Team, together we will create a business profile on the Love Taylor website to showcase your unique business.

Love Taylor BC will promote the program through community events, local publications, website, social media and more.



Connect with your Community Champion today!
Sherri Maycock, Recreation Programmer
smaycock@districtoftaylor.com
250-789-2828



Taylor Community Hall

Host your next event at the Taylor Community Hall. With space for up to 464 guests, it is large enough to accommodate many different types of events.

We also offer kitchen and bar facilities, audio/visual equipment, and a stage, making this an ideal place for weddings, birthday parties, fundraisers, meetings and much more!

General Hall Rental Rates

Daily Rental Rate	\$500.00
Kitchen Rental Rate	\$130.00
Bar Rental Rate	\$60.00
Damage Deposit (Refundable)	\$365.00

Additional fees and changes may apply depending on the level of services requested.
Taxes not included in rates.



Questions? Call the Community Services Hub at 250-789-2828



ACTIVE SOLES WALKING

Taylor Community Hall
October 1st - April 30th
Monday - Friday
8:30am - 1:00pm

FOR MORE INFORMATION, CALL THE COMMUNITY SERVICES HUB AT 250-789-2828

LATTITUDE
56°

DESIGNED & PRODUCED in TAYLOR BC
9607-98 Street, across from the school

Julie Roach-Burns
250 - 262 - 6820



**Squirrel Hours, 7 days a week.
Look for sandwich board sign
outside the door!**



**Lots of inventory at our Taylor shop!
Our new Fireweed design and so much more!**



Coats for Kids

Help us spread the warmth this winter by donating your previously loved (or new) outdoor gear!

Bring in your used (or new) winter gear to the Community Services Hub between Monday and Friday 8:30am to 4:30pm starting September 1st.

Donations will be dry-cleaned and donated back to the Community. Items will be on display in the entrance of the District Ice Centre starting October 1st.





YOGA CLASS



Monday & Thursday Nights

October 5th - May 31st

Taylor Community Hall

7:00pm - 8:00pm

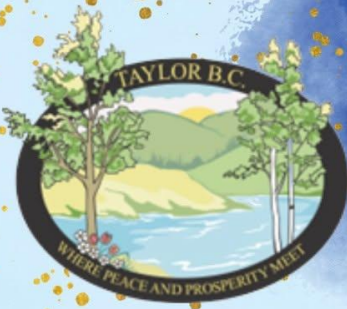
\$10 Per Class



For more information, call the Community Services Hub at 250-789-2828.



ADVERTISE HERE
CALL THE COMMUNITY
SERVICES HUB
AT 250-789-2828

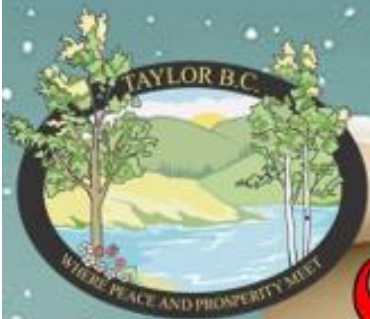


Tree of Life Wire Wrap Workshop

**Taylor Community Hall
Saturday, November 7th at 1:00pm
\$65.00 per person**



**Registration is required.
Call the Community Services Hub at 250-789-2828**



Santa Skate

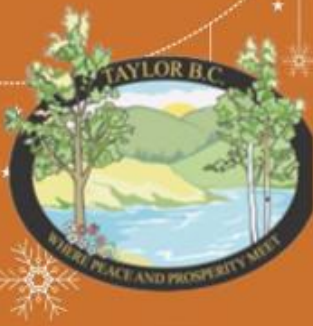
**Make your way down to the District
of Taylor Ice Centre for a Christmas
Theme free Skate on the Main Ice
along with free Hot Chocolate.
Santa will also be making an
appearance for pictures.**

Friday, December 4th

6:00 - 8:00pm



For questions or more information, please contact the Community Services Hub at 250-789-2828



GINGERBREAD *House Building*

Join us as we kick off the Holiday Season with Gingerbread House Building at the Taylor Community Hall.

