THE BRETON BOSTER

A TRIBUTE TO VANT HAYES HIS LEGACY LIVES ON

submitted by Allan Goddard, Breton Museum

The Breton Museum was deeply saddened to learn of the passing of Vant Hayes on November 8, 2023, at the age of 87. For the majority of his life Vant and his wife Ethel resided on their farm northwest of Breton. Over the years Vant was a loyal supporter of the Breton Museum. A natural born storyteller, Vant brought to life not only his life's story but the story of the Hayes family. How his parents struggled to establish themselves in a new land after leaving harsh social injustices in Oklahoma during the early 20th century. As the manager of the Breton Museum, I will always be very appreciative of the time Vant took to come to the museum, often on fairly short notice, to be interviewed or talk to students. You couldn't help but be enthralled by the stories Vant told.

On Friday November 17 family, friends and the community gathered to pay their last respects to Vant, and to express their condolences to his wife Ethel, daughters Peggy and Christie along with their families in the loss of a cherished husband, father, grandfather and great grandfather. Numerous condolences posted on line described Vant Hayes to a T: always smiling and talking to people, a humble man, a man with a giving heart and kind soul, his devotion to Ethel, a caring and compassionate farmer and a man who could see the lighter side of life with his sense of humor. Even though Vant isn't here to tell the stories personally anymore, his legacy will live on in the many interviews that were conducted with him over the years.

One of the last interviews Vant did was with Donna Paris in March of 2022. Donna Paris interviewed Vant as a part of her series of podcasts called "in the black canada". Donna had contacted the Breton Museum about setting up an interview with Vant. Vant's interview was the first of several interviews Donna conducted with family descendants of the black migration from Oklahoma to Alberta and Saskatchewan 110 years ago. In July 2022, Donna along with photographer David Ofori-Zapparoli travelled to western Canada to do additional interviews and to photograph the interviewees. At that time, Donna and David visited with Vant and Ethel on their farm. From those interviews an art exhibit was developed in partnership with the Oklahoma Contemporary Arts Centre in Oklahoma City. The exhibit is a selection of 12 black and white photographs of the interviewees, along with oral history audio clips from the interviewes and supporting archival material. The Breton Museum also provided an artifact included in the exhibit. A mule shoe found on the homestead of Vant's Uncle Rolla Ramsey is on loan to the Oklahoma Contemporary Arts Centre until April,2024. The exhibit is titled: "Descendants of the Black 1000: Flight from Oklahoma Black Towns to Canada." The exhibit explores ... "the events that led those seeking freedom to leave Oklahoma and find refuge in Canada."

The exhibit opened November 9th, the day after Vant's passing. Donna in her opening remarks, at the exhibit opening artist talk, delivered a moving tribute to Vant. The artist talk can be viewed by going to YouTube and searching Oklahoma Contemporary Art Centre: Black 1000. How proud Vant would have been to see the opening of the exhibit. It is through exhibits like this that Vant's legacy will live on. Rest in Peace my friend.



Photo credit: Courtesy of David Ofori Zapparoli

Classifieds

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(up to 30 words) GST included You can drop off your ads at the Breton Library or CE MEDIA - 4928 Hankin Street Thorsby 780-499-9006 or email to media@community39.com

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THE BRETON BOOSTER media@community39.com 780-499-9006 November 22, 2023 EDITION #1602

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Village of Breton

THE VILLAGE OF BRETON IS LOOKING FOR SNOW HAULERS FOR THE 2023/2024 SEASON!



If you are a contractor with trucks and operators and would like to be in the rotation to haul snow following Village clean-up activities, pick up an application at the Village of Breton office or call 780-696-3636 to have one emailed to you.





UPCOMINGSPECIALEVENTS (Breton, Thorsby, Warburg&Surrounding Areas)

<u>November 22 - 27</u> - Online Auction fundraiser for Leduc Regional Housing Foundation. Housing is the key. Go to www.32auctions.com/lrhf2023

<u>November 24</u> - Warburg Light Up the Night at the Warburg Community Park from 6-8pm. Hot dogs, Hot Chocolate, Christmas Music, Sleigh Rides, Bonfire, Santa

November 25 - Warburg Christmas Bazaar - at the Warburg Hall from 10-2pm. Concession. Meet Santa at 1pm

<u>November 25</u> - Mulhurst Christmas Market from 10-4pm at the Mulhurst Community Hall.

