

CONNECT 39

Thorsby, Warburg & Area NEWS

previously the Thorsby Target & Warburg Bugle

FUN FOR EVERYONE THIS WEEKEND IN THORSBY!

Family fun with a parade, Slo-Pitch tournament, Cornhole Tournament, Indoor & Outdoor Beer gardens, Lots of Children's Activities, Music, an Outdoor Market, Fundraising BBQ, Ice Cream Floats & Treats, Meatball Supper, Family Dance and more...

Email thorsbyabchamber@gmail.com if you have any questions or would like to enter into the parade.

THORSBY MAY LONG WEEKEND PARADE MAP & ACTIVITIES

START OF PARADE

END OF PARADE

TSI
Thorsby Sockyards Inc.
(Staging/Participant Parking)

Saturday, May 20 at NOON

PARADE ROUTE

BARRICADES / EMERGENCY ACCESS
Access to the East Side of Town will be blocked at 11:50am until the parade is over ** **NO PARKING on Hankin Street from 50Ave to 49 Ave from 11am - 1pm

Arctic Spas Recreation Complex Activities
Slo-Pitch Tournament & Beer Gardens - Saturday & Sunday
Family Fun Afternoon - Saturday from 12:30-3:30pm
Outdoor Market hosted by CL Market - Saturday
Fundraising BBQ - Saturday

Thorsby Hall on Saturday ONLY
Cornhole Tournament, Beer Gardens, Meatball Supper & Family Dance
All hosted by the Thorsby Historical Society

Communities in Bloom is serving Soda floats & Ice Cream at Taylor Park from 11:30am - 1:30pm during the parade on Saturday!

Hosted by:
Thorsby & District Chamber of Commerce "Business Building Communities"
& THORSBY THE BEST OF BOTH WORLDS

Classifieds

FOR RENT

HOUSE FOR RENT - 2 bedroom near Thorsby, available mid-May. Phone 780-717-8119

FOR SALE

For Sale **2011 HARLEY DAVIDSON SPORTSTER XL1200L** 4600 Original KM Call 780-542-0280

Breton West Herefords has both **HORNED & POLLED BULLS** for sale. Call or text Leonard at 780-898-9590

7 1/2' X 14 1/2' HOLIDAY TRAILER converted into ski-doo or quad trailer. \$1950.00 Phone 780-903-3617

26' FLEETWOOD (Terry) Winter Package, very clean, always in shed, asking \$6950.00. Call 780-903-3617 or 780-789-2588

FORD 1700 DIESEL w/ new front tires, **7' SCYTHE MOWER** and **4' FLAIL MOWER**, all very good shape, asking \$9750 for ALL 3. 780-903-3617 or 780-789-2588

WANTED

We are looking for **PASTURE FOR COW/PAIRS**. Please phone Russell at 780-848-2915.

RETIRING OR UNDECIDED ABOUT WHAT TO DO WITH YOUR FARMLAND? We pay to rent land to be used for crop or hay land. Regions of Thorsby, Pigeon Lake and Warburg. Phone Nathan at 780-710-8313.

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

SERVICES

JOURNEYMAN PLUMBER/GASFITTER & CERTIFIED SEWER INSTALLER Repairs, replacement & new installs. Hot water tanks, furnaces, boilers, gas lines, sewer tanks/fields/pumps. Ryan 780-514-9246

WARBURG COLONY GREENHOUSE - OPEN Monday to Saturday 9am-5pm, Closed Sundays. Variety of hanging baskets, flowers & veggies. Located just off of Highway 770 about 3km north of Hwy 39 near Warburg

D5 DOZER FOR HIRE
Contact Alex 780-905-9200 or 780-789-3843

INTERIOR DESIGN, CABINETS, COUNTERTOPS & BLINDS. Independent Design Consultant for over 25 years. Keri at designbywaters@live.ca or 780-289-2551. Also on Facebook 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

RESPONSIBLE CASUAL WORKER FOR HIRE. Half /Full day help around your home/yard, please give Dave a call 780-389-2189. Serving Mulhurst & Thorsby Area.

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

GARAGE SALES

MULTI-FAMILY GARAGE SALE on Friday, May 19 & Saturday, May 20 - West of Sunnybrook 49142 RR23

PIGEON LAKE - COMMUNITY GARAGE SALE MAY 20 & 21 from 10am - 4pm @ Golden Days Lot's C3, C4, A28. Johnsonia Lot B5. Household, tires, tools, antiques, renovation materials, books, tables & much more!

47 STREET SALE!!!! (Right Side Of The Tracks!!!!)
May Long Weekend

RICHARD HOFFMAN'S *Final* ESTATE MOVING SALE

Friday, May 19
4pm - 8pm

Saturday, May 20
9am-4pm

Sunday, May 21
11am-3pm

5224-55 Street, Thorsby, AB

**EVERYTHING
MUST GO!!!**

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

*Sudoku Answers
from May 12 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 x 3 subgrids.



VILLAGE OF WARBURG Summer Public Works Employment

The Village of Warburg is looking for a motivated post-secondary school student who is looking to gain valuable work experience over the summer. Commencing June 1, 2023, to August 30, 2023, the following opportunity is available. Please note we may consider a secondary/high school student for the months of July and August.

The incumbent will be responsible for general labor duties including but not limited to the upkeep of the Village's parks, park facilities and public spaces; inspecting playgrounds, vegetation control, and will require the operation of light equipment. The incumbent should be able to operate small equipment such as: weed whippers, mowing tractors and other hand-held equipment used in public works operations. Please note that a valid Driver's License is essential.

This is an exceptional learning opportunity for an individual who is capable of working autonomously and who possesses a keen willingness to learn. If you are a responsible, reliable and motivated individual who is eager to help our community and gain valuable experience along the way - Apply Now!

DEADLINE for Applications:
4:00 p.m. on May 25, 2023

Applications will be accepted in person at the Village of Warburg Municipal Office, emailed for mail to:

Village of Warburg
Attention: Chris Pankewitz, Municipal
Administrator
Box 29, Warburg, AB T0C 2T0
Email: village@warburg.ca
Phone: 780-848-2841

COMING SOON

2023 Citizen Satisfaction Survey

As a Leduc County citizen, your priorities and feedback on the municipal services we provide are important.

We've partnered with market-research firm Leger to conduct our second-ever citizen satisfaction survey, which will be open in late May. The survey provides an opportunity for residential citizens – including property owners and renters – to share input on the services and programs they receive and what they think the County should prioritize.

By **May 26**, each residential property owner should receive a letter from Leduc County with a **unique survey code** and instructions for taking the Citizen Satisfaction Survey. The survey will be open until June 19, 2023. In order to take the survey, you must have your survey code.

The anonymous survey will take 10-to-15 minutes to complete.

The input you share will help administration and Council identify areas of success and gaps with our programming and services. It also helps us deliver the services you need and want, while providing good value for your taxes.

Learn more about the survey at leduc-county.com/citizen-survey.





www.mikeshomesltd.com

COMMUNITY EVENTS & info

UPCOMINGSPECIAL EVENTS (Breton, Thorsby, Warburg & Surrounding Areas)

WARBURG Legion Pub Night - on the **3rd Friday** of every month. Doors open at 5pm, **Potluck dinner for May 19 only 6-7pm. June 16 Pub Night** supper provided. Come join us for an evening of cards & games!

THORSBY - May Long Weekend Slo Pitch Tournament, Parade & other events hosted by Thorsby & District Chamber of Commerce on **May 20 & 21**.

THORSBY District Cultural & Historical Society is hosting a **Cornhole Tournament & Beer Gardens**, Meatball & Mashed Potato Supper and Free Family Dance on **May 20**

BRETON - Seniors Day Trip on **Wednesday May 24** to the Ellis Bird Farm & The Gull Lake Honey Company. Please register with Breton FCSS at 780-696-3636. Space is limited.

