

#### Firefighter's "Fan Club" From Gayle Sacuta

80 participants from the Thorsby Library Summer Reading Club enjoyed an awesome treat on August 6, with a visit from seven Thorsby Volunteer Firefighters, three trucks: Rescue 71, Squad 71 and Engine 72, and Sparky the mascot.

The Firefighters Fan Club learned about fire safety, toured the trucks and gear, had a water-cannon demonstration, and were put through mission impossible tasks; crawling, climbing, and carrying hoses through an obstacle course.

A huge thank you to the District 7 Volunteer Firefighters for taking the time from their busy lives for this wonderful opportunity to teach the community about the important jobs of our fire crew and what it means to be a firefighter.







#### **HELP WANTED**

**Calmar Co-op - F/T and P/T** cashiers and pump attendants needed. Contact Laura Kushinski at 780.985-4584 or email laura1@xplornet.com (2-2kr)

#### WANTED

**Roommate Wanted:** Spacious bedroom for rent in Warburg. Call or text 403.598.8861 for details.

**Wanted to Buy** - Will buy your old lead batteries for re-cycling. Also Free removal of scrap vehicles. We pay cash for both! 1.403.396.8629 (2-2kr)

Wanted to Buy: Old Farm Tractors or Caterpillars. Complete or incomplete.

1.403.396.8629 (2-2kr)

**Wanted - Single Family House To Rent** - Good, responsible and reliable tenants seek long term rental. Must be well maintained and ok with 2 well trained cats. Call Eric. 780.887.7057 (2-2)

#### FOR SALE

**Farm Fresh Eggs for sale.** \$3/dozen, \$4.50/18. We also have purebred Ameraucana fertilized eggs/chicks available and Wiener Pigs for Sale. Call Kayla at 403.391.8026 or Jared at 780.940.6155 (2-2kr)

Plywood & Siding for Sale: 31 sheets of 1/2" plywood, 4 sheets of 3/8" plywood, 7 sheets of 1/8" white panelling, 2 bundles of new white vinyl siding. Cash only. 780.789.3739 Thorsby (6-6)

#### SERVICES

**6' Rough Cut Mower on Track Skid Steer Loader for hire**. Brush cutting, fence clearing, opening fields. Rototilling for gardens also available.

Call Clayton at 780.975.5408. (15-17)

Journeyman Plumber/Gasfitter and Certified Sewer Installer providing repairs, replacement and new installation. Hot water tanks, furnaces, boilers, gas lines, sewer tanks/fields/pumps.

Call Ryan at 780-514-9246. (2-2kr)

#### **BUILDERS/RENOVATIONS**

**Custom Built Epoxy Countertops and Interior Renovations** - are you looking to update your countertops, reno-vate 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 for 2 weeks (up to 30 words) GST included. Drop at Royal Care Guardian Pharmacy Thorsby or email - media@community39.com or call/text 780.887.0077

#### Scholarship opportunity GEORGE L. SAUBAK MEMORIAL FUND

Are you a post-secondary student with a major in a medical field? If so, you could be eligible for the George L. Saubak Memorial Fund scholarship!

#### Eligibility

- Applicants must have graduated from a high school in the western portion of the county, including Calmar High School, Thorsby High School or Warburg High School.
- Students must be enrolled in a postsecondary program with a declared major in the field of medicine, including but not limited to nursing, dentistry, pharmacy or veterinary medicine.

The applicant must submit a personal letter to Leduc County and include personal details, a Grade 12 transcript, proof of registration in a post-secondary program, and any other information the applicant believes is relevant.

Visit **leduc-county.com/scholarships** for more information. Submit applications via email to **lynn@leduc-county.com** or by mailing/dropping off the application at the following address:

George L. Saubak Memorial Fund Scholarship c/o Leduc County 101-1101 5 St. Nisku, AB | T9E 2X3

#### Applications due by Aug. 31, 2021



# SIGNS & PROMOTIONAL Now Hiring!

#### Basic Duties

Preparing vinyl decals and all types of custom signage for installation

 Assist in installations
 Cleaning and sterilizing building and equipment as required
 Moving and lifting signs & substrates
 Other duties as required by employer

#### Assets but not required

In addition to the basic duties we are looking for someone who is well rounded and has some experience or willing to learn other aspects of our business which may include some of the following: • Learning computer programs and how to set up files to export, print and cut • Advertising on social media platforms like Facebook, Instagram and linked In • Be willing and able to work independently when necessary • Experience with Corel Draw or similar programs

A class 5 drivers license for picking up products and making deliveries is and asset

Approximately 35-40 hours per week Wage negotiable depending on experience

#### How to Apply

Please email your resume "Attention: Shawna Ofstie" at <u>shawna@cemedia.ca</u> or Drop off your resume at 4928 Hankin Street in Thorsby

#### Your Local One Stop Shop!

Signs, Banners, Apparel, Hats, Promotional Items, Stickers, Vehicle Decals & More

# MISS JOANNES SCHOOL OF DANCE

BOTH KIDS & ADULTS PROGRAMMES AVAILABLE

https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgid=520203 EMAIL: missjoannesschoolofdance@gmail.com or phone/text 780-621-2430



## - CAREER OPPORTUNITY -

Hill 'n' Dale Insurance Ltd. is currently seeking an **experienced Level 2 Insurance Agent** for full time employment.

Please email resumes to hillndale@xplornet.ca

# Gordie's Party

August 21<sup>st</sup> – Two Criks Ranch 2 miles west, 2 miles north of Warburg Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon Light lunch at 4, with a few kegs of beer Corner Service – Range Road 33 Casual affair commencing mid-atternoon

Camping & corrals available

Queries: twocriksranch@gmail.com

# **Unreserved Auction Sale for John & Dwight Bergstrom**

Starts Opening August 20th at 9:00 a.m. & Starts Ending on August 25th at 10:00 a.m. - Yeoford, Alberta Directions: North of Winfield on Hwy #20 to Twp Rd 470, East on Twp Rd 470 for 12.3 Kms to Rge Rd 25, 1/2 Mile North on Rge Rd 25 OR from the Intersection of Hwy #771 & Hwy #13, North on Hwy #771 for 16.7 Kms to the Intersection of Hwy 771 & Twp 470. West for 6.3 Kms on Twp 470 to Rge Rd 25. North on Rge Rd for 1/2 Mile

