



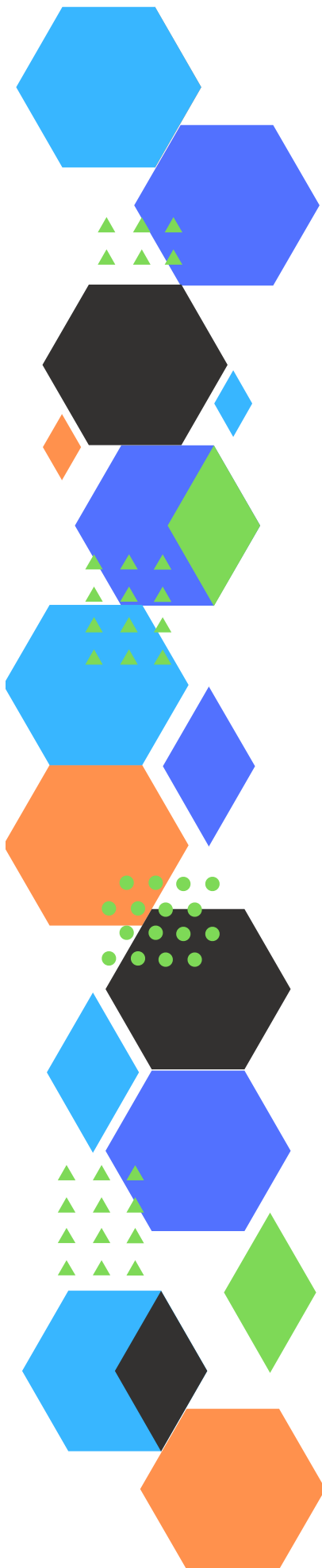
Welcome to the M.D. of Wainwright Staycation!

We hope that you enjoy these resources as you check out some of what the M.D. of Wainwright has to offer. This project is part of a larger campaign called "Raisin' Up Your Spirits", which is a collaborative mental health and wellness community campaign based in Wainwright, Alberta serving the M.D. of Wainwright including Irma, Edgerton, and Chauvin. For more information on this and other events, check out [www.raisinupyourspirits.weebly.com](http://www.raisinupyourspirits.weebly.com)

In this package, you'll find Staycation Lists, directions to the locations, and some other great resources. To have a chance to win some of our awesome prizes this summer, make sure you either post photos with the hashtag [#MDWainStaycation](https://twitter.com/MDWainStaycation) or send them to [fcssecretary@silvercrest.ca](mailto:fcssecretary@silvercrest.ca). We'd love to see the fun you're having and the gems you find along the way! There is no minimum number of items checked off to enter—do them at your own pace and access what you can! The only rule is that you have fun.

If you have any questions, please don't hesitate to email [fcssecretary@silvercrest.ca](mailto:fcssecretary@silvercrest.ca) or call 780-842-2555.





