THE BRETON BOOSTER

A Big Thank You from the Santa's Anonymous Committee Alder Flats, Buck Lake, Winfield & surrounding areas

The Santa's Anonymous Committee would like to thank all the businesses, groups and individuals who generously donated to the December 2020 campaign, supporting over 40 families in need over the Christmas season.

We would especially like to thank the following for donating \$400 or more: Mr. & Mrs. S. Heagy & Mr. T. Lidstone for their donation towards hams & turkeys, 5 Star Locating, Alder Flats Ag Society, Mr. & Mrs. J. Banack, Buck Lake Ag Society, Mr. & Mrs. S. Hodgson, Winfield & District Ag Society, and Wetaskiwin County. Also Cenovus, Obsidian Energy, Spartan Delta Corp. Social Club and Vermillion Energy.

Although we have named some groups, we stress that we appreciate every amount, large or small that is donated to Santa's Anonymous. Thanks to Alder Flats Bottle Depot for donating proceeds from their donation bin for October & November and to Dr. J. Hambleton of Breton who donates toothbrushes every year. Thanks to Corey Anderson and Janet Magnuson for their wonderful gift donations. Brighter Futures was able to help us with their starter kit food

donations and recipe book/information pamphlets through emergency funding from Government of Alberta Social Services Support for Covid 19. Their Basic Shelf Program, which started in 1994, helped families with a program of cooking and budgeting in a group setting. That funding has ended but this grant has enabled them to help our families in a similar way within Covid guidelines.

Finally thank you to those who donate but do it anonymously. If I have missed anyone I apologize.

I would also like to say a big thank you to the volunteers who make this program possible, they give a lot of time to getting the hamper boxes ready and collecting and sorting the items donated, filling the hampers and delivering them to the recipients. This year was a bit more complicated than usual but everything was completed and the hampers were delivered.

We missed the input from high school volunteers who have been a great help with the collecting and sorting the last couple of years. Hopefully life will be better next year and they can join us again because we really appreciated their help.

All the best in 2021.



WANTED

Pasture Land Wanted to Rent - for the 2021 season. Call Kristen at 403.559.6863 (1-4)

FOR SALE

HAY HAY HAY - Winter's Here! <u>130 2nd cut alfalfa</u> <u>bales</u>, large round, no rain - baled dry. Horse & dairy quality. Protein samples avail. \$85; <u>21 grass bales</u>, baled dry, horse quality. \$45; <u>38 1st cut alfalfa</u>, 70% alfalfa 30% timothy, large 1200lb-1400lb bales, good quality. \$60. All located in the Pigeon Lake area.

780.405.3260 (2-4)

Butcher ready pigs for sale. Must be picked up live. Contact Tyler at (780) 621-7120 (2-2kr)

FOR RENT RESIDENTIAL

Newly remodelled 2 bedroom, open concept kitchen with island. Appliances supplied. Small pet could be considered. Rental incentive with a signed 1 year lease. \$895. 780 848-2628 (2-12)

FOR RENT COMMERCIAL

Building for rent in Breton - \$500/mth plus utilities. Call 780.696.3551 (2-2kr)

RESIDENTIAL / COMMERCIAL PARCELS FOR SALE

Pre-Selling 1 to 10 acre parcels in the Village of Warburg. Available in the spring of 2021. Residential and or commercial. Approx 40 acres to be subdivided. \$25,000 per acre. Lot sizes will vary but will be approx 280' X 775' (5 Acre) or 220' X 220' (1 acre). All services are at curb side on the newly constructed & paved 56th Avenue. Currently used for agricultures purposes. Visit the Village of Warburg for details on the services and amenities the Village offers. Land is located west of Martin John Deer and Buck Mountain Gas on 56th Avenue. See signs at location.

Call or text Bill at 780-218-5024. (2-4)

BUILDERS/RENOVATIONS

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)

BUILDERS/RENOVATIONS

Dueck Construction can build from start to finish: framing, insulating, drywall & taping, painting, tile work, base boards, custom cabinetry, siding & decks. References available. Phone Mike 780-621-3658 (29-50)

Breton Municipal Library NOW AVAILABLE! Contactless Pickup Place items on hold with your library card and pick up when ready! STEP 1: Place your holds Monday to Friday by calling us at 780-696-3740, messaging via Facebook or emailing us at bretonlibrary@yrl.ab.ca Not sure what you want? Call or message us for help and to schedule a pickup time STEP 2: You can still order all your materials on tracpac.ab.ca or through the TracPac app both logging in with barcode and PIN. STEP 3: Come on in to the lobby and find your bag of goodies on our pickup table!



