

THE WARBURG BUGLE



Community



& CHILI COOK OFF

Join us for a **FREE** BBQ and Chili Cook Off with food, refreshments and games to celebrate the end of Summer!

Friday October 4, 2019 5:30p.m.—7:00p.m.

Warburg Pioneer Recreation Centre

*Teams & individuals interested in participating in the Chili Cook Off are encouraged to stop by the Village office Starting September 1st to pick up entry forms.

Entry deadline is September 27/19*

Best Chili wins \$150 Warburg Bucks to be used at any business in the Village.

\$25 will be given to each participant to offset the cost of their Chili



Thank you to Capital Power for your generous donation to help us keep this event FREE!



The CLASSIFIEDS

HELP WANTED

Oilfield Maintenance Swamper Needed in the Warburg area. Tickets an asset. Transportation required. Call Harley 780-542-0945 (1-1kr)

FOR SALE

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

Honda-FR700 rear tine tiller for sale. 780.848.2854 (1-2)

2001 F150 - 5.4 Ext. cab, fiberglass stepside box. 200 H. tidy tank to main. Lockable roll top, new plugs, battery, wires, starter, brakes, front drive shaft. Needs head gasket for oil leak. Daily driver. \$2000 OBO

Text 780.293.2825 (1-2)

Attention Trucking Companies/Owners - 1 new, never mounted Gateway DA801-11R 24.5 steering tire. Brand New! \$250 OBO Text 780.293.2825 (1-2)

GARAGE SALES

YARD AND MOVING SALE - Hwy. 770, 5 miles north. Saturday, September 21 - 10 am. to 5 pm. Sunday, September 22, 10 am. to 2 pm. Household items, garage items, clothing, some horse tack, some larger items.

COMMERCIAL SPACE FOR RENT

Exciting Business Opportunity! - LOCATION-LOCATION-LOCATION - Building for rent on Main Street in Thorsby. Building is already equipped with fridges, stove, and work tables. Would make a great cafe/small restaurant, was previously a bakery. This opportunity is available immediately! 780.719.9577 (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)

PAINTING SERVICES

4 THE LOVE OF PAINTING - Interior/Exterior, no job too big or small. Very professional & reliable. Call for your FREE estimate. **Senior's Discounts.**

Rick 780.289.1020 or 780.221.2834 (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)

Classified Ads are

\$5.00 (GST included) for 2 weeks, up to 30 words
drop off your ad at The Village Office
or email media@community39.com

Minister of Justice Talking Rural Crime Tour

Join Doug Schweitzer,
Minister of Justice and Solicitor General,
and MLA Mark Smith
in an open town hall conversation
about concerns with the rapid
increase in rural crime in Alberta.

Monday, Sept 23, 2019

7 pm - 9 pm

**Clean Energy Technology Ctr.
5400 22 Avenue,
Drayton Valley, AB**

What's Happening

at the Warburg Senior's Center?

SAVE THE DATE!

WEDNESDAY, SEPTEMBER 25TH

Join us for the new season and the beginning of our activities!

We welcome anyone with suggestions for activities, events and functions.

Meeting will begin at 11:00 a.m.
with the Potluck Lunch at noon
and an afternoon of games, cards, crib,
dominoes or pool

• ATTENTION •

For you seniors that live alone,
this is a great chance to have
some fun and to socialize.

Maybe even meet someone with your same interests!

The cost is only a Twoonie plus bring a dish for the Potluck Lunch.

Hope to see you there!

From Joan Sommers & Nancy Gruninger

Yeoford Community Hall

Country Dance
Saturday, September 28, 2019
7 pm

Featuring No Hitchhiker Band

Cash bar
Bring a potluck snack

For more information:
yeofordhallbookings@gmail.com

Find us on Facebook
www.facebook.com/yeofordhallbookings

**MLA Smith would like to invite you
to participate in a
Grassroots Democratic Initiative**

**Come and find out how you can help
to provide direction to your MLA
so he can better represent you.**

Tuesday, October 1st
7:00 pm to 9:00 pm

Rm #3, Beehive Support Services Association
5056 50 Ave, Drayton Valley



See you there!

1-800-542-7307

Draytonvalley.devon@assembly.ab.ca

HARVEST SUPPER



AT RUNDLE'S MISSION 

Saturday, October 5, 2019

Supper 5 – 7 p.m.
Music to follow

Come join us for great food and "Old Time Country Music".
Hang out with your friends both new & old
as we celebrate!

Tickets: Adult \$20, 5-12 yrs \$10, under 5 free

Beef on a Bun, Roast Potatoes, Corn on the Cob,
Salads, Desserts, coffee & tea

Refreshments available - Cash Bar

All proceeds go towards "Give Us a Lift"

Rundle's Mission: North west side of Pigeon Lake - Turn off
Hwy#771 onto Hwy#616X, make a quick right and follow the
signs towards Mission Beach - we are on the north side of the
road #5010.