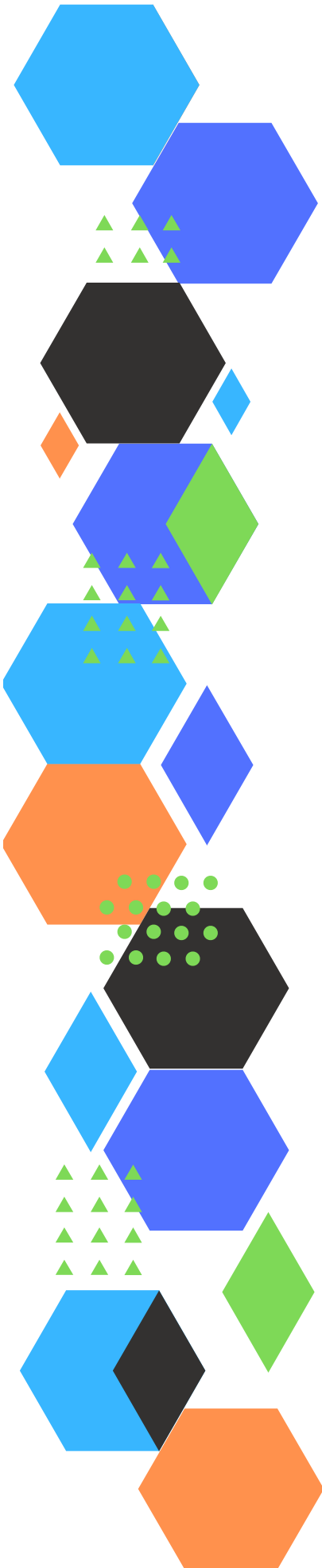
## Wainwright and Denwood

- Wainwright Clock Tower-200 10 St. (Main Street)
- Wainwright Museum-1001 1 Avenue (Open 10-4 Tues-Sat)
- Wainwright Buffalo Statue-1305 10 St.
- Memorial Hill Denwood-See Base Map
- Denwood Fish Pond-See Base Map (stocked with trout)
- Wallace Park-See Park Map (ponds are stocked with trout)
- Bevans Nature Area-See Park Map
- Bud Cotton Buffalo Paddock-LSD 1-36-44-7-W4M (By the entrance to the base)
- Wainwright Parks-See Map

## Edgerton

- Teacups and Tractors Museum- Hwy 894 & Hwy 610 ( Open Mon-Fri 1:00-4:00 PM, Sat & Sun 2:00-4:00 PM or by appt (call 780-755-2189)
- Ethel Bullymore Playground-50th St. Beside the Credit Union (5005 50 St) \*Note: there is also a park at the school
- The Bale Bandit Bale-Hwy 610, by the east entrance of Edgerton
- Walking Paths-See attached map





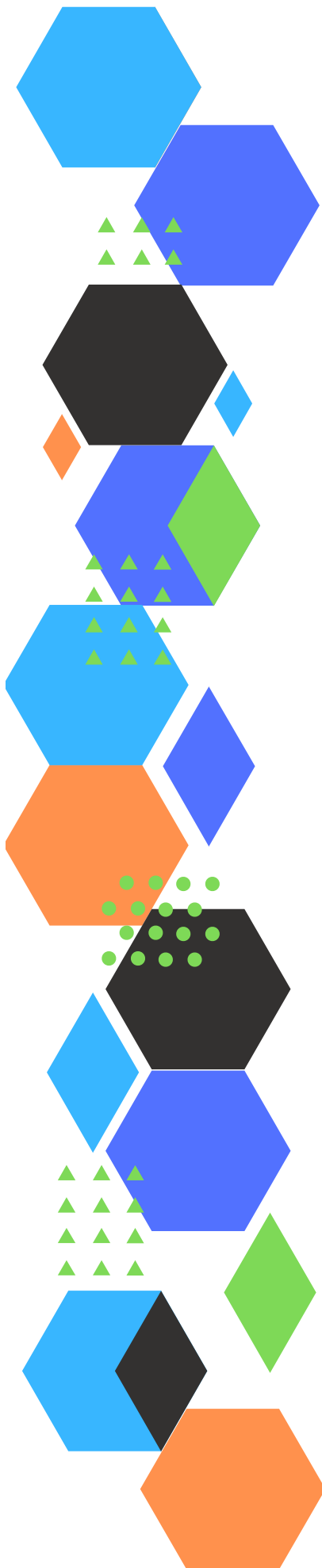
## Chauvin

- Worlds Largest Softball-on the corner of 53 St and Highway 610
- Historical Walking Tour-See attached documents or visit <https://www.villageofchauvin.ca/walking-tour>
- Fire Hydrant Art Display-5400 3 Ave N (Chauvin Sports Park)
- Chauvin Museum-4810 1 Ave (Open Mon, Tues, Thurs-Sat, 1-4 PM, Wed 6-8 PM)
- Chauvin Grain Elevator-no actual address, located on the south side of the village
- Chauvin Parks-Kings Park Campground (On Hwy 610), Dr. Folkins School (5200 - 4 Avenue North)

## Irma

- Irma Fish and Game Pond-Highway 881, along the west side of Irma (stocked with trout)
- Irma Parks-Located at the new school as well as the corner of 51 Ave and 48 St
- Irma Museum-5008 53 Ave (Fri & Sun 1-4 PM, or by appt by calling 780-754-3755)
- Irma Daze-see website <https://www.irmasummerspiel.com/>





## M.D. of Wainwright

See attached map for locations below, and check out this website for even more details and descriptions:

[https://www.mdwainwright.ca/?page\\_id=794](https://www.mdwainwright.ca/?page_id=794)

- Arm Lake
- Amblers Lake
- Battle River Railway Trestle
- Clear Lake
- Dillberry Lake
- Fabyan Campsite
- Koroluk Landslide
- Ribstone Campsite
- Riverdale Mini-Park
- Salt Lake
- Wainwright Wildlife Society's Recreational Trail System





Raisin' Up Your Spirits Presents

xxxxxxxxxxxxxxxxxxxx

# MD OF WAINWRIGHT STAYCATION

xxxxxxxxxxxxxxxxxxxx

Take in as much as you'd like, send us your photos or use the hashtag to win!

