

Trying to Cope with Loss From Warburg School

Our school and community mourns the loss of our grade 12 student, Emma Gillis.

Emma was a caring and compassionate young woman who loved to dance and was a loyal friend to her classmates and those around her.

A letter from Mrs. Maltais & Mrs. Fritz was sent to every W.S. family to advise that every effort is being made to handle this tragic situation with honesty, compassion and understanding. Our Crisis Response Team, along with members of our school division and support staff from our community affiliates, have made themselves available to our school to assist students, staff, and the family to provide support and to encourage emotional health and well-being.

We encourage families to access the article that was sent out via our alert system, or you may find it on our website: When Grief or Loss Hits Close to Home: Tips for Caregivers

We extend our most heartfelt condolences to her family and friends.

A memorial was held for Emma at the Warburg School on Saturday, February 16th.



Community 39 Enterprises Home of The Breton Booster, Thorsby Target & Warburg Bugle

Whoop-It-Up Communications Day From Sarah Scheetz

On January 12 the Whoop-It-Up 4-H Multi Club had their annual communications day. We thank the following people for being speech judges Mary Jablonski, Darlene MacPherson, Mandy Peck, and the following people for being presentation judges Sara Maskiewicz, Eileen McMann, and Melissa Styba.

First place for junior speeches was Mal Williams. First place for junior presentations was Karl Miller. First Place for Intermediate speeches was Luuk Scholten. First place for intermediate presentations was Stephanie Sanders and Sarah Scheetz. First place for senior speeches was Megan Gitzel. First place for senior presentations was Davin Linder.

We wish all of our members who are moving on to Districts good luck! Thank you to AltaLink for their continued support of 4-H communications programs.





HELP WANTED

Full-Time Personal Aide - Must have First Aid and Police Check. Must like animals, and have own vehicle. Must also be ok with having a service dog in the vehicle. Call Shelley at 780-691-2239 or 780-848-2560 (2-2kr) **WANTED**

Curling shoes Anyone? If you have any gently used curling shoes you no longer need, would you donate them to the Warburg Junior Curling Program? We need sizes 5 – 13.

780-848-2930 Kevin or 780-915 -1211 Gladys (1-1) FOR SALE

Premium Firewood for sale. For details and pricing call James. 780.405.0826 (2-2kr)

FOR RENT

4-Plex Unit in Winfield - 2 bedrooms + 1 small room downstairs, finished basement, incl. 4 major appliances. Small pets ok but no dogs. \$825 + utilities / month, \$825 damage deposit.

Phone Maria 403.606.6977 or 403.249.2708

or Marie 780.932.7177 (2-2kr)

CUSTOM FURNITURE BUILDERS

Handcrafted Wood Furniture - Are you looking for furniture that will be durable & attractive? Custom orders available, located in Warburg. Call Ruth 780.621.9768 or visit rscustomwoodfurniture.com (2-2kr)

BUILDERS / RENOVATIONS / CARPENTRY

Custom Built Epoxy Countertops and Interior Renovations - are you looking to update your countertops, renovate your home or need home repairs - call Greg Sharman @ 780.898.3866 or visit www.gregsharman.com or www.counter.gregsharman.com (2-2kr)

EXCAVATION / DEMOLITION / CLEARING

Accutrax Cat and Trackhoe, Dozer, Excavator, Compactor, Trenching, Fence line clearing, Demolition, Basements, etc. Ed Neumann 780.789.2547 (2-6) Has your bush gone wild? We can tame that unruly mess! Mulching fencelines and ATV trails. Great rates starting at \$95 /hr. Call Ray for estimates.