For more info or to purchase tickets:
Please call 780-389-2422



ANNUAL GENERAL MEETING

October 18, 2019 @ 7pm
Breton Civic Centre (basement)

Positions Available:

President
Vice President
Treasurer
Referee Coordinator
Coaching Coordinator
Members at Large



Are you looking to make a difference in your community?

CBI Home Health is looking for Health Care Aides and Licensed Practical Nurses in the Warburg, Thorsby, Calmar and Leduc areas

We offer:

- Competitive wages, travel compensation and benefits package
- Career development opportunities
- Flexible Hours

Interested?

Apply online through www.cbi.ca/careers or email resumes to mverwey@cbi.ca



Wilf Brandt Trucking Ltd. is seeking a motivated 2nd or 3rd Year Apprentice Heavy Duty Mechanic to join our team in the service and maintenance of our fleet of tank trucks and trailers based in Sunnybrook, AB.

Experience in fleet maintenance a definite asset.

Please email resume along with references to resumeswbt@gmail.com



Wilf Brandt Trucking Ltd. immediately requires a Heavy Duty Mechanic to join our team in the service and maintenance of our fleet of tank trucks and trailers based in Sunnybrook, AB.

Experience in fleet maintenance a definite asset.

Please email resume along with references to resumeswbt@gmail.com

Mikes Homes Ltd.

Now Hiring CARPENTERS

Local construction company, Mikes Homes Ltd., is looking for motivated individuals to join the team!

Must have caring attitude with a wide variety of skills, such as:

- Framing
- Finishing
- Painting

Drivers license and vehicle mandatory.

Please email resume to: michaelj@mikeshomesltd.com



FULL TIME POSTION

Job Summary

The George Spady Centre presently has openings for a Full time and Casual Support Worker with our Cloverleaf Program located in **Warburg, AB**. Warburg is a 40 min. commute from Drayton Valley & Leduc.

The F/T Support Workers will work 12hr shifts, 4 days on and 4 days off 8 pm - 8 am. Casual Support Workers will work 8-24 hours/week. Full-Time Support Workers will work a 40-hour work week.

Your primary role is ensuring the safety of the clients in the program through engagement and interaction with each individual while maintaining a safe, respectful and inclusive environment.

This position involves direct client contact in our Cloverleaf Program located in **Warburg, AB**. The successful candidate will possess a caring non-judgmental attitude, some experience in working with complex life circumstances associated with substance-related disorders, mental health issues

Required Education, Skills and Qualifications

The successful candidates will ideally have a degree or diploma in a Human Services field with a minimum of 1 year of direct experience in working in a residential setting. A combination of education and experience will be considered.

Basic understanding of harm reduction principles based on dignity, hope and healing as individuals move forward towards improved health and well-being.

Demonstrates understanding of trauma informed care.

Please forward your cover letter and resume to

Mr. John Norton, Program Manager,
at JohnN@gspady.ab.ca



For more information about the George Spady Society, please visit www.gspady.org



NOW HIRING EXCITING Career Opportunities Benefits, Bonus Plans, RRSP Plans Competitive Wages

Job Title: Production Team Member

Starting Comensation: Up to \$18.50 hourly

Summary:

Working in the production facility assembling Arctic Spa Hot Tubs.

Required Skills:

Unskilled and Skilled positions available. Experience working with air tools, hand tools would be an asset.

Key responsibilities:

- Reporting daily to the Production Manager and Supervisors to be informed of daily tasks.
- Meet the scheduled build demands as set by daily, weekly, monthly orders.

Physical Demands Required:

Able to be on your feet 8 hours per day. Able to work in a warm environment. Have no issues with adjusting personal schedule to work overtime hours when required.

PPE:

Safety glasses and steel-toe boots required, any further PPE required will be provided.

This is not a complete statement of all duties and responsibilities of this position. The position holder may be required to carry out any other duties as directed by their Manager.

Please submit resume in person or via email to Jason Walker Human Recourses Manager at Blue Falls Manufacturing.
4549-52st Thorsby Alberta T0C 2P0 or
jwalker@goarctic.com



michaelj@mikeshomesltd.com
mikep@mikeshomesltd.com

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

Community Events Page

Custom Built Homes

- Reliable Service – Affordable Pricing
 – Quality Workmanship

“You Dream It – We Build It!”

2019 Stars of Alberta Volunteer Awards.

Deadline for nominations is September 20, 2019. For more information and nomination form, see www.alberta.ca/stars-awards.