RUNDLE'S MISSION - Annual General Meeting on **May 24** at 7pm. Email info@rundlesmission.org or 780-389-2422

BRETON - 2023 Golden Spur Gymkhana Buckle Series on **May 25, June 8, 29, July 13, 27, Aug 10, and 17** (Finals). Gates @ 6pm, Starts @ 7pm. For more info or membership package Email: goldenspurgymkhana@hotmail.com

MULHURST Legion - Community Socials the last Friday of the Month: **NEXT SOCIAL May 26 @ 7pm**

WARBURG - "You Are Not Alone", It Is Written TV Hosts Mike & René Lemon at Warburg Pioneer Hall on **Friday, May 26, 7pm, and Saturday, May 27, 11:15am & 2:30pm**. Inspiring music. Free admission. Luncheon provided for attendees.

THORSBY Haymaker Rodeo May 27 & 28. Tickets available at the door. Call 780-789-3829 for more information.

DEVON - Tom's Walk for Mental Health on **May 27** from 12-4pm go to www.tomswalk.ca for more info

PIGEON LAKE Regional High School 50-year High School Reunion, for classmates of 1972, 1973 & 1974, **May 27** at Mulhurst Bay Community Hall. Please email PLRHS2023@Outlook.com to purchase tickets.

SANDHOLM - Pancake breakfast at Sandholm Hall (corner 616x and hwy 778) on **Sunday, May 28, Sunday, June 25, Sunday, July 30 and Sunday, August 27** from 8 am to 11 am. Everyone welcome. For information call 780-389-2381

DEVON Family Paint Night May 29th 6:30-7:30pm, Free bus from Warburg, Thorsby & Calmar. Snacks and Beverages provided. Contact Shauna fcss@warburg.ca 780-848-2828

SENIORS WEEK is June 5-11

Custom Built Homes

- Reliable Service
- Affordable Pricing
- Quality Workmanship



"You Dream It – We Build It!"

MICHAEL JACOB
780.991.1008

michaelj@mikeshomesltd.com

THORSBY Seniors Appreciation Event June 2 Doors open @ 11am Lunch 11:30am at Arctic Spas Rec Complex lobby. Register with Mikayla 780-789-4004

WETASKIWIN Art and Craft Centre Show & Sale on June 3 from 10-4pm at the Multiplex Building 4520 - 48 Avenue.

THORSBY New Life Christian Fellowship church is hosting a **Gospel Music Jam on June 4th**, Sunday at 2 pm! All level of singers and musicians are welcome to join the fun. Light refreshments served! We also appreciate listeners as well!

THORSBY Riverhawks Baseball Field Trip June 5 drop off at 11:00am, pick up at 4:30pm from Arctic Spas Rec Complex. \$40.00 lunch included ages 7+, to pre-register contact Mikayla 780-789-4004 or mleibel@thorsby.ca

BRETON - Seniors information Day and Lunch on June 7. This is a FREE Day but please register by June 1 with your FCSS Program in Breton-780-696-3636, Warburg-780-848-2828 or County of Wetaskiwin-780-352-3321.

MULHURST - Cancer Walk-a-Thon June 9, 2023 check-in @ 5pm at the community hall. 5K walk or run throughout Mulhurst bay community. Contact Marion Wilson at mari_on@yahoo.ca

STRAWBERRY Hall - Farmer's Day Celebration on June 10. Cocktails at 5pm, Supper at 6pm, Live Band at 7pm. Steak BBQ & Hamburgers. Call 780-789-2446 or 780-789-2180

THORSBY Babysitting Course June 10 & 11 from 10:00am - 3:00pm. Ages 12+ Cost \$60.00 lunch included. Arctic Spas Rec Complex. Register @ 780-789-4041 or www.thorsby.ca/recreation

WINFIELD - 12th Annual Wheels in Winfield Show, N Shine on June 10 from 10am-3pm. For further info call Kevin Johnson @780-682-2526 or Albert Brandl at 780-696-2547

WARBURG - Father's Day BBQ on Sunday, June 18 from 5-7pm at the Warburg Legion. Contact Deb at 780-686-2623 or Chris at 780-848-7561.

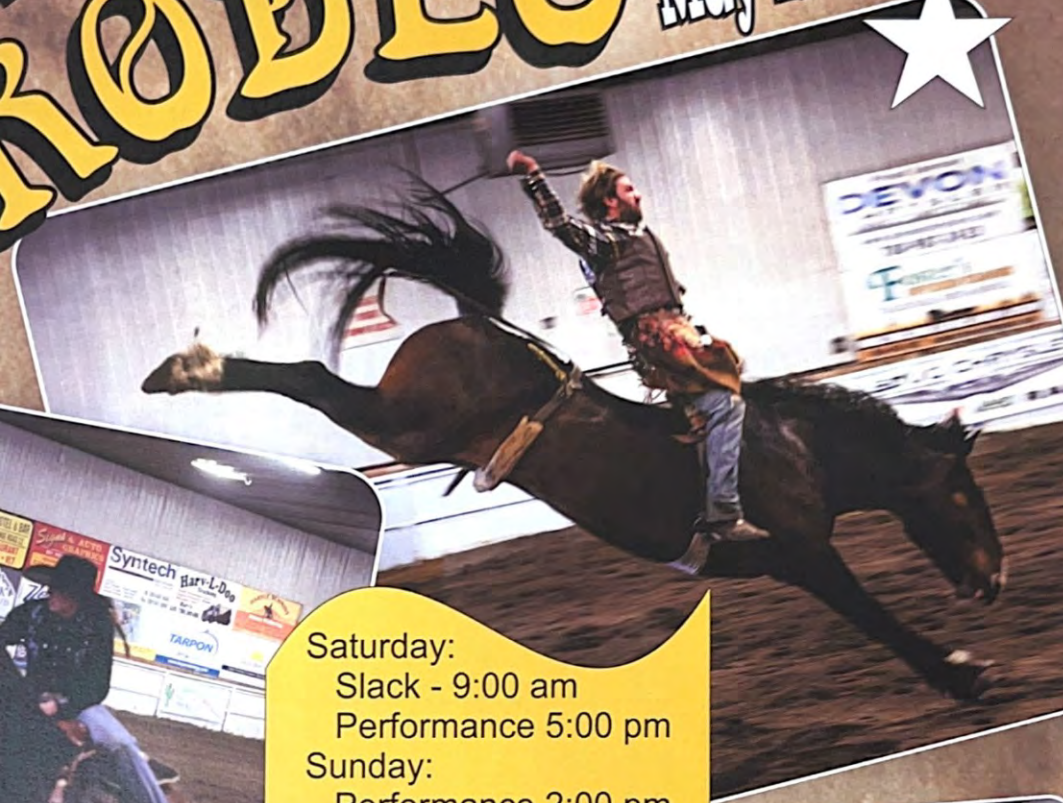
THORSBY & District Cultural & Historical Society is hosting a **Father's Day Pancake Breakfast on June 18**

GLEN PARK Community Assoc is hosting a **55+ free lunch & entertainment the last Wednesday** of the month at 5pm, May & June. \$2 in advance so caterer is prepared. Call 780-919-1250

THORSBY Home Alone Parent & Child Course Wednesday June 21, from 6:00-8:00pm. Parents must attend, Ages 9+ Cost \$30.00 includes snack. Arctic Spas Rec Complex - Register @ 780-789-4041 or www.thorsby.ca/recreation

Community Events & Information is FREE to advertise

THORSBY HAYMAKER
RODEO May 27 & 28, 2023
NEW WEEKEND!



Saturday:
Slack - 9:00 am
Performance 5:00 pm
Sunday:
Performance 2:00 pm

CALF SCRAMBLE



Tickets available at the door

Adult: \$10.00 • 16 and under: \$ 7.00 • Senior: \$ 7.00 • Preschool: Free

780-789-3829 for more information

PROGRAMS & REGULAR EVENTS
(Breton, Thorsby, Warburg & Surrounding Areas)

BRETON Baby & Me for mom's with baby's under 18 mths -1st & 3rd **Thursday mornings** from 10-11:30am at the Breton Community Centre. Contact fcss@breton.ca or 780-696-3636

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!

