BOOSTER

BRETON CHRISTMAS WISHES

Update for the 2023 Christmas Season

Submitted by Diane Wilson

We have made it through another Christmas season! The community did a spectacular job. We received many gifts of toys and food. We had an abundance of helpers wrapping and sorting gifts, and sorting food which was absolutely wonderful as we prepared hampers for 48 families this year.

So many people in the community helped out. From the schools, businesses, churches, food bank, Elks, Royal Purple, Village of Breton, Community 39/CE Media, Richochet Oil Corp. and to all of the individuals who donated cash in the cans in the Village and food and gifts in the stores. Your efforts are very much appreciated.

We would also at this time remind the community that the food bank works all year round helping families in need and we, the Breton Christmas Wishes Fundraising Society, try to lighten their load at Christmas. Don't forget

to help them out during the year.

Thank you again to the community for all of your support.

Breton Christmas Wishes Fundraising Society

Left - Cheque presentation from Ricochet Oil Corp to Breton Christmas Wishes



NOMINATIONS OPEN FOR ALBERTA'S HIGHEST HONOUR

Alberta News, January 04, 2024

Albertans are encouraged to nominate remarkable community members, leaders and innovators for membership in the Alberta Order of Excellence.

The Order is the province's highest honour and recognizes citizens who have made a significant and lasting contribution to their communities. Members include Olympians, scientists, volunteers, leaders in business, and artists. 212 Albertans have been invested into the Alberta Order of Excellence since it was established in 1979.

Nominations are accepted year-round, but must be received by Feb. 15 to be considered for investiture this year.

Nominees must be Canadians citizens currently residing in Alberta and, if selected, must be able to attend the investiture ceremony. People cannot nominate themselves, their spouse or a member of their immediate family.

Information about the Order, including nomination guidelines, nomination forms and biographies of previous inductees is available on the Alberta Order of Excellence website.

Information is also available by calling 780-449-0517.

SMALL ACTS, WHEN
MULTIPLIED BY MILLIONS OF
PEOPLE, CAN TRANSFORM
THE WORLD.

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Classifieds

FOR SALE

FIRE WOOD - Spruce/Tamarack mix \$400.00 per cord. delivery available Phone: 780-202-1854

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WANTED

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

WESKAY CATTLE CO. IS CURRENTLY SEEKING PASTURE, HAY OR CROP LAND to lease for the 2024 season and on, competitive prices, on time lease payments. Call Wesley 780-982-1093

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

LOOKING FOR PASTURE for cow/calf pairs. Also looking for hay land and grain land. Contact Levi at 780-312-9891

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

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.carrielevins.com

CUSTOM PAINTINGS - Hey everyone! Want a custom painting? Check out @paintingsbydani on instagram to see my work and inquire. Or call/text 403-498-4092

Classified Ads are \$5 for 2 weeks

(up to 30 words) GST included You can email your ads to media@community39.com call 780-499-9006 or

drop off at CE MEDIA - 4928 Hankin Street, Thorsby

If you'd like to get a link to the paper in your inbox you can subscribe online or email media@communitv39.com

The Breton Booster can be viewed online & in color at www.communitv39.com

"compassionate care to help you remain in your home comfortably and confidently"



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Breton Denture Centre

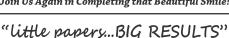
5012 - 50 Ave. Breton

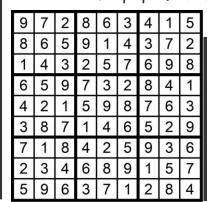
780-696-9696

Our Services Include:

- Free Consultations
- Same Day Relines
- Complete & Partial Dentures
- 1 Hour Denture Repairs
- Dental Assistance for Seniors
- Referral to a Dentist or Surgeon

Join Us Again in Completing that Beautiful Smile!





Sudoku Answers from Jan 3 Issue

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



WE ARE HIRING!

Interested in taking the next step in your career?

ATB's Breton branch is currently looking for a new Customer Service Representative. Visit your local ATB branch, or explore our current job opportunities on www.atb.com/careers and discover how you can join one of the Best WorkplacesTM in Canada.