780.621.7901 (1-2)

REAL ESTATE

Dawn Heisler-Re/Max Real Estate - Your local Realtor for all your Real Estate needs Cell: 780-619-2564 Office: 780-986-2900

Classified Ads are

\$5.00 (GST included) for 2 weeks, up to 30 words

- call 780-887-0077
- drop off your ad at The Village Office
- email media@community39.com
- submit online at www.community39.com

AMALGAMATION: NOTICE TO MEMBERS





Warburg Minor Hockey Association & Winfield Minor Hockey Association

VOTING DATES REGARDING AMALGAMATION:

Feb 19 - Warburg Arena 7:00pm - 8:15pm

Feb 20 - Winfield Arena 6:30pm - 8:15pm

Feb 23 - Warburg Arena TBA

Feb 26 - Winfield Arena 7:00pm - 8:15pm

Feb 27 - Warburg Arena 7:00pm - 8:00pm

Members will receive an email regarding the vote prior to the first vote date.

Capital Power

First Aid Training

Capital Power provides subsidized St. John Ambulance Standard First Aid training for residents of the Genesee community. The two-day course is designed for those who need standard first aid knowledge and skills. A maximum of 20 spots are available and will be filled on a first come, first served basis.

Registration deadline is March 11, 2019.

When: March 16 from 8 a.m. - 5 p.m. March 17 from 8 a.m. - 5 p.m. Where: Genesee Hall

The cost is \$20 per person, which includes lunch for both days.

To register, call: **780.392.5222** or email **publicconsultation@capitalpower.com**



Wilf Brandt Trucking Ltd. is seeking **Class 3 Tank Truck Drivers**, for Year Round Production Fluid Hauling in the Warburg, Thorsby, Leduc and Drayton Valley areas. Experience with Combo Vac and Steamer truck is an asset.

Current Oilfield Safety Tickets are required and willingness to work shift cycle a must.

Pre-Employment Screening is a pre-requisite to hire. Please email resume along with a current drivers abstract to resumeswbt@gmail.com



Wilf Brandt Trucking Ltd. is seeking **Class 1 Tank Truck Drivers**, for Year Round Production Fluid Hauling in the Warburg, Thorsby, Leduc, Rimbey and Drayton Valley areas.

Current Oilfield Safety Tickets are a definite asset and willingness to work shift cycle a must. Successful candidates can expect year round work and excellent wages.

Pre-Employment Screening is a pre-requisite to hire.

Please email resume along with a current drivers abstract to resumeswbt@gmail.com



Looking for a great career? Want to make a difference? Enjoy helping people?

Warburg Insurance is hiring! We're looking for a licensed Insurance Broker.

We need an insurance broker with a minimum Level 1 General Insurance licence and preferably two years related insurance experience or other office/sales/ administration experience.

As an insurance broker with Warburg Insurance, you'll help customers to protect their homes, cars, farms, and businesses. We provide training, you provide a great attitude and a desire to learn and grow. You'll earn above average salary, receive paid vacation, and access a great benefits plan.

Please send cover letter, resume, along with compensation expectations to: carol@directlineins.net

Those qualifying for an interview will be contacted. **Thank you for your interest in Warburg Insurance!** Phone: 780.848.2876 Fax: 780.848.2461



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michaelj@mikeshomesltd.com mikep@mikeshomesltd.com

MICHAEL JACOB 780-991-1008 MIKE PETRACEK 780-699-3700

Warburg Cultural Society Is Having Their Annual General Meeting on Feb 26, 2019 at 7:00 pm at the Warburg Cultural Centre.

World Day of Prayer service Friday, March 1st, 7:30 PM at St. Matthew's Lutheran Church. All are welcome.

Free Diabetes Health Presentation and Q&A with Dr. Tim Riesenberger at the Warburg Cultural Centre, Friday, March 1, from 1:00 pm-3:00 pm. Visit www.healthseminars.ca for info of current regional programs.

Telfordville Pastoral Charge will host a Shrove Tuesday Pancake Supper and Bake sale on Tuesday, March 5/19 at the Telfordville Community Center from 5:30 - 7:00 pm. Free-will offering, everyone welcome!

