TH©-RSBY TARGET

RURAL NURSE PRACTITIONER HELPS FILL GAP IN LOCAL PRIMARY CARE ACCESS

Lorena Franchuk / RhPAP

After working for two decades as a registered nurse based mainly in rural Alberta, Michelle Williams believed she could do even more for her patients.

"I had been an [registered nurse] for nearly 20 years and worked mainly in rural health care and hospital settings. I had done a specialty in palliative care and directed my practice more toward end of life care which I loved, but always thought, 'I feel like I want to do more." she explained.

Williams returned to school to become a family nurse practitioner (NP) while she worked simultaneously as a palliative care nurse consultant with Alberta Health Services. After graduating with a master's degree in Nursing and completing her NP clinical components, she realized her true calling was helping rural Albertans.

With her new NP designation, Williams was able to put her medical experience and training towards that of a primary care provider.

"With a nursing background, [nurse practitioners are] trained to look at the whole person and provide true patient-centered care," she said.

"We do routine health screening such as PAP tests, physical exams, and manage chronic conditions. We can order labs and X-rays and interpret the results. We prescribe medications including narcotics and do procedures such as skin biopsies, IUD [intrauterine device] insertions, and suturing. We are able to make referrals to specialist physicians as well as perform driver's medicals, WCB assessments, and complete disability forms." she said.

An opportunity for an NP position opened up with the Leduc Devon Beaumont Primary Care Network (PCN) in December 2019 through a grant under the province's Nurse Practitioners Support Program.

Williams would be able to provide primary care to residents in the western region of Leduc County based clinics in Thorsby and Warburg. Prior to her arrival, patients would travel to Calmar, Devon, Leduc or Drayton Valley to see a physician—which wasn't always feasible due to distance and other reasons.

Even if patients could travel, many physicians weren't accepting new patients.

CONTINUED INSIDE THIS ISSUE



Nurse practitioner, Michelle Williams, examines patient, Ryan Plouffe, in the Warburg NP-Led Clinic. Williams has divided her time between the Thorsby and Warburg NP-Led Clinics for the past three years. — Photo supplied by Michelle Williams

Classifieds

FOR SALE

700 MUSIC CD'S FOR SALE, mostly Rock & Roll. Most are priced between \$4-\$6 and are in good condition. Phone 780-389-3517

POULIN 24 inch, 208cc with electric start 2 stage snow blower. Hardly used. Asking \$650.00. Phone 780 918-9931.

BUNCH OF DUCKS FOR SALE. Male & females that are good for eating or pairs for raising with xmas around the corner. \$25 each for young ones \$35 each for bigger ones 1 free for 5 call or text 587-338-3494

WANTED

WANTED CONCRETE RUBBLE

Contact Alex 780-905-9200 or 780-789-3843

LOOKING FOR FARMHAND near Pigeon Lake. Equipment experience required. Call 780-621-2166

LEAD BATTERIES & SCRAP VEHICLES Will buy your old lead batteries for re-cycling. Also FREE removal of scrap vehicles. We pay cash for both! 403-396-8629

OLD FARM TRACTORS OR CATERPILLARS Will buy Complete or Incomplete. 403-396-8629

WANTED LONG TERM RENTAL, Looking for a good landlord with a good house that will pass inspection. Single Family Home for 3 people on pension and 2 cats. \$1600 mth w/utilities. Call Eric 780-887-7057

LOOKING FOR PASTURE for cow/calf pairs. Also looking for hayland. Contact Levi at 780-312-9891

FOR RENT

2 BEDROOM HOUSE IN THORSBY - 4713-48AAvenue garage & shed, recently renovated. \$850/mth plus utilities. \$850 DD Contact 780-460-8825 or 780-566-8573

SERVICES

EXPERIENCED TUTOR AVAILABLE at all levels of English language/literature. Rates Negotiable. Elizabeth Emond, Ph.D. 780-848-1015

RELIABLE DJ for your party or special event. We also offer Karaoke, Music Bingo, Minute to Win It games and have local references. 587-991-4977 or

www.carrielevins.com

INTERIOR DESIGN, CABINETS, COUNTERTOPS & BLINDS. In the business for over 25 years. Independent Design Consultant at Superior Cabinets & Classic Window Fashions. Contact Keri at 780-289-2551 or <u>designbywaters@live.ca</u> Also on FB and Instagram!

FULL-SERVICE BOOKKEEPING & PERSONAL TAX SERVICES Check out jensbookkeepingservices.ca for a full list of services. Call Jen at 780-898-5198 or email jensbookkeepingservices@outlook.com

JOURNEYMAN PLUMBER/GASFITTER & 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

D5 DOZER FOR HIRE

Contact Alex 780-905-9200 or 780-789-3843



Financial Empowerment Program

Leduc County Family and Community Support Service's (FCSS) Financial Empowerment Program allows you to explore how you can pay your bills, manage your debt, afford basic necessities and get ahead.

The program is **free and confidential**. Trained staff are here to listen and learn about what is important to you, offer you options and provide information based on your needs and interests. You take the lead and set the pace. Your knowledge and living experience is unique to you.

One-to-one* sessions are available to help you

- ▶ Get ready for income tax filing and file your taxes for free** OR teach you how to file your own taxes.
- > Learn about the subsidies, grants, benefits and supports that may be available to you.
- Identify the financial challenges that are holding you back.
 Create action plans to meet your goals.
- Access the right support and services with helpful referrals to community agencies that provide specialized financial information and support.
- Increase your basic money management skills so that you can reduce debt, grow savings, build assets and make informed financial decisions.

In addition to one-to-one support, we also offer information sessions and workshops on a variety of financial literacy topics. Check out our recorded sessions and upcoming events at leduc-county.com/community-family.

Leduc County is one of a select group of Canadian municipalities to partner with Prosper Canada on the Prosperity Gateways-Ottles for Financial Empowerment project to improve the financial well-being of residents living on low in some. Financial help includes equation, coaching/counselling, firet tax clinics and help accessing income benefits.

If you're interested in the Financial Empowerment Program, contact Leduc County FCSS at 780-979-2385 or fossinfo@leduc-county.com.

*One-to-one sessions are available to residents of Leduc County, Calmar, Thorsby and Warburg.

**The volunteer income tax program is available to low income residents with simple income tax situations. It does not complete returns for people who are deceased, bankrupt, or have business, farming or rental income.



Classified Ads are \$5 for 2 weeks (up to 30 words) GST included

You can drop off your ads at the CE MEDIA SIGNS & PROMOTIONAL 780-499-9006 or media@community39.com

9	6	5	4	3	7	2	8
4	8	9	1	2	5	6	3
5	3	7	6	8	1	4	9
3	2	1	7	9	4	5	6
7	5	2	8	6	9	3	1
6	1	3	5	4	2	8	7
8	9	6	2	7	3	1	4
1	7	4	3	5	8	9	2
2	4	8	9	1	6	7	5
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Sudoku Answers from Nov 18 Issue

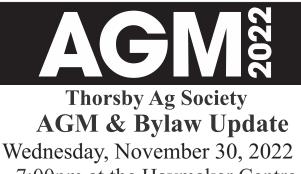
The object of the puzzle is to fill the remaining squares, using all the numbers 1–9 exactly once in each row, column, and the nine 3 × 3 subgrids.



Looking for Contract snow removal for December to April monthly rate by bid.

Looking for bids on yearly cleaning and yard maintenance contract paid monthly.

