I’m setting a spark….Pass it on…Please share

As said earlier this month

There is some pretty amazing stuff happening in our community … The Pas and area.

Sometimes these activities, this work, and events go unnoticed, unacknowledged. Could it possibly be just a lack of interest or awareness? Today I ask you to shift your focus and discover appreciation for all the truly wonderful acts and work of organizations, groups, and individuals around us. Open your eyes and your mind and start to reflect and acknowledge those who deserve a kind word, recognition, encouragement to continue to serve...yes serve, because that is what they are doing. In a beautiful healthy format.

Today, as we are troubled with Covid19, we are reminded that we are in this together. We are all one. We are human…vulnerable… yet powerful and strong. This is a time to be supportive, understanding and ready to take on the challenge of shift/change to support each other. More than ever!

Let us start by sharing stories, photos, comments, ideas, and solutions to build a vibrant, dynamic community that cares for its youth, seniors, families, homeless, pets, and to all visitors who come to our community. We all belong! I encourage inclusion with responsibility, respect and accountability.

Why you may ask?

Well... I am involved in the community wellness/spark/make shift happen project for our community. This project is to create awareness of what great programs are out there for us within our three communities. Recently I set upon a journey to explore what is happening in our northern town. I must say that I was shocked but also overwhelmed and delighted with my search. The search brought about an expansive list, an incredible menu of events, projects, classes, and opportunities happening in this community. I want to share them with you.

This is what I need from you. I need your stories, your photos, comments, events, snippets of information, your creativity and solutions in how we can make our community stronger. Let’s build on what is working and continue the path towards community pride where residents think and thrive in positive work, and play. Collectively we can make our community stronger and sustainable. In isolation, this is not possible. We need each other. Lift each other up by helping each other out. Together we can create awareness and connect the dots to make this life experience full to the brim.

There are many reasons that we choose to live in this northern wonderland. Think about why you love to live, work, go to school, raise a family and contribute to this community.

To spark the conversation, these are my reasons

* The beautiful crisp fresh air that I am able to breathe each day
* Clean, pristine, clear lakes, and the many waterways, basically private that I can paddle on or play in.
* A mixture of forest and farmland to grow my plants, flowers and vegetables.
* The boreal forests to trek through on foot, skis or snowshoes.
* The northern skies, incredible sunrises, equally alluring serenity sunsets, the dancing Northern Lights, we often take these simple things for granted.
* Our incredible volunteers who support the many events that our community offers
* The volunteers who clean up our community and the groups who patrol to make it a safer place to reside
* The people who fundraiser to ensure our youth have safe spaces to recreate and enjoy their youth.
* The seniors who continuously support the many projects that create community. From the Carrot Valley Hall Ladies, to the Golden Agers, Valhalla Court, Pine View Manor, Northern View Lodge, Rod McGillvary Care Home and St Paul’s Residence. There are so many more groups, organizations and individuals that doing meaningful community work.

My plan is to highlight our strengths, our organizations, their work, how they impact the community and create awareness of what they really do! There are many hidden hero’s in these organizations. Let’s acknowledge them.

This is my act of kindness! Be kind! Let’s look around, shift our perception and attitude to one of acceptance, appreciation and sharing. Please share! And share some more!

To share your stories or photos please send to:

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