November 25 - Yeoford Homeschoolers Christmas Fundraiser at the Yeoford Hall from 2-4 pm

November 25 - "The McDades" performing at Eleanor Pickup Arts Centre in Drayton Valley at 7:30pm. <u>www.theepac.com</u>

<u>November 26</u> - Gospel Jam Sunday Service at the New Life Christian Fellowship Church in Thorsby at 10:30am. Followed by a potluck.

<u>November 26</u> - Telfordville Community Centre Christmas Party from 2-7pm. Potluck supper at 5pm. Entertainment and more. Contact Ray 780-940-8499 or telfordvillecc@gmail.com

<u>November 28</u> - Fireman Food Drive for Thorsby Christmas Elves at 7pm in the Town of Thorsby.

December 1 - Thorsby's Christmas in the Village. Customer Appreciation by the Chamber of Commerce. FREE Wagon Rides, Bonfire, hotdogs, Santa, the Grinch and more

December 1 - Community Christmas Tree Lighting, starts at 5 pm. Tree lights up at 6 pm. Hotdogs, Coffee & Hot Choc supplied by the Winfield Legion.

December 2 - Winfield Public Market, Christmas, 10am-2pm. Call or text Carla 780-621-1285 or follow us on FB.

December 2 - Warburg Firefighters Food Bank Drive at 10am. Donate non-perishable items for Warburg Elves.

December 2 - Breton Kick Off to Christmas, Christmas Market and Santa's Workshop for the kids. Contact Breton FCSS at <u>fcss@breton.ca</u> or 780-696-3636.

December 4 - Kids Christmas Market from 1:30 - 4pm in the Village of Warburg basement. Register with Shauna at FCSS 780-848-2828 or <u>fcss@warburg.ca</u>

December 4 - Thorsby Christmas Elves deadline for Referrals. Thorsby FCSS 780-789-4004 or <u>fcss@thorsby.ca</u>

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December 5 - Cozy Christmas Concert by the Lakeshore Singers community choir joined by the Falun Children's Choir at 7pm, Lakedell Ag Society large hall. Admission by donation.

December 6 - Outdoor Holiday Planter Workshop. Hosted by CIB. 6-7:30pm at the Thorsby Seniors Centre. Pre-register by Nov 17 at <u>thorsbycib@gmail.com</u>

December 8 - Warburg Christmas Elves deadline for Referrals. Warburg FCSS 780-848-2828 or <u>fcss@warburg.ca</u>

December 9 - Christmas Dinner & Dance at Mulhurst Legion. Cocktails at 5:30 Dinner at 6:30pm. Dance to follow. Contact Kate Brown 780-945-1453. Also Raffle Tickets for \$5

December 9 - Breton Christmas Wishes deadline for referrals. Call 780-696-3636.

December 10 - Christmas with the Family at the New Life Christian Fellowship Church in Thorsby at 6pm. Music, Friends Forever Puppets, desserts, coffee & tea.

December 10 - Christmas Sunday Brunch at the Warburg Legion from 9-11am. \$20 per adult, Kids 6 & under free. Contact Deb G 780-686-2623 or Kris 780-717-2580.

December 12 - Turkey Bingo at the Mulhurst Legion. 24 turkeys to be won. 6:30pm. Soup and Bun served at 5pm for \$5

December 16 - Community Gym Night at Warburg School. 5:30 - 8:30pm.Contact <u>davidemolyneaux@live.com</u>

December 31 - 70th Anniversary Celebration of the Village of Warburg. 5:30pm - 12:30am Supper & Dance at the Community Centre. Tickets at the Warburg Village Office.

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







PROGRAMS & REGULAR EVENTS (Breton &Surrounding Areas)

MONDAYS

BUS TO DRAYTON VALLEY (AQUASIZE OR WALMART) -Leaving Warburg & Breton on Monday mornings. Registration must be completed prior to the Monday trip. Warburg FCSS at 780-848-2828 or Breton FCSS 780-696-3636 to register

CARDS at the Breton Golden Age Club at 1pm (\$3)

TUESDAYS

<u>CHILDREN'S GYM TIME</u> - FREE Drop in for 0-6 years old from 10am -11:30am at the Breton Faith Covenant Church. Hosted by Brighter Futures

FLOOR CURLING at the Breton Golden Age Club at 12:30pm

KIDS CLUB - After School Program from 3:15-4:45pm for ages 6-12, FREE, Limited spaces. Pre-registration required. Forms at the Library or FCSS office.