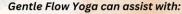
Posting closes January 18 2024

Wellness Yoga Classes

Starting Tuesday January 16 until April 30

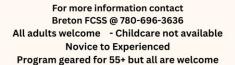
10:00 - 11:00 am Breton Community Centre 4715 50 Avenue Breton

Fee: \$2 / class Drop in Instructed By: June Knobel



- Help strengthen and relax the body and the mind.
- Pose sequences, meditation and breath work also promotes flexibility, balance, as well as, mind and body wellness.

Please bring a yoga mat, water, one to two yoga blocks, a bolster and a blanket. Some equipment will be available for those that would like to try the class.







Phone No. 780-848-2365

<u>warscp@gmail.com</u>

<u>www.warburgseed.com</u>

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

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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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UPCOMINGSPECIALEVENTS

(Breton, Thorsby, Warburg & Surrounding Areas)

<u>January 14</u> - Beat the Winter Blues with a FREE afternoon of Card or Board Games at the Morrowdale Community Centre from 2-5pm. For more info, call Bev at 780-789-2571.

<u>January 14</u> - Divine Liturgy on Sunday @12pm at the St. John the Baptist Ukrainian Catholic Church. For further information please contact Dan @ 780-789-3698

<u>January 20</u> - Thorsby Ukrainian Malanka Festival. Dinner @ 6:30pm followed by Zirka Dance Performers at 9:30pm. Call Marlene for tickets at 780-217-9394 or 780-789-3734

<u>January 20</u> - Community Gym Night at Warburg School. 5:30 - 8:30pm. FREE. Contact <u>davidemolyneaux@live.com</u>

<u>January 25</u> - Wills & Estate Planning at the Wetaskiwin Ag Society Hall at 1pm or 7pm. FREE. Call FCSS 780-352-3321 or email fcssadmin@county10.ca for more information.

<u>February 1</u> - Wills & Estate Planning at the Alder Flats Seniors Centre at 1pm. FREE. Call FCSS 780-352-3321 or email resadmin@county10.ca for more information.

February 2 - Wellbeing Workshop at the Winfield Agri-Plex from 9:30 am - 2:30 pm. FREE. Email fcssadmin@county10.ca or call FCSS 780-352-3321for more information.

<u>February 3, 10, 16, 17, 23, 24</u> - Dinner Theatre "Francine's Will" at Liberty Hall near Bluffton. Doors open at 5:30. Tickets are available for \$50 at www.showpass.com/francines-will/

February 4 & 11 - Matinee Dinner Theatre "Francine's Will" at Liberty Hall near Bluffton. Doors open at noon. Tickets are available for \$50 at www.showpass.com/francines-will/

<u>February 11</u> - Aaron Pritchett Liquored Up Tour at Eleanor Pickup Arts Centre, 5144 - 51 St, Drayton Valley at 7:30pm. Tickets available 1-888-655-9090 or <u>www.ticketpro.ca</u>

February 17 - Community Gym Night at Warburg School. 5:30 - 8:30pm. FREE. Contact davidemolyneaux@live.com

<u>February 24</u> - Zirka Zabava at Devon Community Hall. Zirka performance, Ukrainian dinner by Saskitoba and dance. Tickets available on Eventbrite.

Community Events & Information is FREE to advertise

ANNUAL GENERAL MEETING INVITATION

PIGEON LAKE FEEDER COOP ASSOCIATION

DATE: Friday, January 12, 2024

LOCATION: Falun Community Centre Hall,

1 Mile West of Junc. Hwy 795 & Hwy 13

TIME: 7:30 pm

YOUR ATTENDANCE IS WELCOMED & APPRECIATED

Breton Outdoor Skating Rink



Thank you to the Breton Elks for maintaining the Ice

Please be respectful of the Ice and Skate Shack - Thank You

Margaret Ann Pinyon (nee Herman)

May 22nd, 1947 - December 30th, 2023



With heavy hearts, we announce the passing of Margaret "Margie" Ann Pinyon (nee Herman), age 76, of Breton, AB, on December 30th, 2023, at the Leduc Hospital, after a 1.5-year battle with cancer.