BRETON Children's Gym Time - FREE Drop in for 0-6 years old on **Tuesdays** from 10am -11:30am at the Breton Faith Covenant Church. Hosted by Brighter Futures - 780-514-5070

BRETON Golden Age Club - Crib on **Saturdays @ 12:30pm / Floor Curling on Tuesdays @1pm**. Drop in fee \$3. / **Cards on Mondays @1pm**. Drop in fee \$3. Contact Pat at 780-898-1651

BRETON Golf Course - Men's Night at 6:30pm (every **Monday**) & **Ladies Night** at 6:30pm (every **Tuesday**)

BRETON Kids Klub - After School Program **Wednesdays** from 3:15-4:45pm for ages 6-12. No fees. Limited spaces. Pre-registration required. Forms at the Library or FCSS office.

BRETON Low Impact Exercise Class - Wednesday mornings from 10 - 11am at the Breton Community Centre. \$2 per class. Contact fcss@breton.ca or 780-696-3636

BUCK CREEK Community Association **Jam Dance & Cards Night** the **first Friday** of every month.

CALMAR - Seniors Music Jam Session 4th Tuesday of the month @ 1pm with light refreshments. 4916 - 50 Ave

MULHURST - Family bingo's every **Tuesday @ 6:30pm** at the Royal Canadian Legion #246.

MULHURST - Royal Canadian Legion Mulhurst #246 hosts **Community Socials** on the **Last Friday** of the month at 7pm.

SANDHOLM Square Dance Club - Youth, couples & singles **Thursdays, 7 - 9:30pm** at the Sandholm Hall (10 miles S of Thorsby). For info call 780-238-5844 or 780-389-2381.

THORSBY - LEGO Club Monday's after school 3:30-4:30pm. Come join us for an hour of Lego building! Free drop-in program ages 7+, 6 & under accompanied by parents

THORSBY - Fun with Friends Storytime (for preschool) on **Friday's** at 10:30am in the Library

THORSBY Lions Club hosting a **Pancake Breakfast first Sunday** of the month at the Senior's Centre 9am - 12pm. For more info call Mercedes King 587-338-7065

THORSBY Parent & Tot Drop In Program on **Thursdays** from 10-11am at the FRN Site (Modular next to the Arctic Spas Rec Complex) Fun games, activities & making new friends

THORSBY 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 Centre - Bingo every **Thursday evening** starting at 7pm / **Afternoon Crib** every **Monday** at 1:30pm. / **Soup & Sandwiches** starting at 11:30am on the **2nd Wednesday** of each month / Everyone welcome!

WARBURG - Busy Brushes meet on **Wednesdays** at 10 am at the Warburg Cultural Centre. Call Linda at 587-590-0378.

WARBURG Floor Curling at the Pioneer Ag Society Community Hall on **Thursdays** at 1pm. Everyone Welcome.

WARBURG Pickleball Thursdays from 6-8pm \$2 each. Warburg School Gym. Equipment provided, no experience needed. Register at the Village office or call 780-848-2828

WARBURG - Pie & Coffee from 1pm - 4pm at the Warburg Museum on the **first Saturday** of every month

WARBURG Seniors Centre - Cards at 1pm every **Wednesday / Soup & Sandwiches** every **3rd Wednesday** at 12pm for \$10 / **Tai Chi** at 10am every **Wednesday** for \$2 / **Quilting** on **Tuesday & Thursdays** at 9:30am for \$2

WARBURG - Sew Heavenly Quilters meet **Thursdays** at 10am at Warburg Cultural Centre. Call Peggy 780-789-2545

WARBURG Social Evening - at the Warburg Legion **3rd Friday** of every month. Doors open at 5pm, Dinner 6-7pm. Come join us for an evening of fun!

WARBURG - Songs For Toddlers at the Warburg Library on **Wednesdays** at 1pm at the library.

WARBURG Saturday at the Library is **Craft Fun Day**, with a table full of supplies to create a craft for a special day that month

WARBURG Volleyball drop in at Warburg School on **Tuesdays from 6-8pm**

MARKETS/THRIFT SHOPS(NONPROFIT)

Thorsby CL Country Market from 10am-3pm, Thorsby Rec Complex. **May 20, Sept 16, Nov 18 & June 24** at Warburg Heritage Days. Email clsoapco@hotmail.com

Mulhurst Bay Farmer's Market at the Mulhurst Bay Community Hall (3802 50 Ave) every **Saturday 10-2pm**. Contact Carol 587-920-2065 for more info.

Thorsby Seniors Thrift Store
Open **Thursdays and Fridays** 10am-3pm

Warburg Treasure's Thrift Shop
Wednesdays from 10am - 4pm. 5112 - 53 Street, Warburg

Calmar Market on Main - is hosting markets in Main Street Park on **Fridays from 4-8pm** from May until September. Email calmarmarket@gmail.com or follow on FB

DID YOU KNOW?

Our Calendar and Connections for Breton, Warburg, Thorsby & Surrounding areas are on our website under "Community".

This includes community group contacts, facilities for rent, churches and other local information.

Go to www.community39.com

You will also find more information on how to advertise, submit an article and for previous editions of our papers.

Don't like going online?

A complete listing will be printed in Connect 39 once a month. Last listing was in the April 28 Issue.





SATURDAY MAY 20/2023

Starting 1:00 pm

THORSBY COMMUNITY CENTRE



**2 PLAYER TEAMS
COST \$40/TEAM**

(Includes 2 Drink Tickets & Bragging Rights)

Player must be 18 years or older

Cash Prizes will be awarded for
1st, 2nd & 3rd place winner
Prize goes to Best Dressed Team



MEATBALL SUPPER

May 20/2023 5:30 – 7:30 pm

Advanced Supper Tickets Only

Adults \$17 each - Children 8 & under \$7.50

Limited Number of Tickets Printed

So get your tickets now.

To register for tournament or purchase Supper Tickets

call: 780 217-9394 or email thorsbyhistoricalsociety@gmail.com E-transfers are accepted (code – market)

All Tournament Teams are to pre-registered & fees paid in advanced

Supper Tickets can also be purchased at Thorsby Pet Necessities

Sponsored by: Thorsby & District Cultural & Historical Society

MEMBERS & INVITED GUESTS



Connect with us!

Submitted by Town of Thorsby FCSS

Hey There, It's Mikayla, your Thorsby FCSS Coordinator and Rec Programmer!

Did you know I am a great source for resources, information, subsidies, and financial support. You can find me in my office located at the Arctic Spas Rec Centre down by the Bowling Alley, I am here Monday to Friday 8:30am – 4:30pm so pop by and say hi!

Please call and book an appointment for any in person help. **780-789-4004** | mleibel@thorsby.ca

May Long Weekend: Join us Saturday May 20th from 12:30 – 3pm for a fun filled day packed with Music from our DJ, Face painting, Glitter Tattoos, Stuffy Riders, Bouncy Castles and more!

Edmonton Riverhawks Day Camp: Join us in getting to learn and play alongside the Edmonton Riverhawks Baseball team on Monday June 5th. To Register and any further information please contact **Mikayla Leibel 780-789-4004** | mleibel@thorsby.ca

Babysitting Course: Saturday June 10th & Sunday June 11th from 10am – 3pm. To Register and any further information please contact **Mikayla Leibel 780-789-4004** | mleibel@thorsby.ca

Home Alone Course: Wednesday June 21st from 6pm – 8pm. Parents Must attend this course with their child. To Register and any further information please contact **Mikayla Leibel 780-789-4004** | mleibel@thorsby.ca

Parent & Tot Drop-In Program: Come join us every Thursday from 10am – 11am at the Thorsby FRN site (Modular next to the Rec) for fun games, crafts and activities while making new friends!

Any further information please contact **Mikayla Leibel 780-789-4004** | mleibel@thorsby.ca Transportation can be provided from Warburg to Thorsby for free- Please register ahead of time for the bus with Shauna Warburg FCSS 780-848-2828.

LEGO Club: Come build new friendships and new rocket ships! Join us every Monday after school from 3:30pm – 4:30pm at the Arctic Spas Rec Complex for LEGO Club **FREE** of charge. This is open to all ages, 6 and under must have an adult with them.