Blue Sign: 470048 Rge Rd 25

Partial Listing Only Listing Includes a HUGE Selection of Project Vehicles, Parts & Accessories Plus Miscellaneous & Much Much More



#### Cars - Ford

Cars - Meteor

Convertible Car w/ 352, Auto

1959 Ford Galaxie 2dr Convertible 1965 Meteor Montcalm 2dr Car w/ 390, Auto

1959 Ford Galaxie Fairlane 500 4dr Sedan w/ 312 V8, 3 on the Tree

1957 Ford Fairlane 4dr Sedan w/ Inline 6 Cyl, 3 on the Tree 1956 Ford Fairlane 4dr Town Sedan w/ No Trans or Engine 1928 Ford Model A 2dr Coach w/ 4 Cyl Flathead, 3 Spd on the

Floor 1947 Ford Super Deluxe 2dr

Coupe w/ Flathead V8. 3 on the Tree

1951 Ford Victoria 2dr Hardtop w/ Flathead V8, 3 Spd Floor Shift 1954 Ford Crestline Ford-O-Matic Convertible Car w/ 272 V8, Auto 1958 Ford Custom 300 4dr Sedan w/ 289 V8, Auto 1970 Ford XL Convertible w/ 390, Auto

1971 Ford Ltd Convertible w/ 400, Auto

1965 Meteor Montcalm Convertible w/ 352 V8, Auto 1965 Meteor Montcalm Convertible w/ 390, Auto 1965 Meteor Montcalm Convertible w/ V8, Auto 1965 Meteor Montcalm 2dr Hardtop w/ 390 V8 1968 Meteor Montcalm Convertible w/ 390, Auto 1955 Meteor 4dr Sedan w/ V8, 3 on the Tree 1956 Meteor Niagra 4dr Sedan w/ 272 V8, Auto 1956 Meteor Niagra 4dr Sedan w/ V8, 3 on the Tree 1956 Meteor Rideau 4dr Town Sedan w/ V8. Auto





#### Cars Plymouth, Dodge & Chrsyler

1948 Plymouth Special Deluxe 4dr Sedan w/ Inline 6, 3 on the Tree 1957 Plymouth Belvedere 4dr Hardtop w/ 390, Auto, Push Button 2 Spd Auto 1954 Plymouth Savoy 4dr Sedan w/ 6 Cyl, 3 on the Tree 1954 Dodge Mayfair 2dr Hardtop w/ 6 Cyl, 3 Spd 1954 Dodge Crusader 4dr Sedan w/ 6 Cyl, 3 on the Tree 1958 Dodge Mayfair 4dr Sedan w/ V8 & 3 on the Tree 1986 Dodge 600 ES Convertible w/ 2.2 Ltr Turbo, Auto 1979 Chrysler New Yorker 4dr Sedan w/ V8, Auto 1990 Chrysler 5th Ave 4dr Sedan w/ 3.3 Ltr V6, Auto 1991 Chrysler New Yorker 5th Ave 4dr Sedan w/ 3.3 Ltr V6. Auto 1999 Chrysler Sebring JXL Convertible w/ 2.5 Ltr V6, Auto



Cars - Mercury & Lincoln

1965 Mercury Parklane 4dr Sedan w/ Breezeway Rear Window, 390. Auto 1977 Mercury Monarch Ghia 4dr Sedan w/ 302 V8, Auto 1966 Lincoln Continental 4dr Car w/ V8, Auto 1979 Lincoln Continental 4dr Sedan w/ 400, Auto 2007 Lincoln Signature Series Town Car 4dr Sedan w/ 4.6 Ltr V8, Auto Cars - Other

1958 Edsel Ranger 4dr Sedan w/ E400 V8 Edsel Engine, 3 Spd Column Shift Trans 1959 Edsel Corsair 4dr Sedan w/ 400 V8, Auto 1955 Chev Belair 4dr Sedan w/ 265 V8, 3 on the Tree 1957 Chev Belair 4dr Sedan w/ V8, Auto 1970 Volkswagen Beetle w/ 4 Spd Trans



# Allen B. Olson Auction Service Ltd.

Rimbey, Alberta - License No. 165690 (403) 843-2747 Office Toll Free - 1-855-783-0556 Email: abolson@telusplanet.net - Homepage: allenolsonauction.com Viewing from August 10th to 25th 9:00 a.m to 4:00 p.m. or by Contacting:John @ 780-360-2480 Dwight @ 780-312-5010

For Additional Information on Viewing, Terms & Conditions, Payment, Please Visit our Website at www.allenolsonauction.com

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Partial Listing Only Listing Includes a HUGE Selection of Project Vehicles, Parts & Accessories Plus Miscellaneous & Much Much More



Trucks

1949 Mercury M68 Flat Deck Truck w/ V8, 4 Spd 1969 Ford F100 2wd Reg Cab Truck w/ 6 Cyl, 3 on the Tree 1972 Ford F100 Explorer Truck w/ 302 V8, Auto 1972 Ford Ranger 2wd Deluxe Cab Truck 1974 Ford F250 2wd Super Cab Truck w/ 360 V8 Ford F100 2wd Custom Cab Truck w/ 360 V8, 3 on the Tree 1986 Ford F150 XL Explorer 4x4 Super Cab LB Truck 1993 Ford F150 2wd Reg Cab LB Truck 1956 Fargo 1/2 Ton Truck w/ 6 Cyl, 3 on the Tree 1960 Dodge 100 Fleetside Truck w/ V8, 4 Spd 1986 Dodge 150 Power Ram 4x4 LB Truck w/ V8, Auto



#### Trucks - Heavy

1949 Fargo 2 Ton Truck w/ 6 Cyl, 4 Spd, Box & Hoist 1957 Fargo 400 Grain Truck w/ 15' Box & Hoist, V8, 4&2 Trans 1966 Ford F500 2wd Truck w/ 6 Cyl, 4 Spd, 12' Box & Hoist 1969 Ford F700 2wd Truck w/ 16' Box & Hoist 1974 Ford F500 2wd Truck w/ 330, 5&2 Trans, 15' Box 2000 GMC 54 Passenger School Bus w/ 454 & Propane