Royal Canadian Legion Mulhurst- Branch #246: Next meeting: March 11, 2019. Bingo held every tuesday at 7pm. Next Community Social: March 29, 2019 @ 7pm. New Members Welcome!

Golden Spur Gymkhana Club Annual Meeting: Sunday, March 17,2019 7:00pm @ Funnell Hall.

Community United Church – Join us for worship, programs, community outreach. Sunday worship at 10:30 AM Telfordville: 2nd Sunday of each month Warburg: remaining Sundays of each month. 780-848-2227.

Treasures Thrift Shop located in Community United Church, 5112-53 St. Warburg, is open every Wednesday from 10 am - 4 pm. Gratefully accepting donations of clean, gently used clothing and small household items on Wednesday and Friday mornings.

Winfield Legion monthly potluck and dance is last Thursday of the month. Doors open at 5:30 PM. Supper is 6:00 PM. Everyone welcome.

Thorsby Senior's Thrift Store Regular Hours Thursdays, Fridays & Saturdays 10 am - 3 pm. Donations accepted and appreciated. Dollar Days still on! 4812 - 51 Street Thorsby (south of Esso)

Crib Nights - Run every Wednesday night at Arctic Spas Recreation Complex from 6 - 9 pm. New

Community Events Page

Custom Built Homes

- Reliable Service – Affordable Pricing – Quality Workmanship

"You Dream It – We Build It!"

players are always welcome!

"Sew Heavenly Quilters" meet every Thursday at the Warburg Cultural Centre, from 10:00 to 4:00. Everyone welcome to join. Call Peggy Lunde @ 780.789. 2545 for more info.

FUN AND EXERCISE Sandholm Modern Square dance club welcomes NEW MEMBERS, youth, couples and singles. THURSDAYS at 7 p.m. at Sandholm Hall (10 miles south of Thorsby) First night for New Dancers FREE. For more information contact Dave 780-238-5844 or Doris 780 389-2381.

St. Matthew's Lutheran Church - Sunday Worship @10:30 a.m., Holy Communion on the first Sunday of the month; Confirmation and Adult study on Tuesdays; Bible study 1,3,5, sundays of the month. Pastor Ron Flamand, interim pastor. Call 780-789-3873

Parent Link – Stay 'n Play held every Thursday from 9:30 am – Noon at the Warburg Village Office. Join us for some play time with your child!

Genesee Jamboree - **Third Friday** of every month from 7 p.m. - 10:30 p.m. Lunch served. \$5.00 / non playing attendants. Everyone welcome. 780.848.2479

Monthly Jamboree - Wilton Park Community Ctr. 4th Saturday of every month at 7:30 pm September - April (excl. Dec.) Everyone welcome! 780.985.2478

Ashland Dam Park - For reservations call Kelly @ (780) 898-9636.

Bus Transportation To Leduc - The 1st and 3rd Thursday of each month. Departs from the Cloverleaf Manor at approx. 9:00 am, cost of \$8, call to reserve a seat: 780-848-7177 (Cloverleaf Manor - Warburg) (Pick-ups in Thorsby and Calmar).

Leduc Public Market runs every Thursday 10-3 in the City Center Mall (Ken's Furniture) 5201 50 Street. Lots of vendors with a wide variety of items. For tables or info call Jenna 780-868-7616.

Warburg Bloomin' Buddies Meetings - Please contact Linda McLaughlin @ 780 848 2916 for information re meeting dates and times.