<u>Please direct all bids and questions in</u> <u>person at the Thorsby Post Office</u>



7:00pm at the Haymaker Centre Dianne 780.906.4520

W. F.WK

Light the Night: Winter Luminary

Saturday, Dec. 17 | 2 to 6 p.m. | Rundle's Mission | free

Join Leduc County for a fun outdoor event at Rundle's Mission.

Kick off the Christmas season with Leduc County Parks and Recreation! First, try your hand at ice carving and then take part in the main event - creating your own luminary! While you make your luminary there will be live music to enjoy. Once it's dark out, we will head outside for a walk around the community trail with our beautiful luminaries. Hot chocolate will be available to purchase.

This is a free event - registration is not required!

For more information, contact Parks and Recreation at **780-955-6410.**

EDUC

COUNT

WE ARE HIRING!

Hiring <u>Ticketed Heavy</u> <u>Duty Mechanics</u> (apprenticeship available)

Also Hiring <u>Automotive Mechanic</u> <u>& Shop Foreman</u>

Must be willing to do occasional service call & CVIP inspections, RV & equipment repairs also.





COMMUNITY & info

UPCOMING SPECIAL EVENTS & PROGRAMS

Royal Canadian Legion #246 Mulhurst Invite you to the next COMMUNITY SOCIAL on Friday Nov. 25th @ 7pm

CHAMBER GALA on November 26 at the Thorsby Community Hall. SOLD OUT!

CHRISTMAS IN MULHURST BAY - Nov 26 & 27 at the Mulhurst Bay Community Centre. Market, House Tours. Saturday only - Wagon Rides and Santa too!

"FEELING STRESSED?" FREE Wholistic Stress Management Workshop continues Wed Nov 30, 7pm, at Warburg Community Hall, 5335-50A Avenue. Full workshop info available online at www.HealthSeminars.ca. Email or call for info: registration@healthseminars.ca or 825-525-1368.

CHRISTMAS IN THE VILLAGE Thorsby Chamber of Commerce Customer Appreciation, Friday Dec 2, 6-9pm

ADVENT ART HOUR on Monday Dec. 5 at 5:00pm in St. Matthew's Lutheran Church basement. All ages are welcome to create simple art in celebration of the Advent season. Call Brittany 780-803-4716 to sign up.

DARK SIDE OF TOWN PRESENTS CHRISTMAS Come join us for some holiday cheer. Dec. 11 from 12-5pm 4507-49th Ave. \$5 Santa Photos proceeds going to Thorsby Elem. hot lunch prog. \$1 Hot Coco proceeds goes towards next Scream Fest.

CHRISTMAS DINNER & DANCE at the Mulhurst Legion on Sat. Dec. 17th, \$35.00 a ticket Call: 780-935-6281

PROGRAMS & REGULAR EVENTS

CRAFTS & GAMES - After school Program for ages 6+ on Wednesdays from 3:30pm - 5pm. Until Nov 30 at the Complex.

BASKETBALL - After school Program for ages 8+ on Tuesdays from 3:30pm - 5pm. Until Nov 29 at the Complex.

THORSBY BINGO Located at the Thorsby Seniors Centre every Thursday evening starting at 7pm.

ROYAL CANADIAN LEGION #246 MULHURST: Hosting weekly family Bingo's every Tue. @ 6:30 (new winter hours)

PICKLE BALL on Tuesday & Thursday morning 9:30am to 11:30am and Thursday nights from 7-9pm at the Arctic Spas Recreation Complex. \$5 drop in fee

THORSBY SENIORS SOUP & SANDWICHES at the Thorsby Seniors Centre on the 2nd Wed of each mth starting at 11:30am

THORSBY AFTERNOON CRIB at the Seniors Centre runs every Monday at 1:30pm Everyone welcome!

SEW HEAVENLY QUILTERS meet at 10:00 am Thursdays at Warburg Cultural Centre. Call Peggy Lunde 780-789-2545 **Custom Built Homes**

- Reliable Service - Affordable Pricing - Quality Workmanship



michaelj@mikeshomesltd.com

BUSY BRUSHES meet on Wednesdays at 10 am on Wed at the Warburg Cultural Centre. Call Linda Mayr 587-590-0378.

WARBURG CURLING CLUB SENIOR MEN'S DROP-IN -Thursday at 10am. \$5 drop-in fee. Call Les at 780-848-2661 SANDHOLM SQUARE DANCE CLUB -Youth, couples & singles Thursdays, 7 to 9:30pm at Sandholm Hall (10 miles S of

Thorsby). For info call 780-238-5844 or 780-389-2381.

WARBURG MUSEUM - Pie & Coffee on the first Saturday of every month next one December 3 from 1pm - 4pm.

COMMUNITY SERVICES

THORSBY RECREATION COMPLEX HOURS - Weekdays 9am - 8pm & Weekends 11am - 5pm. Call 780-789-4041

THORSBY BYLAW ENFORCEMENT - contact Barry Rasch at bylaw@thorsby.ca or 780-233-4151

COMMUNITY EVENTS SIGN is Free to Non-Profit Organizations on a first come, first served basis. To have your event placed on the sign call 780-789-4041

THORSBY RCMP call 780-789-3950 or contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com For emergencies call 911

THORSBY TOWN OFFICE - 780-789-3935 or email info@thorsby.ca

THORSBY MUNICIPAL LIBRARY New Hours Tuesday 10am-6pm / Wednesday 12pm-6pm / Thursday 12pm-7pm / Friday 10am-5pm / Saturday 10am -1pm - 780-789-3808.

COMMUNITYSUPPORTSERVICES

Does drinking affect your personal life in any way? AA CAN HELP! 5203 - 54 Avenue at Thorsby New Life Christian Church (every) Monday 8:00pm 780-270-7903

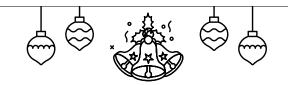
THORSBY FAMILY & COMMUNITY SUPPORT SERVICES (FCSS) Call 780-789-4004 or email <u>fcss@thorsby.ca</u>

Foot Care Nurse will be in Thorsby on the 1st Wednesday of every month. Please call Irene at 780-789-3176

LEDUC & DISTRICT VICTIM SERVICES - assisting victims of Crime & Trauma in partnership with the RCMP. Call 780-980-7232 or www.leducvictimservices.ca

LEDUC COUNTY FAMILY RESOURCE NETWORK IN THORSBY - Located at 4908 48 St. in the modular building across from the Arctic Spas Recreation Complex. Open Tuesdays 2 to 4 p.m. and 5 to 8 p.m. Closed for supper 4 to 5 p.m. Open Thursdays 9 a.m. to 4 p.m. Closed for lunch noon to 1 p.m. Call 780-979-2385 or email <u>frm@leduc-county.com</u>

Community Events & Information is <u>FREE</u> to advertise



Christmas Elves and Santa's Helpers

Do you or does someone you know need a helping hand from the Elves this Christmas season? Christmas Elves and Santa's Helpers provide food and toys to people in need with the help of community donations.