Spirit of Thorsby (Family Event for All Ages!) - Join us September 21st from 4 - 8pm Downtown Hankin Street Thorsby - Sample local food & drinks, free family activities, free live entertainment, beer gardens. Supporting the Taylor Park Project. Call for additional info or to be a vendor 780.777.8472

Mulhurst Bay Harvest Farmers Market Sat. Sept. 21 10 am - 1 pm @ the community hall. Concession and lots of vendors too!

Winfield Public Market: Winfield Hall. Come have a coffee, eat at the concession & visit with our great vendors! Call or text Carla 780-621-1285 for more info. Follow us on Facebook for up to the minute details! Upcoming Markets: September 22nd 11 - 2pm. October 6th **Harvest Market** 11 am - 2 pm. **Christmas Markets** will be held on November 17th & December 8th from 11 am - 2 pm.

Community United Church – summer worship schedule: Sunday mornings @ 10:30 AM. NO WORSHIP ON LONG WEEKENDS: Warburg Services: September 22, 29

Complimentary Information Session - Do you have financial struggles? You work hard for your money! Do you want to learn how to make it work hard for you? Agents Shannon Garrett and William Templeman will be in Drayton Valley at the Lakeview Inns and Suites (previously known as the Black Gold Inn) sharing valuable info for you, this September 26 at 7pm. Contact Shannon at (780)621-7254, or William at (587)990-9825 to register and save yourself a seat.

Strawberry 4-H Club Registration - Friday Sept. 27th at 7 pm. Warburg Village Office. For more info call 780.789.4103 or 780.940.9645

Centreodge Community Centre presents thier Autumn Supper. September 28th from 6-8 pm Presale tickets only. All members have tickets or you

can call Carolyn at 780.789.3089. Everyone Welcome. We will also be drawing the winners for our Cash Prize Raffle. 6 mi South of Thorsby and 1 1/2 mi East.

Registration & Reorganizational Meeting for Whoop It Up 4-H Multi Club October 1 @ 7PM. Telfordville Community Hall (170 2032 Hwy.622) For information contact Shauna 780-789-3049

FUN & EXERCISE Sandholm Modern Square Dance Club welcomes new members, YOUTH, COUPLES and SINGLES . Dancing every Thursday from 7 pm to 9:30 pm starting Thurs. Oct. 5th. at Sandholm Hall (10 Miles south of Thorsby) For more information call 780-389-2381 or 780- 387-4927

Carnwook Community Hall - Fall Turkey Supper. Celebrating over 60 years! Friday, Oct. 11th at 6 p.m. Adults \$15, Kids 6-12 1/2 price, 5 and under free. Everyone welcome!

Breton Women's Wellness Day – Save the Date for our next Women's Wellness Day – Saturday, October 19th. We are currently in the planning stages and look forward to having you join us. If you would like to be a vendor in our trade show area, please email bfcss@telus.net for more information.

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

Thorsby Bingo - Bingo is held every Thursday evening at the Senior's Centre. Regular Bingo starts at 7:15 p.m. Early Bird is at 7:00 p.m. Loonie Pots and Progressive Bingos.

Lindale Hall Jam Sessions are held the 3rd Friday of every month (excl. Dec.) at 7 p.m. Everyone welcome!

TOPS (Take Off Pounds Sensibly) at Thorsby Seniors Cente - Mondays, weigh in at 9:00 to 9:15 am, meetings 9:15 - 9:45 am, for more info call Sherilyn 780-621-3461 or Elaine 780-221-3939.

Warburg RV Park open May - September. \$30 RV with services: 50 amp power, water & sewer. Week-

Genesee Ag Society

**32nd Annual Pumpkin Festival
Saturday, October 5th, 2019**



Lots of contests, activities and prizes!

Pancake breakfast!

Concession available!

Vendor tables are available at \$10/table.

To book a table please contact Joanne

Liba @780-940-7229 or Trish Forster @780-991-8935.

Come out and do some Thanksgiving and early Christmas shopping!

Watch for the Genesee Pumpkin Festival brochure in your mail!

See you all there!





ly rate \$150. Tenting rates, RV dump, & firewood available. Warburg Village 780-848-2841

The Winfield Legion will not be have a monthly meeting JULY OR AUGUST, 2019. See you this fall and have a great summer!

Mulhurst Bay Farmers Market runs Thursdays from 4-6 at the Mulhurst Bay Community Hall until July 4- Aug 29

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

Thorsby Senior's Thrift Store Bag Sale - Fill a large bag for \$15 or a small one for \$5! Regular Hours Thursdays, Fridays & Saturdays 10 am - 3 pm. Donations accepted and appreciated during store hours only or call Vera to arrange drop off at 780.789.3197. 4812 - 51 Street Thorsby (south of Esso)

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.