Enjoy your items! A receipt with return due dates will be included with your items. Our drop box is open 24hrs on the east side of the building. Oversized items that cannot fit in the slot can be returned in the lobby on the Returns

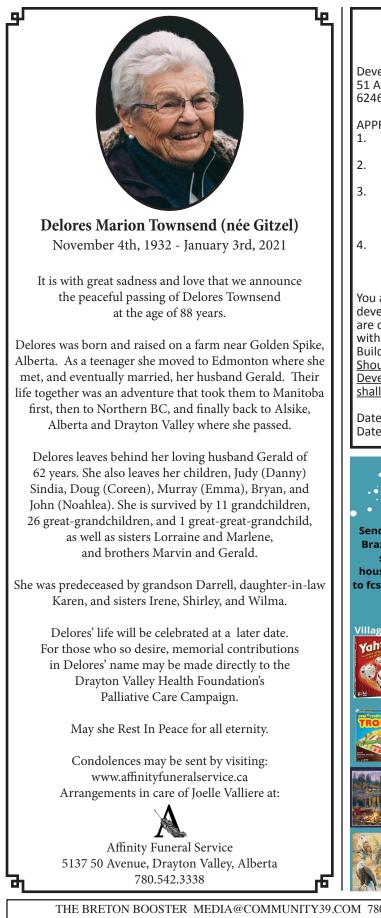


January 14th, 2021

Breton Community Centre or Zoom Meeting Depending on the most current government regulations. Meeting and AGM @ 7:00 pm

Please follow our "Breton Agricultural Society" Facebook page to find out up-to-date details. All Covid Rules will apply if meeting is in person. New and current members welcome!

Breton Ag Society incorporated in 1984. Our records show that the Breton Community Club was the predecessor of the Ag Society going back 1972. Come be apart of this fantastic community legacy!



VILLAGE OF BRETON **DEVELOPMENT PERMIT**

Development involving replacing deck located at 4807 -51 Avenue, legally described as Lots 6 & 7 Block 8 Plan 6246ET as further described in Application No 0001-21 is:

APPROVED, subject to the following conditions:

- The development must comply with Land Use Bylaw No. 13-02.
- The development must comply with the Village of Breton Bylaws.
- The development is subject to the Building Safety Codes Act, including permits and inspections. A copy of all final inspections must be submitted to the Village Office.
- Before any work is performed, all necessary permits and notices must be applied for and received including Alberta One Call.

You are hereby authorized to proceed with the development specified provided that all stated conditions are complied with; that development is in accordance with any approved plans and application; and that a Building Permit is obtained if construction is involved. Should an appeal be made against this decision to the Development Appeal Board, the development permit shall be null and void.

Date of Decision: January 6, 2021 Date of Issue of Development Permit: January 6, 2021





COMMUNITY & info

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UPCOMING SPECIAL EVENTS

Golden Spur Gymkhana Club Annual General Meeting on January 23, 2021 @ 1 pm, location TBA

PROGRAMS & REGULAR EVENTS

Breton Golden Age Club: Cards (Whist) Mondays at 1 pm. \$3. Floor Curling on Tuesdays at 1 pm \$3. Crib Saturdays at 12:30 pm starting Oct. 17th. Minimal fee. Come join the fun! COVID protocols in place. Masks are optional. Until further notice the Breton Golden Age Club is NOT available for rent. For additional info you can contact Pat Monteith at 780.696.6557 or clwaymon@telus.net

Winfield Community Library is open *Please note we have new hours as of Sept. 6th* Wednesday nights 5 - 8 pm Saturdays 10- 2 pm. Restrictions are in place. No public access to the school, not even the bathrooms. Please call 780-682-2498 for more info.

Thorsby Bingo has been cancelled (due to COVID-19) until further notice.

"Busy Brushes" meet every Wednesday from 10-2, at the Warburg Cultural Centre. Everyone welcome! Come join us for some relaxing fun and art. Call Linda Mayr @780.848.7782 for more info.