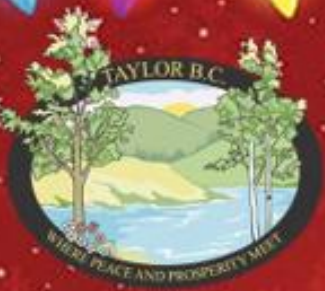
Pre-registration is required for this event. Deadline to register is Friday, November 20th at 4:30pm.

26
NOVEMBER

**TAYLOR
COMMUNITY HALL**

2 - 4 PM





District of Taylor Annual Light Up Competition

**Help us spread Christmas cheer in our Community
this Holiday Season with Taylor's Annual
Light up Competition.**

**Ensure to have your lights on while judges drive
around Taylor. Best decorated houses will receive
prizes and a special thank you from Council.**

Wednesday, December 16th.

6:00pm - 8:00pm

**For more information, please contact
Community Services at 250-789-2828**



LONE WOLF GOLF CLUB

GOLF SIMULATOR RATES



PLAY GOLF

SIMULATOR HOURLY RATE **\$60**

LONE WOLF MEMBERS **\$50**

15 PACK

15 x 1-HOUR CREDITS **\$600**

*add 5% GST

LESSONS

ONE HOUR PRIVATE **\$75**

SERIES OF 3 **\$175**

SERIES OF 5 **\$250**

LEARN, PRACTICE, PLAY PROGRAM **\$750**

5 X 1 HR. WEEKLY SUPERVISED PRACTICE
15 X SHARED SESSIONS

*add 5% GST

GSPRO

THE LEADER IN GOLF SIMULATION SOFTWARE



Reservations link

<https://lonewolf.cps.golf/>

Reservations will require a credit card to reserve the booking.

However, payment will not be required at that time, payment taken at the golf clubhouse following the session.

****Important****

Each online booking selection is for 1 hour. To reserve multiple hours, you must go back and reserve the 2nd hour, 3rd hour, 4th hour, etc.

Hours of operation: daily from 10am – 10pm.

Opening day – TBD (mid/late November)





EXTRA! EXTRA!
Taylor Public Library



Non-Instructional Day!



November 27th
11am - 1 PM

**Paper Roll
Snowflakes!**



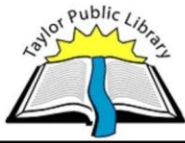

NOURISHING PEACE
***Drop-in Healing
with Nina!***
Wednesdays @ Noon.
Drop-in Fees apply.
(Not a regular Library program.)

Find us: 

<http://taylor.bc.libraries.coop>
@TaylorBCLibrary

250-789-9878





Taylor Public Library Weekly Programs



S SLOWLY for 55+
M MATURING
A ADULTS
R RESISTING
T TIME

**Stretch, Strength, Balance
and Breathe**

**Wednesdays
1:30-2:30pm**



NOURISHING PEACE

**SMART Crafts
Fridays 1:30-
3:30pm**



Adult Drop-In

@Shared
Space

11-3 pm
Mondays



AGES 11 & UP

YOUTH NIGHT

EVERY FRIDAY

5:30-8:30PM

SNACK, DRINKS,

AND FUN. DO THE ACTIVITY

OR HANG OUT WITH FRIENDS.



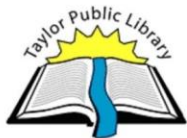
Find us:



<http://taylor.bc.libraries.coop>
@TaylorBCLibrary

250-789-9878





Taylor Public Library Monthly Programs



3D EXPLORERS
Saturday, November 28th
3-5 PM



Learn to use Tinkercad.
Different project each month.
Print your project for
\$0.05 per gram.
Ages 8+

D&D
2nd & 4th
Tuesday
6-9 PM
All ages!



**Story time
and Crafts**
2nd Saturday
@ 11am



1st Saturday of
each month



@ 1 pm

Marvels of Miniature

Design a room within a dollhouse! Do it alone or in a group.



FROM THIS.....



TO THIS!