#### Construction

Cat D6 Crawler Dozer w/ 12' Blade Cat D6 Side Boom Crawler Cat D4 Crawler Dozer w/ 9' Hyd. Blade Cat D4 Crawler



Vers 145 4wd Tractor IHC 4186 4wd Tractor w/ 2902 Hrs IHC 354 2wd Tractor w/ 3 pth,

Tractors

Allied FEL IHC 706 2wd Diesel Tractor Case/David Brown 1410 2wd Tractor w/ Ezee-On FEL Case 930 2wd Diesel Tractor Case LA 2wd Tractor Case DC4 2wd Tractor Ford 8N 2wd Tractor Ferguson TEA 2wd Tractor

#### Harvest

MF 750 Sp Combine w/ Perkins 6 Cyl MF 410 Sp Combine Vers 4000 Sp Swather Homemade S/P Grain Auger - Uses a Star Car Chassis & IHC Single Cylinder Pump Engine, Belt Driven Allied 7"x40' PTO Grain Auger Allied 7"x30' PTO Grain Auger Allied 6"x35' Grain Auger Vers 6"x24' Auger



#### Other Equipment

Kello Bilt 210 14' Breaking Disc Case 12' T/A Disc IHC 45 12' Vibrashank Cult IHC 12' 24 Run Press Drill 2 - Vermeer 605C Rd Balers NH 490 12' Haybine NH 56 Side Delivery Rake Ferguson 6' 3 pth Blade Woods RB6 3 pth Blade

#### Recreational

36' T/A Hi-Boy Trailer Scamper 12' S/A Holiday Trailer McCulloch 14' Fiberglass Boat Chrysler 15.2' Tri-Haul Open Bow Fiberglass Boat 1980 Citation 3500 Sled 1980 Yamaha Inticer 300 Sled 1978 Skidoo Everest Sled 1975 Arctic Cat 400 Panther Sled Homemade S/A Snowmobile Trailer

2 Place Snowmobile Trailer

Viewing from August 10th to 25th 9:00 a.m to 4:00 p.m. or by Contacting: John @ 780-360-2480 Dwight @ 780-312-5010

For Additional Information on Viewing, Terms & Conditions, Payment, Please Visit our Website at www.allenolsonauction.com



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# COMMUNITY & info

#### **UPCOMING SPECIAL EVENTS and PROGRAMS**

Thorsby Outdoor Pop Up Market; August 28, 2021; Located on the grass area north of 50 avenue between 51 Street and Hankin Street- right along the railroad tracks (Across from CE Media); 11-3 pm; interested vendors can contact clsoapco@hotmail.com or Lorelei 780-886-1888.

**Restorative Yoga** at Sunnybrook Hall starting Sep 14th. Tues and Wed at 7pm. Sep only \$54. Call 780-222-3458 or email foreverboredyoga@gmail.com

**Kids Yoga** at Sunnybrook Hall Sep 17@11am. \$15 call 780-222-3458 or email foreverboredyoga@ gmail.com

**Kids Bath Bomb Making** at Sunnybrook Hall Sep 17@2 pm call 780-222-3458 or email foreverboredsoapery@gmail.com

Adult Beginner Soap Making at Sunnybrook Hall \$75. Sep 17@7pm call 780-222-3458 or email foreverboredsoapery@gmail.com

#### **PROGRAMS & REGULAR EVENTS**

**Thorsby Bingo is back!** Located at the Thorsby Senior's Centre every Thursday evening starting at 7:00 pm.

**Thorsby Seniors Potluck Suppers** will begin on August 25th at 6:00 pm.

Thorsby Crib Nights at the Seniors Centre runs every Friday night at 6:30 p.m. Everyone welcome!

The Breton Golden Age Club will be hosting cards (Whist) beginning July 5th at 1:00 pm \$3; Floor Curling begins Tuesday, July 6th at 1 pm \$3. Everyone is welcome to participate in both!

The Thorsby Library is now open for in-person or curbside service from 10:00-6:00 Tuesday and from 10:00-4:00 on Wednesday and Friday. Please call 780-789-3808 for more information. Follow Thorsby Library on Facebook to learn the latest news. Visit us to renew

# **Custom Built Homes**

- Reliable Service - Affordable Pricing - Quality Workmanship

"You Dream It – We Build It!" MICHAEL JACOB 780.991.1008 michaelj@mikeshomesItd.com

your library card at https://thorsbymunicipallibrary.ab.ca/ copy-of-form

The Glen Park Hall is one of the most active and viable community groups in the area and we encourage you to join in this online outreach and see how you can benefit and help others in these challenging times. CALL MIKE & STELLA at 780-919-1250 to Register (get the link), or CALL RON at 780-668-2458 for tech support.

**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 Jane 780-789-3789 or Elaine 780-221-3939

#### **MARKETS / THRIFT SHOPS (NON PROFIT)**

Country Market Vendors Wanted at Sunnybrook Hall - Sep 18, Oct 16, Nov 20, Dec 18, 11-4pm. \$30 Table call 780-222-3458 or email foreverboredmarket@gmail.com

Winfield Public Market is back! Upcoming Market is Aug 7th! 10am-2pm at the Winfield Community Hall. New Vendors Always Welcome! Next Markets: Aug 22nd & Sept 5th Call or text Carla at 780-621-1285 for details

**Thorsby Senior's Thrift Store -** The thrift store is open Thursdays and Fridays 10:00 am - 3:00pm. We are now accepting donations that are **CLEAN** and **RE-SELLABLE**.