Warburg Museum - We are now making homemade pies every Saturday from 1:00 p.m. - 4 p.m. New members always welcome and appreciated! Susie 780.848.2507

Thorsby Senior's Soup & Sandwich Day at the Senior's Centre is on the second Wednesday of every month. Five dollars will buy you a bowl of soup, a sandwich, a coffee, tea, or juice. Enjoy all this between 11:30-1:30 pm. Birthday Party follows at 1:30 pm. Everyone Welcome!

Winfield Legion is available to rent. Keep eyes open for a list of upcoming social events. Rental Inquiries - Call Gordon 780-542-1243 Or Mona 780-682-3905

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

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!

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

Breton Community Center- To rent the community center please visit our website www.bretonagsociety.com, call 780-696-3561 and leave a message or email us at bretonagsociety@gmail.com

Camp Barvnok - For bookings, call Walter 7807172432, or Jason 7809904043, or email bookings@barvnok.com

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 \$75.00/full day and \$50.00/half day with a deposit of \$50.00 that is refundable upon inspection. For Hall rental , please contact Deb/Max 780 848 2923 or (780) 264 9217 or Nancy/Allan 780 848 7756.

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



Breton Auto Body

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- Tires - Sales & Service
- AMVIC licensed dealer
- Towing

Phone 696-3757

Hours: 8:00 AM - 4:30 PM



ELECT

Douglas **GALAVAN**

YELLOWHEAD

VOTE YOUR VALUES



PEOPLE'S PARTY OF CANADA

**PERSONAL RESPONSIBILITY, INDIVIDUAL FREEDOM,
RESPECT, FAIRNESS**

- ◆ **REFORM THE UNFAIR EQUILIZATION PROGRAM**
- ◆ **SUSTAINABLE IMMIGRATION:** Withdraw from the United Nations Global Compact for Migration, STOP illegitimate "refugees" at the border, reduce annual immigration.
- ◆ **BUILD PIPELINES:** Use the Constitution to declare pipeline projects in the national interest, simplify the approval/scrap Bill C-69, find private buyer for the Trans Mountain.
- ◆ **REDUCE GOVERNMENT SPENDING:** End corporate welfare, eliminate foreign aid except in response to humanitarian crises, reduce CBC funding.
- ◆ **REASSERT OUR NATIONAL SOVEREIGNTY:** Withdraw Canada from the UN Global Compact for Migration and the Paris Accord, Reinvest in Veterans and Armed Forces.
- ◆ **RESPECT THE RIGHT OF FIREARMS OWNERS:** Increase firearm license length to a lifetime license unless crime is committed, classify firearms based on function.
- ◆ **LOWER AND SIMPLIFY TAXES:** Everyone pays NO tax on first \$15,000 of income, than flat 15% on next \$85,000 and than flat 25% on any further amounts over \$100,000.

Douglas Galavan is the second youngest in a large farming family of 6 children from the Calmar area. He is a mechanical engineer technologist and a respected business owner/operator in Drayton Valley for the past 29 years. He has been married to his wife, Christina for 31 years, has raised 4 grown children, has one daughter in-law and is recently blessed with 2 grand daughters.

facebook: @douglasgalavanforyellowheadPPC

Website: douglasgalavan.com

Authorized by the official agent for Douglas Galavan



**Warburg
School News**
Submitted by Warburg School

We give a huge SHOUT OUT of gratitude to Al & Louise Schoepp & WESTJET for providing the WestJet Gift of Flight opportunity to our Parent School Society. The raffle tickets are on sale through our school office or contact a parent from our school. The prize winning raffle ticket will be drawn on September 27th 12:00 p.m. at Warburg School. Proceeds from the raffle will be used to fund S.T.E.A.M. activities and equipment for our Warburg students. STEAM is an educational approach that incorporates the arts into the more-familiar STEM model, which includes science, technology, engineering and mathematics. STEAM programs can include any of the visual or performing arts, such as dance, design, painting, photography and writing. Please see ws.blackgold.ca for the details of the prize.

The Senior Girls Volleyball team & their coach Ms. Denschikoff would like to thank everyone for buying dinner from their BBQ concession on September 10th at Community Awareness Night! The team has several travel tournaments to attend and this will help with costs.

Our volleyball teams are set and ready for the season. Thank you to our dedicated volunteer coaches for leading the student athletes on to the court this volleyball season!

This is also the season for Golf and X-country team competitions AND we have a high school Slo Pitch team participating in a tournament on September 19th at Buck Mountain Central High.

The elementary had their home X-Country run on September 17th with the top athletes in grades 2-6 moving on to the L.D.A.A. meet September 25th in Wetaskiwin. Our Junior-Senior high X-Country team will also compete at the L.D.A.A. meet. Go Panthers!

Very busy times for our coaches and athletes!

No school for students on Friday, September 20th as this is a Black Gold School Division Professional Development (P.D.) day for staff.

Our "Europe Trip-Spring Break 2020" students are fundraising with VIP meats until the 25th of September. Contact our school office or check out our website for the order form!