**#MDWainStaycation**



## Wainwright & Denwood

- Wainwright Clock Tower
- Wainwright Museum
- Wainwright Bison Statue
- Memorial Hill (Denwood)
- Denwood Fish Pond
- Wallace Park
- Bevans Nature Area
- Bud Cotton Buffalo Paddock
- Wainwright Parks (See map)

Chauvin

- Worlds Largest Softball
- Historical Walking Tour
- Fire Hydrant Art Display
- Chauvin Museum
- Chauvin Grain Elevator
- Chauvin Parks

Edgerton

- Teacups and Tractors Museum
- Ethel Bullymore Playground
- The Bale Bandit
- Walking Paths

Irma

- Irma Fish and Game Pond
- Irma Parks
- Irma Museum
- Take in any part of Irma Daze



MD of Wainwright

- Arm Lake
- Ambler's Lake
- Battle River Railway Trestle
- Clear Lake
- Dillberry Lake
- Fabyan Campsite
- Koroluk Landslide
- Ribstone Campsite
- Riverdale Mini-Park
- Salt Lake
- Wainwright Wildlife Society's  
Recreational Trail System



**Parks**

1. Stardust Playground
2. Petroleum Park
3. 3rd Avenue Tot Lot
4. PMP & Rotary Skate Park
5. Wallace Park
6. North of 14 Park
7. Rotary Park
8. Kinsmen Park
9. Bevans Park
10. Middlemass Park
11. Rotary Splash Park
12. Elk's Park
13. 5th Avenue Park
14. Bark Park
15. Library Park

**Outdoor Rinks**

- A. 421 - 3rd Avenue
- B. 918 - 16th Avenue
- C. 900 - 20th Street
- D. 2499 - 10th Avenue
- E. 1626 - 5th Avenue
- F. 512 - 22nd Street
- G. 1025 - 27th Street
- H. Garrison Wainwright
- I. 2500 - 6th Avenue

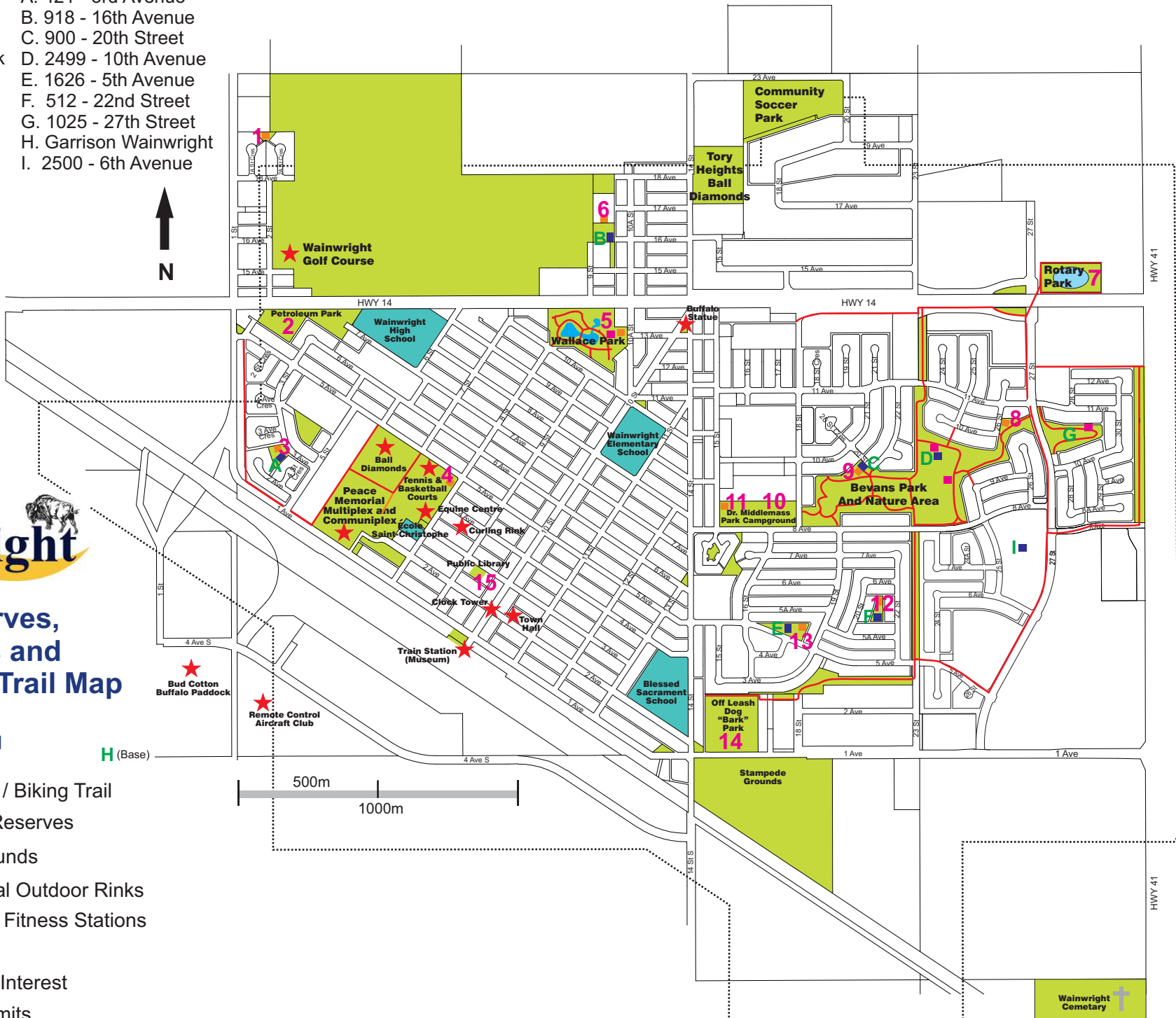
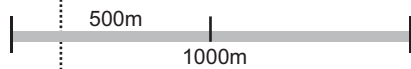