Affordability Payments: All Albertans 65+ and Parents with children under 18 who's household income is LESS than \$180,000 a year qualify for the Affordability Payments. Seniors 65+ If you receive Alberta Seniors Benefit, AISH, PDD or Income Support you **DO NOT NEED TO APPLY** as you will get the Affordability payments automatically! Seniors 65+ who do not receive

any of those benefits and Parents who have children under 18 you will not get these payments automatically and will have to apply online through the account.alberta.ca

If you need help applying, please contact Thorsby FCSS Coordinator **Mikayla Leibel 780-789-4004** | mleibel@thorsby.ca

Income Tax Program: It is officially 2022 income tax season! I can help you with completing 2022 income taxes free-of-charge for people with low to modest income and a simple tax situation. This can include seniors, students, social assistance recipients and newcomers to Canada. The volunteer program does not complete returns for people who are deceased, bankrupt, or have business, farming, or rental income. Assistance to complete past year tax returns is also available.

- **Leduc County: 780-979-2385**
- **Thorsby: 780-619-9824**
- **Warburg: 780-848-2828**

Please contact Thorsby FCSS Coordinator Mikayla Leibel 780-789-4004 | mleibel@thorsby.ca or Marcia 780-619-9824

We hope to see you join us in our coming programs and activities. Make sure you follow us on Facebook to see our monthly FCSS and Rec Guide, so you stay up to date!

Student Welder Award Contest



Apply Today

To be eligible to apply you must submit an essay detailing why you have chosen to be a welder as well as proof of enrollment in the RAP Welder program. Submissions can be made to Sunnybrook Welding.

marketing@sunnybrookwelding.com

PO BOX 28, SUNNYBROOK, AB, T0C 2M0




www.sunnybrookwelding.com

BREAKING NEWS!!

FIRE BAN STILL IN EFFECT

The Fire Ban for Thorsby is still in effect as of May 18th, 2023. To stay up to date and to learn more, please keep an eye out on www.thorsby.ca as well as www.albertafirebans.ca/.

Please note the Fire Ban encompasses fireworks, ATV usage, open burning, burn barrels, firepits, charcoal barbecues, and more as detailed on the listed websites.

The lawnmowing ban has been lifted but could be re-instated if weather remains dry and hot.

For any questions/concerns please reach out to info@thorsby.ca.



CELEBRATING PUBLIC WORKS WEEK!

May 21st – 27th, 2023 is Public Works Week, and we are proud to celebrate the Public Works Team in Thorsby.

Every single day, Public Works is putting the community first and dedicating long hours and tough labour to the continued maintenance of the Town of Thorsby.

This year, we are pleased to celebrate Public Works through resident and business outreach with a Public Works/Water Treatment Plant Open House on Wednesday, May 24th, 2023. We encourage everyone to come have a smokie, a pop, and learn more about the day-to-day operations of our Water Operators and Public Works team. Please feel free to bring your little ones, as this event is child friendly, and we encourage everyone young and old to learn more about our team.

This event, including food and drink, is free of charge and will run from 4:00pm – 6:00pm.



Thorsby Town Office Hours are:

Mon: **CLOSED** for Long Weekend
Tues: 8:30am-4:30pm
Weds: 8:30am-4:30pm
Thurs: 8:30am-4:30pm
Fri: 8:30am-4:30pm
Sat-Sun: **CLOSED**

The office is open during Lunch!

Thorsby Town Council Meetings

(all meetings are held at the Town Office in the Council Chambers)

Tuesday, May 23rd | Regular | 7 - 8:30pm

Tuesday, June 6th | Special Audit Meeting | 7-8:30pm

Tuesday, June 13th | COW | 7 - 8:30pm

The public is welcomed to all Council Meetings

Town of Thorsby

4917 Hankin Street, Box 297 Thorsby, AB
T0C 2P0
TEL: 780.789.3935 www.thorsby.ca



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ATTENTION GARDENERS

The Taylor Park Committee is adding a perennial garden to Taylor Park. **If you have any perennials you would like to donate please call/text Carol at 780-777-8472 or drop them off at CE Media (4928 Hankin Street, Thorsby).**

Thank you for your support!

Your Guide to Voting

X Election Day Monday, May 29, 2023

Election Day voting hours are from 9:00 a.m. to 8:00 p.m.

On Election Day, you **must** vote at the voting place specified for your residence.

VOTING PLACE LEGEND: DRAYTON VALLEY-DEVON

Using the map, locate your address and find the letter representing your voting area, then match it to the voting places listed below.