MARKETS / THRIFT SHOPS (NON PROFIT)

Winfield Public MERCEPback for one last market of the year CANGELLE 11 am-2 pm. Call or text Carla for info 780-621-1285.

Treasures Thrift Shop –**IS NOW OPEN!** (With restrictions) Please see signs at the store for everyone's safety. Wednesdays from 10 am - 4 pm. Donations will only be accepted during store hours, please ensure your donations are clean. 5112 - 53 Street Warburg.

Thorsby Senior's Thrift Store will be CLOSED for Holidays from Decmeber 24th - January 14th. We will still be accepting donations during that time.

COMMUNITY SUPPORT SERVICES

Breton & Area FCSS (Family & Community Support Services) Please contact Deanne at 780-696-3636 or email fcss@breton.ca

Breton Food Bank - Call 780-696-3669 by Thursday at noon to request a hamper. Please leave a message and a volunteer will contact you.

Meals on Wheels - Are you interested in receiving a hot nutritious meal? Please contact Deanne at 780-696-3636

Bylaw Enforcement Officer and Animal Control Officer - Doris McAllister 780-719-6447.

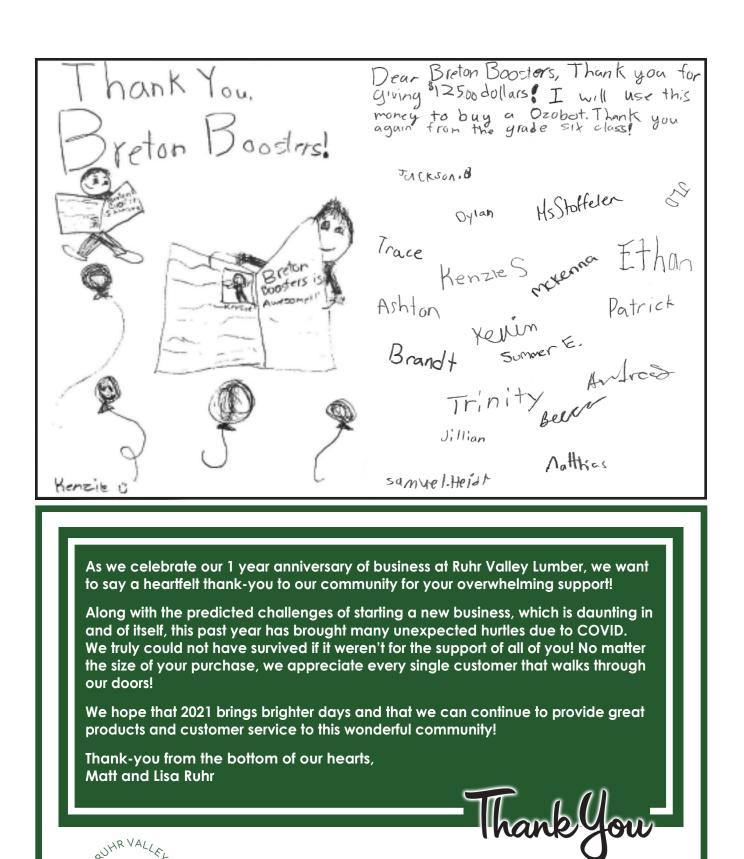
Does drinking affect your personal life in any way? Have friends or family expressed concerns towards your drinking habits? Have you ever tried to quit drinking, but could not manage to do so? AA can help! 5203 -54th Avenue Thorsby New Life Christian Church (every) Monday 8:00 pm 780-270-7903

WORSHIP

Faith Covenant Church - 4712 53rd Avenue Breton, Alberta T0C 0P0 office.faithcovenantchurch@gmail. com 780.696.3669

Community United Church – 5112 – 53 St., Warburg. Join us for Sunday morning worship on the 2nd and 4th Sundays of each month at 10:30 AM. For information please phone the church office 780-848-2227.

Our Lady of Victory Catholic Church Thorsby Mass Every Sunday 9:00 am, Father Arun Rodrigues. For more information call 780-987-2858 or visit www. olvthorsby.wordpress.com.



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 $\langle U_{MBER} \rangle$ online e-catalog available @ruhrvalleylumber.com When you support a small business, you're supporting a big dream!