Margaret was born May 22nd, 1947, at Wetaskiwin, Alberta to parents Bill and Orlie Crotty. Later, she and her sister were welcomed into the family of George and Marie Herman.

Margie was the beloved wife and best friend of her childhood sweetheart, Gordon Pinyon, for 58 years. After marrying in Nanton, Alberta, on June 10th, 1965, the couple moved around with Gordon's work before settling down close to Breton. On 160 acres at the end of a dirt road, they raised their four kids, Kenny, Diana, Teresa, and Sheryl, while farming and raising horses, cattle, sheep, pigs, and chickens. Over the years, seven grandchildren, and eventually 9 great grandchildren, came along.

Margaret's pride and joy was her family. She was always at rodeos, hockey games, Christmas concerts, dance recitals, or anything else her kids and grand kids may have been involved in. Many evenings and weekends were spent with all the family together riding horses, or taking a wagon ride, followed by a wiener roast. When she wasn't busy elsewhere, Margie could be found in her backyard. She enjoyed her flower beds and planters and kept a well-groomed yard and greenhouse. In their younger days, Margie and sister Donna spent their afternoons on coffee dates and playing bingo. As a board member for the West End Swimming Pool Society and Golden Spur Gymkhana Club for many years, Margaret was well known and liked in the community.

Margaret will be greatly missed by husband, Gordon; children Kenny (Tracy), Diana (Rod), Teresa (Jason), and Sheryl (Darren); grandchildren Robert, Chance, Ashley (Christopher), Dustin (Aimee), Lacey (Brady), Michael, and Brittany (Aaron); and great grandchildren Hayley, Colter, Sullivan, Sawyer, Kamryn, Morgan, Parker, Carter, and Caleb.

As per Margaret's wishes, cremation will take place, and there will be no service.



PROGRAMS & REGULAR EVENTS

(Breton &Surrounding Areas)

**Please note - all events are subject to change

MONDAYS

BUS TO DRAYTON VALLEY (AQUASIZE OR WALMART) - Leaving Warburg & Breton on Monday mornings. Registration must be completed the Thursday prior to the Monday trip to save your seat. Contact Warburg FCSS at 780-848-2828.

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

TUESDAYS

<u>YOGA FOR WELLNESS</u> - Every Tuesday from 10 -11 am at the Breton Community Centre. January 16 - April 30. Adult Only. Instructed by June Knobel. \$2 drop in fee.

CHILDREN'S GYM TIME - FREE Drop in for 0-6 years old from 10am -11:30am at the Breton Faith Covenant Church. Hosted by Brighter Futures. For more info 780-514-5070.

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

FOOT WELLNESS services the 2nd and 4th Tuesday of each month in Breton. 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

NEW INDOOR WALKING GROUP on Thursdays at the Breton Community Centre starting January 18 from 9:30-10:30am. \$2 drop in fee. Please bring inside shoes.

FRIDAYS

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

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

SATURDAYS

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

We want your local stories and pictures, email media@community39.com

COMMUNITYGROUPS&MEETINGS

(Breton&Surrounding Areas)

MONDAYS

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

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

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

WEDNESDAYS

<u>Breton Municipal Library Board</u> - Meetings are the 3rd Wednesday of each month at 7pm (except July & August). 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. 780-542-6604 or buckcreekhall@gmail.com

THURSDAYS

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

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

Our FREE Community Connections booklet is available for pick up at the following locations:

- > Breton Village Office
- > Brazeau County Office
- > CE Media Signs & Promotional
 - > Leduc County Office
 - > Thorsby Town Office
- Thorsby Arctic Spas Rec Complex
 - > Warburg Village Office

Or go online to www.communitv39.com

You will find maps, contacts and information on:

- the municipalities of Breton, Brazeau County, Leduc County, Thorsby & Warburg
 - Rental facilities
 - Community groups
 - Community Supports
 - and more...