Make a confidential referral to your local coordinator:

Calmar and area Contact Leah at 780-985-3604 ext. 233 Deadline for referrals: Dec. 1 Delivery: Dec. 13, 14 and 15

New Sarepta and area

Contact Lucille at 780-941-2382 Deadline for referrals: Dec. 16 Delivery: Dec. 23

Thorsby and area

Contact Mikayla at 780-789-4004 or fcss@thorsby.ca Deadline for referrals: Dec. 5 Pick up or delivery: Dec. 16

Warburg and area

Contact Shauna at 780-848-2828 or fcss@warburg.ca Deadline for referrals: Dec. 8 Pick up or delivery: Dec. 22



780-929-1006 or fcss@beaumont.ab.ca Deadline for referrals: Dec. 9 Delivery: Dec. 14 www.bnchristmaselves.ca

Beaumont/Nisku and area

Contact FCSS at

(toys only) Contact: 825-995-1008 Deadline for referrals: Dec. 6 Delivery: Dec. 20; pick ups by appointment only between Dec. 17 and 19 www.leducsantashelpers.ca

Contact the Leduc and District Food Bank for food hamper information: 780-986-5333

Devon

Contact: 780-600-2525 Deadline for referrals: Dec. 6 Delivery of gift cards: Dec. 9 from 1 to 4 p.m.



James Frederick Robb October 12, 1949 – November 13, 2022

It is with great sadness that the family of James (Jim) Frederick Robb announce his passing on November 13, 2022.

Jim was a kind, gentle and generous man who always knew how to light up a room with his infectious smile and was deeply loved. He was a pillar of his community and never shied away from volunteering his time. Before his retirement, he spent 50 years building power lines across Alberta and told many stories of all the lines he built.

He will be greatly missed by his loving wife Debbie and three children: Darcy, James (Shauna) and April. He was a proud papa to his four grandchildren Dominique (Trent), Amanda (Logan), Reagan (Mitchel) and Ocean and great grandchild Hendrix.

Jim also leaves behind five siblings: Elaine (Dale) Kroetsch of Daysland, AB; Allan Robb (Virginia) of Rosalind, AB; Arllyis Teer (Dale) of 150 Mile House, BC; Lois Watkins (David) of Edmonton, AB; Ron Robb (Hayley) of Victoria, BC; Aunt Elsie and Uncle Dave Giles of Stony Plain, AB; and numerous nieces and nephews.

He is predeceased by both parents Alexander and Mildred Robb, both his in-laws Henry and Hilda Thain, sister-in-law Marilyn Thain and brotherin-law Scotty Thain.

It was Jim's request not to have a funeral service however the family will be holding a gathering in his honour at a later date.



MARKETS/THRIFTSHOPS(NONPROFIT)

CHRISTMAS BAZAAR at the Pioneer Recreation Centre in Warburg on Saturday, Nov 26 from 10am-2pm. Contact Village office for more info 780-848-2828

MISTLETOE CRAFT AND BAKE SALE, All items handmade! at the Leduc and District Senior Centre, Telford House December 3rd 10-4, December 4th 11-3, 4907-46 St Leduc (780)986-6160 www.leducseniors.ca telfordhouse@shaw.ca

CL COUNTRY MARKET - Thorsby Arctic Spas Rec Ctr Fieldhouse from 10am - 3pm. Email <u>clsoapco@hotmail.com</u> Next Market is on December 10.

THORSBY SENIORS THRIFT STORE Open Thursdays and Fridays 10am-3pm - December 2 OPEN LATE from 6-9pm

MULHURST BAY FARMERS MARKET at the Mulhurst Bay Community Hall (3802 50 Ave) every Saturday 10-2pm. Carol 587-920-2065.

WORSHIP

Our Lady of Victory Catholic Church - 4813-51 Street, Thorsby. Mass is every Sunday at 9am and weekdays, Wednesday at 10:30am by Fr. Luan Vu. 780.987.2858 or visit www.olvthorsby.wordpress.com

New Life Christian Fellowship - 5203-54 Avenue, Thorsby Worship Services Sunday at 10:30am. Call 780.789.3020

St. John the Baptist Ukrainian Catholic Church - Thorsby-Divine Liturgy on Sunday, December 18th @10:30am. For further information please contact Dan @ 780-789-3698

St. Matthew's Lutheran Church - 5115-48 Avenue, Thorsby In-Church Worship every Sunday at 10:30am. Our weekly worship with Pastor Ron can still be found on You Tube

Calmar Community Baptist Church - 37A Parkview Crescent, Calmar, AB Sunday morning service 10:30 am

FACILITY RENTALS

Camp Bar V Nok - for bookings call Jason 780-990-4043 or email <u>bookings@barvnok.com</u>

Centrelodge Community Centre

For bookings call Caroline at 780-789-3089

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

John Turgeon Hall Located in the Summer Village of Sundance Beach.For rental contact Shawna at 780-389-4409

Morrowdale Community Hall

For bookings call Samantha at (780) 995-6890.

Mulhurst Bay Community Hall call 780-389-2455

Mulhurst Legion: Book your Christmas Function Give Marie a call 780-361-7350

Rundle's Mission Retreat Centre For retreat or hall bookings call 780-389-2422 or email rent@rundlesmission.org.

Sandholm Community Hall Call Doris 780-389-2381

Strawberry Community Hall

For booking contact Cindy Miller at 780-789-2446

Telfordville Hall Call Tracy at 780-718-9549 after 5pm

Sunnybrook Community Hall - For rentals contact Mikayla at 306-307-2599 or email sunnybrookcommunityhall@gmail.com

Thorsby Community Center Call Marlene at 780-789-3734 or text 780-217-9394 or thorsbyhistoricalsociety@gmail.com

ThorsbySeniors Centre

For rentals call Dora Shier at 780-662-2066

Wilton Park Community Centre

for booking text Aileen @ 587-930-2519.

COMMUNITY GROUPS & MEETINGS

BURNT WOOD "06" METIS LOCAL monthly meetings on the 3rd Tuesday of every month at 7 pm in the Wetaskiwin Moose Lodge. Call Rose @ 780-361-6019 for more information.

MULHURST BAY COMMUNITY LEAGUE - Meeting the 3rd Monday of each month at 7:30pm. 780-389-4268 for more info.

ROYAL CANADIAN LEGION PIONEER BRANCH #144 THORSBY meetings are the third Wednesday of every month, except July & Aug at the Thorsby Seniors Centre at 9:30am. For Membership contact Doreen Mackenzie at 780-789-3812

ROYAL CANADIAN LEGION #246 MULHURST: Next General Meeting: Jan. 9th, 7pm

RUNDLE'S MISSION SOCIETY

For info email info@rundlesmission.org or phone 780-389-2422 www.rundlesmission.org Facebook: Rundle's Mission

THORSBY AGRICULTURAL SOCIETY - Regular meetings on the first Wednesday of every month at 7pm. AGM & Bylaw Update Nov 30 at 7pm. Haymakers Arena. www.thorsbyhaymakers.com or call 780-789-3829

THORSBY & DISTRICT CULTURAL & HISTORICAL SOCIETY - Regular meetings held on the 2nd Monday of each month at 7pm at the Thorsby Community Hall which is managed by this society. Everyone welcome. For more information email <u>thorsbyhistoricalsociety@gmail.com</u>

THORSBY & DISTRICT FISH & GAME - Regular meetings held on the 3rd Monday of each month @7pm at the Warburg Village Office Basement (entrance through the back). Contact Bruce at 780-848-2242 for more info.

THORSBY & DISTRICT LIONS CLUB - Meeting the 2nd & 4th Monday of the month at the Lions' Den in the Community Hall basement at 7pm. For info or membership, call 780-903-1695

THORSBY CHAMBER OF COMMERCE monthly meetings on the 3rd Thursday of each month at the Rec Complex. Call 780-499-9006 or email <u>thorsbyabchamber@gmail.com</u> for more information or to become a member.