780.900.3424 4901 • 49 Ave Thorsby AB



WORSHIP

St. Matthew's Lutherar phurch Thorsby is holding in-Churce PENDED Sunday at 10:30 a.m. Following COVID protocols. Our weekly worship with Pastor Ron can still be found on You Tube.

Alder Flats Community Bible Church - 780-388-0018, Pastor Samuel Hayford - 780-388-3926. Reg. Sunday Service & School - 11:00 am. Welcome to all!

Warburg Alliance Church is open. 11 a.m. worship service. For more information please phone 780-848-7577, check out our Facebook page or email us warburgalliance@gmail.com.

Warburg Seventh Day Adventist Church, Sat. Sabbath School 10 am, Main Service 11:30 am, Pastor Jason Williams 780-848-2271

COMMUNITY GROUP REGULAR MEETINGS

Village of Breton Council Meetings - 2nd Wednesday of each month at 7:00 p.m. in Council Chambers of the Carolyn Strand Civic Centre.

Breton and District Historical Society Monthly Board meetings are held the 4th Monday of the Month at 7 PM at the Breton Museum. The Board meets January- June and September- November. New members welcomed. To confirm meeting dates and times Ph. 780 898 1155 and for more information go to www. bretonmuseum.ca

Breton Golden Age Club: Regular Monthly Meetings on the first Monday of the month at 11 am. Come see what we are up to!

The Breton Agricultural Society meets every second Thursday of the month (except July and August) at 7 pm at the Breton Community Center. Everyone is welcome to attend!

Breton Royal Purple meetings are CHANGING starting in January 2021 to the third Thursday of the month (except in the months of July and August) at 7:30 p.m.

Breton Elks meetings are at 7:30 pm every third Thursday of the month at the Breton Community Hall, except for July & August.

Breton Municipal Library Board Meetings are held the third Wednesday of the month except July and August and are open to the public. Meetings are at 7 PM in the Library.

The Breton Book Club has online Facebook

Meetings: Second Wednesday of each month all day. All readers are welcome to join the conversation! Look for us at "Breton Book Club".

Buck Creek Community Assn. Meetings are held at the Buck Creek Hall the first Wednesday of every month at 8 PM. Jam Dance and Cards Night the first Friday of every month.

Funnell Community Hall - Meetings held the second Monday of January, April, & July at 7:00 pm at the hall. Everyone welcome to attend.

Thorsby & District Fish & Game Regular Meet ings 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.

Winfield & District Historical Society meets at 7pm on the 3rd Tuesday of every onth at the Winfield Community Hall Meeting Room. New members always welcome!

FACILITY RENTALS

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

Winfield Legion is available to rent. Rental Inguiries - Gordon 780-542-1243 or Mona 780-361-9558

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

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

Funnell Community Hall - For hall rental or more info contact Kelsey at 709.638.3689.

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

Royal Canadian Legion #246 MULHURST Hall Rental Call: Marie @ 780-361-7350

Sunnybrook Community Hall Rentals: Contact Name: Mikayla, Phone Number: 306-307-2599, Email Address: sunnybrookcommunityhall@gmail.com

Warburg Cultural Centre - For rentals of facility, wine glasses and/or tablecloths, phone Linda McLaughlin at 780.848.2916. Meetings held quarterly.

Warburg Legion Hall is available for rent at \$75.00 for a full day, \$50.00 for ½ day, with a deposit of \$50 refundable after 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 Senior's Centre rentals. Call Nancy/ Allan Gruninger 780-848-7756. \$75 per rental, \$50.00 damage deposit refundable after inspection – no exceptions!



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Village of Breton 2021

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WASTE COLLECTION BLUE BAG COLLECTION

SAT

Musings from the East End Scriptorium by Elizabeth Emond eemond.phd@gmail.com

Now that the holiday kerfuffle is over with, and we wait while the sun comes back, it's a good time to snuggle into your favourite chair and read something to take your mind completely off COVID-19. King Solomon is said to have observed that "of making many books there is no end" --and that was well before printing-presses --so finding something to read is no problem. However, you might, like me, be tired of contemporary novels in which two feuding characters end up in a passionate embrace wherein one's back arches involuntarily while a moan (again involuntary) escapes his/her lips. Big deal. Such light reading is best for summer. In winter, I personally prefer literature with less intellectual sugar and more fibre.