**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.

#### **COMMUNITY SUPPORT SERVICES**

**Foot Care Nurse** will be in Thorsby on the 1st Wednesday of every month. Please call Irene at 780-789-3176 to make an appointment or for information

**Unreserved Online Timed Auction for Stan Rumsey & Guest Consignor - Janine Siebold** Sale Starts August 16th & Starts Ending August 20th - Bentley, Alberta Directions: South of Rimbey on Hwy #20 for 15 Kms to the Centreview Road, Turn West on the Centreview Road for 2.3 Kms - Blue Sign 2010 Twp Rd 412



#### Machinery

1988 IHC S1600 Crew Cab Flat Deck Truck w/ Diesel, 5&2 Trans, Set up for Hauling Quads 42' T/A Storage Trailer 26' S/A Dry Van Trailer Rototiller for a Skid Steer Grapple & Manure Buckets Dirt Auger & 2 Bits Heavy Metal Rad - Skid Steer . V Plow for a Skid Steer 8' Hyd. Blade for a Skid Steer Vintage Cult, Disc, Harrows, Plow & Mowers Dirt Auger on Crane Setup 8' Driveway Drag Yard Drag/Harrow 2 - 3 pth Mowers Steel Press Drill 3 pth Bale Fork 1990's Truck Body

#### Recreational

2002 Yamaha 660 4x4 Grizzly Quad 2 Wheel ATV Trailer 12' Alum. Boat, Trailer & 7 Hp Motor Ice Fishing Hut & Supplies 8" Power Ice Auger Harley Davidson Bench Chain Saws & Weed Eaters Snow Blower, Arens Lawn Mower, Dandelion Roller & Grass Catcher

Ornamental Lawn Equipment Fishing Equipment 5 Hp Rototiller Lawn & Garden Equipment

#### **Shop Tools & Supplies**

Miller Bobcat 325 Amp Motor Driven Welder w/ Only 58 Hrs, Kohler Motor, Mtd in a Light Tower Trailer, Oxy/ Acetylene Torch & Bottles Millermatic 251 Mig Welder Miller 30 Amp 30' Spool Gun 3 Phase Welder Welding Rod & Oven Sand Blaster w/ 600 Lbs Pot, 12 Volt, Controls, Supplies, Hoses & Masks Sand Blaster Cabinet Sand Blasting Gear Wood Lathe w/ Equipment Rigid Tubing Cutter Attach. Upright Air Compressor Motor Driven Compressor 2 - Drill Presses, Shop Press, Pipe Bender, Bench Grinder, Tile, Band, 2 - Cut Off, Mitre Chop, Router Saw & Table Pressure Washer Dremel & Supplies 3 pth Cement Mixer

Shop Creepers Post Vice & Stand Parts Washer & Shop Vac Sanders & Floor Jacks Power Tools English Wheel Hyd. Barrel Press Tool Chest & Tools Multiple Tool Boxes Painting Supplies

#### Miscellaneous

2" Grey Limestone Landscaping Bricks Landscaping Stones Swag Stone New 9' Roofing Metal Used Roofing Metal 5th Wheel Hitch 10.000 Lbs Winch on a Receiver Hitch Cradle Plastic Nurse Tank Tires & Rims, Quad Tires Steel Rims Fence Posts Metal Stands & Jack Stands Pressure Washer Pump Kohler Engine & Heaters Shop Lights Landscaping Fabric 4 Wheel Cart

Viewing from August 13th to August 20<sup>th</sup> from 10:00 a.m. to 5:00 p.m. or by Contacting the Owners for an Appointment Stan Rumsey - (403) 350-0056 Guest Consignor: Janine Siebold - (403) 392-8561

Allen B. Olson Auction Service Ltd. (403) 843-2747 Office Rimbey, Alberta - License No. 165690

Bins Assorted Pump Engines Electrical Supplies Cable, Boxes & Switches Packers, Wheels & Steel Seats Chain Link Fence Posts Assorted Iron & Large Pipe Steel, Plating & Sheeting Pallet Racking & Shelving Rail Road Ties

2 - Gravel Boxes for Metal

#### Household

Stairs & Stand for Trailer

Pipe Racks

Vintage Cook Stove Old Stoves Granite Top Kitchen Table & 6 Chairs Smoker On-Demand Water Heater Kirks Stoker & Furnace Golf Clubs & Yard Games Toys & Bicycles Stereo System & Cabinets Household Items

Office Trailer will be NOT BE ON LOCATION. Payment must be made by coming directly our Main Office located at 4320-50<sup>th</sup> Ave in Rimbey, AB.

All Items Must be Removed No Later than August 27<sup>th</sup> at 5:00 p.m.

Cash, Cheque or Debit Card. Online Bidding Fees Apply - 3% up to a Maximum of \$800.00 per Item. 3% Admin Fee Will Be Charged on Credit Cards. G.S.T. Will Apply On All Items, All Items Must Be Paid For Prior to Pick Up. Listings are Subject to Additions & Deletions

Email: abolson@telusplanet.net - Homepage: www.allenolsonauction.com



#### **COMMUNITY SUPPORT SERVICES**

**Thorsby Family and Community Support Services -** PH. 780-789-4004 or email: fcss@thorsby. ca

**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 8:00pm 780-270-7903

**Thorsby Bylaw Enforcement** - For concerns or inquires email bylaw@thorsby.ca or call 780.789.3935 Ext. 21

**Community Events Sign is Free** to Non-Profit Organizations on a first come, first served basis for a period of one week, or less. To have your event placed on the sign call, 780-789-4041.

#### WORSHIP

ST. JOHN THE BAPTIST UKRAINIAN CATH-OLIC CHURCH - Divine Liturgy on Sunday, October 3rd at 12:00 noon. For further information contact Dan @ 780-789-3698

**St. Matthew's Lutheran Church Thorsby** is **open** at 60% occupancy for worship. Our weekly recorded service with Pastor Ron can still be found on YouTube.

**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.

**New Life Christian Fellowship** - Worship Services Sunday - 10:30 am, Ladies Fellowship and Prayer Friday - 9:30 am. 780-789-3020.

Our Lady of Victory Catholic Church: Mass is offered every Sunday at 9:00 am and normally every Wednesday at 11:00 am by Fr. Arun Rodrigues. Barring a Covid-induced return to health restrictions, registration and physical distancing is not required. Masks are optional.

Philippian Christian Friendship Church of Can-ada Thorsby - This is Rev. Pollard, if you need prayer or just to talk, please leave your number and we will get back to you. Have a blessed day! 587.930.7801

**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 Wil-liams 780-848-2271

#### COMMUNITY GROUP REGULAR MEETINGS

**Thorsby Ag. Society Regular Meetings** – First Wednesday of every Month, 7:00 pm, Haymaker's Arena. <u>www.thorsbyhaymaker.com</u> or call 780-789-3829.

**Thorsby Senior's Supper Meetings** These monthly meetings will now be held in the Senior's Centre (4812-51st Street) and are on the last Wednesday of every month at 6:00 p.m Next Potluck is August 25th. Members are requested to bring a potluck dish. Memberships are available for \$10 from Elaine Warnock at 780.221.3939.