THORSBY COMMUNITIES IN BLOOM SOCIETY - Contact Barry Rasch 780-983-2096 or barrythorsby@gmail.com

THORSBY MUNICIPAL LIBRARY BOARD meets the third Wednesday of the month at 7:00 PM. Contact the manager at <u>yatmgsacuta@yrl.ab.ca</u> for more information.

THORSBY SENIORS - Meetings last Wed of every month in the Seniors's Centre. Coffee meetings at 1pm (Winter Hours). Memberships available from Janice Zydek at 780-239-4595

TOPS (Take Off Pounds Sensibly) - Thorsby Seniors Centre -Mondays, weigh in (9am-9:15am), meetings (9:15am -9:45am) For more info call Jane 780-789-3789 or Elaine 780-221-3939

WARBURG GIRL GUIDES - at the Warburg Community Hall. Register online <u>www.girlguides.ca</u>. Call Shelley 780-999-3913 or Kayla 780-920-9358

WARBURG CURLING CLUB LEAGUE PLAY - Pre-season began <u>warburgcurling@gmail.com</u> or call Rob at 780-789-3723. FB or <u>www.warburgcurlingclub.ca</u>

"little papers...BIG RESULTS"



Food Donation & Money Donation Boxes Are Spread Around Town At Local Businesses Until Dec. 9th

Village Supermarket ATB Town Office Arctic Spas Rec Complex Guardian Royal Care Pharmacy Dyck Insurance Country Cannabis Store Blue Falls Manufacturing Twisted Lime Thorsby Esso Post Office Ranch Land Meats Ruhr Valley Lumber Tall Pine Power Sports Thorsby Stock Yards

Donations Most Needed

- Shampoo
- Conditioner
- Deodorant
- Toothpaste
- Toothbrushes
- Peanut Butter
- Canned Ham/ Meat
- Pasta & Pasta Sauce
- Big Cans Of Soup

- Art Sketch Pads
- Drawing Pencils (for Teens)
- Teen/Adult Coloring
- Teen Paint by Number,
- Teen makeup
- nail polish
- Lego for ages 12-14
- Craft Kits (beading, jewelry, diamond art, science kits)

All other items will be greatly appreciated. We do not accept "homemade foods" or expired foods.

THE THORSBY TARGET media@community39.com 780-499-9006 November 25, 2022 EDITION #1485

ANNUAL THORSBY GERBRE VILLAGE

DROP OFF AT BILAR'S GARAGE NOV. 28- DEC. 1 JUDGING DEC. 2ND

CATEGORIES

CHILD TEEN 12+ ADULT

FAMILY BUSINESS





BREAKING NEWS!!

IT'S THAT TIME OF YEAR AGAIN!

It is your responsibility to maintain any sidewalk adjacent to the land you own or occupy.

<u>Please remove snow and ice from your</u> <u>sidewalks within 48 hours.</u>

Please do not run power cords across the sidewalk as they create tripping hazards.

Further details can be found in our Thorsby Traffic Bylaw 2006-05 Sec. 7.11-7.15 and 7.18

Thank you from Thorsby Bylaw Services



The Thorsby Town Office will be closed on Thursday, December 22nd at 3:00pm for a Christmas Staff Function. It will also be closed Friday, December 23rd for the holiday.

Thank you very much for your understanding!

Town of Thorsby Upcoming Council Meetings

STAY SAFE!

 (all meetings are held at the Town Office in the Council Chambers)
 Saturday, November 26 | Special Budget Meeting | 10am - 4pm
 Sunday, November 27 | Special Budget Meeting | 10am - 4pm
 Tuesday, December 6 | COW | 7-8pm



Town of Thorsby 4917 Hankin Street, Box 297

Thorsby, AB TOC 0P0 TEL: 780.789.3935



FARMS & ACREAGES

MULHURST BAY - 4 bedroom bi-level on 1.82 Acres (E4315509) nice yard, on pavement \$449,000

PIGEON LAKE - 32.67 Acres close to Johnsonia Beach(E4313307) great building spots \$299,000

PIGEON LAKE - 20 Acres on Pavement (E4316699) close to Johnsonia Beach, great building spots \$199,500

LEDUC COUNTY-2.97 Acres on pavement (E4305521) solid 3 bedroom home, double detached garage, amazing mature yard **\$399,000**

WARBURG - 39.56 Acres (E4271943) set up for horse & cattle. 2 REDUCED with finished basement and numerous out buildings. \$729,000

GLEN PARK - 1/2 Acre (E4267406) CREDUCED 60 square feet bungalow with older outbuildings \$169,000 \$149,000

RAW LAND

THORSBY - 68.81 Acres (E4261453) close to North Saskatchewan River - 8000+/- planted trees, good building sites - power - tons of wild game. **\$450,000**

COMMERCIAL

<u>THORSBY - 2500 sqft building on Main Street</u> (E4308509) A/c, newer furnace, good condition \$129,000

THORSBY - 5300 sqft building on Main Street (E4268265) corner lot, lots fulled adding dock \$249,000 \$199,000



Miracle Network[®]



Helping kids at



"NOBODY SELLS MORE REAL ESTATE IN THIS AREA!"

RURAL NURSE PRACTITIONER HELPS FILL GAP IN LOCAL PRIMARY CARE ACCESS continued

Lorena Franchuk / RhPAP

"People had been [limited in options] so they were just ignoring their health," she said of the catchment area of about 10,000 people with a high population of seniors.

Williams jumped at the opportunity to play a key role in her patients' health and wellness.

Williams, under the PCN, worked with various community stakeholders including the municipalities of Warburg and Thorsby, Leduc County, and Alberta Health Services so the clinics could open.

"When I was hired and started working in January of 2020, my efforts were focused on developing the clinics from the ground up with all the technical components of establishing a medical clinic including securing clinic space in both communities," she said of the work which also included IT setup and ordering equipment.

"It's a true success story in terms of stakeholder collaboration, innovation, and dedication towards the common goal of improving access to primary healthcare" — Michelle Williams.

Williams admitted it was a steep learning curve for a new NP, especially without clinic management expertise. Fortunately, the stakeholders were able to provide some funding to hire a medical office assistant who had experience working in a clinic.

"It's a true success story in terms of stakeholder collaboration, innovation, and dedication towards the common goal of improving access to primary healthcare" said Williams.

"I hope that we can use this as a model for other rural communities to exemplify that advocacy and team work can truly make things happen."

Dr. Susan Prendergast, president of the Nurse Practitioner Association of Alberta, and a former midwife and RN who now works as a nurse practitioner, says the NPAA and national counterparts have worked for years to encourage interested RNs already living rural to continue their education and become NPs possibly with rural specialization.

"The challenge [for a] rural NP actually is that if you haven't worked in a rural area before, it might be a little bit more work to try to become embedded in the community," said Dr. Prendergast.

"So what we've been doing nationally is trying to plan for that sort of preparation for nurse practitioners."

Dr. Prendergast said in addition to the many who have already been fully trained as NPs, a number of RNs are interested in pursuing further education to expand their scope of practice.

Williams said it's her patient satisfaction that keeps her going strong as a full-time NP on call 24/7.

Past studies on NP care mirror that perception.

"We've done a lot of evaluation work and the satisfaction rate from patients is very high," said Williams. "Nearly 100 per cent of patients surveyed said that they were very or 100 per cent fully satisfied with the care they've received."

Both Williams and Dr. Prendergast maintain there is plenty of work and collaboration opportunities for physicians and NPs to provide primary health care for rural Alberta and elsewhere.

"There's room for everybody. If you could get a physician and a nurse practitioner, it's a wonderful mix." said Dr. Prendergast.