I'm partial to the 19th century, but there was some good stuff written in the 20th. (The 21st is too fresh to tell.) In the past, I've recommended A Confederacy of Dunces, by John Kennedy Toole, and I do still. It's a delightful comedy; you'll love it.

Still in the comedic mode, William Faulkner's tale of a stolen car in The Rievers is great fun to read. It takes place in the very early 20th century, when cars were first appearing on the roads, and it begins and ends in a small town, so the narrative is very cozy.

For Canadian content, there's the Deptford Trilogy by Canadian author Robertson Davies: Fifth Business The Manticore, and World of Wonders. The overall story follows the lives of three boys from a small town in Ontario, and the far-reaching consequences that ensue from a malicious prank. We're taken over topics that range from Medieval saints to the geek show at a circus. Strap yourself in. By the way, you must read the novels in order!

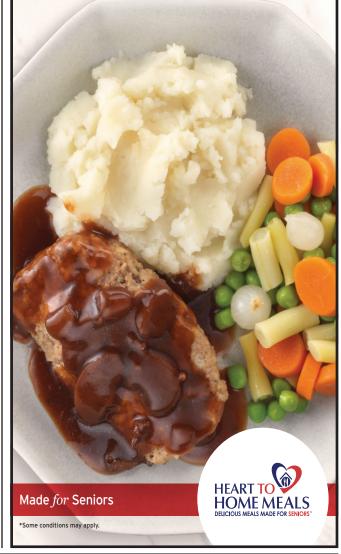
So wrap yourself in a shawl, equip yourself with a cup of tea, and go for it.

See you in the spring!

We've got comfort food cravings covered.

Choose from hundreds of delicious fall and winter comfort food classics - all with free delivery.*

Get your FREE Menu 780-666-2336 HeartToHomeMeals.ca





Nominations for 2021 Election Accepted as of January 4, 2021

Under the new *Local Authorities Elections Act S. 25 (2) (a)*, nominations for the 2021 General Election may be filed at the local jurisdiction during business hours beginning January 1, 2021 and ending at 12 p.m. on September 20, 2021.

Nominations as set out in *Local Authorities Election Act S. 27* shall be accepted starting January 4th at the Village of Breton Administration Office from 8:30 a.m. to 4:00 p.m. Monday to Friday, excluding statutory holidays until close of nominations as set out above.

The Village of Breton is accepting nominations for 5 positions of Councillor. The position of Mayor will be selected among the elected Councillors at their Organizational Meeting in October.

All requirements for nomination and candidates are set out in the *Local Authorities Election Act*, which was revised September 2020 and is available online as well as on the Village of Breton Website at www.breton.ca



Time to Win Big! From Lakedell Lighthorse 4H Club

Happy New Year! Welcome to the 2020-2021 4-H year, from the Lakedell 4-H Lighthorse Club. To start we would like to introduce ourselves, we are the Club Reporters; Kamryn and Emersyn Tabler, Rylin Klatt and Payton Schwindt. Our club is offering equine projects and new this year, canine projects. We have seen a lot of growth in our club this year, we currently have 37 regular members (ages 9-18) and 14 Cleavers (members ages 6-8). We have two General Leaders this year, Amy Belec and Amy Johanson, who work with a team of assistant leaders to make everything run as smoothly as it can. We operate out of the Lakedell Ag Society facility, on the south side of Pigeon Lake. We draw families from many different communities around the lake; Westerose, Falun, Warburg, Breton, Winfield, Battle Lake, Mulhurst, Wetaskiwin, Rimbey, Bluffton, and Sylvan Lake just to name a few.

Time is running out and tickets are selling out! This year, we are having a cash raffle for our fundraiser. The tickets are \$5 each. You have a chance to win up to \$5000! If you would like to purchase some tickets, you can contact one of our leaders, Amy Volker at (403) 598- 4347 or Carolyn Schwindt at (780) 234-4300. We also did a huge tire and bottle drive, and an electronic and battery collection! We raised up to \$5000 from collecting all the tires! Thank you so much for all the donations of tires, bottles, electronics and batteries, the Lakedell Lighthorse Club truly appreciates all the support!

Our year started off having to make minor accommodations due to Covid. Things like wearing a mask, social distancing, and family seating were implemented so that we could continue with our in-person club structure. Very quickly 4H Alberta made changes to how we carried on due to updated Covid restrictions. What these changes meant for our club was that we could no longer meet in person whatsoever and everything was to be carried out via virtual and online formats.