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.

**Thorsby & District Lions' Club** (non-profit organization serving Thorsby & District), Meeting the 2nd and 4th Monday of the month at the Lions' Den in Community Hall Basement at 7:00 pm. For information or membership, call 780-903-1695.

The Royal Canadian Legion, Pioneer Br. 144 Thorsby is wanting more members. Meetings are every third Wednesday of the month, except July and August, at the Thorsby Senior Club 4512-51 Street at 9:30 am.

#### FACILITY RENTALS

Thorsby Community Centre - For bookings call Marlene at 780-789-3734 or text 780-217-9394 or email <u>thors-</u> <u>byhistoricalsociety@gmail.com</u>. Visit our Facebook Page at www.facebook.com/ThorsbyHistoricalSociety

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

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

**Breton Golden Age Club building** is available for rent. \$15/hr or \$75/day for the front open area including kitchen. \$100 DD. Call Jane 780.696.6599 / 403.542.7921 or alternate, Jean at 780.696.2439

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

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

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

**Glen Park Hall** - For bookings call Mike at 780-919-1250.

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

Mulhurst Legion #246 Hall Rentals - Call: Marie 780-361-7350

**Rundle's Mission Retreat Centre:** 780.389.2422 or rent@rundlesmission.org, you can also visit our website at www.rundlesmission.org

Sandholm Community Hall - For hall bookings call Doris 780-389-2381.

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

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

**Telfordville Hall** - For bookings call Tracy at 780-718-9549 after 5:00 pm.

# VF" FARM SALE FOR EN PY

# Saturday, Aug 21st @ 10:00 AM

Directions: East of Rollyview Store on Sec Hwy 623 (Twp Rd 494) 17 km to Rge Rd 215, South 3 km to Twp Rd 492, West 0.8 km (Rural Address 21542 Twp Rd 492)

Terms: Cash/Approved Cheque/Debit/Visa/Mastercard/Etransfer GST will apply where applicable Lunch Available

SKIDSTEER, TRACTORS & GATOR:\*\*2012 JD 320 Skidsteer - 2200 hrs, New Rubber c/w Bucket (WORKS GOOD)\*\*1980 JD 2355 Tractor - 5410 hrs, 85 hp, Cab, FWA, 3pth, Dual Hydraulics, 540 PTO, Joystick, 16.9x30 Tires c/w John Deere 245 Loader/Bucket/Grapple\*\*Bale Fork\*\*JD 4020 Tractor - Standard, 12 Volt, 540/1000 PTO, 23.1x30 Tires c/w JD 148 Loader/Bucket \*\* JD Belt Pulley Attachment\*\*2012 JD XUV590 Gator Side by Side -1402 km, 4x4, 1/2 Windshield, Roof, Manual Dump Box, LED Lightbar

MACHINERY:\*\*JD CA25 Skidsteer Auger c/w 9" Auger\*JD GS72 Skidsteer Bucket/Grapple c/w Teeth\*JD Skidsteer Pallet Fork\*JD Skidsteer Bale Fork c/w Receiver\*\*Homemade Skidsteer Tree Scoop\*\*2 - JD 6' Buckets c/w Manure Teeth (fits JD 260 Loader)\*\*4 - Skidsteer Tires (3 - 12.5x16 & 16.5x16)\*\*JD336 Square Baler\*\*NH 328 Single Axle Manure Spreader - Wooden Floor\*\*Glencoe 1250 18' Cultivator \*\*Seaman 4' Triple Tiller \*\*Westfield W70 x 41' Grain Auger c/w 220 Electric Motor\*\*Sakundiak 6" x 30' Grain Auger c/w Honda 12hp Motor\*\*Westfield 4" x 15' Grain Auger c/w Electric Motor\*\*Brandt 862 Grain Auger (for parts)\*\*Heavy Duty Shop Built Wood Splitter c/w Trailer & Metal Box \*\*Tumble Bug (GOOD COND)\*\*John Deere Single Bottom Breaking Plow\*\*Chase 5' 3pth Brush Mower\*\*JD #100 14' Deep Tillage Cultivator\*\*Tandem Axle 10' Swather Mover \*\*Heavy Duty 8' x 24' Bale Deck \*\*Grain Hopper Bin (16' High)\*\*Homemade Galvanized Hopper Bin (100 Bushel)

TRUCKS & TRAILERS:\*\*2012 Ford F550 Super Duty Truck - 6.7 Power Stroke Diesel, Auto, 4x4, A/C, Delete Kit, New Rubber, 150 000 km c/w 2013 Effer 65 Knuckle Boom Crane & Red-D-Arc D300K3+3 Diesel Welder/Power Plant (3060 hrs) c/w Aluminum Dual Rollaway Tool Boxes, Aluminum Reels & Aluminum Oxygen Reel (WORKS GOOD)\*\*1952 IHC R190 Series Gin Pole Truck - Flathead 6, 5 & 2 Spd, Steel Deck\*\*1967 Ford 3 Ton Flat Deck Truck - Gas c/w Hoist\*\*P/T 16' Tandem Axle Bobcat Trailer c/w Flip Up Ramps & Steel Deck\*\*Homemade 2 Wheel Army Wagon Cart c/w Box CATTLE:\*\*40 Mixed Charolais/Hereford/Angus Cross Cow Calf Pairs - March Calves (Approx 15 Black & 15 Tan/Red & 10







\*\*4 Horse Stall (18' Long) c/w Conveyor Belt Manger\*\*Heavy Duty Round Bale Feeder (Slant Bar)\*\*Tombstone Bale Feeder (Needs Repair)\*\*3 - Prairie 12' Gate Panels (2" Bar)\*\*Self Standing Panels\*\*800 Gallon Stainless Steel Water Trough (14' Long x 53" Wide x 27" High)\*\*UFA 500 Gallon Water Tank on Wood Skid\*\*4 - Plastic Totes in Cage\*\*Behlan Galvanized Stock Tank (7' Long)\*\*Plastic Water Tanks (600 Gallon & 500 Gallon) on Heavy Duty Homemade Pintle Hitch Trailer\*Bunk Feeders (Assorted Sizes)\*\*Salt Feeders \*\*2 - Cattle Squeezes\*\*Trimming Chute HORSE TRAILER & TACK.\*\*P/T 16' Tandem Axle Horse Trailer c/w Homemade Tack Front\*\*Aluminum Trailer Slider Gate (LIKE NEW)