**Parks, Reserves,  
Playgrounds and  
Walking / Biking Trail Map**

Updated 2021

- Walking / Biking Trail
- Parks, Reserves
- Playgrounds
- Seasonal Outdoor Rinks
- Outdoor Fitness Stations
- Schools
- Point of Interest
- Town Limits

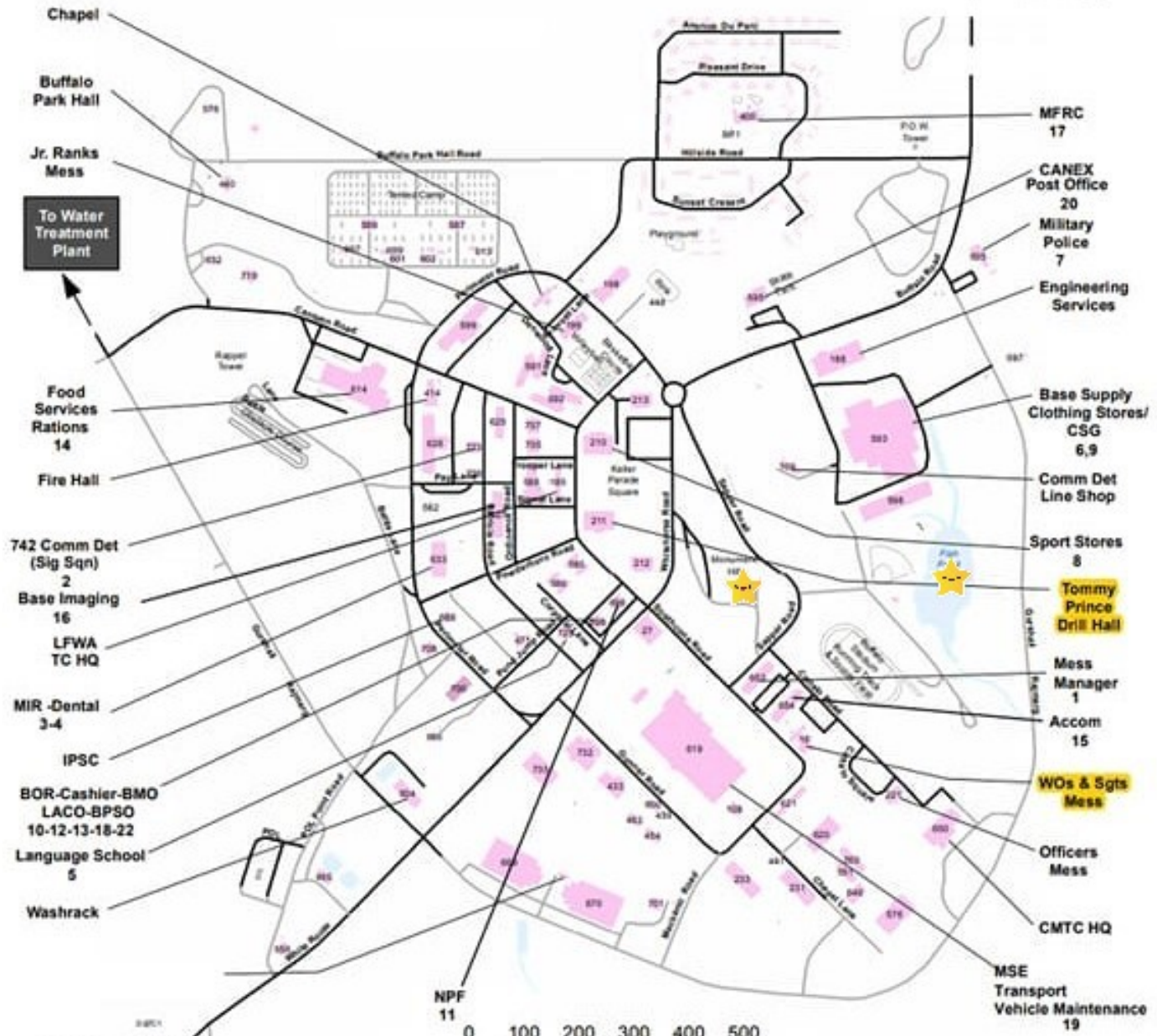
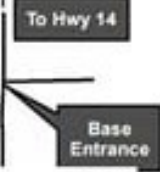
H (Base)