As of today, we have altered our year of planned activities to follow the mandatory changes so that our members can successfully complete their year. Our leaders and volunteers have been creative in thinking up ways to keep our members involved and working on achieving their goals set out in the beginning of the year. The activities have encouraged working with their projects, working on personal goals, and mentoring new or younger members while at home connecting on platforms like zoom. Things like our communications activity, usually our public speaking event, will be done virtually in one of several ways. Members will be able to present an idea, or topic in a way they choose so long it follows the learning outcomes. We still have lots of modifications to make to get through the year and we will do our best to share them with you.

Each week we hope for things to return to the way things were but everyday we are happy we have our 4H family and our communities supporting one another through these difficult times.

Happy Riding, Stay Safe! Submitted by: Rylin Klatt, Payton Schwindt and Emersyn and Kamryn Tabler





Brazeau County News



Bart Guyon, Reeve RR 3 Site 401 Box 1 Comp 1 Drayton Valley, AB T7A 2A3 780-542-0999 bguyon@brazeau.ab.ca

Heidi Swan, Councillor Division 1 Site 403 Box 2 Comp 9 RR 3 Drayton Valley, AB T7A 2A3 780-515-9822 hswan@brazeau.ab.ca

Donna Wiltse, Councillor Division 2 Box 36 Lodgepole, AB TOE 1K0 780-894-3596 dwiltse@brazeau.ab.ca

Marc Gressler, Councillor Division 3 Site 452 Box 2 Comp 1 RR 2 Drayton Valley, AB T7A 2A2 780-898-2006 mgressler@brazeau.ab.ca

Kara Westerlund, Councillor Division 4 Site 444 Box 1 Comp 6 RR 3 Drayton Valley, AB T7A 2A3 780-898-4561 kwesterlund@brazeau.ab.ca

Anthony Heinrich, Councillor Division 5 Box 16 Alsike, AB TOC 0C0 780-696-2468 aheinrich@brazeau.ab.ca

Sara Wheale, Councillor Division 6 Box 45 Alsike, AB TOC 0C0 780-514-4631 swheale@brazeau.ab.ca

UPCOMING NEWS & EVENTS

- January 19 | Council Meeting | 9:00 a.m.
- January 20 | Agricultural Service Board meeting | 9:00 a.m.
- February 2 | Council Meeting | 9:00 a.m.
- February 4 | Alternative Land Use Services PAC meeting | 9:00 a.m.
- February 15 | Brazeau County Administration Building closed

Request For Proposal - Returning Officer

Brazeau County is looking for a returning officer to oversee the 2021 Municipal Election. A Request for Proposal is available for those interested in submitting a proposal for the position. The Request for Proposal can be found on the Brazeau County website at www.brazeau.ab.ca. Inquiries may be directed to Courtney Whalen at cwhalen@brazeau.ab.ca. or 780-542-7777.



brazeau.ab.ca (780) 542-7777



Facility-Based Continuing Care Review Engagement - The Province of Alberta is undertaking a review of the facility-based continuing care system. This Review will identify opportunities for changing and improving facility-based continuing care (designated supportive living and long-term care) in Alberta in order to improve the lives of continuing care residents and their families and better support staff and operators. Further, the Review will consider how best to prevent and manage episodes of transmittable illnesses that affect residents such as influenzas, the annual flu season and pandemics.

In addition to the Facility-Based Continuing Care Review, Government is also developing a new Continuing Care Act that will streamline and consolidate the many pieces of legislation that currently oversee the whole system, not just facility-based continuing care. Government will use findings from the Review engagement to inform the new Act, as well as doing small-scale targeted engagement with key stakeholders.

There is a survey for organizations and individuals involved with continuing care to share their thoughts on the facility-based continuing care system. The survey will open on January 4 and close on January 29, 2021. We have also developed surveys for residents, family members and staff to contribute their thoughts on the improvements that could be made to facilitybased continuing care. All surveys can be accessed at https://www.mnp.ca/.../facility-based-continuingcare....