\*\*Early 1950's Democrat Buggy c/w Shafts & Poles (RESTORED)\*\*Homemade 3 Wheel Horse Drawn Cart c/w Shafts\*\*2 Wheel Sulky Cart \*\*Homemade Horse Breaking Sleigh\*\*1905 McClean 15" Saddle - Brown (COMPLETELY RESTORED)\*\*2 - Early 1930's McClean 17" Saddles - Black c/w Saddle Bags & Metal Stirrups (RESTORED by CAMROSE HUTTERITE COLONY)\*\*Mexican 15" Saddle (UNUSED)\*\*Antique 15" Highback Saddle - Brown\*\*Antique 15" Highback Western Saddle\*\*Antique 15" Highback Saddle (RESTORED)\*\*Antique 14" Highback Saddle (RESTORED) \*\*4 - Aluminum Pack Saddles \*\*2 - Wooden Pack Saddles\*\*2 - Soft Packs\*\*2 Sets of Plastic Pack Boxes\*\*2 Sets of Wooden Pack Boxes\*\*16 - Horse Collars (18" to 24")

\*\*CLG Bareback Rigging \*\*Chaps\*\*Many Rope Halters\*\*Bells\*\*Canvas 10'x12' Outfitters Tent\*\*Leather Horse Harness c/w Spots\*\*Nylon Horse Harness c/w Spots

SHOP SUPPLIES & MISC.\*\*Hydraulic 3 hp 220 Volt Power Unit\*\*3 Ton Auto Crane c/w Heavy Duty Shopbuilt Weldng Table (5' Wide x 5' Long x 4' High)\*\*Dewalt Compound Mitre Saw\*\*Husqvarna 257 Chainsaw\*\*Husqvarna 235 Chainsaw\*\*Stihl 026 Chainsaw\*\*Homemade 12/24 Volt Battery Booster Cart\*\*Miller Suitcase X-treme 12 VS Wire Feeder \*\*Homemade Welding Table c/w Pipe Vise\*\*2 - Wisconsin Engines (16 hp & 12 hp) Electric Start\*\*Sturdy 40' Extension Ladder\*\*Louisville 10' Step Ladder\*\*Featherlite 8' Step Ladder\*\*5 - Wheelbarrels\*\*Pallet Racking\*\*Scaffolding\*\*Welding Rods\*\*Air Circulator\*\*Heavy Duty 9' Truck Ramps\*\*6' Flip Up Ramps (30" Wide)\*\*Heavy Duty Homemade 4' x 10' Welding Table\*\*8' Welding Skid c/w Tool Boxes\*\*3 Lifts of 16' Lumber\*\*2 - Multistar 10.00x16 10 Ply Tires (UNUSED)\*\*14' Grain Bin Floor Skid\*\*Roof Floor Joices (13 -32' x 4 Ply, 17 - 32' x 4 Ply, 73 - 28'6" x Single Ply, 32 - 24' X 3 Ply & 24 - 24' x Single Ply)\*\*Misc Shop Supplies

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now we want to say <u>THANK YOU to our Community for your support!</u>



Thorsby is the place to be on August 28, check out the Thorsby Target and Social Media for other Business & Community events including a <u>Pop up Market</u> across the street from us!!!



## Previous Mayor Seeks Re-Election

Hi everyone, my name is Barry Rasch and I have lived in the community of Thorsby for over 24 years. In that time, I have been able to raise two amazing boys, Matthew, and Michael Rasch.

From an early age, community was always important to me. Little did I know this would set the foundation as one of my core values that I live by. I passionately enjoy my community and only wish to make it better.

I'm announcing to the community, after careful consideration, that I will be running for Mayor for the Town of Thorsby.

I bring to the community years of experience and understanding of how complex the needs of the community are. I do know we will only see the finish line clearer if we work together.

I can assure you I am a team builder, one that will work hard to support our many businesses, residents and our volunteers that make such great contributions to our community.

I have served many incredible years on Council already with 6 previous years as a Councilor and 7 as your Mayor. I'm asking for your support again. Over the next few weeks, I will unveil my plans and I hope to have a great conversation about the ideas and vision I see us working together on as a community.

If you want to have a chat I'm always available by email or cell phone barrythorsby@gmail. com or 780-983-2096

Thanks for your time, Barry Rasch













# MOVING FORWARD TOGETHER LEDUC COUNTY TRANSPORTATION MASTER PLAN

#### PHASE TWO: PUBLIC PARTICIPATION - AUG. 26 to SEPT. 3

During the second phase of public participation, we are looking for your feedback on the following seven key transportation elements to help finalize the draft plan:

- **1.** Regional Transportation
- 2. Roadway Classifications
- 3. Heavy Truck Network
- 4. Active Transportation
- 5. Roadway Safety
- 6. Infrastructure Investment
- 7. Public Transit

#### **HOW TO PARTICIPATE**

- In-person open house on **Sept. 1** at Rolly View Hall. Drop-in format that runs from 6 to 8 p.m.
- In-person open house on **Sept. 2** at Glen Park Hall. Drop-in format that runs from 6 to 8 p.m.
- Online from Aug. 26 to Sept. 3 at
   www.leduc-county.com/transportation-planning

For more information, contact Khushnud Yousafzai at **780-955-4590** or visit **www.leduc-county.com/transportation-planning**.





Thorsby 4-H Multi Club Submitted by Ashton Dobko Club Reporter

Thorsby 4-H Multi Club Wraps Up It's Year

It's nearing the end of the season for the Thorsby 4-H Multi Club. Although it wasn't the year they hoped for and things had to be done differently, members are happy they still got to do some of the regular 4-H activities. The Beef Project had its virtual show and sale in May and members have completed that project by handing in their record books and receiving the cheques for their steer sales.

The Horse Project recently had their achievement day on July 25 at the Haymaker Centre. All the members did a great job and were happy to be able to have an in-person event. They want to send out a big thank you to those who sponsored the event.

Some members are enjoying summer camps at the 4-H Centre at Battle Lake.