FOOT WELLNESS will be offering services the 2nd and 4th Tuesday of each month. Services include nail care, pedicures, detox treatments. Contact Christa at 780-514-5640 or online www.yourintrinsicelement.com/copy-of-services to book.

KNIT & KACKLE - meet to knit and crochet items to be give to non profits. No experience necessary. The 2nd Wednesday of the month at the Breton Faith Covenant Church at 1pm. Contact Gaylene at 780-696-3597

BRETON BOOK CLUB meets at the Library the second Wednesday of the month at 7:30pm from September until June. All readers are welcome to join the conversation!

THURSDAYS

BABY & ME for mom's with baby's under 18 months - 1st & 3rd Thursday from 10-11:30am at the Breton Community Centre. Hosted by Breton FCSS

<u>RESTORE YOGA CLASS</u> - Every Thursday from 10:30–11:30 at the Breton Community Centre. Adult Only. Contact Breton FCSS. No classes in December, back in January.

FRIDAYS

LOW IMPACT EXERCISE CLASS on Fridays from 9:30 - 10:30am at the Breton Community Centre. Drop In - \$2 per class. For more information call 780-696-3636

JAM DANCE & CARDS NIGHT at the Buck Creek Community Hall the first Friday of every month.

SATURDAYS

<u>CRIB</u> at the Breton Golden Age Club on Saturdays at 12:30pm. Contact Larry at 780-975-8755

If you'd like to get a link to the paper in your inbox you can subscribe online or email media@community39.com



COMMUNITYGROUPS&MEETINGS (Breton&Surrounding Areas)

MONDAYS

Breton & District Historical Society - Monthly meetings the 4th Monday at 7pm at the Breton Museum. Jan-June & Sept-Nov. Ph: 780-898-1155 or bretonmuse@yahoo.com

Breton Golden Age Club - Meetings are the first Monday of the month at 11am (except July & August). Ph: 780-898-1651 or dwaymon@telus.net

Breton Royal Purple Elks No. 285 - Meetings are the third Monday of the month at 7:30pm (except July & August) at the Community Hall. 780-514-4273 or bretonrp285@gmail.com

WEDNESDAYS

Breton Municipal Library Board - Meetings are the 3rd Wednesday of each month at 7pm (except July & August). Ph: 780-696-3740 or <u>bretonlibrary@yrl.ab.ca</u>

Buck Creek Community Association - Meetings at the hall the first Wednesday of every month at 8pm. Ph:780-542-6604 or buckcreekhall@gmail.com

THURSDAYS

Breton Ag Society - Meets the second Thursday of every month (except July & August) at 7pm at the Community Centre. Ph: 780-202-0140 or bretonagsociety@gmail.com

Breton Elks 402 - Meetings are at 7:30pm every 3rd Thursday of the month (except July & August) at the Community Centre. Ph: 780-898-3557 or bretonelks402@gmail.com

<u>Our FREE Community Connections</u> <u>booklet is available for pick up at:</u>

the Breton Village Office, Brazeau County Office, Leduc County Office, Thorsby Town Office, Thorsby Arctic Spas Recreation Complex, Thorsby - CE Media Signs & Promotional, Warburg Village Office

You will find contacts and information on rental facilities, community groups, the municipalities, community supports and so much more.

Or go online to <u>www.community39.com</u>

Wenham Valley Pet Cremation



"Our pets leave footprints on our hearts"

Warburg, AB



Tree of Remembrance

Celebrate the memory of your loved one on our Tree of Remembrance. The Tree will be placed in the Breton Library on December 1. Ornaments are available for you to place on the tree with a loved ones name. An ad with all the names will be place in the Breton Booster prior to Christmas.

> For more information please contact Breton and Area FCSS at 780-696-3636 or fcss@breton.ca

> > This is a partnership with the Breton Municipal Library.

Do you know a Senior in our community that could use

SECRET SANTA FOR SENIORS

some Christmas Cheer?

We are inviting Seniors to register to have a Secret Santa

or Community members to register a senior that

could use some holiday Joy.

Register by phone, email or at the

Village of Breton Office.

Names should be submitted by December 4th.

Deliveries will be made by Volunteers on

December 20 & 21.

For more information, please contact Breton FCSS at 780-696-3636 or fcss@breton.ca



The Breton Second Chance donation building is up and running at 5019 50th Avenue.

Please note the guidelines listed below for what is able to be donated.

GUIDELINES

Second Chance Donation Centre is Breton's place to drop off or pick up Household Items that are in good condition and in WORKING ORDER.