Warburg Legion Hall is available for rent at

PUBLIC OPEN HOUSE You're Invited to Intermunicipal Development Plan the Village of When: Wednesday, March 13, 2019, 7:00 - 9:00 PM (Presentation at 8:00 PM) Warburg Open Where: Pioneer Recreation Centre, 5335-50A Ave. Warburg AB. House Leduc County and the Village of Warburg have prepared an Intermunicipal Development Plan for lands located Join us as we present the results of adjacent to the Village of Warburg within the Business Visit initiative conducted Leduc County as shown. The purpose of the Open House is to from September to November 2018. provide an opportunity for the public to review and comment on the draft Plan prior to Warburg and Leduc County Have a discussion with the Mayor Councils adopting the Intermunicipal and Economic Development Officer Development Plan on our region's economic development Stantec Consulting Ltd. has been retained to assist with the Plan preparation. The and issues facing local business. Open House will be an opportunity for you to speak with the project planners and Village and County Staff regarding the Feb 28, 2019 | 7PM to 9PM project. Tell us your thoughts. Town Office, 5212 50 Ave, Warburg This will be an informal drop-in type event with displays that will provide information about the Plan. A formal presentation Wiloge of Warburg regarding the project has been scheduled for 8:00 PM, followed by the opportunity to Coffee, tea, and sweets will be served o Grid ask guestions. Further Information: AGA Bonnie McInnis Senior Associate Stantec Consulting Ltd. 780-969-3374 bonnie.mcinnis@stantec.com Help set priorities for Leduc and Thorsby RCMP Leduc County and the City of Leduc have partnered with the RCMP to conduct a brief survey to ensure that RCMP priorities align with those of the public. Take the survey at **surveymonkey.com/r/RCMP2019** by Feb. 28 to let us know what you think the RCMP's top policing priorities should be!

THE WARBURG BUGLE, WWW.COMMUNITY39.COM, 780-887-0077, FEBRUARY 22, 2019 EDITION #239

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\$75.00 for a full day, \$50.00 for 1/2 day, with a deposit of \$50 which is then refundable upon inspection. For Hall rental please contact Tina Tollenaar at 780.848.2469. For events, meetings or information, please call Max at 780 848.2923.

Warburg Museum - New members always welcome and appreciated! Susie 780.848.2507

Warburg Cultural Centre - For rentals of facility, wine glasses and/or tablecloths, phone 780.848.2944. Meetings held quarterly. Please contact 780.848.2916 for info.

Warburg Senior's Centre rentals. Call Nancy/ Allan Gruninger 780-848-7756. \$75 per rental, \$50.00 damage deposit refundable after inspection – no exceptions!

Warburg Pioneer Ag Society & Hall– hall rental \$300, phone 780-848-2841 (non-smoking, 350 capacity), Meetings 2nd Wednesday of each month.

Thorsby Senior's Centre rentals. Call Cathy Kuzio 780-789-2423 / 780-719-7124.

Thorsby Senior's Supper Meetings These monthly meetings will now be held in the Senior's Centre and are on the last Wednesday of every month at 6:00 p.m. Members are requested to bring a potluck dish. Memberships are available for \$10 from Elaine Warnock at 780.221.3939.

Thorsby Senior's Birthday Parties at the Senior's Centre. Held every second Wednesday of the month from 2:30 p.m. - 4:00 p.m. These parties are open to all members and their guests.

Thorsby & District Fish & Game Regular Meetings are held on the third Monday of each month @ 7:00 pm at Warburg Village Office Basement (entrance through the back). Please join us. Contact Bruce at 780-848-2242 for more information.

Breton Golden Age Centre Rentals - \$10 / hour with \$25.00 for use of kitchen or \$15/day. Deposit of \$50 required. Call Pat at 780.696.2056

Breton Crib Tournaments will be held every Saturday at the **Breton Golden Age Centre** - Starting January 5th at 12:30 p.m. except July & August.

Calmar and District Senior Citizens Club Quarterly General Meetings and Birthday Celebrations will be held on the second Tuesday of March, June, September and December at 1:00 PM. A birthday cake will be provided by the club, however if you wish to bring a treat to help celebrate your birthday you are welcome to do so. **Calmar and District Senior Citizens Club** 4916 - 50 Ave Calmar **hosts Music Jammers** on the fourth Tuesday of every month (except July, August and December). Cost is \$7.00 per person, a light lunch is served. (It has been rumoured that this is the best lunch in the county for this event).