Wainwright Cemetery



# RPOU (West) DET. WAINWRIGHT BASE MAP



Meters  
1:10,000

**Legend**  
 — Paved  
 — Unpaved

Produced by the RPOU (West) Detachment  
 Wainwright Engineering Services GIS Cell.  
 DEPARTMENT OF NATIONAL DEFENCE, CANADA.  
 September 2016

Coordinate System: NAD 1983 UTM Zone 12N  
 Projection: Transverse Mercator  
 Datum: North American 1983  
 False easting: 500 000 000  
 False northing: 0 0000  
 Central meridian: -111 0000  
 Scale factor: 0.9996  
 Latitude of origin: 0 0000  
 Units: Meter

- Chapel
- Buffalo Park Hall
- Jr. Ranks Mess
- To Water Treatment Plant
- Food Services Rations 14
- Fire Hall
- 742 Comm Det (Sig Sqn) 2
- Base Imaging 16
- LFWA TC HQ
- MIR -Dental 3-4
- IPSC
- BOR-Cashier-BMO LACO-BPSO 10-12-13-18-22
- Language School 5
- Washrack

- MFRC 17
- CANEX Post Office 20
- Military Police 7
- Engineering Services
- Base Supply Clothing Stores/CSG 6,9
- Comm Det Line Shop
- Sport Stores 8
- Tommy Prince Drill Hall
- Mess Manager 1
- Accom 15
- WOs & Sgts Mess
- Officers Mess
- CMTC HQ
- MSE Transport Vehicle Maintenance 19

Explore the History and  
Intrigue of our  
Community with...



Chauvin's Walking Tour

# Welcome to Chauvin!

Our community is rich with wonderful history. We are so proud of our little Village that we decided we would like to share some of its interesting history with you, so... let's take a walk...

## Chauvin Village Office

Located at its present site on Main Street since 1958, this building was constructed in about 1950 by Clarence Cranston and W.R. Harris, with bricks made on an adjacent lot, and served as a locker plant -- Chauvin Frozen Foods.



## Credit Union



Erected around 1920 this building served home to the Merchants Bank which merged with the Bank of Montreal in 1922. During the Second World War, the shortage of manpower caused the bank to be closed until 1966, when the pressure exerted by the community succeeded in re-opening the bank. The Bank of Montreal operated here until 2000 when the Wainwright Credit Union took over and formed the Wainwright Credit Union - Chauvin Branch.

## Seniors Drop In

### Centre

The Chauvin Senior's Drop In Centre is located on Second Avenue just off Main Street. One attractive feature in this building is the mural painted by Carole Pollard. This building was formerly the Chauvin Tivoli Movie Theatre.