"You bring different things to the table."

The Rural Health Professions Action Plan (RhPAP) has helped rural Alberta communities attract and retain health professionals since 1991. For more information please visit <u>www.rhpap.ca</u>





Christmas Elves

Do you or someone you know need a helping hand this Christmas Season? Christmas Elves is a program designed to provide Christmas hampers & gifts to families who are under financial strain. This program is made possible by all our amazing and generous community members, so we thank them graciously!!

Donations will be accepted at the FCCS Office located in the Arctic Spas Rec Centre. You will also be able to find cash donation boxes located around Town. Donations that are needed can be anything from food, new toys, gift cards & toiletries. All items are greatly appreciated!

Fireman Food Drive Tuesday Nov. 29 at 7pm

Contact Thorsby FCSS for a CONFIDENTIAL appointment 780-789-4004 | fcss@thorsby.ca Referrals Start: Nov. 14 Deadline For Referrals: Dec. 5 Pick-up or Delivery: Dec. 16





COUNCIL NOTES November 22, 2022 Committee of the Whole

by Carol Rempel

Budget Time for 2023 Presentations/Delegations

A 2023 budget presentation from the **Thorsby & District Historical Society** was presented by Marlene Kobeluk requesting \$15,000 from the Town. Last year their utility bills and maintenance were \$12,729.

The **Thorsby Municipal Library** requested \$48,000. Gayle Sacuta mentioned that they had provided many activities in the library such as an art show, a guitarist, a summer reading club, Early Literacy, a book sale, online help resources, and many more. The library provides portable Wi-Fi, bowling passes, and quality programming for adults, students, and children.

Kim Brightman from **Communities in Bloom** requested a \$4000 budget for plants and to work towards outdoor enhancement of the community. This does not include watering costs. Adopt a Planter Program will continue as last year it was a huge success, having the businesses and community sponsor 49 planters. In 2023 projects include landscaping around the photo booth, ground prepping for the Community Orchard, planting 3 more fruit trees, and putting out garbage/recycling bins. There was an excess of over 200 volunteer hours.

The Leduc & District Food Bank requested \$500, the same as last year providing hampers to 24 families last year including 48 hampers in our area. In 2021 the Food Bank provided various programs such as the United Way tools for school, Snack attack, School bagged lunch, Bread basket, Community Kitchen, and Bagged Day kits. With the support of Corporate, Business, Community, In Kind, Individual support, and many volunteer hours, the Food Bank continues to serve our community in many ways.

The **Thorsby & District Chamber of Commerce** presented their request for \$500 to help offset costs for our Annual Christmas in the Village on December 2. The council voted unanimously to approve their written request.



Dawn Heisler

780-619-2564 (cell) 780-986-2900 (office) www.dawnheisler.remax.ca email: dawnheisler@remax.net



6 beautiful acres fenced for stock, chicken coops,

Real Estate Independently Owned and Operated



Very unique church converted to a 4800 sq.ft. home on private double lot with garage! Quality rebuilt from the ground up from 2002-2013. Kitchen was made for entertaining with room for the biggest table you have seen. Hickory cabinets with many drawers, dual fuel double oven, French doors, utility room with two sinks could be your butler's pantry! Part of this home was built for a musician with sound rooms and a 34x24' flex room. Could be a home based business or rec room! 2x6 walls, interior walls insulated throughout. Enormous main bedroom, with huge closet/dressing room. En suite oasis includes large air jetted tub, separate shower, double vanity in floor heat while you brush your teeth. Two more large bedrooms with double windows and closets. Office with transom windows to let light in, sitting gallery, 4 piece bathroom and laundry room complete the upper level. Oversized, heated, double garage, fenced yard with extensive gardens, covered deck...MUST SEE! Shingles 2021, HWT, furnace 2017 E4279498 \$424,000 \$399,900

WARBURG MOBILE



1990 mobile with addition, 3 bed, 2 bath. Lot rent \$260/month **E4299908** \$74,900 \$67,500

COMMERCIAL WARBURG

2700 sq.ft commercial building with full basement E4316643 \$149,900







WARBURG

ACREAGE by THORSBY

Solid 2+2 bedroom bungalow, south backyard, front and back alley access. E4307702 \$175,000

DOUBLE LOT IN WARBURG

3 bed, 2 bath bungalow style, large deck, fenced, RV parking **E4311132** \$280,000



SECLUDED 4.27 ACRE



5 bed, 3 bath, walkout basement, 32x48' shop, barn E4318673 \$525,000

WARBURG MOBILE

2007 on private lot. 1500 sq.ft. 3 bed, 2 bath, large deck E4297369 \$125,000 \$120,000



RETIRE IN LEDUC



Adult living in Ravine Villas, 3 bed, 3 bath, finished basement, double garage E4319461 \$379,000

NEW MOBILE

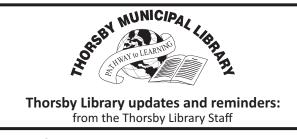
Never lived in 2 bed, 2 bath in Warburg MHP. Lot rent \$260/month **E4296519** \$135,000 \$130,000



(MMU CALE ecemi	NDA:	Computing Straight St			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HANUKKAH : December 18 - 26 KWANZAA : December 26- January 1				1	2 *WINFIELD LEGION Christmas Tree Lighting 5pm *THORSBY CHAMBER Christmas in the Village 6-9pm *THORSBY Seniors Thrift Store 10am-3pm OPEN LATE for CIV 6-9pm	3 *WARBURG Museum Pie & Coffee 1-4pm *BUCK CREEK Jam Dance & Cards 8pm *LEDUC SENIOR CENTRE Mistletoe Craft & Bake Sale Telford House 10am-4pm *WARBURG - Fireman's Drive 10am-2pm
4 *LEDUC SENIOR CENTRE - Mistletoe Craft & Bake Sale Telford House 11am-3pm	5 *NO SCHOOL - BGSD *BRETON Golden Age Meeting 11am *THORSBY Christmas Elves Referral Deadline *THORSBY - St.Matthew's Advent Art Hour 5pm	6 *THORSBY - Town COW Meeting 7pm *BRAZEAU COUNTY Meeting 9am	7 *BUCK CREEK Comm. Assoc. Meeting 8pm *THORSBY AG Society Meeting 7pm	8 *BRETON Ag Society Meeting 7pm *WARBURG Christmas Elves Referral Deadline	9 *DRAYTON VALLEY Christmas Market 4-9pm *BRETON - Live Music Salt & Pepper 6pm	10 *WINFIELD- Christmas Market 10am - 2pm *THORSBY- CL Country Market 10am - 3pm
11 *BIG TEE - Christmas Market 10am-4pm	12 *THORSBY & District Lions Club Meeting 7pm *WARBURG Village Council Meeting 7pm *THORSBY-District Cultural & Historical Society meeting 7pm	13 *LEDUC COUNTY Council 1:30pm	*BRETON Village Council Meeting 7pm *WARBURG Pioneer AG Society Meeting *THORSBY Seniors Soup & Sandwich 11:30am *BRETON Book Club 7:30pm	15 *BRETON Elks Meeting Community Hall 7:30pm *THORSBY Chamber Meeting 6:30PM	16 *THORSBY Christmas Elves Pick-up/Delivery	17 BRETON ELKS Christmas Dinner 7pm "MULHURST BRANCH #246: Christmas Dinner & Dance "RUNDLE"S MISSION Light the Night 2-6pm "LEDUC - Hainstock & Son's Candlelight Memorial Service Telfford House 7pm
18	19 *BRETON Royal Purple Meeting 7:30pm *MULHURST BAY Community League Meeting 7:30pm *THORSBY & District Fish & Game Meeting 7pm	20 *WETASKIWIN Burthwod' (06' Metis Local Meeting 7pm *THORSBY - Council Meeting 7pm	21 Winter Solstice *BRETON Library Board Meeting 7pm *THORSBY Legion #144 Meeting 9:30am *THORSBY Library Board Meeting 7pm *WARBURG Library Board Meeting 6pm	222 *WARBURG Christmas Elves Pick-up/Delivery	23 *NO SCHOOL - WRSD	24 Christmas Eve
25 Christmas Day	26 Boxing Day *NO SCHOOL BGSD & WRSD *THORSBY & District Lions Club Meeting 7pm	27 *NO SCHOOL BGSD & WRSD	28 *NO SCHOOL BGSD & WRSD *THORSBY Seniors Meeting 1pm	29 *NO SCHOOL BGSD & WRSD	30 *NO SCHOOL BGSD & WRSD	31 New Year's Eve
<u>SUNDAYS</u>	MONDAYS *BRETON- Cards 1pm *THORSBY- Afternoon Crib @ Seniors Centre 1:30pm *THORSBY- TOPS 9am BY TARGET me	TUESDAYS *BRETON Stay & Play 10-11:30am *BRETON-Floor Curling 1pm *MULHURST Legion Family Bingo 6:30pm *WARBURG - Girl Guides 5:30-7pm *BIG TEE - Afternoon Cards 2-5pm *THORSBY - Pickleball 9:30-11:30am	WEDNESDAYS "WARBURG Library Songs for Toddlers 1pm "WARBURG - Treasures Thrift Shop 10am-4pm "WARBURG- Busy Brushes 10am "BIG TEE - Afternoon Cards 2-5pm "BIETON Low Impact Exercise Class 10-11am	THURSDAYS *SANDHOLM Square Dance Club Zpm to 9:30pm *THORSBY Seniors Bingo Zpm *THORSBY Seniors Diama *WARBURG Curling Club Senior Men's drop in 10am *WARBURG Sew Heavenly Quilters 10am *THORSBY - Pickleball 9:30-11:30am & 7-9pm		SATURDAYS *BRETON - Crib 12:30pm *MULHURST BAY Farmers Market 10am-2pm