November 2026

At the Library



SUN CLOSED	MON CLOSED	TUES 10AM-6:30PM	WED 10AM-6:30PM	THUR 10AM-6:30PM	FRI 2PM-6:30PM	SAT 11AM-4:00PM
Nov-01	Nov-2	3	4	5	6	7
LIBRARY CLOSED Shared Space is across from the library.	LIBRARY CLOSED No Risk All Reward 11-2pm @ Shared Space		Drop in Healing 12-1pm with Nina SMART 55+SSBB Stretch, Strength, Balance Breath 1:30 PM		SMART 55+ CRAFTS 1:30-3:30 PM Friends 4 Life 5:30-8:30pm	LEGO DAY ALL AGES
8	9	10	11	12	13	14
LIBRARY CLOSED	LIBRARY CLOSED No Risk All Reward 11-2pm @ Shared Space	D&D Group All Ages 6-9pm	LIBRARY CLOSED NO PROGRAMS Remembrance Day STAT		SMART 55+ CRAFTS 1:30-3:30 PM Friends 4 Life 5:30-8:30pm	STORY TIME & CRAFT 11-12PM
15	16	17	18	19	20	21
LIBRARY CLOSED	LIBRARY CLOSED No Risk All Reward 11-2pm @ Shared Space		Drop in Healing 12-1pm with Nina SMART 55+ SSBB 1:30 PM		SMART 55+ CRAFTS 1:30-3:30 PM Friends 4 Life 5:30-8:30pm	Garden Club BACK IN JANUARY
22	23	24	25	26	27	28
LIBRARY CLOSED	LIBRARY CLOSED No Risk All Reward 11-2pm @ Shared Space	D&D Group All Ages 6-9pm	Drop in Healing 12-1pm with Nina SMART 55+ SSBB 1:30 PM Early Dismissal	Early Dismissal	NID SMART 55+ CRAFTS 1:30-3:30 PM Friends 4 Life 5:30-8:30pm	3D Explorer 3-5PM
29	30	Dec-01	Dec-02	Dec-03	Dec-04	Dec-05
LIBRARY CLOSED	LIBRARY CLOSED No Risk All Reward 11-2pm @ Shared Space		Drop in Healing 12-1pm with Nina SMART 55+ SSBB 1:30 PM		SMART 55+ CRAFTS 1:30-3:30 PM Friends 4 Life 5:30-8:30pm	LEGO DAY ALL AGES

FOR MORE DETAILED INFO ON ALL ACTIVITIES CHECK OUR FB PAGE, INSTAGRAM, TAYLOR PARENTS FB GROUP, TAYLOR TIMES, OR THE LIBRARY'S COOP WEBSITE.



NID = Non-Instructional Day

HALLOWEEN FUN NIGHT



FRIDAY, OCT. 30TH

@7:00PM



Taylor Curling Club



BOO!

\$10 per person

To register, call Doug @
250-261-9829 or John at
250-264-2430



Taylor Curling Club 2026 - 2027

Learn to Curl Junior Program

Learn to **Curl** **(4 Weeks)**

Nov. 5

Nov. 12

Nov. 19

Nov. 26

Cost \$10
for the four
weeks

The Junior Curling Program is for students from 8 to 18 years of age.

We will meet on Thursdays afternoons at the Taylor Curling Club from 4:00pm to 5:30pm

All necessary equipment is provided with the exception of a clean pair of rubber-soled runners carried to the rink each week. (Outside shoes not permitted)

The participants will learn and enhance new curling skills.

Call Andy at 250-329-7414 to register and for more information.



FORT ST. JOHN & AREA
SENIOR'S CARE
FOUNDATION

HARVEST Hoedown

• A DAY OF GOOD FOOD, GREAT MUSIC & COMMUNITY! •

★ JOIN US ON ★

NOVEMBER 7, 2026

AT ROYAL CANADIAN LEGION – 10103 105 AVE, FORT ST. JOHN



PANCAKE BREAKFAST

9:00 AM – 11:00 AM



BANDS PLAYING, ALL DAY LONG!

STARTING AT 9:30 AM



FRUIT CRUMBLE, AND ICE CREAM

A SWEET TREAT!