The Club will be having a wind-up at the end of summer to finish off the year. Each member had to get a donation to go towards awards and gifts to be given out at the wind-up.

We would like to sincerely thank the following businesses and families for supporting 4-H with their donation:

Black Poplar Ranch, Green Acres Farm, Arlene & Terry Senft, Joan Przytula, Brush Co., Michael Borys, JFS Enterprises, Cindy & Wes Peterson, Joyce & Ken Dobko, Belair Sand & Gravel, Kaleb DeBoer, Greystone Cattle Co., Mac Hays Enterprises, Shelley & Todd Hawkins, Aaron's Service, Darrell & Michelle Palmer, Tangle Ridge Ranch, Joey Bendoritis, Olson Farms, Doug & Tamara Saarela, John & Sandy Savage, Thorsby Stockyards Inc., and the Kinsmen Club of Leduc.

Thanks again and here's hoping that next year gets to be a more "normal" year.



## Friday Night Crib Results

The winners of the Friday, August 6th Crib Night were:

1st Marvin Wager - 9372nd Eileen Snider - 9103rd George Yawney - 908

High Hand - Eileen Snider - 20 pts

Thorsby Seniors Crib is held every Friday evening at the Thorsby Senior's Centre starting at 6:30 p.m. All ages are welcome to join us! So much fun for \$5!



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- **Thorsby 960 sq.ft. bungalow** 3 bedroom, finished basement on corner lot with fenced yard and double detached garage. \$215,000.00
- Thorsby 3 Bedroom Bungalow in pristine condition nice mature yard & single detached garage. \$179,900.00
- Thorsby 1299 sq. ft. bungalow with finished basement and attached garage. Backs onto greenspace. \$279,900.00
- Thorsby Gorgeous Bi-level backing onto greenspace, 4 bedrooms, 3 bath and partly finished basement. Finished garage. \$324,900.00

#### **FARMS & ACREAGES**

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- Sunnybrook 22 acres with a 2017, 1550 so ft. amazing bungalow built by Mikes Homes. Fully finished basement. Imn Sculate home. 40x60' shop, heated, power, insulated. \$679,900.00
- Thorsby 4.87 acres private hidden road. Upgraded 4 bedroom, 2-storey with large attached garage, 24'x26' heated hobby shop. \$629,000.00
- Genesee 12.36 acres 1300 sq. ft. bungalow lots of outbuildings. Nice treed yard. \$449,000.00
- Telfordville Amazing setting looks onto creek clean 2 bedroom house on .85 acres, all serviced. Only \$149,000

#### Leduc County Local Aims High and Wins Big By Amissa Jablonski

Warburg local Dianne Hunter has turned a love of the outdoors into a full-time hobby that has put her on top of the province. A lifelong, avid hunter, Dianne took up archery as a way to further challenge herself. Soon, she was pulling the bow for more than just sustenance and is finding success on the Alberta Archery circuit.

As Dianne began to introduce her kids to the world of hunting, she wanted to show them the challenges of hunting for food over sport alone so she took up bow hunting. As she learned the ins and outs of this method of hunting, she developed the opinion that it is a more ethical and natural way of harvesting wild game. Soon archery for utility morphed into a love for the sport and Dianne began training in earnest.

Ms. Hunter began competing and was soon seeing success. Archery requires a large amount of physical strength so Dianne trains whenever she can, especially because she chooses to pull to the maximum for her category. She even built a shooting range on her property in order to keep in shape. This became particularly advantageous during COVID as opportunities to shoot with others all but disappeared and those opportunities that did occur were smaller so as to respond to COVID protocols. Luckily, the World Archery Federation began posting weekly challenges to help keep athletes' skills honed and Dianne took full advantage of these.

This pandemic practice helped net Dianne a gold in target FITA double 720 and a silver in field target at the 2021 Alberta Archery Outdoor Provincial 3D, Target and Field competition held July 31-August 1 in Lac La Biche. She is particularly proud of her gold medal as she ended up shooting with the fibre optic sight pin missing from her bow! Ms. Hunter was also heartened to see the large number of archers at the competition given how hard it is to come by coaches in Alberta and, frankly, across the country. It was also a grueling shoot given the high temperatures necessitating many equipment checks and constant hydration.

Dianne finds archery to be a sport that is accessible to all ages. Competitions include categories for children, youth, adult (18-50), and masters and include the disciplines of 3D (shooting at stuffed animal targets), double 720, and field target so there is truly something for every archer. Shoots take place all over the province and athletes typically compete on their own dime, making it a labour of love. Now that she has placed so well in Provincials, Ms. Hunter has Worlds in her sights. She focuses on competing for herself and has found this strategy to be fruitful demonstrating that archery is just as much of a mind sport as it is one of strength.

In addition to her competitive aspirations, Dianne wants to get more people involved in the sport. She coaches kids at her personal range and gifts equipment to her students. Additionally, she teaches and mentors at the Alberta Hunter Education Instructors Association (AHEIA). On August 7 and 8, she taught six classes at AHEIA's Outdoor Women's Program at Alford Lake showing women how to shoot. She also hopes to be teaching at AHEIA's Outdoor Youth Program August 21-22 at Alford Lake and is willing to help anyone interested in learning more about the sport.

Ultimately, Dianne wants people to know that archery is a pastime that welcomes all ages and abilities. Many start out struggling with the sport but with a little time and practice can become quite skilled. She believes that women, in particular, can benefit from learning the sport and cites increasing numbers of licences being issued by Alberta Conservation to women as proof of archery's growing popularity within the demographic. To learn more, you can follow Dianne on Facebook at www.facebook.com/consumingthewild or on Instagram at www.instagram.com/nrg40.





### Warburg Celebrates the Offficial Opening of the Mike Gidosh Memorial Spray Park

On Thursday, July 29th, families, businesses and dignitaries, including Warburg Village Council and Mayor Maine, MLA Mark Smith, Councillor Glen Belozer from Leduc County, and Mayor of the City of Leduc Bob Young, gathered to celebrate the official opening of the Mike Gidosh Memorial Spray Park.

As the young, and the young at heart enjoyed the reprieve from the heat in the spray park, many others enjoyed the BBQ and refreshments supplied generously by the Village of Warburg and Playworks.