Calmar and District Senior Citizens Club 4916 - 50 Ave Calmar: **hall rentals**, please contact Marg Roskewich 780-985-3221. Rental Rates: 4 hr or less \$100 and more than 4 hrs \$200.00

Weekly Bingo at Mulhurst Legion - Every Tuesday, 7:15 pm. Family Bingo! Everyone Welcome! 780-935-6281

Centrelodge Community Centre - For bookings call Caroline 780-789-3089.

Morrowdale Community Hall - For bookings call Elaine at 780-789-2104.

Mulhurst Legion Hall: For Hall Bookings call Marie: 780-361-7350

Telfordville Hall - For bookings call Tracy at 780-718-9549.

Strawberry Community Hall - Call Ollie at 780-789-2180.

Sunnybrook Hall - For bookings call Cheryl Krawiec@ 780-789-3193 or 780-920-1950. Sunnybrook Hall Meetings - 1st Tuesday of the month at 7:30 pm. Everyone welcome.

Genesee Community Hall - Rentals call Joanne Liba at 780-940-7229.

Funnell Community Hall - Christine Burton @ 780-898-6598 for bookings Hall Rent - \$50/day.

Warburg Alliance Church Fall Worship Service 11 am. Sunday School 9:45 am. (Summer Worship Service 10:30 am) (No Sunday School for the summer) Bible Studies. Do you need prayer? Please call 780-848-7577

Calmar Bingo - Every Wednesday from 7 to 9 pm at the Calmar Legion (4815-47 Street). Wheel Chair Accessible. Concession Available.

Community Events are placed FREE of charge, thanks to the community commitment of



Unreserved Real Estate Sale for Charlotte Herzog

Sale Conducted Just East of Rimbey at our Sale Site Property Located in Breton, Alberta April 12, 2019 - Time: 12:00 Noon Selling In Conjunction with the 39th Annual Spring Machinery Consignment Sale

Legal Description: NE 21-48-4 W5M Being 144 Acres M/L

Located from Breton, 5.4 Kms (3.3 Miles) North on Hwy #20 to Twr Rd 484, then 3.2 Kms (2 Miles) West. Or From the Alsike Corner 3 Kms South on Hwy #20 to Twr Rd 484, 3.2 Kms West. South Side of the Road.

Selling a Very Good Quarter Section of Land that is All Seeded to Grass. Approx. 80 to 100 Acres of Open Area that has been Hayed in the Past. The Balance is Treed Shelter Belts & Some Low Land. 4 Wire Prime Fencing & Cross Fencing. Also contains a Large Dugout.

Several Mostly Steel Corrals, a 16'x32' Cattle Shed, 16'x40' Cattle Shed, 12'x60' Cattle Shed w/ 5 Box Stalls for Calving. 2 Water Wells w/ Sub. Pumps & Water Rights for 500 Cattle.

Oil Revenue of Approx. \$3,400 per year payable in May to be determined when the Yard Side is Subdivided. 2 - Power Line Towers on the Very West Side of the Property @ \$1,249.00 Per Power Line Per Year.

Viewing by Appointment, Contact: Bill - 780-514-0842, Allen - 403-783-0556 or Kim - 403-704-3141







All measurements are approximate and need to be verified by the purchaser.

Real Estate Transaction is being Handled by Morrison Realty (403) 783-0556

Real Estate Terms & Conditions: 10 % Down on Sale Day. Balance & Possession on or before May 13, 2019. If Balance is NOT RECEIVED by May 13, 2019 the Deposit will be Forfeited as Liquidation Damages.

Sale Conducted by:

License No. 165690

Allen B. Olson Auction Service Ltd. Rimbey, Alberta

(403) 843-2747 Sale Site **E-mail: abolson@telusplanet.net Homepage: www.allenolsonauction.com**



Warburg School News Submitted by Warburg School

Warburg School elementary students had the opportunity to visit with a penguin on February 21st, thanks to our Parent School Council! A donation of \$2.00 per student was very much appreciated to help offset the cost of this visit and help our Council to book more in-school field-trips!

