BOSTER

CONGRATS LYNN RAINES

Drayton Valley/Brazeau County Fire Services - Facebook January 8

Congratulations to Station # 2 Breton Fire Prevention Officer Lynn Raines for her 10 years of service with the Drayton Valley/ Brazeau County Fire Services. Lynn has been a huge asset to us for over 30 Years and finally decided to officially join us 10 years ago.

Thank you for everything Lynn, you are a huge asset to our team



ANNOUNCEMENT

The Breton Library is no longer taking payments for the Breton Booster. <u>As of January 17, 2024 there will be a DROP</u> BOX in the BRETON IDA PHARMACY for payments and ads.

*Please note: Ads will be picked up every Tuesday afternoon so if your ad is time sensitive, please call 780-499-9006 or email media@community39.com by 10am Monday morning for the Wednesday Breton Booster.

THANK YOU TO THE BRETON LIBRARY FOR YOUR YEARS OF SUPPORT AND HELP WITH THE BRETON BOOSTER!

NO FIRE BAN FOR BRAZEAU COUNTY

Drayton Valley/Brazeau County Fire Services -Facebook January 12

Due to current extreme cold weather conditions and the recent snowfalls, our FIRE ADVISORY has been reduced to a NO FIRE BAN for all of Brazeau County and Town of Drayton Valley starting Friday January 12, 2024. Outdoor burning is permitted only with a fire permit or in an approved fire pit or burning appliance.

The following fires are permitted:

- Outdoor burning is permitted with an approved fire permit.
- · Internal household fire places
- Incinerators (for farm and acreage use)
- Burn barrel (steel/metal drum no larger than 45 gallons-for Agriculture lands)
- Solid Fuel barbecues (charcoal briquettes)
- Bylaw compliant backyard and camping fires
- Fires contained within approved facilities and appliances in designed camping and recreational areas
- Portable propane fire pits and appliances

For more information please visit www.albertafirebans.ca for fire up-to-date fire status or contact the Drayton Valley / Brazeau County Fire Services @ 780-514-2216 during regular business hours.



Classifieds

FOR SALE

HOME LITE 5000 WATT GAS GENERATOR 120 Volt, \$475.00. Contact 780-682-2489

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

WANTED

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

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 recycling. Also FREE removal of scrap vehicles. We pay cash for both! 403-396-8629

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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

Drop Off Payments/Ads at BRETON IDA (5031 - 50 Street, Breton) OR CE MEDIA (4928 Hankin Street, Thorsby)

ANNUAL GENERAL MEETING INVITATION

PIGEON LAKE FEEDER COOP ASSOCIATION

RESCHEDULED

<u>DATE:</u> Tuesday, January 30, 2024 <u>LOCATION:</u> Falun Community Centre Hall,

1 Mile West of Junc. Hwy 795 & Hwy 13

TIME: 7:30 pm

YOUR ATTENDANCE IS WELCOMED & APPRECIATED



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

Sudoku Answers from Jan 10 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.





Village of Breton DEVELOPMENT PERMIT

Development involving the establishment of a cannabis shop, located at 5036 49th Avenue, Breton, Alberta, legally described as Lot 24,25 Block 1, Plan 4716CL, as further described in Application No 0001-

APPROVED, subject to the following conditions:

- 1. The development must comply with Land Use Bylaw No. 13-02 and Cannabis Retail Sales Bylaw No. 22-03.
- 2. The development must comply with the Village of Breton Bylaws.
- 3. The development must comply with all AGLC regulations and licensing.

You are hereby authorized to proceed with the development specified provided that all stated conditions are complied with; that development is in accordance with any approved plans and application: and that a Building Permit is obtained if construction is involved. Should an appeal be made against this decision to the Development Appeal Board, the development permit shall be null and void.

Date of Decision: January 10, 2024

Date of Issue of Development Permit: January 24,



EMPLOYMENT OPPORTUNITY

We are seeking a highly motivated, physically fit individual to join our team to work in our warehouse.