Mr. Drysdale will be taking his Biology class to the UofA Botanical Gardens soon. The class will have the opportunity to view and research biological specimens at a top notch facility very close to home!

Our annual Terry Fox Run/Walk will be held on September 26th. Watch for our Kindergarten to Grade 12

classes as they walk the community to raise funds and awareness for the Terry Fox Foundation. The students always enjoy the friendly waves we receive from our Warburg community. If you would like to make a donation, please drop off funds at our school office.



Library Chatter

From Gail O'Neil

What's happening this fall at the Library:

Preschool singing every Thursday 11:30 to Noon, drop in fun time with child size musical instruments and the fun the kids will have being loud in a Library.

Pop up tea cup planting - Saturday September 21@ 12:30 to 3pm, You buy a tea cup and saucer for \$5.00 and everything else is supplied: soil and a choice of Lavender or Chamomile seeds. Lavender for cleaning and leaving a fresh scent and chamomile to help you relax after a work day.

The Library Board meetings: Every 3rd Wednesday 6pm in the Library(exceptions July & August), all patrons and public welcome to attend these meetings as guests. At meetings Board Members and Staff discuss the upcoming programs, and Christmas Draw, join in the discussion and be a voice for Your Public Library.

The Library also has quite a few older newspapers and magazines, free for the taking, the older editions that is.

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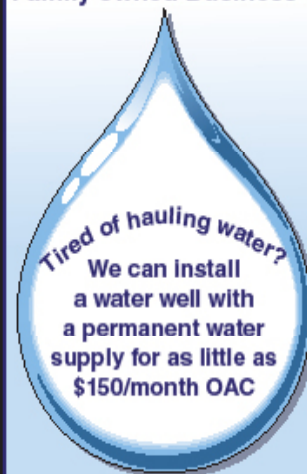
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Heart to Home Meals Offers Healthy Meal Alternatives to Seniors

We are delighted to announce our 12th Franchise in Canada and Edmonton being the 2nd in Alberta, We deliver delicious and nutritionally balanced frozen meals to the Seniors.

Our meals get prepared in Brampton in our Food Production Plant where our team of chefs make all of our meals in our federally inspected kitchens, ensuring the highest standards of quality and safety. We create meals which are balanced and nutritious for seniors, with carefully controlled levels of salt, sugar and fat. They can be cooked from frozen in the microwave or oven, providing you with the convenience of a delicious meal in minutes. We're pleased to feature our full range of over 200 meals, soups and desserts for you to choose from. With Heart to Home Meals, you benefit from:

- No Contracts or Commitments - order whenever it suits you
- Approved provider through Veteran Affairs of Canada Access to Nutrition Program.
- Free Delivery* every 2nd Wednesday with a minimum order of \$100 which works out to \$50 a week



Heart to Home Meals provides
Choice to Seniors to live independently

No shopping, no chopping, no pots and pans just delicious meals delivered to your door. We make the meals so you can make the most of your day. Relax and enjoy the things you like to do because we're taking care of the meals. Heart to Home Meals has over 200 frozen meals, soups and desserts to choose from as well as products for special dietary needs. Each is designed by our chef and dietitian, and as a result you get the great flavour and the necessary nutrition. All you have to do is select the meals, order and our friendly drivers will deliver them direct to your home.

Our Food

Our menu includes a wide variety of entrées including

beef, chicken, pork, fish and vegetarian. We have several soups to start and tempting desserts for the sweet tooth. In addition, we provide a diverse range to meet the needs of low fat, low calorie, low sodium and texture modified diets – all designed with seniors in mind.

Nutrition and Convenience

One of the biggest advantages of our frozen products is that in just minutes you can have a piping hot nutritious meal on the table. When you are ready for something to eat, simply heat them according to the label directions and just minutes later, your wholesome, balanced meal is ready to eat.

Delivery Made Easy!

Our drivers are committed to delivering great customer service and are all police checked for your added peace of mind – we'll even put the meals in your freezer for you if you wish. We deliver to most postal codes on a weekly or bi-weekly basis – ask us about delivery in your area.

Ordering Couldn't Be Simpler!

You can order as often as you like. We are not a subscription service, so you don't have to sign up to regular deliveries. Just order whenever you need us. If you would like a full colour menu brochure, you can request one and we will mail it straight to you. Just give us a call at 1.800.704.4779 / 780-666-2336 when you're ready to place your order or if you have any questions about the service. Our offices are open Monday to Friday, 9am - 5pm. If you'd prefer, you can order online at www.HeartToHomeMeals.ca



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WHAT'S HAPPENING 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 Thursday of the following months: November, January, March 10:00 a.m. Dees Tender Tootsies (foot care)

BANDS and ENTERTAINMENT

1st Sunday of the month
 2:30 p.m. Sunshine Band Singers
 2nd Friday of the month
 7:00 p.m. Mountain Sapphire
 3rd Monday of the month
 7:00 p.m. Country Friends

BUS TRIPS: Shopping, Dr. Apt.'s, etc.