There are still many boxes of chocolate covered almonds for sale! Our school sign fundraising continues, and we appreciate those of you who have sold or purchased the delicious treats! Contact our office to see how you can help us fund a new events sign & help our community know what is going on at Warburg School!

Congratulations to our Hunter's Education and Conservation grades 7-10 students on their recent Alberta Conservation and Hunter Education certification. All first-time hunters in the province of Alberta must complete the Alberta Conservation and Hunter Education course. The students can now apply for their hunting licence and WIN card to hunt or fish in our great province.

The Bamfield Marine Sciences Centre field trip is next month and our students have been working hard to raise funds to help with their trip costs. THANK YOU to all who have supported the various fundraising efforts!

Parent School Council will have a meeting on February 25th at 3:30 p.m. Childcare will be provided to those who need it. Everyone Welcome!

There are a few ways to keep up to date with W.S.! Our Events & Activities calendar on

ws.blackgold.ca, 'Like' our Warburg School Facebook page or follow us on Twitter @warburgschool

Pictured below: Elementary and High School students have been skating at the Warburg Memorial Arena throughout the month of February.





"Embracing Pathways to Healing"

Is the human body meant to be wounded? What does it mean to heal body, mind, heart and soul? What pathways do I embrace?

The Faith Community of Thorsby will be hosting a seven week, free of charge study and interaction and we welcome the community to "Embracing Pathways to Healing".

Come and see what we have to offer on our opening evening Wednesday, Feb.27th, at 6:15 pm at St. Matthew's Lutheran Church. We begin with a soup supper, followed by an introduction to the study and an outline of the next 6 Wednesdays. This evening will allow you to discover the series topics, learn about presenters, and then visit and socialize with other attendees. The topics will be far reaching and our presenters will be from our local region along with some out of the area.

Previous years sessions have included, "Question Everything", "Especially yours", "Have we talked lately" and "The Mysteries of Our Faith". These have been well attended and highly evaluated. Common remarks by course takers are that they have been openly accepting, soul searching, fun loving, friendship building, no pressure and, in many cases, a positive life changing experience.

Each week we will offer a soup supper at 6:15 pm and will begin our study punctually at 7:00 pm. Study time will include music, teaching, small group and large group discussion. We will conclude with fellowship time.

We extend a warm invitation to anyone curious about studying in a large group setting.

Come and explore these topics with us.

If you have any questions please contact: Bob Krueger @ 780-789-2285

Sponsored and supported by New Life Christian Fellowship, Our Lady of Victory Catholic Parish, St. Matthew's Lutheran and members of other faith communities.

HAPPENINGS at CLOVERLEAF MANOR

CHURCH SERVICES

Each Sunday - 10:30 a.m. - Catholic Communion

1st Wednesday - 2:00 p.m. - United Church 3rd Friday - 10:30 a.m.- Catholic Church 4th Friday - 2:00 p.m. - Alliance Church

HEALTH & WELLNESS

2nd and 4th Mondays of the month - 10:15 a.m. - **Exercise with Cassie** (FREE- Thanks to a grant from Warburg Recreation Board) 2nd Thursday of the following months March, April, June, August - 9:00 a.m. - **Dees Tender Tootsies** (foot care)

BANDS and ENTERTAINMENT

1st Saturday of the month - 2:30 p.m.

- Sunshine Band Singers

3rd Monday of the month - 7:00 p.m.

- Country Friends

3rd Tuesday of the month - 1:30 p.m. **Strawberry Jammers**

BUS TRIPS

Shopping, Dr. Appts., etc. 1st & 3rd Thursdays of the month - 9:00 a.m. - Bus to Leduc.





University of Alberta Senate Applications Open From Amissa Jablonski

Alberta residents have a chance to act as a voice for their community in post-secondary education, by serving with the University of Alberta Senate.