Library Christmas Hours:

Closed on Friday, December 23, reopening on Thursday, January 5, 2023.

Libby App

In other library news, the Overdrive App will be discontinued early in 2023, and patrons will need to use Libby instead.

BOOK BY FORMER THORSBY RESIDENT RICK POPIK

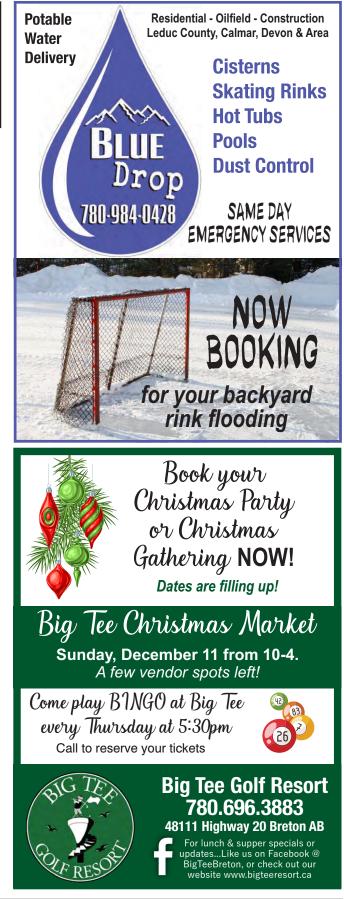
by Audrey Brosseau

Rick Popik has written a book called F-I-F-O (Flying In and Flying Out for over 40 years in the Oilpatch). Rick grew up in the Village of Thorsby and moved to a farm a bit south of Thorsby when he was 12. He graduated from Thorsby High School in 1972 and then became involved in working in the oilpatch. In the book, Rick talks about many of his experiences in and around Thorsby, his early years living on Hankin Street, the outdoor rink. Pool Hall, the early Bank of Montreal and some of the antics that he got into with other kids in town. Memories include playing scrub, his early schooling and teachers, school sports, delivering papers, the creek, Thorsby Army Cadets, going to Pigeon Lake, commercial fishing, and learning to drive. The book includes pictures of his early years in Thorsby.

Once Rick graduated from High School, he pursued a career in the Oil and Gas Industry. He spent four decades as a FIFO (Fly in fly out) field employee for various oil and gas companies in Alberta, Australia and Indonesia. In his book he tells of many of his experiences, achievements, and challenges during those working years. Rick is now retired, lives on the Australian coast not far from Brisbane and spends a lot of time golfing.

Anyone who enjoys reading about early years in Thorsby, and a bit of humour, will enjoy reading this book with lots of local history in the first few chapters.

In the acknowledgments for his book, Rick thanks Mr. John Elson who inspired him and helped with the editing of the book. Thorsby Library has two copies of this book available for loan to anyone who wants to read it.



Candlelight Memorial Service

You are warmly invited to attend Hainstock & Son's Candlelight Memorial Service at Telford House, 4907 – 46 Street, Leduc on Tuesday December 13, 2022 at 7:00 p.m.

The Candlelight Memorial service offers an opportunity to honor lost loved ones in a special way, through reflective readings, music, and the lighting of candles as a sign of remembrance.

Please RSVP by December 9 by calling Hainstock & Son Funeral Chapel

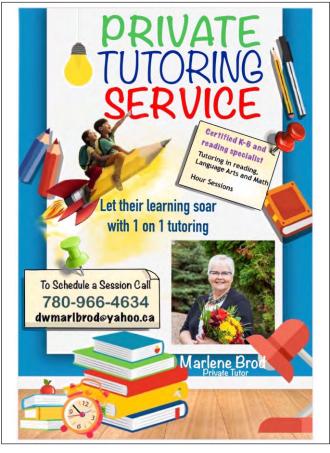
at 780-986-2151.

Warmest Regards,

Crystal Challand Funeral Director

Sheena Buga Manager, Funeral Director

A Division of Service Corporatiom International (Canada) ULC



Breton Denture Centre 5012 - 50 Ave. Breton 780-696-9696 **Our Services Include:** - Free Consultations - Same Day Relines - Complete & Partial Dentures - 1 Hour Denture Repairs - Dental Assistance for Seniors - Referral to a Dentist or Surgeon Join Us Again in Completing that Beautiful Smile! **Electric Inc.**

Residential - Commercial - Farm Trenching - Scissor Lift

Blair Hennes 780-686-0418

Curtis Peck 780-278-7614

hpelectricinc@qmail.com

JOIN OUR BOARDS! 2023 LEDUC COUNTY BOARD APPOINTMENTS

Leduc County invites County residents to apply for the following positions by 4:30 p.m. on Nov. 25, 2022. Mileage and an honorarium may be provided to committee/board members.

AGRICULTURAL SERVICE BOARD

Acts in an advisory capacity to Council on matters in accordance with duties, powers and functions outlined in the Agricultural Service Board Act and in support of the Weed Control Act, Soil Conservation Act, Agricultural Pests Act, Livestock Diseases Act and Water Act.

- **Positions available:** two members from the community at large/expiring Dec. 31, 2024
- **Meeting frequency:** second Monday of the months of January, March, April, June, September, November and December commencing at 10 a.m. or at the call of the Chair.