## Roros School

Located at the Museum site on the east end of 1<sup>st</sup> Avenue is the former Roros School which served the education needs of children in an area north of the Village from 1919 to 1949. Volunteers moved the one room country school to the Village and restored it in 1995.



## St. Aubins

### School

Built around 1951, St. Aubins school housed students until amalgamation with the Public School in 1968. Following the 1979 fire at Dr. Folkins School students again filled this School while the new school was constructed. Later volunteers formed a museum society and the School Division donated the land and building for that purpose.



## Westminster Presbyterian Church



The Westminster Presbyterian Church was constructed in 1913. Stained glass windows add to the beauty of this building which has been home to the Presbyterian congregation in Chauvin for over 90 years.

### Saul House



The brick house at the corner of 3rd Avenue and 53 street was built about 1918 for the T.H. Saul

family. It was recently purchased by Dale and Phyllis Herbert from Phyllis Goodall. The grounds and gardens are worth a visit.

### 'Stone' House

The 'stone' house on 1st Avenue was built by Charlie Cregan with stones collected as the CN mainline was being constructed through this area. It was at one time owned by the Pool Elevator Company and the house and yard have been beautifully maintained over the years. It is currently owned by Sidney Drake.



## Sacred Heart Rectory



The Rectory, located next to the Sacred Heart Church, was built in about 1911. The local catholic community had requested a priest and chapel, so erected this house to serve their spiritual needs until they could afford to build a church.

## Sacred Heart Parish Church



The steeple of the Sacred Heart Parish Church can be seen as one enters the Village of Chauvin. The basement for this structure was started in 1917 and the beautiful interior is a tribute to the work of early pioneers. The adjacent rectory was constructed about 1911, with part of it being used as a chapel until the church was built.

### Parcels House (R. & J. Goodall)



D. W. Parcels built this house at 3rd Avenue & Queen Street in about 1919.

In later years it was home to the Swanson's, Battle River Lutheran Pastor Olson and several others. For a time it was owned by the Village of Chauvin, and used by Doctors who would practice in the village. Dr. Harper lived and had his clinic there from 1957 to 1961. Since then it has again been a family home.

VILLAGE OF EDGERTON  
COMMUNITY-BASED  
FACILITIES MAP

LEGEND

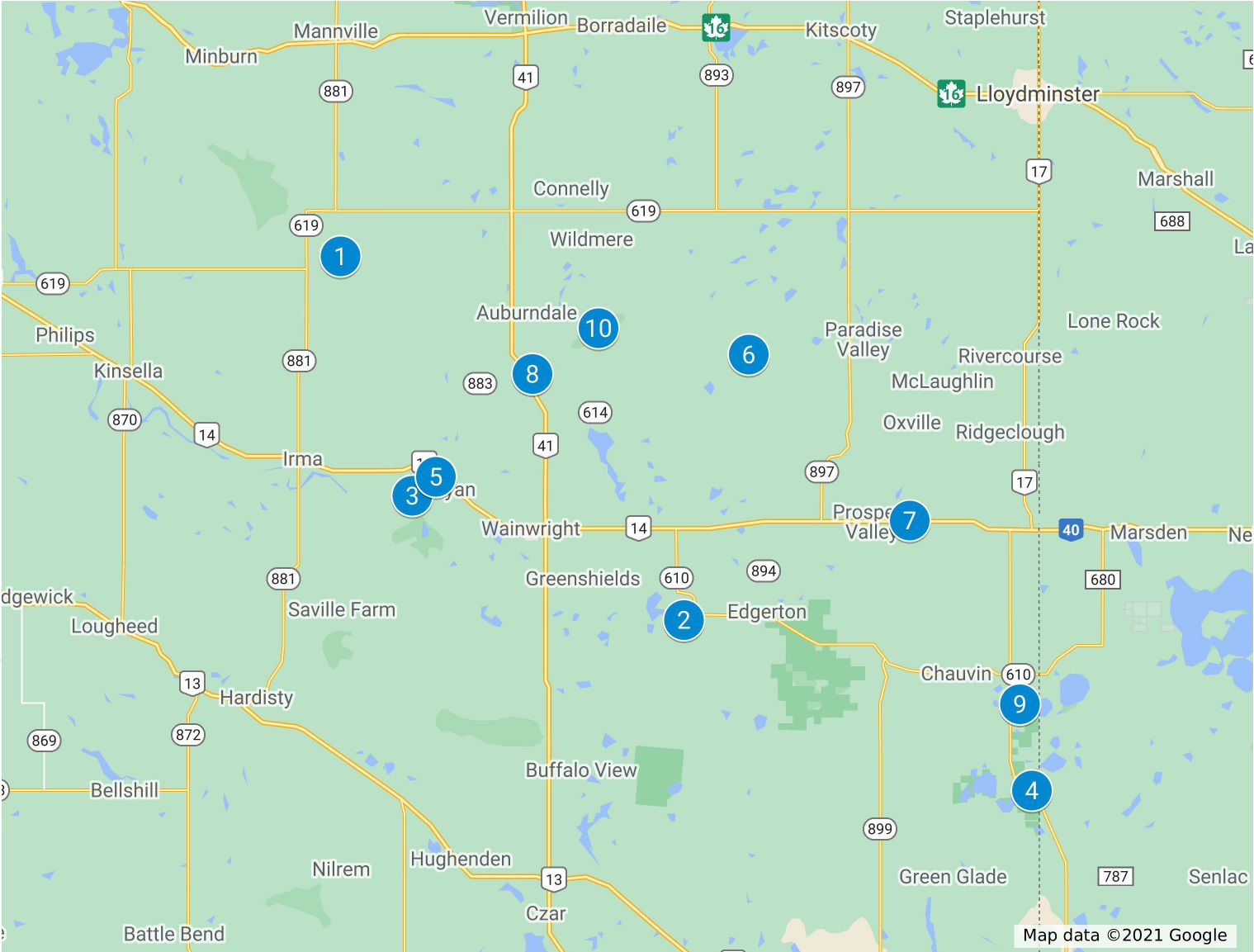
- Walking Trail, Phase 1
- Walking Trail, Phase 2
- Dog Park
- Storage Facility
- Sitting Area
- Garbage Cans
- Garbage Bag Dispenser