The Senate, which acts as a link between the U of A and communities across the province is seeking applications for volunteer members, due March 1, 2019.

"Our Senate is one of the most important ways the university connects with people beyond campus. Members bring important perspective to the U of A about the needs and opportunities that exist in their communities" said Derek Roy-Brenneis, Executive Officer to the Senate.

Senators act as ambassadors and advocates for the University by building awareness of the value of post-secondary education, connecting U of A people and programs with community representatives and resources.

Senate members, volunteer 50 to 100 hours per year and serve three-year terms. During their service, they learn about the U of A, attend plenary session meetings four times a year, serve on committees, and attend ceremonial events such as Convocation.

Senators do not need a university degree nor do they have to be a U of A Alumni.

"We are looking for people who are good communicators, who ask great questions, who are good storytellers, and good connectors in putting people and ideas together. We want them to have a sense of why a place like the U of A is important."

Application forms are available on the Senate

website at www.senate.ualberta.ca. Click the green 'Learn About Becoming a Senator' button or call 780-492-2268.



Our meetings are designed to encourage weight loss, maintenance, to educate and to provide support. New members are welcome to attend a meeting with no obligation. Meetings are held at the Thorsby Fire Hall on Monday mornings with weigh in from 9:00 a.m. - 9:15 a.m. and the meeting following from 9:15 to 9:45 a.m. There is an annual fee to TOPS International of \$44 and a monthly fee to the Thorsby Chapter #1694 of \$5. The first month chapter fees are free. Phone Sherilyn at 780-621-3461.

If you've fallen into a slump, gotten off track or completely abandoned your healthy lifestyle goals for 2019, you're not alone. In fact, over half of people who set a healthy resolution have abandoned it in the first month. But don't let that be your excuse to quit. Now is the time to recommit to yourself. Here are some tips to help get you back on track.

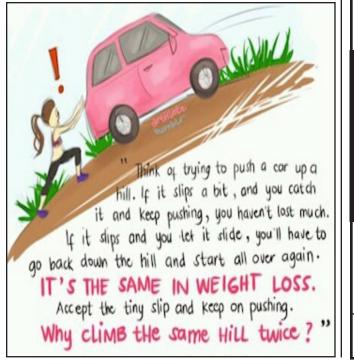
4 Tips for Recommitting to Yourself

• Remember why you started. No matter what your reason is, keep it at the forefront of your mind. Write it down on a sticky note and put it on your bathroom mirror or another place you look every day.

• Don't focus on the negative. We're humans, which means we're not perfect, and that's okay. Instead, focus on the improvements you have made.

• Set realistic goals. If you felt like your original goal was too daunting, break it down into smaller goals. Start with a goal for the week and slowly add as you achieve your weekly goals.

• Make a plan and prepare for it. Unfortunately, wishing yourself healthy is not enough. Instead, make a plan and prepare yourself for the week ahead. For example, if you plan to work out three times this week, decide which days and for how long. Then get your activewear ready to go. If you plan to eat healthier, be sure you stock your fridge with healthy foods and prep a few meals and snacks for the week.





We accept debit / credit cards for payment

1 will always make you smile **You Smile.... 1 Smile**



[dogs chatting in park] So what does your human call you? "Hoozagoodboy" omg same



Them: "You look better without your glasses" Me: "Thanks, you look better without my glasses too"





Maxwell is King of the House! Thanks Corrine!! Have a funny / cute pet pic? Email it to media@community39.com





Advertising Rates

1/8 Page - \$17.50 + Gst 1/4 Page - \$25.00 + Gst 1/2 Page - \$35.00 + Gst Full Page - \$55.00 + Gst

Classified Ads

\$5.00 for 2 weeks, up to 30 words, includes GST. Drop-Off Point is the Warburg Village Office
The next Warburg Bugle will be published March 8th, 2019.
Deadline for The Bugle will be March 6th at Noon.

Community Events and Articles are FREE

780-887-0077 media@community39.com www.community39.com