FAMILY AND COMMUNITY SUPPORT SERVICES ADVISORY COMMITTEE

Acts in an advisory capacity to Council and the Director of Community Services. Is responsible for overseeing the development and operation of the program, and to ensure *FCSS Act* and Regulations are adhered to.

The committee is comprised of the following:

- one council representative from each participating municipality of Calmar, Thorsby and Warburg
- two representatives from Leduc County Council
- two members at large County residents, with one representing rural east and one representing rural west
- Position available: one representing rural west
- Term: two years ending Dec. 31, 2024
- **Meeting frequency:** five times per year (February, April, June, September and November) commencing at 5 p.m.

LEDUC COUNTY LIBRARY BOARD

Manages, regulates and controls municipal library services. The committee is comprised of six members of the New Sarepta library region and two Leduc County Council members.

- Positions available: four*
- **Term:** three years ending Dec. 31, 2025

• **Meeting frequency:** four times per year on Mondays commencing at 6:30 p.m.

*This is a voluntary position; no per diem or mileage is provided.

PARKS AND RECREATION ADVISORY COMMITTEE

Acts in an advisory capacity to Council. The committee is comprised of six members of the community and two Leduc County Council members.

- **Positions available:** two one from Leduc and one from Warburg
- Term: two years ending Dec. 31, 2024
- **Meeting frequency:** four times per year on Wednesdays commencing at 6:30 p.m.

PUBLIC WORKS COMMITEE

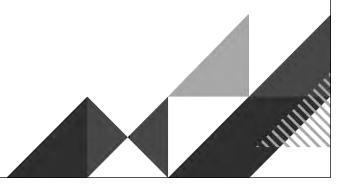
Deal with matters that concern policy and programs regarding activities and services within Road Operations, Engineering and Utilities (water, wastewater and solid waste/recycling) services and the establishment of service levels as key performance indicators.

- **Positions available:** two members at large from the community expiring Dec. 31, 2024
- Meeting frequency: second monday of each month commencing at 1:30 p.m. or at the call of the Chair.

If you are a Leduc County resident and have an interest in serving on any of these committees/boards, submit your resume via email or mail by Nov. 25, 2022 at 4:30 p.m. to:

JOYCE GAVAN

Legislative Coordinator, Leduc County 780-770-9259 joyceg@leduc-county.com 101, 1101 5 St. Nisku, AB T9E 2X3



Winter Machinery Consignment Auction

ONLINE TIMED AUCTION - Various Locations - 5 Rings Selling Main Location: 4320 - 50th Ave - Rimbey, Alberta Also Accepting Items at our East Central Location - Hwy #16 & Rge Rd 185 Sale Starts on December 9, 2022 & Begins Ending on December 13th, 2022

Including a Dispersal for the Estate of Elmer Van Eaton of Leedale, AB, A Farm Dispersal for Wes Thompson of Rocky Mountain House, AB Plus a Complete Unreserved Acreage & Household Dispersal for Jan Lucas of Rimbey, AB

PARTIAL LISTING ONLY - COMPLETE LISTING AVAILABLE ON OUR WEBSITE







Tractors NH 8240 FWA Tractor JD 7810 FWA Tractor JD 2950 FWA Tractor JD 4440 2wd Tractor JD 4430 2wd Tractor JD 4320 2wd Tractor JD 4020 2wd Tractor JD 1830 2wd Tractor JD 50 Row Crop Tractor Kubota M7950 DT FWA Tractor Kubota 1800 FWA Tractor Case 830 2wd Tractor IHC 560 2wd Tractor Ford 6000 Commander Tractor MM 35 2wd Tractor

Construction Equipment

2022 JCB TM420 Telehandler JD 755 Track Loader Doosan LSC6 Light Tower Assort. of New TMG 86" Dozer Blades, 84" & 72" Smooth, Grapple, Root & Skeleton Buckets, Hyd. Breakers, Log Grapples, Spreader, Post Pounder, Rotottiller, Trencher, Snow Pushers for Skid Steers 12'x54' Wellsite Trailer

Hay & Straw 50 - Lowland Hay Bales 50 - Timothy/Brome/Alfalf 1st Cut Hay

40 - Wheat Straw Bales





Cattle Handling

Supreme 1200 Feed Wagon Kuhn Knight Vertical Max VT168 Twin Auger Feed Wagon Haybuster Big Bale Buster NH 390 Tub Grinder Highline 6800 Bale Pro Processor Highline CFR650 Bale Processor Jiffy JSB900 Bale Shredder NH 354 Mixer Mill Bearcat #24R Roller Mill TMG Livestock Sheds 20' Calf Shelter 6 - Liquid Molasses Tubs Crowding Tub Large Assortment of Single & Double Round Bale Feeders, Feed Troughs, 24' Stand Up Panels (Some with Gates), 24'



Wind Board Panels Plus More

Miscellaneous Will Not Be Accepted at this Sale



<u>Tillage, Haying & Harvest</u> <u>Equipment</u>

Kello Bilt Series 155 8' Breaking Disc Cockshutt 12' Disc JD 100 14' DT Cult 8' 3 pth Cultivator Farmking 50' Tine Harrows 12' Chain Harrow JD 566 Rd Baler NH 1411 Discbine NH 315 Sq Baler NH 1030 Sq Bale Wagon NH 166 Swath Inverter Westfield 8"x51' Swing Auger New CG-DC 30' T/A Dry Cube/ Silage Wagon Brandt 7"x36' Grain Auger Arrow Link Grain Roller

Other Equipment

Rogator 854 100' Sprayer Miller Nitro 4215 80' Sprayer Case IH 575 T/A Manure Spreader JD 840 Classic FEL Erskine 2418 7' Snowblower JD 6.5' 3 pth Snow Blower Maletti 60" 3 pth Rototiller New TMG 30" Saw Mills, Log Splitters, Stump Grinders & Wood Chippers Linden Trail Type Post Pounder JD 709 7' 3 pth Mower Isuzu 20 KW Diesel Engine