A

Lodgepole Community Hall
4501 52 Avenue
Lodgepole

B

Violet Grove Community Hall
4706 50 Avenue
Violet Grove

C

Breton Community Centre
4715 50 Avenue
Breton

D

Lindale Community Hall
5424 Township Road 494
Brazeau County

E

Buck Creek Community Hall
5302 50 Avenue
Buck Creek

F

Omniplex - Mackenzie Conference Centre
5737 45 Avenue
Drayton Valley

G

Easyford Community Center
8502 Township Road 501
Easyford

H

Moon Lake Community Hall
7302 Township Road 520
Entwistle

I

Whitby Community Hall
6523 Township Road 502
Brazeau County

J

Seba Beach School
53112 Highway 31
Seba Beach

K

Tomahawk and District Sports and Agra Centre
51122 Highway 759
Tomahawk

L

Keephills Community Center
15, 51515 Range Road 32A
Keephills

M

Genesse Community Hall
51020 Range Road 30
Leduc County

N

Holborn Hall
51132 Range Road 13
Parkland County

O

Spring Lake Office
990 Bauer Avenue
Spring Lake

P

Blueberry Community Hall
53109 Range Road 15
Parkland County

Q

Clymont Community Hall
1, 51423 Highway 60
Clymont

R

Enoch Community Centre
Enoch Cree First Nation
Stony Plain No. 135

S

Garden Valley Community Hall
52002 Range Road 274
Parkland County

T

Graminia Hall
51101 Range Road 270
Parkland County

U

Devon Community Centre
20 Haven Avenue
Devon

V

Wilton Park Hall
27474 Township Road 502
Leduc County

W

Strawberry Community Hall
1544 Township Road 502
Leduc County

X

Thorsby Community Centre
4813 49 Street
Thorsby

Y

Warburg Recreation Centre
5335 50A Avenue
Warburg

Z

Calmar Legion
4815 47 Street
Calmar

AA

Glen Park Community Hall
49004 Range Road 274
Leduc County

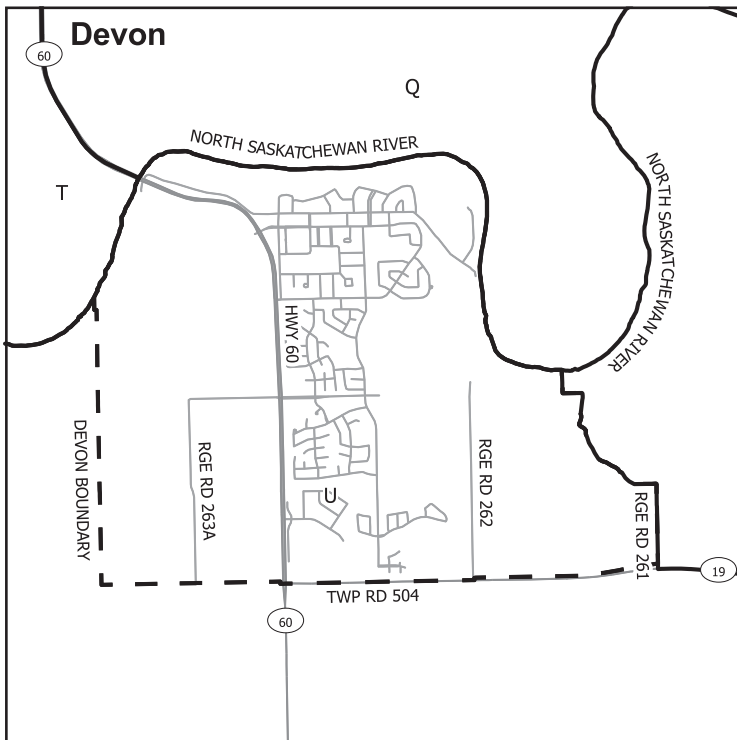
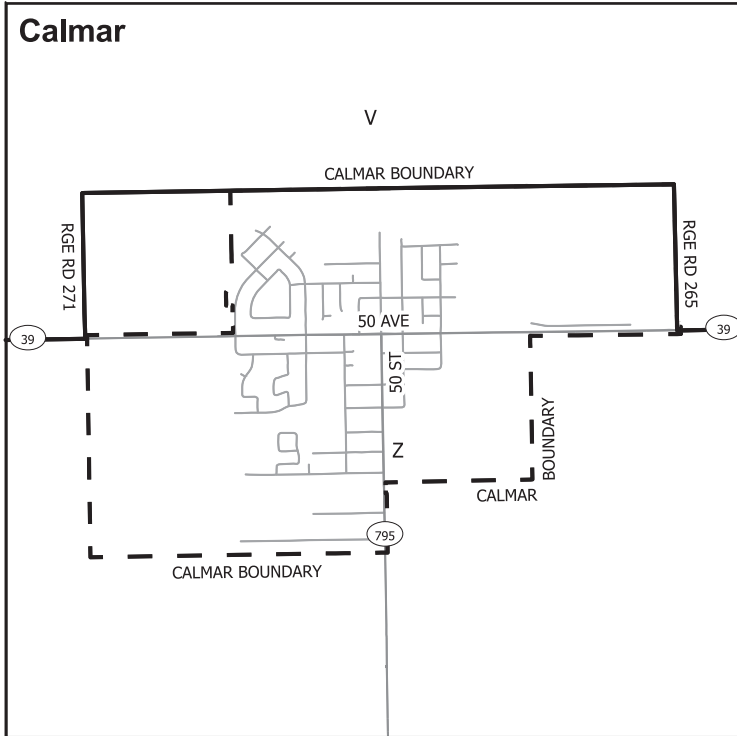


SCAN TO FIND YOUR VOTING LOCATION

Find out more at www.elections.ab.ca

Your Guide to Voting

Please refer to the Voting Place Legend on the previous page.



Find out more at www.elections.ab.ca

Provincial General Election

Voting will take place to elect a Member of the Legislative Assembly. If you are voting on Election Day, Monday, May 29, 2023, you must vote at the voting place identified for you on the map. If you prefer to vote in advance, from May 23 to May 27, you may vote at any advance voting location in Alberta.

Advance Voting Days Tuesday, May 23 to Saturday, May 27

During Advance Voting Days, you can vote at any advance voting location in Alberta.

Advance voting locations nearest your electoral division are specified below. Visit www.elections.ab.ca for additional voting locations throughout the province.

Advance Voting Location	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26	Saturday, May 27
Clymont Community Hall 1, 51423 Highway 60, Clymont	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM
Easyford Community Center 8502 Township Road 501, Easyford			9 AM - 8 PM		
Lodgepole Community Hall 4501 52 Avenue, Lodgepole	9 AM - 8 PM				
Old Esso Building 2000 Miquelon Avenue, Devon	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM
Tomahawk and District Sports and Agra Centre 51122 Highway 759, Tomahawk				9 AM - 8 PM	9 AM - 8 PM
Warburg Recreation Centre 5335 50A Avenue, Warburg		9 AM - 8 PM			
Omniplex - Mackenzie Conference Centre 5737 45 Avenue, Drayton Valley	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM

Electors unable to vote in advance or on Election Day may vote by special ballot. See www.elections.ab.ca for more details.

Returning Office

Main Office:

2000 Miquelon Avenue, Devon, AB T9G 1A9
 Returning Officer: Sandi Dahl
 Phone: 1-833-483-2800
 Email: ed58@elections.ab.ca
 Office hours:
 Monday to Friday: 9:00 am – 6:00 pm
 Saturday: 10:00 am – 4:00 pm
 Voting days: 9:00 am – 8:00 pm

Accessible Voting

Barrier-free Access:

All voting places are evaluated and modified, where possible to provide barrier-free access for voters. Visit www.elections.ab.ca/accessibility for evaluation criteria on each voting place.

Assistive Technology:

Advance voting places with the Assistive Technology symbol are equipped with devices that assist electors to read or mark a ballot independently. To learn more about these devices and where they are available visit www.elections.ab.ca/accessibility

Results of the official count will be available on Thursday, June 8, 2023 at www.elections.ab.ca

Find out more at www.elections.ab.ca



Thorsby Seniors Crib Results!

Results from May 15th Crib Games:

- 1st - Marvin Wagar - 942
 - 2nd - Eugene Senio - 937
 - 3rd - Phyllis Yawney - 936
- High Hand of 24 was held by both Elaine Blair and Elaine Matear

CONGRATULATIONS TO ALL THE WINNERS!

*Next crib event will be held on Monday, May 22nd, at 1:30pm, Thorsby Seniors Center
Admission \$6
Come & enjoy the fun!*



Banman Westerlund LLP

Chartered Professional Accountants

- Derek W. Banman CPA, CA - Partner
- Kyle Westerlund CPA, CA - Partner

Box 367, 5012 - 50 Avenue

T: 780.696-2511

Breton, AB T0C 0P0

F: 780.696.2017

E: dbanman@banwest.ca

#401, 9426 - 51 Avenue NW

T: 780.426.3943

Edmonton, Alberta T6E 5A6

F: 780.424.1875



Summer Treats



OLD FASHIONED SODA FLOATS
POP/WATER
ICE CREAM TREATS

\$2-\$4

JOIN US
ON THE MAY LONG WEEKEND
AT TAYLOR PARK
MAY 20/2023 11:30-1:30
ENJOY A BLAST FROM THE PAST

2023-2024

PRE-KINDERGARTEN INTAKE NOW OPEN

Calling all families with young children! Do you have a pre-school age child who struggles with following directions, communication, separation anxiety, temper tantrums, changes in schedule or other developmental milestones?

Consider having a screening and find out if your child can qualify for almost-free Pre-kindergarten with the Black Gold School Division.

Our Pre-Kindergarten program is designed to support children who have a delay in one or more areas of development. It is social, play-based, and student-centred, allowing your child to grow, interact, imagine, experiment, and explore. It is tailored to meet the unique learning needs of children, and incorporates a play-based curriculum that highlights the development of language, emergent literacy, and emergent numeracy skills.

Let us help you make a positive impact on your child's future. For more info, please visit: www.blackgold.ca/schools/programs/pre-kindergarten



NOW OPEN!

All applicable Black Gold schools are open for 2023-2024 Pre-Kindergarten intake.

For more information, please visit: www.blackgold.ca/schools/programs/pre-kindergarten



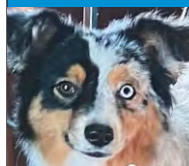
NAILS

THORSBY

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maxinehs@persona.ca

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For more info on these & other properties visit our website at **MooresRealty.ca**

BRETON



NEW **\$165,000**

132 Willow Drive - 2015 SRI mfg 3 bed 2 bath home on its own lot in Breton with room for a garage. West facing deck. Concrete drive.

BUCK LAKE



NEW **\$550,000**

Greystones - 3 bedroom, 2 bath custom built home, 26x56 garage with bonus room, paving stone firepit area... and more

BUCK LAKE



NEW **\$385,000**

Willowhaven - 0.59 acre lakefront lot (environmental reserve), 2004 mfg home, heated garage, seacan, storage shed, 90' dock

BUCK LAKE



NEW **\$96,300**

Buck Lake Getaway - 100x100 lot, older 3 bedroom mobile home, 1 bedroom cabin, 24x24 older garage. Artesian well. Power

BUCK LAKE



NEW PRICE **\$179,000**

GREYSTONES Lakeview 1.13 acre, services - power, well, nat gas riser. 40 ft Jayco RV with 3 slides. Shed.