1st & 3rd Thursdays of the month 9:00 a.m.
 Bus to Leduc

NUTMAN SNACKS at the Manor-

11:00 a.m. on September 23, October 21, November 18, and December 23.

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September 24- Calmar seniors for lunch and jammers—Bus leaving at 11:45 a.m. \$6 bus & \$7 lunch=\$13

September 26- Thorsby bingo and supper at Ku's- Bus leaving at 5:00 p.m. \$5 bus- supper & bingo is your cost

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Over 75 acres with amazing views and a home to match. Featuring a fully finished 1380 square foot custom built bungalow with all the modern features, 52x16 south facing deck, guest cabin and 40 x 26 triple garage. Approximately 40 acres fenced and cross fenced and within 20 minutes of four lakes. \$624,900 MLS# 4144465



AFFORDABLE COUNTRY LIVING

8.25 acres not in subdivision with 1480 square foot bungalow, with upgrades. The yard has had substantial ground work done on two sides and partially fenced on the other two. \$249,900 MLS# 4150879



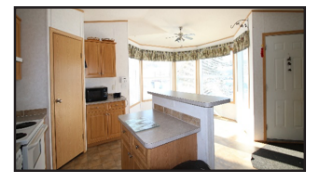
CALMAR BI-LEVEL

2007 1283 square foot bi-level located in a quiet cul-de-sac in Calmar. Features include vaulted ceilings, 3 bedrooms, 2 bathrooms, deck, double attached garage, fully fenced and landscape yard with fire pit. Close to schools, parks and shopping. \$283,000 MLS# 4128921



WARBURG MOBILE

Well cared for 2007 1480 square foot mobile home in Warburg boasts vaulted ceilings, open floor plan, three bedrooms, two bathrooms, master bedroom with walk-in closet and soaker tub. All appliances and storage shed included. \$99,900 MLS# 4143413



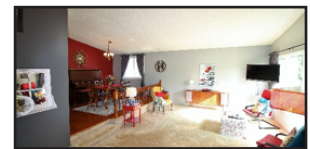
CUSTOM BUILT HOME

Large 1 1/2 storey home in Calmar, situated on a large lot with many upgrades. Large open living spaces, 15X30 patio off master bedroom, 2 gas fireplaces, A/C, 30Amp RV service and heated and insulated garage. \$389,000 MLS# E4171537



FULLY FINISHED BUNGALOW

Over 1500 sq.ft. bungalow, with updated bathrooms and 4 bedrooms. Sunken living room, butcher block counter tops, and open concept. Downstairs has a great space for entertaining complete with pool table and dry bar. \$289,000 MLS# E4170883



DEVON CONDO

Low condo fees, no age restriction and top floor unit, make this property a great equity builder, income property or perfect place to downsize to. Features 2 bedrooms, 1 1/2 baths, open floor plan, and large master bedroom with access to the patio. \$189,000 MLS# E4171906





Phil Goddard, EPC - Consultant
Suite #302, 6103 Currents Drive NW
Edmonton, AB, T6W 2Z4
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P: (780) 431 0527



5 Qualities of a Successful Executor BY TAMAR SATOV / JUNE 2019

The person who administers your will has a tough but important role. Here are five things to look for when searching for the right person to do the job.

Creating a will means making big decisions that will impact your family for years after you're gone. While divvying up assets, assigning care for dependents and tax planning will take up most of your will-creating conversation, you'll also have to choose an executor — also called a liquidator in Quebec — who can carry out all your wishes. Naturally, finding the right person is critical to any good estate plan.

You might name your daughter as executor because she's an accountant and has the right skillset, but what if she's too busy or just doesn't want to do it?

An executor's obligations can include everything from arranging your funeral, to making sure your dependents or pets are looked after, to filing tax returns and administering assets as set out in your will. It's also a significant time commitment, so anyone you choose should have some free hours to dedicate to the job. "It takes at least a few months, and could even take two or three years — especially if there's litigation," says Christine Van Cauwenberghe, vice-president, tax and estate planning, at IG Wealth Management.

So, how can you select the right individual? Here's Van Cauwenberghe's checklist of the top five traits of effective executors.

- 1. Trustworthy.** "This person will be making all the decisions you're not around to make, so make sure you can trust them. They should act solely on your behalf and not gain any personal benefit from their decisions."
- 2. Responsible.** "Being an executor requires a lot of record keeping and correspondence; things like

informing financial institutions and utilities of the deceased's death, keeping track of where all assets are and what they're worth. Part of being responsible is also knowing when to reach out to professionals, such as lawyers, accountants, financial planners and corporate trustees, for help. Some people think they're required to do everything themselves, but that's not prudent. They could be held liable if they do things incorrectly."