LUNCH

STARTING AT

12:00 PM

- Ham
- Scallop Potatoes
- Coleslaw
- Bun



COFFEE

*All Day
Long!*



50/50 DRAW

AT 1:30 PM

AND 4:30 PM

♥ DONATIONS WILL BE ACCEPTED ♥

SPONSORED BY



THANK YOU
FOR SUPPORTING
OUR SENIORS!

It's a fundraiser for meals & light housekeeping
services for low income seniors.

Thank You!

- To our Elections Staff for your very long day and hard work;
- To those that took time out of your day to vote;
- To outgoing Councillors for your outstanding service & dedication to Taylor;
- To all Candidates for putting yourselves out there, such an intense time;
- To the incoming Mayor and Council for your commitment and interest;
- To our exceptional District Staff who are first class professionals with so much heart for the community. Thank you for all you have done for both me and Taylor, you all ROCK!
- To my fellow Council, it has been a pleasure and honor to work alongside you through thick and thin, disagreements, frustrations alongside many laughs!
- To my supporters for your sincere and encouraging words and unwavering support over the years, especially when sharing honest things I may have not wanted to hear but very much appreciated and respected!
- The biggest by far Thank You is for the one most impacted. Larry has never complained about adapting our personal calendar around my Council duties, missed and/or late dinners or personal events; respected my agendas/reports/documents reading time (there is a LOT of that!!); keeping me grounded and real with his honest feedback; utmost patience when I'm struggling with things especially all those confidential things that I'm not allowed to talk about; tolerance of all the times someone needs to talk to me whenever or wherever that is; ... and just always being there for me. I couldn't do what I do without his support, and am so very grateful for that.

I have thoroughly enjoyed my time on Council, experienced things I never would have, learned so much over and over, and retain SO many good memories!

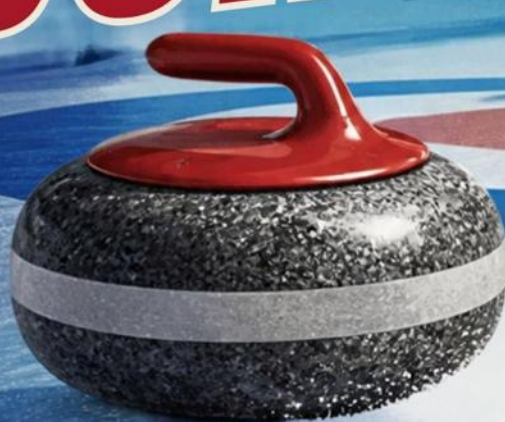
Betty Ponto

Authorized by Elizabeth (Betty) Ponto, Financial Agent for Elizabeth (Betty) Ponto

bettyponto@shaw.ca



ICEBREAKER BONSPIEL



To register, call 250-789-3734

≡ **NOVEMBER 6 TO 8** ≡

★ **TAYLOR CURLING CLUB** ★



**ANY COMBINATION
OF PLAYERS**



FEE \$260

Baldonnel
Women's Institute
CHRISTMAS MARKET

WHEN:
28TH NOVEMBER 2026

10AM TO 3PM

WHERE: BALDONNEL
ELEMENTARY SCHOOL

- Vendors can book a 6 ft table for \$25 by sending etransfer to auntianona@gmail.com
- For more information Call Norma at 250-789-3248 or text at 250-262-7116



PEACE PASSAGE
SKATING CLUB

LEARN TO SKATE

with CanSkate

Build confidence on the ice while having fun.

CanSkate is for beginners and skaters looking to build their skills. Kids learn balance, control and agility through active group lessons, games, music and activities.



Located in Taylor, our small club has big heart. We welcome families from all over the region.

Great for kids who want to:

- Learn to skate
- Build skills for hockey
- Explore figure skating
- Prepare for ringette
- Feel more confident on the ice

What to expect:

- NCCP-trained coaches
- **Small groups with a maximum 1:10 coach-to-skater ratio**
- **Affordable, flexible payment options.**
- Six stages of skill development
- Badges and ribbons as skaters progress



REGISTRATION OPEN

peacepassage.ca

peace.passage@yahoo.ca



Need help with registration costs?

Receive up to \$300 per-child, per-season toward registration fees.