OPEN DAILY 8 AM - 7 PM

1. NO items with Fabric - couches, recliners, mattresses

2. NO clothing items

3. Do NOT leave any items outside of the building

- 4. NO Electronics or T.V.'s
- 5. NO Computers or Printers etc.

FAILURE TO COMPLY WITH THESE GUIDELINES WILL RESULT IN THE CLOSURE OF THE SECOND CHANCE DONATION CENTRE



Busing to Aquacise or Walmart in Drayton Valley - Monday Mornings - Together with Warburg FCSS the bus will arrive in Breton at 9:15 to head to the Drayton Valley Gentle Aquacise class. Returning at 11:30. Purchase a 5 ride Bus pass for (\$36) or 10 (\$72) bus pass from the Village of Breton office. Register with Shauna the Thursday prior to the Monday class to save your seat on the bus. If you register with the Active 55 program (at the pool) and live in Brazeau County (including the Village of Breton) there is no cost for the Aqua Size class. If you do not qualify for Active 55 the cost for the aquacise class is \$7.50 or a 10 card pass for \$67.50. We must have at least 8 riders to make a trip. The bus will also make a stop at Walmart for those that would like to shop for 1 hr.

Foot Wellness Service Available in Breton - Due to the overwhelming interest this service will now be available on the 2nd and 4th Tuesdays of each month. Footprints Wellness Pedicure will be offering services that include nail care, pedicures, detox treatments. Contact Christa at 780-514-5640 or online at <u>www.yourintrinsicelement.com/copy-of-services</u> to book your appointment. These services are for anyone of any age. Treat yourself to a pedi, or other service

Join us for Restore Yoga Class - These classes will be held on Thursday Mornings. A one-hour class will be held from 10:30 - 11:30 at the Breton Community Centre. We will be holding 2 more sessions and then take a break for the holidays. We are looking at holding two different sessions starting in January to meet everyone's level. Please bring a yoga mat, water, one - two yoga blocks, a bolster, and a blanket. For those that would like to try a class there will be some equipment available. Due to the calming environment required, this will be an adult only class. Childcare is not currently available. For more information, please contact Breton FCSS at 780-696-3636 Watch for more details on the classes starting in January 2024.

Calendar Project is Back - Breton and Area FCSS together with the Rural Mental Health Project are putting together a Community Calendar with positive messaging around Mental Health and Wellness. We would like this calendar to reflect our community and community members. That is where we need your help. We need one more picture for January. That tells the story of New Beginnings. A positive message will be added to the photo and used in the calendar. The calendars will be printed and distributed for free to

members of our community. Please contact us at <u>fcss@breton.ca</u> or 780-696-3636 for more information or to be a part of this project.

Save the Date - Saturday December 2 - Kick Off to Christmas - The Breton Agriculture Society together with Breton FCSS invite you to join us at the Kick Off to Christmas. We have a great day planned. Brazeau County will be hosting their Christmas Market from 10-4. Santas Workshop will be available to children 15 and under that would like to shop for their family members. The cost of each item selected will be \$2. We welcome all shoppers. We will have helpers on hand to assist the children so everyone can be surprised on Christmas morning. As well as helpers to wrap the gifts. A reminder to parents that this is an area for Christmas gift shopping, not necessarily kids making purchases for themselves. Other activities will include, crafts, glitter tattoos, letter writing to Santa, or bring your letters and mail them to the big guy, story time, sleigh rides and or course a visit from the big guy up North. If you love the Christmas season and would like to be involved, please contact Breton FCSS at <u>fcss@breton.ca</u> or 780-696-3636.

Christmas Wishes - if you know of a family or individual that is in need of a Christmas food hamper or Christmas gifts, Breton FCSS can refer their name to the Christmas Wishes group. They must reside in the Village of Breton or Divisions 5 & 6 of Brazeau County East of the river. Please call 780-696-3636 with contact information and the number of individuals in the home. You may self refer. This information will then be passed on to the Christmas Wishes committee. Deadline for registering for a hamper is December 9th.

Christmas Tree of Honor and Remembrance -Our Tree of Remembrance is back. Thank you to the Breton Library for partnering with us. Starting December 1st, you are invited to come and place one of the ornaments provided on our tree with a tag to write a loved one's name on. There is no cost to have an ornament placed on the tree. For more information, please contact 696-3636 or <u>fcss@breton.ca</u>.