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780.789.3322 1.855.789.3322 www.nitronut.com Check out our Facebook page!



Brazeau County

Brazeau County

Notice is hereby given that under the provisions of the Municipal Government Act, Brazeau County will offer for sale, by Public Auction, at the County Office, 7401 - Twp Road 494, Drayton Valley, Alberta on Wednesday, February 14, 2024, at 9:00 a.m., the following lands:

Lot	Block	Plan	C of I No.	Acres		
5	4	3504 KS	232184198	724.62 Square Meters		
1	1	082 9094	082507809	4.99 Acres		
Legal Description			of T No.	Acres		
NW-	30-49-07	'-W5 0	82166118	158.48 Acres		
NE-35-49-07-W5			22392110	6.00 Acres		
SE-2	26-50-08-	-W5 1	52128199	3.13 Acres		

Manufactured Homes only: situated on the following rented lots Mobile home Park Legal Description Site # SE 18-49-7-W5 Poplar Ridge T.P. A-13

Each parcel will be offered for sale subject to a reserve bid and to the reservations and conditions contained in the existing certificate of title.

The land is being offered for sale on an "as is, where is" basis, and Brazeau County makes no representation and gives no warranty whatsoever as to the adequacy of services, soil conditions, land use distracting, building and developing conditions, absence or presence of environmental contamination, or the developability of the subject land for any intended use by the Purchaser. No bid will be accepted where the bidder attempts to attach conditions precedent to the sale of any parcel. No terms and conditions of sale will be considered other than those specified by Brazeau County. No further information is available at the auction regarding the lands to be sold.

Brazeau County may, after the public auction become the owner of any parcel of land that is not sold at the public auction.

In the event that payment of the arrears of taxes and costs is received by the County prior to the Public Auction the property in question will not be offered for sale. There is no right to pay tax arrears after the property is declared sold.

Terms: Cash or certified cheque. Parcel will be sold "AS IS".

Redemption may be affected by payment of all arrears of taxes and costs at any time prior to the sale.

Kent Edney - Chief Administrative Officer

IMPORTANT DATES

January 16 | Council meeting | 9 a.m. January 17 | Agricultural Service Board meeting | 1:00 p.m.

February 1 | ALUS PAC meeting | 9:00 a.m.

February 6 | Council meeting | 9 a.m.

February 19 | Brazeau County Administration Building closed

February 20 | Council meeting | 9 a.m.

Invitation to Tender: Operation and Maintenance of Easyford Community Centre

Brazeau County is inviting bids for the contracted operation of the Easyford Community Centre located 16 km Northwest of the Town of Drayton Valley. Interested parties are encouraged to carefully review the tender package which can be found at www.brazeau.ab.ca.

Please direct inquires to Colin Loose, Parks & Recreation Supervisor at (780) 542-7777 or by email at cloose@brazeau.ab.ca.

Closing Time January 26, 2024 @ 2:00 P.M.



Glen Gunderson Councillor Div. 1 780-621-6459 ggunderson@brazeau



Councillor Div. 2 780-898-0247



Cody Brooks Councillor Div. 3 780-898-9526 780-898-4561 cbrooks@brazeau.ab.ca kwesterlund@brazeau



Councillor Div. 4



Anthony Heinrich Councillor Div. 5 780-696-2468 aheinrich@brazeau.ab.ca



Councillor Div. 6 780-898-9129 dekstrom@brazeau.i



FCSS NEWS

from Deanne Young

780.696.3636

Happy New Year! Welcome to 2024 and a time for new beginnings. With the start of a new year, we are excited for all that the year may bring to you and our community.

If you are looking for activities to join or groups to help with, check out these community programs currently running:

"Yoga for Wellness"

Every Tuesday 10 to 11 am January 16 to April 30, 10 to 11 am, Breton Community Center.