On hand were familiy members of Mike Gidosh who were thrilled with the official opening and being able to cut the ribbon (which was, instead of ribbon, pool noodles appropriately). As Mayor Kevin Maine announced to the crowd, the park was the wish of Mike Gidosh. who upon his passing, donated funds to the Village of Warburg specifically for a splash park for the families in Warburg to enjoy. With his donation additional funds were able to be secured from other sources including from: The Community Facility Enhancement Fund (Another Diamond Sponsor, \$50,000+); Platinum Sponsor \$25,000-\$49,999 Pioneer Agricultural Society; Gold Sponsor \$10,000-\$24,999 Martin Deerline Warburg; Silver Sponsor \$5000-\$9999 Sinopec Daylight Energy Ltd in Memory of Simon Grubenmann; Bronze Sponsors \$500-\$4999 DNOW Canada, Oscar's Loader Service Ltd, Jason & Lenore Pizzey, Walter Kuerbis, and David & Bettie Ingre.

Thank you Mr. Gidosh, with your vision and commitment to the "Children and young at heart", your generousity and spirit will be remembered and celebrated by everyone who uses this amazing park!



Library programs. Participation requires internet access by computer, laptop, tablet or smartphone. For more information, call 780-979-2385 or visit leduc-county.com/ community-family. *Programs are open to residents of Leduc County, Calmar, Thorsby, Warburg and New Sarepta.* 

#### **Living Library for Overdose Awareness Day** This session will feature four speakers who have experienced loss related to addictions and/or overdose.

- **Date:** Tuesday, Aug. 31
- **Time:** 6:30 to 8:30 p.m.
- Location: online via Zoom

#### Living Library for World Suicide Prevention Day

This session will feature four speakers who have experienced loss related to suicide.

- Date: Friday, Sept. 10
- **Time:** 6:30 to 8:30 p.m.
- Location: online via Zoom



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# Have a wonderful summer! Chuck @ 780.902.0465

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## Thorsby RCMP Investigate Vehicle Fire, Male Charged

Mulhurst Bay, Alta. – On August 8, 2021, at 812 p.m., Thorsby RCMP and the Mulhurst Fire Department responded to a vehicle fire on Range Road 280, south of Highway 616. Witnesses reported seeing a male run from the scene of a truck fire into the nearby bushes. Thorsby RCMP officers determined the truck had been stolen, and set up containment in the area. With the assistance of RCMP Police Dog Services, the male was located and arrested.

One Male (29) of Wetaskiwin had been charged with:

- · Possession of stolen property over \$5,000;
- Possession of stolen property under \$5,000;
- $\cdot$  Driving while prohibited (x2);
- Arson to property, and
- · Fraud.

After a judicial release hearing, he was released to appear in Breton Provincial Court on August 25, 2021 at 10:00 a.m. At the time of his arrest, he was violating parole and had an Apprehension Order out for him. His parole was suspended and he was returned to custody.





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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 Senior's Centre 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 Jane at 780-789-3789 or Elaine at 780-221.3939 for more info...



#### By Becky Allen

It's the New Year, (well, the beginning of a new year without COVID hopefully) and many of us have new goals. It's easy to be motivated with the turn of a new calendar year and the momentum of a fresh start. But how do you really make a change? What do you do when the feeling fades? I believe these 5 "P's" can make or break any goal.

#### You need a PLAN.

We all want to reach a new destination, but how can we get to a place we've never been before? We need a map, a plan, to reach our destination. If you fail to plan, you plan to fail. Once our goals are defined, we need to break them down into smaller, bite-sized goals. Want to lose 50 pounds this year? That number may seem overwhelming. However, 50 pounds broken down over a year is just one pound per week! You can do that! You just need a plan. Start small, make consistent changes over time, and you'll be much more likely to reach your larger goals.

#### You need a PURPOSE.

Why is your goal important to you? Losing 50 pounds is a great goal, but why does it matter? Maybe you want to lose 50 pounds before vacation? Do you want more energy and to live longer and create more memories? What's the purpose behind the progression?

Think about what your life will look like when you accomplish this goal. See it. Feel it. Make it so real that your actions align with your new reality. When you know the why, the how is simple. It's hard to get excited about meal prepping or working out, but feeling confident in shorts or running a 5K is what keeps you committed and moving toward your goal.

#### You need a proper PERSPECTIVE.

There will never be a perfect time to start. We're all facing obstacles in this season of life. Perhaps you just moved, started a new job, or have an injury to work around. Maybe you're dealing with grief, or stress, or feeling like you're living in chaos. We'll always have limitations, but we'll always have ways that we can win, too. In this season of life, what does it look like for you to "win the day?" What can you do today? How can you move your body? Fuel your mind? Make great food choices?

Big goals are important, but we can't get there without daily, consistent wins. Focus on what you can do, what you can control, and work toward your goal 24 hours at a time.

#### You need to PRAISE your progress.

Celebrate yourself and your accomplishments along the way! The becoming is in the journey. Enjoy what you're learning, how you're growing, and who you're becoming in the process.

Why should we celebrate losing a pound, completing a workout, or running a mile? Not because it's a major accomplishment but because you're proving you can successfully change your habits. Celebrating reinforces good behavior and develops an addiction to progress. The big, life-changing achievements will come as a result of your daily actions. Applaud your small victories as you win each day.

#### You need PEOPLE.

What's the number one reason people fail to achieve their goals? Lack of accountability from a community. Do you have positive, like-minded people in your life? Are the people in your inner circle pursuing similar goals? Who do you know who has achieved what you currently desire? These are the folks you need in your life. Spend time with people who support and encourage you, those who truly care for you and want to see you win. You can do it!



You can pick up the Thorsby Target at the following locations:

Petro Canada **Village Supermarket Thorsby Tire Shop Ranchland Meats Thorsby Bottle Depot Bilar's Garage Royal Care Guardian Drugstore Bumper to Bumper Thorsby Chiropractic Clinic** Pet Necessities **Thorsby Town Office Thorsby Hotel Bar & Grill Ruhr Valley Lumber** Esso **Twisted Lime Thorsby Family Restaurant** AJ's Trading Post (Hwy. 778 & 616X) **Mulhurst Post Office** Sunnvbrook Post Office **Sunnybrook Hotel** Warburg Village Market Yesterday's Treasures - Calmar Valmart - Leduc



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