Wintertime Blues - Now that the holidays are over and we still have some restrictions in place we want to help with your Wintertime Blues. Write a paragraph of what you like about where you live – Village of Breton or Brazeau County. Submit your paragraph and we will reward you with a new board game or puzzle. Submissions can be made by email – fcss@ breton.ca, Fax – 780-696-3590 or dropped off at our office at 4916-50Avenue in the Village of Breton Office. Limited to one per household. Please list your top three choices of games/ puzzles with your application. Choices can be found in our ad in the Booster or on our Facebook page – Breton and Area FCSS. Submission are being accepted now. Games/puzzles will be handed out after January 18th.

New Futures program - New Futures is a Career Transition Program, which offers the following workshops One-on-One Career Services, Current Job Market, Resume Development, Cover Letter Development, Networking and Marketing Yourself, Interview Skills, Social Media and Job Search, Managing Change After Job Loss.

All workshops are free and can be accessed from home! If you do not have access to an internet device, we can accommodate you in our classroom if pre-registered. These sessions are being offered through the Drayton Valley Community Learning Association. For more information or to register please contact them at http://www.dvcommunitylearning.ca/ or (780) 542-3373. Email info@dvcommunitylearning.ca

They are also offering evening sessions of the most popular portions of these workshops.

January 18 & 25, 2021 5pm - 8pm: Creating a New Future after Job Loss (part 1 and 2).

February 8 & 22, 2021 5pm - 8pm: Resume Development and Cover Letter (part 1 and 2)

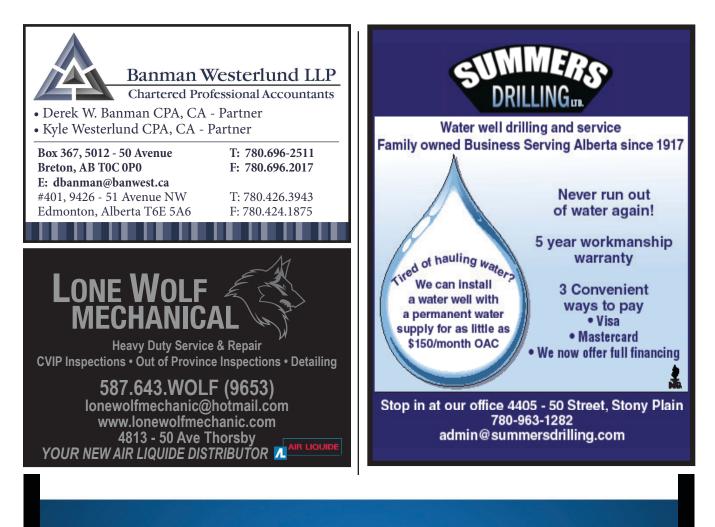
March 22 & 29, 2021 5pm - 8pm: Managing Change after Job Loss & Job Transition (part 1 and 2)

April 19 & 26, 2021 5pm - 8pm: Resume Development and Cover Letter (part 1 and 2)

May 17 & 31, 2021 5pm - 8pm: Creating a New Future after Job Loss (part 1 and 2).

June 14 & 21, 2021 5pm - 8pm: Resume Development and Cover Letter (part 1 and 2)







GLENN BELOZER

With this I am declaring my intentions to run for re-election as councillor in Division 6 - Leduc County. Elections to take place Oct 18/2021.

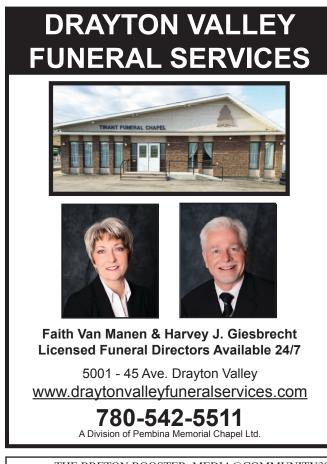
Personal: 780-996-2791 County Business: 780-920-0676 Email: glennb@leduc-county.com

Covenant Corner from Pastor leff Gooderham

If our greatest need had been information, God would have sent us an educator; If our greatest need had been technology, God would

have sent us a scientist; If our greatest need had been money, God would have sent us an economist; If our greatest need had been pleasure, God would have sent us an entertainer; But our greatest need was forgiveness, so God sent us a Savior.

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord!" Romans 6:23







Bell Let's Talk Day Shared by Breton FCSS

Bell Let's Talk Day is January 28 and we're encouraging you to help create positive change.