BUCK LAKE



\$649,000

Buck Lake Estates 0.54 acre Lakefront, lakeview, 4 bed home, walk-out basement. 3 car heated garage. Also a single car garage.

BUCK LAKE



\$949,990

Buck Lake Estates - Lakefront - 5 bed 3 bath home, walkout basement. Triple att garage. Heated shop. Remote control gate & more

BUCK LAKE



\$190,000

West Point Beach - 1 bed 1 bath cabin built 1988, 0.8 acre lot. Wood stove, full kitchen, Drilled well, 2000 gal septic tank & power

LODGEPOLE



\$35,000

60x130 lot. Natural gas & drilled well on property. Power & sewer at lot line. Zoned Hamlet Residential. Mfg homes permitted.

BRETON



\$49,900

12 Fraser Drive - large lot backs onto golf course - 159 ft golf course frontage. No time restrictions to build. GST included.

BUCK LAKE



\$185,000

410 Lakeshore Dr. Business or Pleasure or both. 0.66 acre commercially zoned lot with home on raised basement, shed.

WINFIELD



\$949,000

158 acres, creek, mature forest, cabin, peace & tranquility! East Poplar Creek flows thru this land. On no exit road.

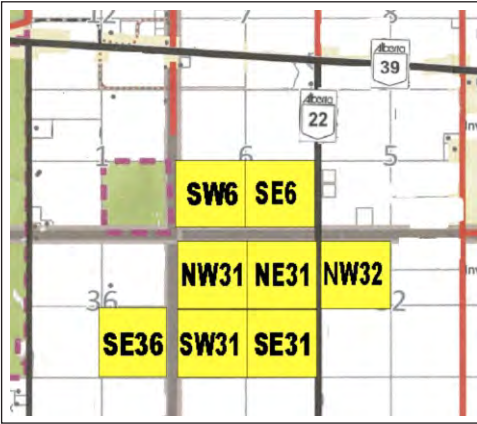
LAND

155.64 Acres Teed Private Get-away! Half hour west of Highway 2 (QE2) on AB13. Just east of Winfield. Backs onto crown land to the south (Twin Lakes Park). Hard packed gravel area is partially fenced with chain link fence/locked gate. Power complete with RV plugin. Explore the trails through the trees and gently sloping land. Winfield \$475,000.

79.5 ACRES with approximately 50 acres of hay and balance in pasture. Power & Well. Receive \$2855 annual surface lease revenue. BUCK CREEK \$299,000

LOTS IN BRETON
at
DEER CROSSING ESTATES


2 lots still available. No time requirement to build, GST included in price. Village will put in driveway. \$45,000/lot



LAND

INVESTMENT OPPORTUNITY
8 quarters (1267 acres), spacious home, 32x40 heated shop, Quonset, 2 waterers. 2nd serviced yard site is on the quarter to south. Substantial annual revenues received from surface leases & land rent. On Hwy 22. short distance to Drayton Valley \$6,500,000

WINFIELD LIQUOR LOFT



Opportunity knocks in the community of Winfield, Alberta. Be your own boss of this Liquor Store. The Winfield Liquor Loft has been serving the community and surrounding areas for 10+ years. Built in 2011, this solid built 1152 sq ft building has a metal clad exterior & covered front sidewalk running along the front of the store. Inside is the attractive front & cold room retail spaces, storage space, off loading double doors and outside metal security gate. Inventory not included in list price. The buyer will have to obtain their own liquor license from AGLC as the current liquor license cannot be transferred.

OUR TEAM OF REALTORS

Trent Wirsig 780-202-0140
Terence Barg 780-621-6767
Justin Hatt 780-621-3695
Cathy Hatt 780-898-0729

Moore's Agri-Trade Ltd, Breton, AB 780-696-2249

Rural Real Estate

On-Line Real Estate Auction Sale - Retail (Liquor) Store

Starts Opening June 16th, 2023 & Closes on June 20th, 2023

Location: 101 Hwy 13 West, Alder Flats, Alberta

Investment Opportunity - Legal: Plan 1057HW, Blk 1, Lot 4

**Mixed Used Commercial/Residential Zoned 3 Unit Building on a
0.12 Acre Lot & Liquor Store Business for Sale!**

Located in the Growing, Rural Hamlet of Alder Flats in West Central Alberta with Primary Highway Frontage. Just Steps Away from Crown Land which keeps Hunters, Campers & Nature Enthusiast coming through. Also a Very Well Established Clientele of Local Residents, Businesses & Community Organizations over the Last 25 Years that keeps the Inventory Moving and the Business Profitable!

The Building Houses a 3 Bedroom, 2 Story Apartment, Canada Post & the Only Liquor Store in Town!

The Apartment Boast 900 Sq Ft of Living Space complete with a Fully Custom Oat Kitchen with Ample Cabinets & Storage, a Roomy Open Living Area & an Oversized 4 Pce Bedroom with Laundry. There is a Spacious Master Bedroom with a Double Wide Closet & 2 Smaller Bedrooms that could Serve as an Office/Craft Room etc.

Appliance included with the sale are: Refrigerator, Stove, Washer & Dryer.

The Newly Fenced in Back Yard has Ample Room for a Green House & Numerous Garden Boxes if you so Desire. Detached One & a Half Car Garage (18'x26') with a New Roof & New Insulated Roll Up Door.

Canada Post has a Current Lease on its Separate 492 Sq Ft Space & the Lease will be Transferred to the New Buyer.

Highway Front 525 Sq Ft Retail Store Space is Well Established with a 195 Sq Ft Walk in Cooler, which was Serviced & Inspect in August of 2022.

The Back of the Store holds an Office, Washroom & a 144 Sq Ft Storage Room for Excess Inventory. Two Security Systems with 6 Cameras (Security Contract to be Transfer), all Shelving, Till, Pop Coolers & a Deep Freeze all Come with the Building.

Recent Upgrades to the Building include: New Foundation, Roof, HVAC System with High Efficiency Zone Controlled Furnace, A New water Pump 6 Years Ago, as well as many Cosmetic Upgrades to the Interior.

Property has its Own Independent Water Well & is tied into the Town Septic System.
Taxes in 2022 were \$1,426.62.00

Real Estate Transactions are being Handled by Morrison Realty - Kim Hughes (403) 704-3141 & Allen Olson (403) 783-0556

For Terms & Conditions Please Visit our Website at www.allenolsonauction.com



**For More Information or to
Book a Viewing contact:**

Kim Hughes (Realtor) - (403) 704-3141

Allen B. Olson (Auctioneer)

(403) 783-0556

Justin Janke (Sales Rep) - (780) 515-0888

Cindy Hodge (Seller) - (780) 838-9263

Allen B. Olson Auction Service Ltd.

Rimbey & Hwy #16, Alberta

License No. 165690

(403) 843-2747 Sale Site

1 (855) 783-0556 Toll Free

E-mail: abolson@telusplanet.net - Homepage: allenolsonauction.com

WARBURG SCHOOL NEWS



Alberta fires have impacted our Warburg School families and we are so grateful that everyone is safe. Our school community wanted to express our gratitude to all of the front line first responders risking their safety to keep us out of harm's way.

Staff donated snacks and hydration beverages while our students created special care packages which had a special message for each first responder.



Thank you to Mrs. Sibley for creating the banner which is hung upon our school fence for all to see.

I was in Drayton Valley on deployment last week working to help put out the fire in the area. I want to thank you personally for the awesome messages everyone did on the lunch bags. I and many of us (firefighters) were touched by all your messages and the great art work you did - They were amazing. We are not alone in helping your community. There are many people behind the scenes that are helping out including your parents, teachers and volunteers. Working together we all are making a difference including you.

Thank you again from - Lieutenant Kyle Paulson
Lesser Slave Regional Fire Department
Slave Lake, Alberta



We were so happy to have had a reply from one of the care package recipients and hear that our messages made a difference in their day.

WARBURG SEED CLEANING CO-OP LTD.