# Staycation Map-MD of Wainwright

### Spots to Stop

- 1 Ambler's Lake
- 2 Arm Lake Recreation Area & Clear Lake
- 3 Battle River Trestle
- 4 Dillberry Lake Provincial Park
- 5 Fabyan Campground Hwy 14
- 6 Koroluk Landslide
- 7 Ribstone campground
- 8 Riverdale Mini Park
- 9 Salt Lake
- 10 Wainwright Wildlife Society's Recreational Trail System



# Fuel up! Healthy Eating To Keep You Moving!



## Healthy Eating On The Run!

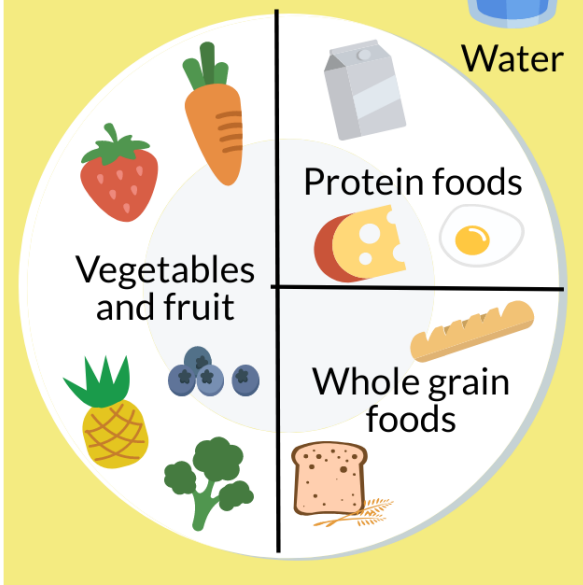
On-the-Go Picnic Snack Ideas:

- Sub sandwich
- Pitas or wraps with vegetables, lean meat, and cheese
- Homemade smoothies
- Mixed dried fruit
- Trail mix
- Fruit, yogurt and granola parfait
- Hummus and pita or vegetables and dip
- Homemade whole grain muffin
- Homemade yogurt pops
- Pre-cut vegetables and fruit
- Dry cereals
- Nut butter and apple slices
- Fruit salad
- Sliced cheese and grapes
- Bean dip and whole wheat chips
- Leftovers

Canada's Food Guide



Water



## Packing Healthy!

Using Canada's Food Guide:

Aim for a variety of foods on your bowl, dish, or plate with:

1/2 Vegetables and fruit  
1/4 Whole grain foods  
1/4 Protein foods

Make water your drink of choice!

For more information go to [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)

# Hydration Helpers!

Drink water throughout the day to meet fluid needs and quench thirst!