 Banman Westerlund LLP Chartered Professional Accountants Derek W. Banman CPA, CA - Partner Kyle Westerlund CPA, CA - Partner 								
Box 367, 5012 - 50 Avenue Breton, AB TOC 0P0 E: dbanman@banwest.ca #401, 9426 - 51 Avenue NW Edmonton, Alberta T6E 5A0								

FCSS News Continued

Secret Santa for Seniors -With Christmas just around the corner Breton FCSS will be coordinating a Secret Santa for Seniors. This program is for seniors that live in the Village of Breton or Brazeau County east of the North Saskatchewan River. There are two parts to this program.

1. Seniors that are going to be alone for the holidays can phone in or stop by the Breton FCSS office and complete a profile. Information collected will be your name, address, phone



number, Things you like to do, treats you like, items that you would like to have on your Christmas List. Seniors can also be registered by community members or agencies. This information along with just their first name will be placed on a Christmas Tag. Registrations must be received by December 4.

2. Community members can view the Christmas tags at the Village of Breton Office and select a senior to shop for. Once they have completed their shopping, they will return the items to the FCSS office. Additional items will be added to your gift, wrapped and delivered by Volunteers. Shopping must be completed by December 19th. If you are unable to come into the office to make a selection, please call or email fcss@breton.ca and we can assist you with the selection.

* If you love to wrap Christmas gifts, we are looking for VOLUNTEERS on December 20th.

* Deliveries will be made on December 20 & 21. We are looking for VOLUNTEERS to do deliveries

If possible, we encourage purchases to be made in Breton and Drayton Valley to support our local businesses.







Brazeau County News

IMPORTANT DATES

December 5 | Council meeting | 9 am **December 12** | Municipal Planning Commission meeting | 1:00 pm December 15 | Cram the Cruiser | 4:00-9:00 pm | Wal-Mart parking lot December 19 | Council meeting | 9:00 am **December 20** | Agricultural Service Board meeting 9:00 am

Brazeau County Christmas Market

SATURDAY, DECEMBER 2, 2023 10AM-4PM **Breton Community Centre Hall** For more information contact Melissa at 780-542-0446 or mkeeley@brazeau.ab.ca

Brazeau County **RECREATION FEE** ASSISTANCE PROGRAM

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RECIEVE UP TO \$200

PER ELIGIBLE APPLICANT



To apply go to www.brazeau.ab.ca

Community Event Grant Deadlines

Are you a community organization looking to host an event? Brazeau County has a grant program to assist in the costs to host community events, find out more about this and other grants at www.brazeau.ab.ca





Councillor Div. 780-621-6459 bguvon@brazeau.ab.ca ggunderson@brazeau.ab.ca



Cody Brooks 780-898-9526 cbrooks@brazeau.ab.ca





kwesterlund@brazeau.ab.ca



aheinrich@brazeau.ab.ca

Councillor Div. 6 780-898-9129 dekstrom@brazeau.ab.ca

Brazeau

Countu

Message from MLA Andrew Boitchenko



Drayton Valley-Devon Constituency

Last week, Alberta celebrated a court's confirmation that the federal Liberals' climate policies are unreasonable and unconstitutional. Over a year ago, Alberta contested the federal government's decision to label plastic as a 'toxic substance,' arguing it's an unconstitutional intrusion into provincial jurisdiction. In a recent ruling, Justice Angela Furlanetto deemed it "unreasonable and unconstitutional" to classify all plastic products as toxic, emphasizing that the federal government acted beyond its authority. The court clarified the principles of cooperative federalism, stressing the provinces are not subordinate to the federal government.

Premier Danielle Smith and Minister Rebecca Schulz pointed out that Ottawa's policies jeopardize thousands of jobs and billions of investments. Alberta's petrochemical sector, with over \$18 billion in projects, faces unnecessary risks due to federal overreach. This marks the second instance in two months that the Liberals' climate policies were rejected by the highest courts.

The United Conservative government continues to oppose damaging federal policies, contrasting with the Notley NDP, whose attempt to rebrand after the recent court decision reflects their denial of responsibility for economic and environmental policies. Despite their efforts, the NDP's history and policies remain clear to Albertans, reinforcing why they can't be trusted to lead the province.

Premier Smith and the United Conservative team are attentive to Albertans' needs, working to maintain the province's leadership in economic prosperity, freedom, and opportunity. Alberta is back, and efforts will persist to uphold this status.