Gentle flow yoga to help strengthen and relax the body and the mind. Pose sequences, meditation and breath work also promotes flexibility, balance, as well as, mind and body wellness. Adults of all ages are welcome, however class content was developed with age 55 plus in mind. Instructed by June Knobel, Certified Yoga Teacher with, Yoga Association of Alberta. \$2 drop in fee

The Adult Exercise Program

is returning This class runs from 9:30 - 10:30 am on Friday mornings.

Equipment is provided. This class will focus on toning, balance, increased mobility, strength gains, and increased flexibility. Participants will be able to either do the exercise standing or sitting, which ever their ability will allow. This program is facilitated by Cassie Kreil a certified instructor. Participants will be asked to pay a small fee of \$2/class. Join today and start to get fit with friends. This is a drop-in group so you are welcome to start attending at any time throughout the year.

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 www.yourintrinsicelement.com/copy-of-services to book your appointment. These services are for anyone of any age. Treat yourself to a pedi, or other service.

Golden Age Club

Join older adults in the community for their monthly meeting. Held the first Monday of each month at 11am. The Golden Age Club offers cards, floor curling and other activities for older adults in our community. For more information, please contact Pat at 780-696-6557. New members welcome.

Brighter Futures Gym Time

Tuesday mornings from 10 to 11:30 am.

Hosted by Brighter Future's, held at Faith Covenant Church, 4712 - 53 Ave. Children 0 - 6 can burn off all that extra energy with physical activity. Drop in - Free. For more information 780-514-5070

Volunteer Opportunities:

- * **Breton ELKS** next meeting January 18 7:30 pm
- * Breton Royal Purple January 15-7:30 pm
- * Breton Agricultural Society January 11 7:00 pm
- * Breton Historical Society January 22 7:00 pm

Seniors Secret Santa - Thank you to our community and our volunteers that supported the Senior Secret Santa program. 30 seniors received a bit more JOY over the holidays with your generosity. It really is rewarding to see the children, families and businesses that shop for their special senior. Then to have fabulous VOLUNTEERS make our deliveries right before Christmas. Again, thank you to all that were involved. We couldn't do it without you!

Need to Keep on Track? Pick up one of our Community Calendars at the Village of Breton Office or the Breton Municipal Library located in the Carolyn Strand Civic Centre at 4916 50 Avenue. These are free of charge and feature pictures of the Village of Breton and surrounding areas.

Just In Case - Is a resource that you put together for those that may need when a loved one is unable to communicate with you or passes on. We have put together this binder for you to fill out, use and share with important people in your life. If you would like one of the binders, please contact us or come into the Breton FCSS Office at 4916 50th Avenue. We can also email you an electronic version for you to fill in and print.

Savings Time - Looking to save a bit more money in 2024. Stop by the office and pick up one of our Money Savings Trackers. Did you know that spending \$27.40 /

day on things that are not necessarily needed will cost you \$10,000 in the year. Or by putting away between \$10 - \$40 per week over the next 52 weeks you could save \$1380. If you are not able to meet the weekly goal, even putting away a few dollars each week can keep you on track to adding to your savings.

Breton and Area FCSS look forward to supporting you and our community in 2024. We welcome any workshop ideas, programs and projects that support the FCSS mandate of Homelessness and housing insecurity, Mental health and addictions, Employment, Family and sexual violence across the lifespan, Aging well in community, Promote and encourage active engagement in the community, Foster a sense of belonging, Promote social inclusion, Develop and maintain healthy relationships, Enhance access to social supports and Develop and strengthen skills that build resilience.

Please feel welcome to contact me at <u>fcss@breton.ca</u> or 780-696-3636. Our office hours are Monday to Thursday 8:30am - 4pm.





Farewell to a Fella,

That, well, many people didn't quite know how to take you, and many others knew you so well... From your colorful style of dressing to your outspokenness and exuberant salesmanship, you were always a character in your own right. From involvement with many charities and community events, to the youth that you shared bits of your wisdom with, I know this for sure... you will leave a little hole in this community and many people here, for so many reasons. Your memory will not soon be forgotten....