- Hot weather and outdoor activity increase your need for water
- Pack plenty of ice water bottles to ensure your water is cool throughout the day
- Use stainless steel or insulated bottles to help keep your beverages cold all day
- Drinking water with meals can also help you reach your fluid needs



Try infusing your water for additional flavour with:



Cucumber



Berries



Melon



Lemons



Oranges



Mint leaves

# Pack-a-Long Pointers!



- Wash and cut foods ahead of time
- Use a cooler, insulated lunch kit and ice packs to keep perishable foods cold, fresh and less likely to spoil
- Keep hot foods hot by transporting in insulated containers
- Pack extra re-fillable water bottles, napkins, and cutlery
- Keep a "to go" bag packed for the park with:
  - a tablecloth or blanket that can be wiped clean
  - bug spray
  - hand sanitizer for hand hygiene

For more information go to [healthyeatingstartshere.ca](https://www.healthyeatingstartshere.ca)





# Layered Yogurt Pops!



## Ingredients

- 1 cup (250ml) of pure fruit juice such as cranberry or cherry
- 1 1/2 cups (275ml) of low fat strawberry yogurt
- 1 cup (250ml) of fresh or frozen blueberries, raspberries or chopped strawberries

## Instructions

1. Divide juice among 8 small plastic cups. Add a spoonful of yogurt into cups and top with a few berries. Repeat layering with remaining ingredients.
2. Cover each cup with some plastic wrap and pierce through plastic with craft stick.
3. Freeze overnight or until solid.

### TIPS:

1. Smooth Option: Combine yogurt, juice and fruit in blender and puree until smooth. Pour into plastic cups and continue with recipe.
2. Look for 175 mL (5 oz) Dixie cups in your local grocery store. Craft sticks make strong handles for popsicles and are available at dollar stores and craft stores.



## Talk together!

Pleasant talk creates relaxed meal and snack times and builds relationships. Children can practice language and social skills, and learn about food and eating. Try these tips:

- Eat together.
- Talk about things your children are interested in.
- Take turns talking and listening.
- Make comments or ask questions about what your children are saying.
- Ask questions that need more than a 'yes or no' answer.



### Ideas to start talking:

- What was the best part of your day?
- What is your favorite animal? Why?
- What does a \_\_\_\_\_ taste like?
- What shapes/colours are on your plate?
- What celebration do you enjoy the most?
- What is the best thing about being \_\_\_ years old?

***Cook Together.  
Eat Together.  
Talk Together.***

For more ideas try these [conversation cards](#) and visit [Healthy Eating Starts Here.ca](http://HealthyEatingStartsHere.ca)

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## Enjoy Your Meal Experience

If you were in a cooking contest, which dish would you prepare for the judges?



## Enjoy Your Meal Experience

If you could only eat 5 foods every day for the rest of your life, what would they be?



## Enjoy Your Meal Experience

If you could have dinner with anyone (past or present), who would it be with? What would you serve?



## Enjoy Your Meal Experience

If you did the grocery shopping for your family, what would be the first 5 foods in your cart?



## Enjoy Your Meal Experience

What is the most exotic food that you have ever eaten? Did you enjoy it?



## Enjoy Your Meal Experience

Have you ever refused to try a food but liked it when you tried it? What food was it?



## Enjoy Your Meal Experience

What is your favourite food from a different culture?



## Enjoy Your Meal Experience

Imagine your favourite character from a story or movie came to dinner. What healthy meal would you prepare?



## Enjoy Your Meal Experience

What holiday or celebration do you enjoy the most?



## Enjoy Your Meal Experience

If you were asked to make a healthy meal for your parents, what would you make?



## Enjoy Your Meal Experience

If you were stranded on a deserted island, what 5 foods would you take with you?



## Enjoy Your Meal Experience

If you could invent a new vegetable, what would it be called? What would it taste like?



## Enjoy Your Meal Experience

If you could plan a menu for a restaurant, what meals would your restaurant be famous for?



## Enjoy Your Meal Experience

If you were a vegetable or fruit, which vegetable or fruit would you be?



## Enjoy Your Meal Experience

Why do you think holidays and celebrations always have food?



## Enjoy Your Meal Experience

Which meal is your favourite- breakfast, lunch or supper? Why?



## Enjoy Your Meal Experience

Where do you eat lunch at school or work? Who do you eat it with?



## Enjoy Your Meal Experience

What is your favourite family tradition? Why?