Last week was also Constituency week and it was busy! I attended many stakeholder meetings and community events. On November 15th, I attended the Metis Flag Raising Ceremony in Drayton Valley hosted by the Metis Local #888. It was an honor to be invited to attend such an important event. On November 16th, I also was honored to attend the Louis Riel Commemorative Day at the Legislature. There was an amazing turnout for the Louis Riel Commemorative ceremony and listening to the speeches was such a unique experience. It was a privilege to be invited to Senator Elect, Pam Davidson's event with the Ambassadors for Moldova and Croatia, the High Commissioner from Zimbabwe and federal Conservative MPs. I also attended events at the Enoch Nation Reserve, NAIT for The Next in Trades event, and even got an informative and comprehensive tour of the Genesee Power Plant.



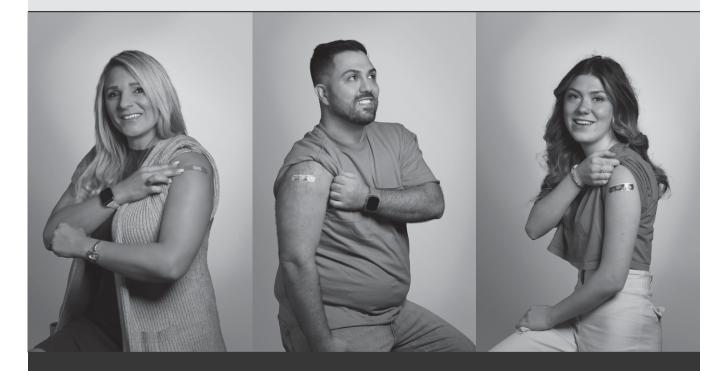
With three weeks left in session, I am looking forward to being in my constituency more. Please know that you can contact my office if there are events in your area that you would like for me to attend.

As always Thank you for your trust and God Bless!

I can be reached at the main constituency office in Drayton Valley at 1-800-542-7307 toll-free. The office is open Monday to Friday. The Devon constituency office number is 780-987-3666 or I can be emailed at <u>draytonvalley.devon@assembly.ab.ca</u> anytime.



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Christmas Wishes

From Breton Christmas Volunteers

Once again Christmas is approaching and before we know it, it will be here. The Breton Christmas Wishes Society volunteers are gearing up to help needy families in the community. Our society covers Breton and area and the Brazeau County area east of the North Saskatchewan River, excluding those areas covered by other groups. We help families who are financially in need at this time and/or those who have children under the age of 16 years who are living at home. Consideration is also given to families who are without children living at home and are on a fixed income. Our goal is to help those who may not have the means to provide a Christmas meal and provide gifts for their children.

Donations of non-perishable food may be made at any of the local businesses in Breton. We will have our totes/boxes in the stores and schools in Breton starting this week. We also will have donation cans in the businesses who do not have a tote.

Referrals can be made by schools, churches, social agencies, neighbors, friends, or even the recipient. If you know of someone who may be in need or needs some extra help this year and would like to make a referral please contact one of the above agencies or call/text Diane Wilson at 780-514-4273. Referrals are taken on a yearly basis.

We, the Breton Christmas Wishes Society volunteers, thank everyone in the community for their generosity. Watch the paper for referral deadlines.

Breton Agricultural Society Annual General Meeting (AGM)

Thursday Dec 14, 2023 Breton Golden Age Club at 6:30pm



We would like to welcome everyone to our AGM. Your ideas, volunteerism and thoughts are all welcome, you don't have to be a director!!

Call Trent @ 780-202-0140 with any questions.

We hope to see you there.



Andrew Boitchenko, MLA Drayton Valley-Devon

<u>Constituency Office</u> 5136B - 52 Avenue, Box 7272 Drayton Valley, AB T7A 1S5

Phone780.542.3355 DraytonValley.Devon@assembly.ab.ca



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- 1 Hour Denture Repairs
- Dental Assistance for Seniors
- Referral to a Dentist or Surgeon

Join Us Again in Completing that Beautiful Smile!