See you in the next life, "Hippie Dave" Hallem Bert



David Robert Hallam

May 15, 1963 - December 26, 2023

With sorrow in our hearts, we must announce that David Hallam, 60, has passed away in Breton, Alberta.

David, known by many as Hippy Dave, was born and spent his youth in Calgary, Alberta. As a young adult, David discovered the joy of travel and spent many years travelling the world making enduring friendships. He was not your 5-star hotel tourist; instead, he would be away for many months, with only his backpack and passport, staying in international hostels and mingling with the locals.

Back at home, David was known as an avid birder, a history buff, and a great person to share a conversation over coffee. He was a long-time resident of Breton and proud to call it his home.

He is survived by his sisters Jane Smyth, Shirley (Randy) Milnes, and Donna Simmers; his sister-in-law Marilyn Hallam; his stepbrothers Doug (Cindy) Plantz and Mike Plantz, as well as numerous nieces and nephews. He was predeceased by his brother, George Hallam.

David was greatly loved and will be deeply missed by his family at home and the family he made around the world. A celebration of David's life and send off for his final great adventure will be held at Breton Hall on Friday, January 12, 2024, at 1:00 p.m.

Condolences may be sent to: www.wilsonsfuneralchapel.ca



START HEALTHY. STAY HEALTHY. GET IMMUNIZED.

If you haven't been immunized yet this season, it's not too late. Immunizations are still available.

Start your year healthy and stay that way.

To book an appointment, visit ahs.ca/vaccine or call 811.

Questions about immunization? Call 811, your primary care provider or your local pharmacy.



Greetings from Breton Elks Lodge #402



Well Happy New Year to everyone. Here is hoping that everyone had a wonderful festive season. Now it is time to get back to all the New Year resolutions that we made last year. We can then check the scoreboard again this year.

Moving forward into Elk business, the Community Christmas Supper is still getting credit for a great success. Cash donations were split between the Food Bank and Christmas Wishes with a total of just under \$1,000.00. The annual raffle ticket books have all been sold, so good work on the part of all members of the lodge.

Rimbey Hospital legacy Committee Member, Don Gillis, reported that business is moving forward with a positive mood and all systems are on track.

Brother Larry Kilgrain was presented his 5 year service pin, while Brother Les Nemeth was recognized for 50 years of service. Congratulations brothers.

Breton Elk members are busy preparing for the coming events in this new year. First up will be a visit from our Provincial President in January. Then will be

Family Day in February followed by a final push into spring activities. Our Annual Spring Provincial Conference, which will be held in downtown Breton. Time does move forward very quickly.

At this time, I want to step back to December 18, 2023 when the local skating rink was officially declared open for business. Unfortunately our autumn weather would not allow a perfect finish to the ice surface. Our efforts are ongoing to attempt a polished product. A big thank you to Shawn Livingstone for all his effort in the flooding. Thank you also to the lodge members for helping to maintain the ice. Unfortunately, someone has taken

time and effort to vandalize the effort of those trying to present an opportunity for our guests to enjoy some outdoor exercise. Some signage was incorporated in the ice surface for the purpose of adding some color to the facility. Holes have been carved into the surface in an attempt to remove these signs. So it's obvious that some confusion exists. Mental illness should be dealt with in a medical environment not on our ice surface.

On a more positive note, our daylight hours are beginning to increase and it is time to start thinking about tomatoes.

Until next time, here is wishing everyone good health and good wealth.

Α







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OPERATION COLD START

Alberta RCMP and law enforcement partners launch Operation Cold Start

Submitted by RCMP Alberta

As the temperatures drop and the snow starts to fall, the Alberta RCMP will once again be partnering with law enforcement partners across the province for Operation Cold Start from Jan. 8 – 12, 2024. Operation Cold Start is designed to work with the public to reduce the theft of idling vehicles during the winter months.

Law enforcement agencies will be preforming a variety of tasks to help keep vehicles safe. They will be checking on unattended, idling vehicles to see if the keys are in them, and whether or not they are properly secured. Officers will also be participating in educational efforts to teach the public ways to keep their property safe.