Ask us about KidSport.

LATTITUDE
56

DESIGNED & PRODUCED in TAYLOR BC

9607-98 Street, across from the school

Julie Roach-Burns

250 - 262 - 6820



Take time to remember on November 11
Strong & Free ~ Forever Grateful

BEGINNER MACRAME WORKSHOP!

SATURDAY NOVEMBER 21ST

6:00PM

TAYLOR COMMUNITY HALL

LEARN TO MACRAME!

- ✂ 10 PROJECTS TO CHOOSE FROM
- ♥ BEGINNER FRIENDLY
- 🎨 CUSTOM COLOR SELECTION
- 📺 MAKE AS GIFTS OR TREASURES TO KEEP
- 👥 ADULT & KIDS PROJECTS STARTING AT \$50
- ★ COME WITH FRIENDS OR MAKE NEW ONES!

GREAT FOR ALL AGES AND
SKILL LEVELS!



RHIAN PARDY



rhianpardy@hotmail.ca



250-261-9390



ATTENDEES PLEASE
PRE-REGISTER



ROXANNE'S
INTERIOR DESIGNS

The most
celebrated
time of the year



WATCH FOR OUR SPECIAL
IN-STORE EVENT

Nov. 22 - 27th

📍 9632 Fairway Ave, Taylor, BC V0C 2K0

Always open, when I am here.



Text **250-793-9614**

Self Care in Practice

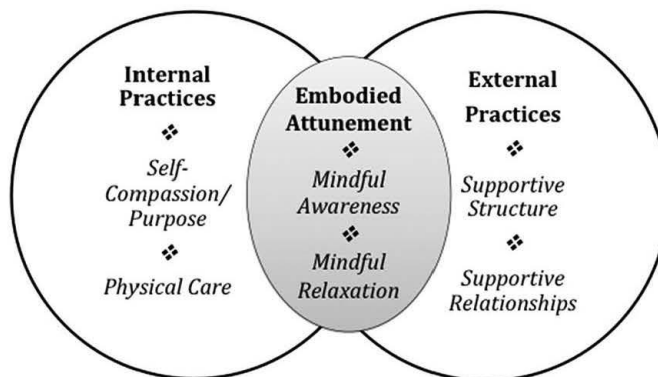
The summer is over and fall is officially upon us. With kids' activities in full swing and winter right around the corner, the idea of taking time to care for one's self might have you laughing hysterically at the very idea. I wanted to discuss this concept, as I see on pretty much a daily basis, that it is often greatly misunderstood.

First of all, caring for yourself is not being selfish or indulgent; it does not need big cost or time commitments. It's about taking responsibility for your own health and wellbeing.

By practicing good self-care, we not only regulate our emotions and cortisol levels, which positively impact our nervous, cardiac, immune and digestive systems, but we also cultivate more patience with those around us and gain greater enjoyment from our lives. Less pressure on the healthcare system and better-quality relationships with friends and family. Win-win.

Catherine Cook-Cottone, Ph.D. and Wendy Guyker, Ph.D. are professors and researchers at the University of Buffalo. They came up with a really great model of Self Care, which is the one I tend to ground to in my practice as a counsellor. Let's go through it and I'll share some practical ideas and thoughts to help you create your own self care practice. Catherine Cook-Cottone created the "mindful self-care scale", which uses 84 questions to assess your self-care and can further help you develop your own plan. Here is the link:

<https://catherinecookcottone.com/research-and-teaching/mindful-sel-care-scale/>



(Cook-Cottone & Guyker, 2018).

The “internal practices” outlined in the model are really about being that kind, protective force for yourself. You can think about the following:

- a) Help your inside voice to use a gentle tone and remind yourself that we all make mistakes. Instead of criticizing and judging yourself, try to talk to yourself as you would a good friend or a small child. If this seems impossible to do, I get my clients to start by simply acknowledging when that critical voice comes up. After that, it’s about developing a sense that how we talk to ourselves is a choice and we can choose to be gentler. This doesn’t let us off the hook, it just creates a less hostile inner environment, where it is easier to be honest with ourselves.
- b) Determine and honour your boundaries (you get to decide what thoughts you’re going to focus on and what opinions and ideas you are going to let in from others).
- c) Pay attention to your physical needs. Eat, sleep and exercise! Look after your eyes, teeth and physical body.