BRETON

- $\sqrt{}$ Allergies
- √ Skin rash
- $\sqrt{}$ Insect bites
- $\sqrt{}$ Pink eye
- $\sqrt{}$ Muscle aches
- $\sqrt{0}$ Oral thrush
- √ Menstrual pain
- $\sqrt{}$ Skin infection
- $\sqrt{}$ Tick bites
- $\sqrt{}$ Acid reflux
- $\sqrt{}$ Cold sore
- $\sqrt{}$ Hemorrhoids
- ✓ Bladder / Urinary tract infection
- OPEN 6 DAYS A WEEK Monday - Friday 9-6 Saturday 10-4

5031 - 50 Street, Breton, AB 780-696-3594

KNOW YOUR PERSONAL RISK FOR HEART ATTACK & STROKE

Alberta Health Services Public Announcement

Albertan's aged 40-75 will now be able to find out what their risk of having a heart attack or stroke will be in the next 10 years using a new cardiovascular disease (CVD) risk screening tool and a simple blood test ordered by their health provider.

Enhanced Lipid Reporting (ELR) is a new, easy-to-use, lab-based approach to calculate CVD and stroke risk that ensures those at risk receive early treatment.

When your doctor does your screening, you will get a score that tells you how likely you are to have a heart attack or stroke in the next 10 years if you do not make any changes to reduce your risk. Patients will also receive their CVD risk results in their MyHealth Records account.

You and your doctor can use this personal screening score to plan and take steps to lower your risk and help prevent a heart attack or a stroke.

Everyone has some level of cardiovascular disease risk. Men are usually diagnosed with CVD between 55-64 years of age; and women between 65-74 years of age.

CVD is the second leading cause of death in Alberta, and the number one cause of death for women. Every hour, 12 Canadians over the age of 20 with heart disease die. Managing your risk is important for your health and quality of life. Many heart attacks and strokes can be prevented through healthy lifestyle changes and medication when risk is known. Identification of those who are at risk of CVD is an essential first step.

Knowing your personal risk of cardiovascular disease and stroke can help you act to lower your risk by making healthy lifestyle changes and taking prevention medicines. Talk with your healthcare provider to create a plan to help manage any health conditions.

Your risk can be influenced by factors such as:

- · tobaccouse
- blood pressure
- cholesterol levels
- diabetes
- · family history
- activity level
- drinking alcohol
- eating habits
- stress levels
- weight

Where to get help to lower your risk? Starting to make these changes can seem overwhelming and it can be difficult to know where to start. As a first step, talk to your doctor.

To learn more about prevention, connect online to the many supports and resources, including patient videos,

guidance on talking with your doctor; the CVD risk screening tool, making lifestyle changes, and more. Heart attacks and strokes are a serious medical emergency, and delaying treatment can have serious consequences. Knowing the signs of a heart attack or stroke and acting fast is important.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Our mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. Our current focus is on reducing emergency department wait-times, improving EMS response times, increasing access to surgeries, and improving patient flow.



18 LIFE QUOTES TO KNOW

Life Quotes About Authenticity

- "Be yourself; Everyone else is taken." -Oscar Wilde
- "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."-Ralph Waldo Emerson
- "Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are"-Brene Brown

Life Quotes About Attitude

- "Life is 10% what happens to us and 90% how we react to it." Charles R. Swindell
- "A person can change their future by merely changing their attitude."-Oprah Winfrey
- *"Keep your face always toward the sunshine-and shadows will fall behind you"-*Walt Whitman. (This is an example of using metaphors in life quotes. Whitman means that by having a positive attitude, the darker things in life will remain out of sight. He does not mean you should stare at the sun.)

Life Quotes About Success

- "Not in doing what you like, but in liking what you do is the secret of happiness"-J.M. Barrie
- "Life is about making an impact, not making an income." -Kevin Kruse
- "All our dreams come true if we have the courage to pursue them."-Walt Disney

Life Quotes About Perseverance

- "The way I see it, if you want the rainbow, you got to put up with the rain."-Dolly Parton
- "Don't say you can't until you prove you can't." -Lee Paul
- *"The world is not yours for the taking, but for the trying. Try hard"-*Scott Galloway

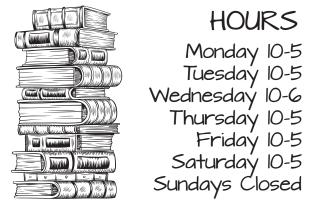
Life Quotes About Life

- "The most important days in your life are the days you are born and the day you find out why."-Mark Twain
- "In three words I can sum up everything I've learned about life: It goes on."-Robert Frost
- "Life is what happens to us while we are making other plans." Alan Saunders

Practical Life Quotes

- "The best bridge between despair and hope is a good night's sleep."-Harry Ruby
- "A party without a cake is really just a meeting." -Julia Child
- "Intelligence is when you spot the flaw in your boss's reasoning. Wisdom is when you refrain from pointing it out."-James Dent