Phone No. 780-848-2365

warscp@gmail.com

www.warburgseed.com

“like us” on Facebook

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*

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home comfortably and confidently”

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for all your legal needs, including but not limited to:

- Criminal Law
- Corporate Law
- Estate Planning and Administration
- Family Law
- Real Estate
- Notary Public

Call, email or visit
our website
to make an appointment

Warburg Public Library Update

Submitted by Gail O'Neil

Ph: 780-848-2391
 Fax: 780-848-2296
warburglibrary@yrl.ab.ca
www.warburglibrary.ca
 the Library is also on FB and Instagram

Library Hours: Tuesdays, Wednesdays, Thursdays
 10 am – 6 pm and Saturdays Noon – 4 pm
 (exceptions are long weekends, closed).

Warburg Library will be **CLOSED** Saturday May 20 for the Victoria Long weekend.

Thank you to Everyone who came to the Library's Mothers day craft, The winner of the Mothers day draw for a \$25.00 Chapters gift card was Shannon Sontag. There will be a special craft day in June for Fathers day, Staff will let everyone know the day, time and craft.

The May Board Meeting is Wednesday May 17 at 2:30 pm, the Public is welcome to attend these meetings as a guest.

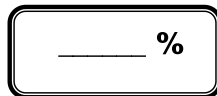
"If you are not yelling at your kids, you are not spending enough time with them."
 - Reese Witherspoon -

Spring road bans have been lifted

WATCH FOR SIGNS

Overweight permits

To obtain an overweight permit, contact RoaData at **1-888-444-9288**.



For more information:
www.leduc-county.com/roadbans or call:

- **780-979-6185**
 (Monday to Friday, 8:30 a.m. to 4:30 p.m.)
- **780-955-7226**
 (24-hour information line)



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



12.9 ACRES



Over 2100 sq.ft. bungalow, shop, set up for horses. Ravine view. Located 5 minutes from Warburg. ~~E4334565 \$595,000~~
\$575,000

COUNTRY LIVING IN BRETON

4800 sqft large family home on double lot. 3 bed, 3.5 bath, rec room, oversized double garage ~~E4330229 \$398,000!~~



THORSBY BUNGALOW



On huge 50x 264 ft. lot. 2 bedroom, newer shingles, vinyl windows. ~~E4322203 \$130,000~~

NEW MOBILE

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




THORSBY

3 Bed, 2 bath bungalow, finished basement, many upgrades, large garage ~~E4339733 \$259,000~~



SECLUDED 4.27 ACRE



~~E4318673 \$525,000~~ **\$410,000**

5 bed, 3 bath, walkout basement, 32x48' shop, barn

WARBURG BUNGALOW

Upgraded 3 bed, 1 bath, newer triple pane windows, shingles, copper roof, furnace, HWT, flooring and more! ~~E4334003 \$189,000~~
\$189,000



COMMERCIAL LOTS



Lots in Warburg on main street totalling 150' frontage x110' depth. ~~E4322848 \$49,999~~

WARBURG VACANT LOTS

Residential Lot 12 ~~\$24,000~~ **\$20,000**
 Lots 23-25 Your choice ~~\$45,000~~ **\$40,000**
 2 serviced lots ~~E4325274 \$20,000~~ each

Come Join Us at Breton Word of Faith

Sunday May 21, 2023



Sunday Service Guest Speaker
10:30 am

Jim Kaseman of AFCM

Dr. Julius "Jim" Kaseman is a graduate of the 1975 charter class of RHEMA Bible Training Center in Broken Arrow, Oklahoma. He holds credentials with RHEMA Ministerial Association International and the Association of Faith Churches and Ministers International.

Jim graduated from Minot State University, Minot, North Dakota in 1970 with a Bachelor of Science Degree. In July of 1994, an honorary Doctor of Divinity degree was conferred upon Jim by Dr. R.E. Anderson from the School of Bible Theology in San Jacinto, California.

Jim entered full-time ministry in 1975 when he accepted the invitation to pastor a church in Minnesota. A year later he was called to the itinerant ministry. As a result, Jim Kaseman Ministries was founded and became instrumental in establishing churches in Minnesota and the surrounding area.

In 1978, Jim founded the Association of Faith Churches and Ministers International (AFCM) to promote fellowship among the ministers who shared his vision of taking the Gospel of Jesus Christ to the world.

In addition to his responsibilities with AFCM, Jim ministers throughout the year in churches, conventions, and Bible schools. Having seen in his own life the transforming power of the Word of God, his desire is for every believer to live a victorious Christian life.

Please come out and join us as we learn to live in the Power of God. We are located on the Southwest side of Breton 4507-52 St.

We will be holding a **free garage sale** at Breton Word of Faith Father's Day Picnic

Come Join us for hotdogs, burgers and refreshments and see if there may be items you would like to rehome.

Starts at 12:00 pm Sunday June 18th



Are you finding it hard to control your emotions, behaviours and find yourself feeling like you are not in the driver's seat?

That's what Jesus is for

Philippians 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Jesus is the power to change us



TAKE OFF POUNDS SENSIBLY

TIPS From TOPS!

From Pearl Elson

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 Cheryl at 780-848-7673 for more info.

SODIUM IN YOUR DIET

You've probably heard that most Americans eat too much sodium. Your body needs a small amount of sodium to work properly, but too much sodium can be bad for your health. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease. Despite what many people think, most dietary sodium (over 70%) comes from eating packaged and prepared foods-not from table salt added to food when cooking or eating. The food supply contains too much sodium and American who want to consume less sodium can have a difficult time doing so. That is why the U.S. Food and Drug Administration is working with the food industry to make reasonable reduction in sodium across a wide variety of foods. Even though sodium may already be in many packaged foods when you purchase them, you can lower your daily sodium intake by using the Nutrition Facts label.

SODIUM AS A FOOD INGREDIENT

As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, flavor and as a preservative. Some common food additives like monosodium glutamate (MSG), sodium bicarbonate (baking soda) sodium nitrate and sodium benzoate-also contain sodium and contribute (in lesser amounts) to the total amount of "sodium" listed on the Nutrition Facts label.

Surprisingly, some foods that don't taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food's sodium content. For example, while some foods that are high in sodium (like pickles and soy sauce) taste salty, there are also many foods (like cereals and pastries) that contain sodium but don't taste salty. Also, some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

9 EASY TIPS FOR REDUCING SODIUM CONSUMPTION

1. **Read the Nutrition Facts level.** Compare and choose foods to get less than 100% DV (less than 2,300 mg of sodium each day).
2. **Prepare your own food when you can.** Limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles and read-made pasta).
3. **Add flavor without adding sodium.** Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.
4. **Buy fresh.** Choose fresh meat, poultry, and seafood rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline has been added.
5. **Watch your veggies.** Buy fresh, frozen,(no sauce or seasoning) or low sodium or no -salt added canned vegetables.
6. **Give sodium the "rinse."** Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.
7. **Unsalt your snacks.** Choose low sodium or no salt added nuts, seeds and snack products (such as chips and pretzels) -or have carrot or celery sticks instead.
8. **Reduce your portion size.** Less food means less sodium. Prepare smaller portions at home and consume less when eating out-choose smaller sizes, split an entrée with a friend, or take-home part of your meal.
9. **Make lower-sodium choices at restaurants.** Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served "on the side". Then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

SODIUM AND BLOOD PRESSURE

Sodium attracts water, and a high-sodium diet draws water into the bloodstream, which can increase the volume of blood and subsequently your blood pressure. High blood pressure (also known as hypertension) is a condition in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs (such as the heart, kidneys, brain, and eyes). Uncontrolled high blood pressure can raise the risk of heart attack, heart failure, stroke, kidney disease, and blindness. In addition, blood pressure generally rises as you get older so limiting your sodium intake becomes even more important each year.