- 3. Willing to work.** "You might name your daughter as executor because she's an accountant and has the right skill set, but what if she's too busy or just doesn't want to do it? Nobody likes unexpected surprises, so be sure to speak to your chosen executor in advance to make sure they agree. Consider introducing your executor to your lawyer, financial planner and accountant, so he or she will be more comfortable approaching them later for help, if necessary."

- 4. Canadian resident.** "Non-residents of Canada will likely not be accepted by the court as executors and, even if they are, it creates an extra layer of complexity with additional tax-filing requirements. Similarly, avoid selecting U.S. citizens, who also may need to file extra tax returns even if they live in Canada."

- 5. Impartial.** "Look out for conflicts of interest. For example, you might be trying to decide between appointing a new spouse or children from a first marriage, but with blended families neither is a good choice because the parties have conflicting interests. Similarly, some business owners want to name their partner as executor, but since the executor would likely end up negotiating with the partner's spouse over the sale of the business's shares, being an executor would put the partner in an impossible position."

Clients with complicated estates or those who don't want to burden surviving family with extra responsibilities could also consider corporate trustee services, notes Van Cauwenberghe. A corporate trustee is a professional who can oversee the administration of an estate. In terms of what to look for in one, find out the company's fee structure, the services they provide and what experience they have overseeing estates. "Hiring a corporate trustee may cost the estate some money, but the fees are small compared to the potential losses in the long run if mistakes are made," she says.

If you would like a free, no obligation, financial review contact Phil Goddard to set up an appointment.

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Chiropractors have a role to play in their patient's general well being and self care. One way that chiropractors do this is through maintenance care. Most people associate a visit to the chiropractor with injuries like whiplash, thrown backs and other kinds of pain that require immediate treatment. That is only one part of a much bigger picture.

What is maintenance care

The goal of maintenance care is to maintain optimal function and movement, keep your body balanced and to prevent future injuries.

When you go to your chiropractor for maintenance care, they will assess your posture, movement and general musculoskeletal health. This kind of care is beneficial for everyone, not just people who are physically active.

When we examine younger patients, we can monitor how their bones are developing and ensure their movement patterns are correct and normal. When we see senior patients, we often work to keep our patients mobile and help prevent future falls and injuries.

Maintenance care goes hand in hand with self care

The end goal of maintenance care and self care is the same: to ensure you are healthy. Maintenance care focuses your physical well being, which is one part of the bigger picture of your health.

Good self care and health is a balance between looking after your physical health, as well as your emotional health and mental health.

It isn't hard to incorporate self care into your day. Maintenance care, getting restful sleep and eating well are just a few ways to keep you at your best.

Maintenance care extends beyond the chiropractic clinic

A maintenance and injury prevention-style treatment plan is unique to each patient, just like self

care. After an assessment, chiropractors work with their patients to set health goals and make recommendations on treatments. Often, patients are able to fulfill these recommendations independently.

It's common for chiropractors to teach their patients stretches and simple exercises to build into their lives. These activities can help build strength, loosen stiff muscles and joints, improve your quality of movement and help break unhealthy movement habits we get into during our daily life.

Maintenance care does not mean you will need to visit your chiropractor forever

Maintenance care can include teaching patients stretches, helping to monitor existing physical conditions, nutritional counselling and providing advice to empower patients.

A good chiropractor wants to give you the tools to become self-sufficient and in control over your aches and pains, not have you rely on his or her services for the rest of your life.

How do I know if chiropractic is a good choice for me?

It's important to keep in mind that self care requires different tools to successfully support your health. Chiropractic is a great way to keep your body flexible and relieve pain, and it fits well with other kinds of self care activities.

The best way to determine whether chiropractic care is for you is by having a conversation with a chiropractor. Depending on your needs, your chiropractor may work with another health care professional, or refer you for a different kind of treatment.

If it hurts, see a chiropractor.

Maintenance care can help prevent pain and keep your joints functioning to the best of their ability but injuries can still happen. If your pain is persistent, seek advice from a chiropractor.

Chiropractors are highly educated and specially trained musculoskeletal experts. Your chiropractor can treat aches and pains, as well as build customized stretching routines and whole-body wellness strategies in conjunction with your chiropractic treatment.

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Waiter: "How do you like your steak, sir?"

Sir: "Like winning an argument with my wife."

Waiter: "Rare it is!"

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This is Bear, Bear is a little sausage roll on toothpick legs and we love him!
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How other girls laugh



How I laugh 😂



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The next Warburg Bugle will be published **October 4th, 2019.**

Deadline for The Bugle will be October 2nd at Noon.