BRETON MUNICIPAL LIBRARY



Stop by and meet our staff <u>Nikki Webber</u> - Library Manager <u>Alice Fenton</u> - Librarian <u>June Knobel</u> - Saturday Librarian

4916 - 50 Avenue, Breton, AB 780-696-3740 www.bretonlibrary.ab.ca



KEEPING YOU COMFORTABLE ALL THROUGH THE YEAR



LETTERS TO THE EDITOR

To the Editor:

A few months ago, Brazeau County Council approved a request to allow a gravel extraction company to take out a piece of county road in order to remove the gravel underneath. As part of the deal, the company would replace that road when extraction was done. A "temporary" road was built around the gravel site and possibly/probably was not built to county standards as it was meant to be "temporary."

Recently, the same Council agreed to allow the company to NOT replace our road, and the company was allowed to give the temporary road in lieu. Additionally, the temporary road (apparently) is considered to be more subject to flooding than the original.

The MGA makes it clear that ... decisions are for the benefit of the county

How does this action serve the best interest of county residents? How much is this action going to cost the county? What did the county receive during extraction for the resource (which belongs to us)?

Ask your councillors how they justify the give-away.

Lynn Oberle Brazeau County November 18, 2023

All "Letters to the Editor" must be printed with the name of it's author. Only letters emailed will be accepted, letters dropped off will be charged an admin fee. <u>Letters to the</u> <u>Editor are the opinions of those who wrote them, not</u> <u>necessarily those of Community 39 Enterprises and we</u> <u>have the right to refuse publication.</u>







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

Cleaning services for various seed varieties

90 ft. scale

Bagged milling 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



I'd make a swear jar but I don't have the kind of income to keep up with my mouth

Laurie's



The only reason I haven't unfriended some people is because their drama keeps me entertained on the toilet.



Sometimes someone unexpected comes into your life outta nowhere, makes your heart race and changes you forever. We call these people cops.

1	9				3			
					2			3
	5					1		
8								
	7		2		6			
		1	3		4		8	
		9						4
6	1					8	9	
3		4		9			7	5

Answers will be published in the next issue!



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CONTACT US

ph/text - 780-499-9006 email: media@community39.com <u>www.community39.com</u>



- Published every Wednesday -

Pick up locations in Breton, Warburg, Drayton Valley, Winfield and Alsike.

PRICING

1/4 PAGE

3.4167" wide x 4.6" tall

\$29 + GST

**multi-ads - \$27.00 + GST

FULL PAGE

7" wide x 9.25" tall

\$60.00 + GST

**multi-ads - \$57.00 + GST

1/8 PAGE 3.4167" wide x 2.28" tall <u>\$20 + GST</u> **multi-ads - \$18.00 + GST

1/2 PAGE 7" wide x 4.6" tall <u>or</u> 3.4167" wide x 9.25" tall <u>\$40 + GST</u> **multi-ads - \$38.00 + GST

> ** Qualify for multi-advertising price by running your ad for three weeks or more in one or both papers consecutively.

Classified Ads are \$5.00 (including GST) for 2 weeks (up to 30 words)

(deadline Monday at 10am before publication) Classified/Payment Drop off available at Breton Library, Warburg Village Office & CE Media Signs & Promotional Thorsby.



- Published every Friday -

Pick up locations in Thorsby, Leduc, Calmar, Sunnybrook, Pigeon Lake, Warburg & Alsike

PRICING

1/8 PAGE 3.4167" wide x 2.28" tall <u>\$30 + GST</u> **multi-ads - \$27.00 + GST

1/2 PAGE

7" wide x 4.6" tall <u>or</u> 3.4167" wide x 9.25" tall <u>\$60 + GST</u> **multi-ads - \$57.00 + GST 1/4 PAGE

3.4167" wide x 4.6" tall <u>\$43.50 + GST</u> **multi-ads - \$40.50 + GST

FULL PAGE 7" wide x 9.25" tall <u>\$90.00 + GST</u> **multi-ads - \$85.50 + GST

** Qualify for multi-advertising price by running your ad for three weeks or more in one or both papers consecutively.

Classified Ads are \$7.50 (including GST) for 2 weeks (up to 30 words)

(deadline Wednesday at 10am before publication) Classified/Payment Drop off available at Breton Library, Warburg Village Office & CE Media Signs & Promotional Thorsby.

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Community Events, Non-Profit Contact Listings & Articles are <u>FREE</u>

"little papers...BIG RESULTS"