The “external practices” are about choosing wisely who we spend our time with and where. I invite you to contemplate these ideas:

- a) It is commonly known that we are greatly influenced by the people we spend the most time with. If self care is to be important to us, we need to surround ourselves with supportive and nurturing people who respect and care about us. It’s really difficult to adopt a kind and caring inner voice if we are surrounded by judgment and criticism.
- b) Supportive structures correspond to our communities and workplaces. If you have found a place of employment where you feel appreciated and respected, you have found a rare treasure! They do exist, but are not everyone’s reality. Many employers talk about the importance of good work culture and mental health, but fail to step up when they are really needed. When things are outside of our control, we can either lean into our internal practices to make sure that we are meeting our basic needs and creating the necessary boundaries, or we start looking for a better fit.

Mindful awareness is about getting to know yourself and building a caring relationship. Like all relationships, this takes time and commitment.

- a) This is turning your attention inward and recognizing when you are tired, exhausted or downright bone-weary; when you are sad, stressed or feeling overwhelmed. It’s understanding what you feel. And it’s honouring the struggle, not pushing it aside and ignoring it.
- b) Then, it’s about learning what has made you feel this way. It can be helpful to journal, sit in silence, or talk to someone about what is bothering you. Pay careful attention to what drains you, drags you down or frustrates you. This isn’t being weak or whiny. It’s

being honest. Everyone suffers and struggles at times...it's part of the human experience. What's important, is that you don't stay stuck here. You move on to the next step!

- c) Next, you need to figure out what actually helps you to get refueled! I like to think of it as recharging your battery. This is where you give yourself the gift of recharge! What matters most is your intent when you do the activity: part of you acts as a compassionate caretaker while another part feels the gratitude of being taken care of. These acts of compassion are as individual as you are. It could be a cup of tea, a 30-second visit with your plant, an hour of tinkering in the shop, a walk through the forest, a 9:00 bedtime, or just saying 'no'. These activities do not need to be long or expensive. They just need to answer the question "what is it that I need right now?"

Creating little minute-long gifts of relaxation throughout the day is one of the most sustainable ways of integrating a good self-care practice. I invite you to try one of the following simple exercises to calm your nervous system:

- Pause and turn your attention inward. Imagine there are nostrils on your chest that connect directly to your heart. Take 3 slow breaths into your heart, visualizing the breath going horizontally in and out. Try adding counting: inhale for a count of 4 and exhale for a count of 6.
- List off 10, 20 or 50 specific characteristics you love about people, places or natural phenomena. Be really specific...the smell of freshly cut grass, your child's good night hug before bed.
- Look at a picture of a calm, relaxing place (whether you went there or not) and take a mini vacation in your mind. Imagine yourself there with all of your senses. What do you see, smell, taste, hear and feel (both with touch and emotion)? Explore while your timer is set for 3 minutes.

So, it's not about ignoring things and distracting yourself, it is about facing things head-on, understanding what is happening to your battery and then taking responsibility to give yourself what you need.

Research indicates that as we show up better, kinder, and more compassionately for ourselves, we automatically show up better for the people around us.

Wishing you a fall full of caring moments, ~Erin

Erin Johnson, MACP, CCC
Clinical Counsellor
Certified Grief Educator
Somatic EMDR Practitioner
Metaphysical Minister

References:

- Cook-Cottone, C.P. & Guyker, M.W. (2018). The development and validation of the Mindful Self-Care Scale (MSCS): An assessment of practices that support positive embodiment. *Mindfulness*, 9(1), 161-175. <https://doi.org/10.1007/s12671-017-0759-1>
- Lewis, M., & King, D.M. (2019). Teaching self-care: The utilization of self-care in social work practicum to prevent compassion fatigue, burnout, and vicarious trauma. *Journal of Human Behavior in the Social Environment*, 29(1), 96-106. <https://doi.org/10.1080/10911359.2018.1482482>