"Warming up your vehicle briefly before your commute might seem convenient, but this convenience can turn into a serious problem when your vehicle is stolen. Vehicle-related crimes often occur due to opportunistic situations," says Cpl. Mike Fulton of the Alberta RCMP's Community Safety and Well-being Branch. "In 2021, 8.3% of vehicles stolen in Alberta RCMP jurisdiction were left idling. The goal of Operation Cold Start is to reduce crime by educating Albertans on steps they can take to help keep their property safe."

Vehicle theft doesn't only effect vehicle owners; it has an impact on the greater community. Not only do thefts increase the cost of insurance across the province, but stolen vehicles can also be used for further crime, or even be put back on the market and sold to unsuspecting Albertans.

The Alberta RCMP offers the following tips for vehicle safety:

- If you can't park in a garage or driveway, ensure that you're parking in a visible well lit area.
- Visible anti-theft devices like steering wheel locks can help mitigate vehicle thefts and break-ins.
- If possible, look into automatic car starters as an option to warm your vehicle.
- Never leave your vehicle unattended if the keys are in it.
- Always lock your vehicles doors even if you're parked in a drive way or garage.
- Never leave valuable items like wallets, keys, purses, or even change visible in an unoccupied vehicle.
- Most modern engines do not require a 'warm-up' period. If your vehicle does need to warm-up, do not leave it unattended.

BUILDING A HEALTHY, HAPPY LIFE (Part 1)

65 Achievable New Year's Resolutions For Building A Healthy, Happy Life

By Zee Krstic and Cameron Jenkins Read the Full Story at www.goodhousekeeping.com/health/wellness/advice/g985/a chievable-new-year-resolutions/

Make 2024 your year with these goals that will help you look and feel your best.

1 - Start a gratitude journal.

Keeping track of things, people and events that you're grateful for throughout the year can help you to improve your mental and physical wellness. And it doesn't have to take up much time. Just a few minutes a day can make all the difference.

2 - Make time for family.

With the busyness of our daily lives, it can be difficult to prioritize spending time with loved ones, especially if they live far away or have hectic schedules themselves. But this year, make a conscious effort to carve out that one-on-one time, whether it's by planning monthly family dinners or simply Face timing once a week to check in.

3 - Build a better budget.

If there's one New Year's resolution that will help you the most in the long run, it's making a vow to save more money. Outline a rough budget that works for you — and make a plan for how you'll stick to it. Budgeting apps can help you do this as painlessly as possible. And supercharge your shopping habits by rethinking when and how you buy things for your home and family; often, there are savings you're leaving on the table.

4 - Practice mindfulness.

Anxiety can nag at anyone during any season, in all parts of life — and it can be easy to let the idea of the future or past experiences inform your reality of the present. Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are right now.

5 - Cook something new each week.

Everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. After all, variety is the spice of life. This year, choose an easy dinner recipe you've never tried before at least once a week.

6 - Read more books.

January is the perfect time of year to snuggle up with a new book. To keep yourself accountable all year long, why not link up with friends and peers to connect over the best pages you've read?

7 - Create a cleaning schedule you'll stick to.

Keeping your home tidy without doing what feels like a deep clean every week can feel like a big ask. It's true

that you may be under cleaning some tricky spots, but it's also true that you may be overdoing it elsewhere. Create a list to make sure keeping the house neat doesn't suck up endless hours of time on weekends anymore.

8 - Drink less alcohol.

You already know you don't need to drink to have fun — so why not make this year the one you cut back and join the sober curious movement? Doing so can help to improve your mood, sleep, skin and your immune system. Plus, it'll also help you save money in the long run.

9 - Make Dinner Easier

Stop asking yourself if you have the time to cook — and rather focus on the kinds of recipes you can set and forget! Embrace your oven, Instant Pot and slow cooker to create kitchen magic in half the time.

10 - Commit to a healthier sleep routine.