SPRING TRUCK & MACHINERY CONSIGNMENT AUCTION

TIMBERLIND AUCTIONS Online Timed Auction Sat, May 20th to Tues, May 23rd

Directions: From the Buck Creek Service Station on Hwy#22, 1 km East on SH#616 or from Breton on Hwy#20, 24 km West on SH#616
Terms: Cash/Approved Cheque/Debit/Visa/Mastercard GST will apply where applicable



**VIEWING FOR BUYERS: Thursday, May 18th - Monday, May 22nd
from 9 AM until 6 PM**

" Online Timed Auction"
to Register and View Listing, please go to:
timberlindauctions.hibid.com

SELLING:

Grader, Backhoe, Tractors, Machinery, Livestock Handling Equipment, Panels, Shelters,
Lumber, Tubing, Shop Supplies, Flat Deck Trailers, Stock
Trailers, Trucks, Cars, SUVs, Holiday Trailers, Quads, Lawn & Garden Equipment, Trees
& MUCH MORE !

"LIVE" AUCTION for the Estate of Carl MACIBORSKI

Thurs, June 8th @ 10:00am by Warburg AB

Directions to the Auction: West of Warburg on Hwy 39 1.6 km to Hwy 770, North 1.7 km. West Side of Road
(Rural Address 49104 Hwy 770)



SELLING:

****JD 5085 FWA Tractor**
****JD 40 Crawler—540 PTO s/n 60697**2008 H&H Pull Type Enclosed Trailer**
****Honda Foreman Rubicon 4x4 Quad**Yamaha Golf Cart**Case International
235 Tractor **Massey Ferguson 35 Deluxe Tractor **McCormick Farmall
Cultivision A Tractor**Lincoln Eagle Electric Welder—10,000 Plus**Haybuster
256 Bale Buster **Frontier DH1296 3pth Disc**Panels**Many Shop Tools**



ONLINE AUCTION for the Estate of Pete KNIGHT

Thurs, June 8th to Sun, June 11th by Strathmore, AB

Directions to the farm: East of Strathmore on Hwy#1 - 3 km to Range Road 245, North .8 km. Left side of road
(Rural Address 242044 RR 245)

VIEWING DATE: Saturday, June 10th
from 10:00 AM until 4:00 PM



SELLING: ****New Holland (NH) 8160 FWA Tractor**
****2016 Ford F150 Truck—only 142,540 km**
****1995 Featherlite 15' x 7' Gooseneck Horse Trailer**
****Many Panels & Livestock Handling Equipment**

For Full Listing, go to: timberlindauctions.hibid.com



TIMBERLIND AUCTIONS

Box 100 Buck Creek, Alberta T0C 0S0

Ph. (780)542-7323

Auctioneer: ROBERT LIND License #312993



Visit our website at: timberlindauctions.hibid.com

Zamek Construction

Pigeon lake and Area

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LEDUC WEST ANTIQUE SOCIETY ANNOUNCES FULL SEASON OF ACTIVITIES

Submitted by Leduc West Antique Society

The Leduc West Antique Society this week released their slate of events to be held at the Alberta Heritage Park Site located just west of Leduc on Highway 39.

Tying together the regular public events held at the site this year is a five-part music series presented on the outdoor stage. The Stage @ Leduc West music events will be held from May to September in conjunction with the main public events at the park. Season Passes for the music series include admission to the park and are now available on the Societies web site.

The first event of the summer season is the Societies annual Swap Meet event on May 27th. This year's event will feature a vintage tractor pull competition as well as open-house tours of the various museums on site including the Edmonton Power Historical Foundation, the Museum of Trucking, Howard Lengert's Rolls Royce collection, the Steel Wheels display, as well as opportunities to buy, sell, and trade vintage goods.

The largest event of the season will happen in July on the 22nd and 23rd with the Societies Annual Expo. This will see activities for kids and adults alike with all of the museums on site open, vintage vehicle parade, tractor pull competition, threshing demonstrations, and on-site concessions.

"Musical acts performing for the season include various artists that have a vintage look and sound.", said Kevin Eklund, President of the Society. "We wanted to play on our historic theme so we have bands that resonate with the historic nature of the park and feature music that is reminiscent of the sounds that your parents and grandparents might have experienced, but with a modern twist."

The bands include (May 27) Prairie Sky, an acoustic roots band from Edmonton.

On June 17th local music leader Nathan Carroll will be performing with the Leduc West House Band – a group of extremely talented musicians playing music of Canada's past with a modern twist.

On July 23rd The Jivin' Belles takes to the stage with their unique take on close harmony singing in the vein of the Andrews Sisters.

August 26th will see the Misery Mountain Boys bring their high energy and Gypsy-swing influenced sound.

The traditional sounds of Edmonton based Celtara will wind up the music series season on September 9th at the Societies Country Harvest Fair event.

Other annual events continue to be held at the site including the Lesco Trucking show and shine event in September, and the Leduc Christmas Lights event held in December in conjunction with the Leduc Kinsmen.

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LETTERS TO THE EDITOR

Letter To The Editor - Education

With fires burning across the landscape and many Albertans forced to leave their homes, you could be forgiven for forgetting the province is in the middle of an election.

It seems of small importance in comparison, but it is not without consequences. The reality is this election will decide the future of Alberta. It is the most important election in Alberta's history. It is a choice between those who want to keep moving Alberta forward by protecting the services and values Albertans hold dear, or those who want to take Alberta backwards by recycling failed ideological policies that have already failed Albertans once before. This is particularly true when it comes to Alberta schools. Since day one, the UCP has cherished Alberta's diverse education system and worked to grow it even stronger.

The latest example is the UCP government's most recent budget which added an additional \$2 billion in funding for Alberta's education system - more money than ever before. This record level of funding means hiring up to 3,000 more education staff across the province, including teachers, educational assistants, bus drivers and school support staff. Additional funding from the UCP also means more support staff for special needs students, so that all Alberta parents can get their children the education and support their kids need.

The reality is that moms and dads, not the government - and certainly not Rachel Notley and the NDP - know what is best for their children. Almost half of Edmonton school-aged children go to a non-public school, which is just a small example of the diversity of the needs families have, and the strength of Alberta's education system.

No government has done more to defend, protect, and enhance Alberta's long history of educational choice for Alberta families than the UCP. The UCP passed a Choice in Education Act to protect parental choice and bring common sense back to Alberta's education system after the NDP spent four years injecting their political ideology into kids and classrooms. That bill increased options for parents when choosing out to educate their children, and amended the Education Act to include recognition of Section 26.3 of the Universal Declaration of Human Rights.

I trust a reelected UCP government to champion school choice and provide record funding to Alberta's world-class education system.

There are currently over 13 full construction projects for schools underway, along with 20 design projects, 14 planning projects, and 11 pre-planning projects. This

election will have consequences.

The UCP wants to keep moving Alberta forward and this will be why I will vote for them on May 29th!

Rachel Notley and the NDP want to take us backwards.

Jennifer Root
Calmar, AB

*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. **Letters to the Editor are the opinions of those who wrote them, not necessarily those of Community 39 Enterprises and we have the right to refuse publication.***

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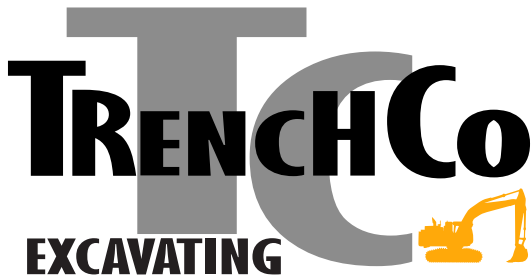
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Laurie's Laughs



A human fart can be louder than a trombone.

I discovered this at my daughter's school concert.



A police recruit was asked during an exam, "What would you do if you had to arrest your own mother?" The reply, " Call for backup".



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Answers will be published in the next issue!

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THORSBY - 2.97 acres of park like setting on pavement, 1079 Sq.Ft Bungalow with partly finished basement, Double detached garage **\$399,900.00**

THORSBY - 1592 Sq.Ft 3 Level split, 4 bedrooms, Large 50'x150 corner lot, 20'x32' Detached shop, Garden spot, RV parking **\$299,000.00**

THORSBY - 5 acres on pavement at the entrance to Thorsby. Great place to build **\$195,000.00**

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