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DON'T FORGET TO LIKE US ON FACEBOOK

DATES TO REMEMBER

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT	
						1 Shevchenko Fall Supper	
2	Music & Movement w/ Paulette DC Garbage Day	4 DC Yoga	5 Tinnitus Support Group	6 W.I. Meeting Emerson Yoga Emerson Garbage Day	7	8 Fall Harvest Market in Dominion City	
9	10 Thanksgiving Day All Municipal Offices Closed	M.I. Knitting DC Yoga DC Garbage Day Emerson Recycling Day	12	Emerson Yoga Emerson Garbage Day DC Recycling Day	14	15	
16 Tolstoi Culture Days	Music & Movement w/ Paulette DC Garbage Day	18 DC Yoga	19	20 Emerson Yoga Emerson Garbage Day	21 Farm Day at SeSab Ranch	22	
23	DC Yoga DC Garbage Day	Emerson Recycling Day	26 Municipal Election	27 Emerson Yoga Emerson Garbage Day DC Recycling	28 Quiz Night	29	
30	Property Tax Payments Due DC Garbage Day	Karate - Mondays at 6:30pm Coffee Connection at the Healthy Living Centre - Mondays at 1:30pm Franklin Manor Care N Share - Wednesdays at 3:00pm Healthy Living Centre Bingo - 2nd & 4th Thursday of the month at 2:00pm					





CONGREGATE MEAL PROGRAM MENU - OCTOBER								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
October 3	October 4	October 5	October 6	October 7				
Breaded Porkchops	Sweet & Sour Farmer Sausage	Swiss Steak	Honey Garlic Chicken	Thanksgiving Dinner				
October 10	October 11	October 12	October 13	October 14				
No Meal Program Thanksgiving Day	BBQ Chicken	Ham & Scalloped Potatoes	Chilli & Homemade Buns	Chicken Parmesan				
October 17	October 18	October 19	October 20	October 21				
Chicken Stir Fry	Beef Stew & Homemade Buns	Lasagna	Mushroom Chicken	Roast Pork				
October 24	October 25	October 26	October 27	October 28				
Shepherd's Pie	Fried Chicken	Ribs	Sweet & Sour Meatballs	Roast Chicken				
October 31								
Fish Fry								

Services to Seniors would prefer you sign up or call two days ahead and not the morning of the meal. Call (204) 542-0689. DINE-IN Monday to Friday. Thank You!



Gift certificates are available at the Congregate Meal Program; please contact (204) 542-0689. Please note the menu is subject to change without notice.

A message from Woodmore Women's Institute:

The Woodmore Women's Institute is an organization of friendship and connection that makes a difference in the community. If you are interested in meeting us and learning more about our organization, you can join us at a meeting or social activity. For more information contact Deb Melosky at meloskydebbie@gmail.com.

Notice of Election For the Municipality of Emerson-Franklin

Notice is hereby given that the voters of the Municipality of Emerson-Franklin will be taken to elect Council from the following duly nominated candidates:

For the offices of Councillor:

1 Councillor for Ward 1

French, Kim Nichols, Todd

1 Councillor for Ward 2

Grier, Brian Mihaychuk, Ron

2 Councillors for Ward 6

Johnston, Doug Lange, Brenda Rodewald, Jeff

Candidates Acclaimed

Reeve David Carlson

Councillor for Ward 3 Orest Kuryk Councillor for Ward 4 Tony Dujlovic Councillor for Ward 5 Dennis Weiss LUD Committee Member Jay Ihme

Voting Places

Voting locations will be open for voting on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at:

Ward 1 - Dominion City Community Hall, 31 McKercher Street, Dominion City, MB

Ward 2 - Shevchenko Ukrainian Centre, 19 Church Road, Rosa, MB

Ward 6 $\,$ - Emerson Complex, 101 Church Street, Emerson, MB

Please ensure you are aware of what Ward and Voting Place you are qualified to vote prior to Election Day.

Identification may be required before being allowed to vote. A person may be required to produce one piece of government issued photo identification (for example, Driver's License or Passport) or at least two other documents that provide proof of identity.

Visit the Emerson-Franklin website for alternative voting options: <u>Emersonfranklin.com/p/downloads-documents</u>



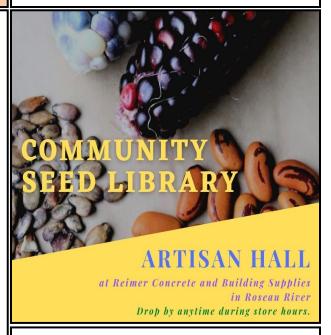
Eat Local on a Budget Part 6 – Buy Meat Direct from the Farm

By Leah Bouchard

"Fall is an excellent time of year to fill your freezer with local meat direct from the farm. Free range chickens or even pastured pork may be available at this time of year. Also, when cattle and sheep come off the pasture in fall, they possess all the wonderful benefits and nutrients of being grass-fed. Additionally, small farmers often sell their animals before freezing temperatures set in, as feeding and watering becomes much more complicated in the winter.

If you have never purchased meat direct from a farm, here's what you need to know..."

Visit the "Local Notices" page on the Emerson-Franklin website to read the full article.



Community Seed Library

"While you're bringing in the garden and preserving your bounty, remember to save some extra seeds to share! Sharing seed is a fun way to increase local food security, preserve heirloom varieties and meet other community members who share a mutual interest in growing food.

The seed library operates the same way as our Little Free Libraries, on a take some, leave some principle.

The seed library will be up until the end of October and reappear in January. (Any contributions made now will remain in the library until then.) So spread the word! The more participation we have, the more interesting and fun it will be!"

Visit the "Local Notices" page on the Emerson-Franklin website for more information!