So many issues can be traced back to a poor night's sleep. And yet, there is so much more that we can aim to improve beyond a reasonable bedtime. Creating a plan to improve your sleep hygiene — the habits you maintain to get good sleep every night — may look different for everyone, as it depends on when you need to be active and working throughout the day. Your brain actually relies on cues to regulate your internal circadian rhythm, and the choices you make throughout the day can interfere with these.

11 - Join a club.

Starting a new hobby is one thing, but joining a club will help you meet new people in the process.

12 - Quit smoking.

Cigarettes are extremely harmful for your health, particularly your lungs — but tobacco products in general (including vapes!) pose a serious threat. There are so many resources to help you get a jumpstart on ditching tobacco.

13 - Learn to love vegetables.

Whether you're working on weight management or towards a balanced diet, vegetables are your friends. Fiber-rich vegetables are especially crucial for healthy hearts and strong veins.

14 - Prioritize annual health screenings.

Open your calendar app (or planner!) and make your appointments for the year in one sitting — not only will you get the anxiety-inducing nuisance over with, but exams will be less likely to get squeezed out as life gets bonkers. Start with your primary care provider, and ask which screenings (e.g., mammogram, colonoscopy) you're due for. Slot those in, then move on to the dentist's office and head over to your ophthalmologist, too.

15 - Prevention Exercise your brain.

Playing mind-boosting games can help manage stress and anxiety, as well as boost happiness endorphins at the same time.

Continued on next page

16 - Become a plant owner.

Swing by the garden center after brunch this weekend. Just the presence of indoor plants can lower human stress levels, research shows, and one study found that actively caring for plants calmed the autonomic nervous system and lowered blood pressure. And when people work near plants, they report greater concentration, satisfaction, and perceived air quality.

17 - Take the stairs.

Take 10 minutes to run up the stairs in your office, home or nearby park.

18 - Start doing yoga with your partner.

A Sunday morning couples' class could make Sunday afternoon much more fun. Solo yoga can increase enjoyment as well, affecting arousal, desire, and satisfaction — the practice helps relax your mind and strengthen pelvic muscles.

19 - Plan a vacation.

Women who vacation at least twice a year have a lower heart attack risk than those who do so rarely. And researchers have found that even thinking about an upcoming trip can boost happiness for weeks.

20 - Head to a day spa.

It's time to treat yourself — and for good reason. Research indicates that spa services, particularly intensive massages, are effective in managing stress-related cortisol levels while boosting your serotonin, empowering individuals to regulate feelings of anxiety or sadness. A spa service can fulfill the need for human contact, especially under the guise of a licensed, qualified spa technician or massage therapist.

21- Make time for cuddling.

If you're reevaluating your intimacy, start by thinking about time spent simply in the arms of your loved one. Cuddling is often underestimated for its ability to bolster physical intimacy. But relationship experts say cuddling can help you feel more connected to your partner than ever. Cuddling just for fun can fight stress and improve both of your moods' by increasing oxytocin hormones, which research adds may also bolster blood pressure, too.

22-Drink up.

You know you need to hydrate — but it's especially important when you get only six hours of sleep (or less!). You're more likely to be dehydrated the day after a disrupted night of sleep, because a hormone that regulates your body's water conservation is released during later stages of sleep. So down some extra water on those days if you can — and remember that too much water can be tricky for your gut, too.

More Resolutions in next week's Breton Booster or go to

www.goodhousekeeping.com/health/wellness/advi ce/q985/achievable-new-year-resolutions/









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I couldn't believe it,...
You do something nice for someone and they threaten to ruin your life in return.

When the manager at Home depot speaks fluent redneck.



Me: can you grow please?

Bank account: no

Lawn: no

Hair: no

Muscles: no

Stomach: I got you



My hobbies include drinking and hanging out with my parrot

Honestly I don't even play an active role in my life anymore, stuff just happens and I'm like oh so we're doing this now ok

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Answers will be published in the next issue!



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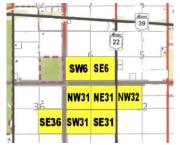
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