Remembrance Day

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

FLAG
POPPY
SOLDIER
RESPECT
CEREMONY

RED
BATTLE
NOVEMBER
HISTORY
SILENCE

COURAGE
THANK YOU
PEACE
SERVICE
REMEMBER

HERO
VETERAN
WAR
MEDAL
SACRIFICE

Community Recipes

allrecipes

Simple Strawberry Syrup

Use this strawberry syrup to make natural-flavored beverages. My nephew loves strawberry milk. This simple recipe came from an attempt to create a more natural substitute for the strawberry syrup sold in stores. I even use it in my own beverages!

Submitted by **Daniel Maynard** |

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Servings: 15

Ingredients

- 1 cup water
- 1 cup white sugar
- 2 cups quartered strawberries

Directions

Step 1

Combine water and sugar in a saucepan over medium-high heat; stir until sugar is dissolved. Mix strawberries into saucepan and bring to a boil; boil for 10 minutes.

Step 2

Reduce heat to medium-low; simmer until strawberries are mushy and sauce is thick, about 10 minutes. Strain liquid into a bottle and refrigerate.

Nutrition Facts

Per serving: 58 calories; total carbohydrate 15g; dietary fiber 0g; total sugars 14g; protein 0g; total fat 0g; vitamin c 12mg; sodium 1mg; calcium 4mg; iron 0mg; potassium 31mg



Do you have an ad you want to see in the Taylor Times?

How much does it cost?

Business Card Size	\$12.77/ month	1/4 Page Ad	\$19.65/ month
1/2 Page Ad	\$39.28/month	Full Page Ad	\$76.60/ month

Non-profit organizations are offered 1/2 page advertisement per month free of charge.

***Please note above pricing does not include taxes that will be charged at time of purchase.**

Payment can be made in person or via phone. Please note that payment has to be made prior to the publishing date in the Taylor Times.

When is the submission deadline?

Advertisements and articles have to be submitted by the 20th of each month for the upcoming issue. Submissions past this deadline will not be accepted.

In which format do I have to submit my advertisement?

Advertisements and articles have to be submitted in print ready stage.

Electronic submissions have to be made as a word documents or jpeg-file. Word by word submissions are possible for people that do not have access to computers and internet, however they need to be made in person during office hours.

Please note that due to copy right reasons, we cannot accept advertisements, pictures or articles that have been copied from other publications.

For more information call the Community Services Hub at 250-789-2828
or email Sherri Gunn at sgunn@districtoftaylor.com

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Risk All Reward @ Shared Space 11-2	3	4 SMART 55+ @ TPL 1:30pm	5	6 Holiday Sign Workshop SMART 55+ Crafts @TPL 1:30-3:30 Friends 4 Life 5:30-8:30	7 Cooper Wire Tree of Life Workshop Lego Day @ TPL
8	9 No Risk All Reward @ Shared Space 11-2	10 D&D Group @ TPL 6-9	11 Remembrance Day Ceremony 10:30 @ Hall 	12	13 SMART 55+ Crafts @TPL 1:30-3:30 Friends 4 Life 5:30-8:30	14 Story Time & Craft @ TPL 11-12
15	16 No Risk All Reward @ Shared Space 11-2	17 Bingo Night 7pm 	18 SMART 55+ @ TPL 1:30pm	19	20 SMART 55+ Crafts @TPL 1:30-3:30 Friends 4 Life 5:30-8:30	21 Macrame Workshop
22	23 No Risk All Reward @ Shared Space 11-2	24 D&D Group @ TPL 6-9	25 Decorate a Christmas Stocking 2-4  SMART 55+ @ TPL 1:30pm	26 Gingerbread House Building 2-4 	27 Pro Day Free Skate 12-3 SMART 55+ Crats @TPL 1:30-3:30 Friends 4 Life 5:30-8:30	28 3D Explorer @ TPL 3-5
29	30 No Risk All Reward @ Shared Space 11-2				TPL = Taylor Public Library COW = Committee of the Whole L.W.G = Lone Wolf Golf Club	PCC = Peace Community Church GM =Grey Matters