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WARBURG HUGE YARD

3 bed, 2 bath modular on a large private lot. 2007 with many renovations. AIR CONDITIONING, 2 storage sheds, fenced, large deck. RV parking. Lot lease \$280/month. E4170794 \$104,000



NEW

NEW

HUGE LOT

Renovated bungalow in Warburg, finished basement, attached double garage, large landscaped backyard, 3 lots. E4169507 \$345,000



WINFIELD 3 ACRES

Private mature treed. 28x30 oversized dbl garage. 20x12' old log shop, 3 bed, 2 bath 1994 modular, covered deck, wood burning fireplace, added porch entry. New shingles E4167489 \$225,000



NEW

WARBURG

2 bedroom, backing park, South facing deck, fireplace, garage. Own for less than rent! E4141963 \$105,000 REDUCED \$95,000



REDUCED!

LOG HOME WITH 80 ACRES

Beautifully treed and pasture. 1998 has vaulted ceilings, wood burning stove, covered deck, Walkout basement, in floor heat. 40'x40' shop with 8" structural cement floor, 3 phase hoist, two 14'x14' doors, heated. E4162172 REDUCED \$649,000 \$624,900



REDUCED!



NEW

OWNED LOT THORSBY

Completely updated with shingles, R10 insulation, siding, triple pane windows, new door, kitchen cabinets, countertops and the list goes on. 3 bed, 2 bath. 10x18 deck, 2 sheds. E4167236 \$130,000

OWNED LOT

2009 modular, 3 bed, 2 bath, paved driveway E4042452 REDUCED \$180,000 \$159,900



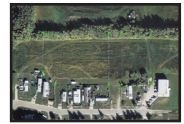
REDUCED!

WARBURG

Own the lot, many upgrades, 2 bed, 1 bath, open concept, 2 sheds, apple tree. E4011044 \$99,000 REDUCED \$95,000

3 ACRES IN WARBURG

Zoned Direct Control. Great for greenhouse or warehouse type business. \$62,000



CALMAR LOT

Approved for duplex or single family home. 46x113' mature lot across from Community Centre. Zoned R2 E4153842 \$59,900 REDUCED \$55,000



DEVELOPED LAND

60 acres South of Warburg. 30 x 50' heated shop, 220 power, bathroom, loft, All new services. Ready to add your home. Sea can, woodshed, garden, and fruit trees, trails through mature mixed trees, hunting stand, fenced. E4153542 \$350,000 REDUCED \$340,000



REDUCED!

THORSBY LOT

60x110' lot backing green space. \$29,900 REDUCED \$24,999



REDUCED!

Walking distance to town 1.5 acres like new renovated home on new ICF basement, 3 bedroom, 2 bath, plus partially finished basement, attached garage. E4152010 \$315,000

ACREAGE WARBURG



PIGEON LAKE ACREAGES

by Mission Beach
9.76 Acres

Treed \$125,000 E4150403

6.2 Acres

With Lakefront \$299,000 E4150419



REDUCED!

MOBILE IN WARBURG

2007 20' wide modular, 3 bedrooms, 2 bath, vaulted ceilings, covered deck and 2nd sunny deck, gardens, shed, gas BBQ hook up, fenced. Parking for 3. \$200/month lot rent! E4129096 \$119,000 \$115,000

BEAUTIFUL AND PRIVATE

Beautifully landscaped and treed. Home boasts 4 bedrooms, 2.5 baths, vaulted ceilings, wood burning fireplace, loft, heated garage, hot tub,...must see to appreciate! E4145695 \$550,000



WARBURG

Well cared for. Wood burning fireplace, parquet wood floors. 2 bed, 2 baths. Main floor laundry. Many upgrades including kitchen cabinets, bathrooms, shingles, siding, some windows, water tank, patio stone sidewalks. Optional lot next door with double garage (additional \$35,000). E4135901 \$110,000



THORSBY

Perfect for the semi-retired or a growing family with a large country kitchen, enclosed porch, wood burning fireplace. 4+bed, 3 bath, RV parking, double attached garage. E4162695 \$299,000 REDUCED \$290,000



REDUCED!

SUMMER RETREAT

3 acres developed with cook house, bath house, dining house, sheds, trailers, landscaped, fenced, powered sites, drilled well. E4157552 \$225,000



ASHLAND DAM ACREAGE

4.15 acres with 3 bedroom, 2 1/2 bath bungalow. Basement has walk out door. Oversized double garage, 30x52' heated shop and more out-buildings. E4169416 \$450,000



WARBURG VACANT LOTS

Residential Lot 12 \$24,000 / Lots 23-25 Your choice \$45,000 - \$27,000 ea. 60' x 125' Lot - \$27,500 Pie Lot In Cul de sac \$35,000 REDUCED \$29,900



SERVICED LOT

64x118' in Woodbend in Warburg. No timeline to build. E4160634 \$25,000



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