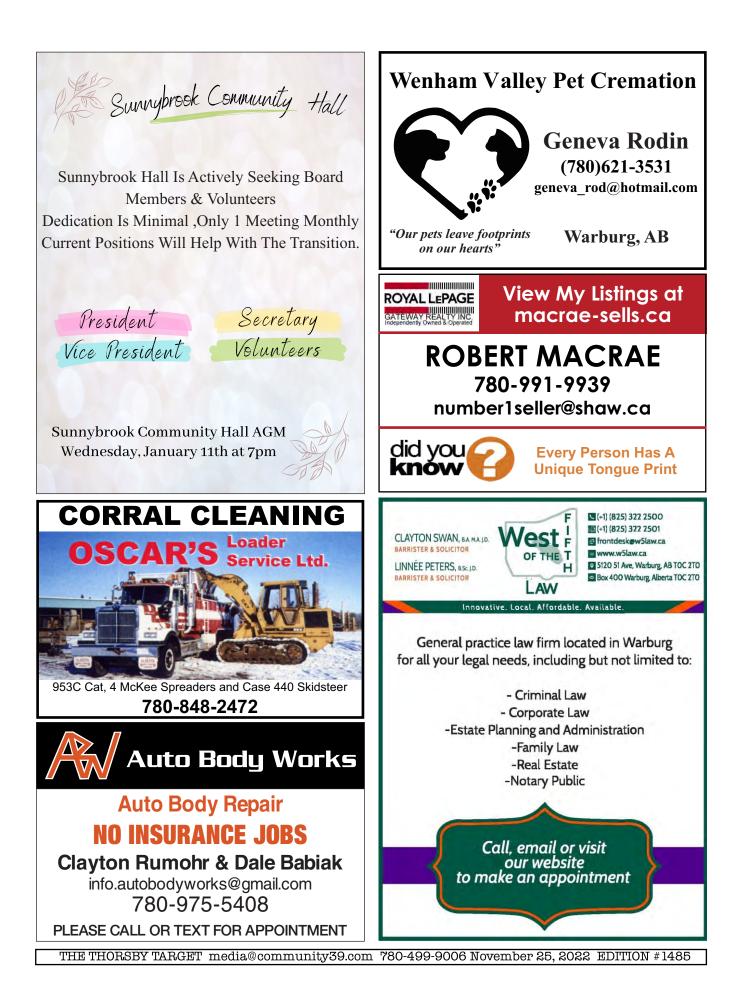
Trucks & Trailers

2008 Freightliner Clumbia 120 T/A Hi-Way Truck 1996 IHC Eagle 9400 Hi-Way Truck 1994 Mack 300 S/A Picker Truck 1991 Ford L800 T/A Gravel Truck 2006 Ford F550 XL Super Duty 2wd Truck 1972 Ford 1 Ton Truck 2018 Hot Shot 16' T/A BP Stock Trailer 1994 Bergen 12' T/A BP Stock Trailer 2006 Featherlite 28' Enclosed T/A GN Trailer 1997 Gerrys 52' Tri-Axle Scissor Neck Trailer 1981 Arnes 16 Wheel Low Bed Trailer 2001 Norbert 24' T/A Dually GN Flat Deck Trailer 1997 Walinga 10 Comp. 41' Tridem Feed Trailer 1985 Concession Trailer

PLUS A LARE SELECTION OF PASSENGER VEHICLES, RECREATIIONAL, LAWN & GARDEN, LUMBER & BUILDINGS

All Items Must be Consigned by December 6th, 2022 at 5:00 p.m. to be Included in this Sale.

Allen B. Olson Auction Service Ltd. Rimbey, Alberta - (403) 843-2747 - East Central - (780) 208-2508 Toll Free - 1-877-783-0556 - License No. 165690 Email: abolson@telusplanet.net - Homepage: allenolsonauction.com









Hours: 8:00 am to 4:30 pm Mon to Fri

Cleaning services for various seed varieties

90 ft. scale

Bagged food grade wheat, Bagged Hulless barley available for soups, stews, etc.

Various varieties of bagged & bulk feed - rolled or whole. We only sell what we clean here and don't add supplements, etc. Our rolled mixes include 40-30-30 (40% wheat, 30% barley & 30% peas) & 50/50 barley/oats or make up your own custom mix. Our 40-30-30 mix is used to feed a variety of animals & birds including wild birds

> Need a tote bag... we have small & large tote bags for sale

> > Black oil sunflower seeds

Flax

Various sizes of tarps, straps & accessories in stock or we can order what you need. We can also order greenhouse plastic.

Lawn seed & lawn & garden fertilizer

Nitrogen & PowerRich fertilizer & bagged forage seed

Various varieties of Pedigreed seed available

Retailer for Proven Seed, Inland Plastics, Union Forage (swath grazing) & PowerRich Fertilizer



From TOPS! From Pearl Elson

TIPS

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 9am to 9:15am and the meeting following from 9:15am to 9:45am. There is an annual fee to TOPS International of \$49 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.

Carrot Ginger Soup

A Tasty side that can be made and taken to the festivities in one pot

Prep time: 10 min. Cook time: 2 hours

Servings: 6

- 2T. olive oil
- 6 large carrots peeled and sliced
- 1 c. yellow onion, chopped
- ½ c. celery chopped
- 1t. salt
- 1t. ginger minced
- 2 c. vegetable broth, low sodium
- 2 c. water
- 1T. basil or parsley (optional)

1.Place all ingredients into a slow cooker, except for the basil or parsley

2. Cover and cook on high setting for 1 hour (or for 2 hours on low setting)

3. Let cook for 20 min, then puree the soup using a hand immersion blender. Another option is to pour the soup into a blender and puree until smooth.

4. Add optional garnishes, such as honey (or maple syrup) a drizzle of plan low fat yogurt, and/ or Basil or parsley when serving.

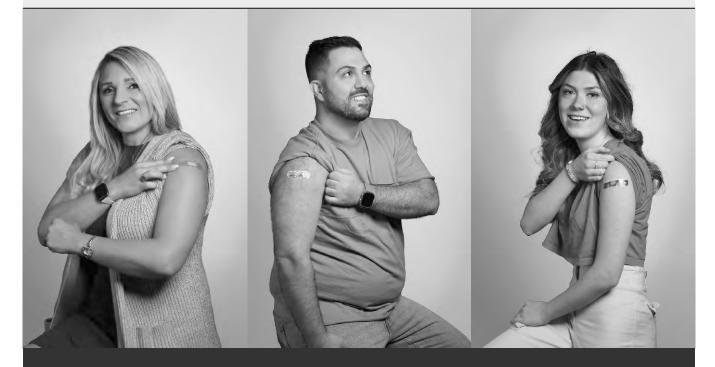
Enjoy and happy holidays.

Per Serving: 66 calories,5 g total fat, 0 mg cholesterol, 427 mg sodium, 6 g carbohydrates, 2 g fiber, 3 g sugar, 1 g protein

Exchanges 1 fat, 1 1/2 vegetable,

Copyright T.O.P.S. Dec 2022

GET IMMUNIZED Influenza immunization available now.



COVID-19 immunization also available.

For appointment booking, visit **ahs.ca/vaccine**, call **811** or text 'flu' to **88111**









I think this picture speaks for itself ...



When you hear your neighbors arguing



The main function of your little toe is making sure all the furniture in the house is in the right place.

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	57			3				

Answers will be published in the next issue!



Winter Lights Competition

'Tis the season for beautiful light displays, and we want to see them!

To help spread holiday cheer, Leduc County businesses and residents are encouraged to submit an application to have their winter light displays shared on an online map.

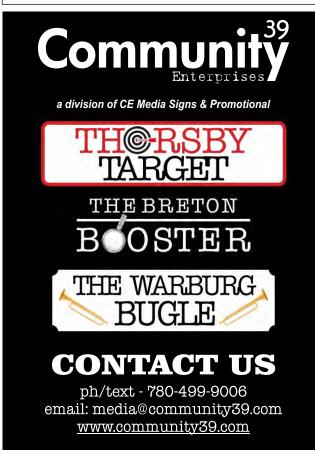
In December, the map will be shared so residents can tour the County, view the light displays and vote for their favourites!

Please note, you must be a Leduc County resident or business located within Leduc County to participate in the contest.

Apply to be listed on the map
 If you would like to be listed on the map, you need to fill out an online form.
 www.leduc-county.com/winter-lights-competition

You have until Dec. 16* to submit your application. *The map will be available beginning Dec. 1.*

For more information, contact Andrea at **780-770-9264** or **andrea@leduc-county.com.**





All Signage (Indoor & Outdoor) Banners / Banner Stands Labels / Stickers / Vehicle Decals Apparel (Corporate & Sports Teams) Promotional Items Trade Show Displays / Tents / Tablecloths Sandwich Boards and so much more....

www.cemedia.ca

Contact us 780.903.9837 or info@cemedia.ca

4928 Hankin Street Thorsby