Mental illness affects people of all ages and from all walks of life. According to the Mental Health Commission of Canada, one in five people in Canada will experience a mental health issue or illness in any given year. Over the past 9 years, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues.

In a recent survey conducted by Nielsen Consumer Insights in 2019, 84% of Canadians now say they are comfortable speaking with others about mental health, compared to only 42% in 2012.

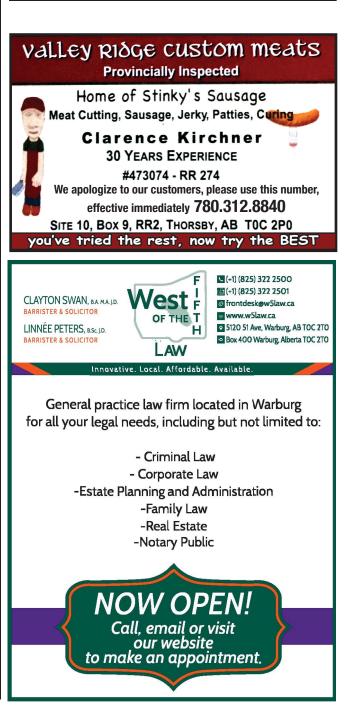
However, there is still work to be done to ensure all Canadians have access to the mental health support they need. This year, on Bell Let's Talk Day Canadians are encouraged to share the actions, large and small, that they are taking to improve the lives of people living with mental health issues.

When it comes to mental health, every action counts.

On Bell Let's Talk Day, for every text, mobile and long distance call made on the Bell network, tweet using #BellLetsTalk, social media video view, or use of the Facebook frame or Snapchat filter, Bell will contribute 5 cents more to Canadian mental health programs.

You can also learn more about some of the organizations providing meaningful mental health supports and services throughout Canada and download the Bell Let's Talk toolkit to begin your own conversation about mental health at home, school or in the workplace. Join in to as we work together to improve the lives of Canadians living with mental health issues and help create positive change.

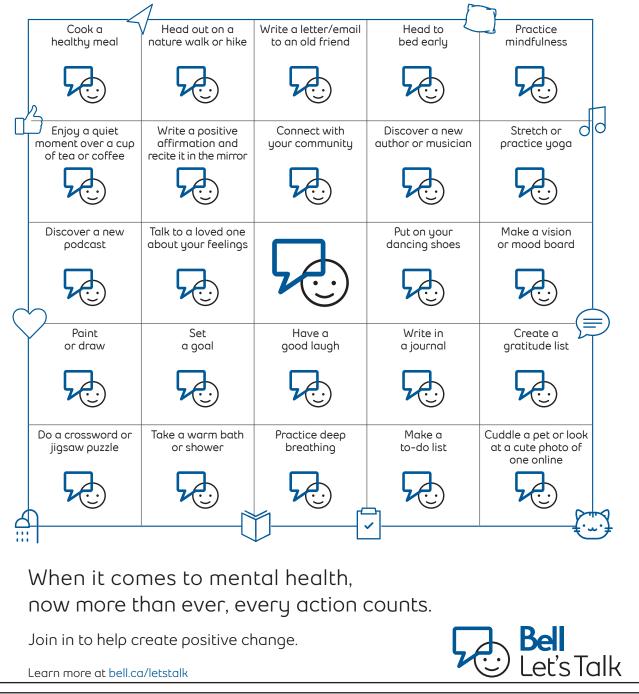
If you would like to challenge yourself this month to more Self-Care, stop by our office for your copy or we can also email one to you. We have also included it in this week's Breton Booster on the next page.



Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

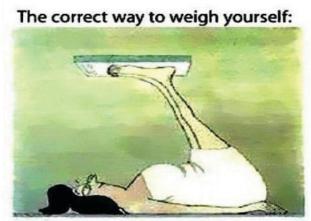
This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.



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



A man ran home from work, pulled his wife into the bedroom, threw her on the bed, and pulled the blankets over them. She was shocked - he hadn't been like this for 20 years. Then her husband said, 'Look! My new watch glows in the dark!'



I can't believe I was doing it wrong all these years.

Supervisor: Do you have any special skills? Me: Look, a turtle!





This baby owl was caught watching dogs play fetch in a yard in Warburg. So sweet. Have a cute or funny pet picture or a wildlife picture taken in the area? Email it to media@community39.com or text to 780.887.0088