Some duties include handling 50lb bags, bagging products, operating the fork lift, loading totes of feed and grain and blending forage seed which can be dusty at times, customer service, feed mill operations, maintain a clean working area as well as other small jobs. Ag background is preferred but not

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The successful applicant may eventually be trained in plant operations as well.

40 hr/week Monday to Friday -8:00am to 4:30 pm

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Please email resumes to warscp@gmail.com or drop off at our sales office.

If you have any questions please call 780-848-2365 and talk to Tom or Donna



Phone No. 780-848-2365 warscp@gmail.com www.warburgseed.com

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UPCOMINGSPECIALEVENTS

(Breton, Thorsby, Warburg & Surrounding Areas)

<u>January 19</u> - Pub Night at the Warburg Legion No. 205 from 5-10pm featuring "Name that Tune"

<u>January 20</u> - Thorsby Ukrainian Malanka Festival. Dinner @ 6:30pm followed by Zirka Dance Performers at 9:30pm.

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

<u>January 24</u> - Home Alone: Parent and Child from 6-8pm at the Calmar Public Library. Register online or contact Kristin at 780-955-6421 or Kristin@leduc-county.com

<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 resadmin@county10.ca for more information.

<u>January 26</u> - Jake Vaadeland and the Sturgeon River Boys at the Eleanor Pickup Performing Arts Centre in Drayton Valley. Go to <u>www.theepac.com</u> for information and tickets.

<u>January 31</u> - Clay for Kids at the Warburg Recreation Centre from 1:30-4:30pm. (\$30). Includes snacks. Register at the Warburg Office or email <u>fcss@warburg.ca</u>

<u>January 31</u> - Clay for Adults at the Warburg Recreation Centre from 6-9pm (\$30). Includes snacks. Register at the Warburg Office or email fcss@warburg.ca

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

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

February 3, 10, 16, 17, 23, 24 - 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/

<u>February 4 & 11</u> - 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>

<u>February 17</u> - "Raise the Roof" Comedy Night at Wilton Park Hall. Dinner & Show. \$50 per ticket. Tickets available through www.tickettailor.com or call 587-581-0404.

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

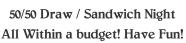
If you'd like to get a link to the paper in your inbox you can subscribe online or email media@community39.com

THE WARBURG LEGION No. 205

PUB NIGHT

Friday, January 19, 2024

/\ 5pm - 10pm Featuring "Name that Tune



Legion Members & Invited Guests





OPEN Monday thru Friday 8am to 4:30pm





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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.

<u>CARDS & FLOOR CURLING</u> 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 until 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

JAM DANCE & CARDS NIGHT 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.community39.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...

WILLS & ESTATE PLANNING SESSION



Sessions geared for all ages and stages of life. Join the professionals from Bortnick Law to review wills, enduring power of attorney, personal directives and have the opportunity to ask questions.

Location: Wetaskiwin Ag Society Hall

Date: January 25, 2024 **Time:** 1:00 PM <u>OR</u> 7:00 PM

Location: Alder Flats Senior Centre

Date: February 1, 2024

Time: 1:00 PM

Cost: FREE

REGISTER: county.wetaskiwin.ab.ca

or Scan the QR Code

Questions: Call FCSS 780-352-3321 or email fcssadmin@county10.ca







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FCSS NEWS

from Deanne Young

780.696.3636

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

Hope everyone has been able to stay warm and safe during this cold snap. Looking to do a kind gesture this week..... Thank anyone that had to be out working in these frigid temperatures. First responders, health care staff trying to get to work, electrical lineman, oilfield workers, public works staff, farmers & ranchers, truckers bringing supplies to our grocery stores and businesses. Paying for their coffee or even just acknowledging all that they have done to keep us safe and things going well is appreciated.

Also thank you to the community members that dropped off the winter clothing for those that were requiring them last week.

"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

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.

Walking Group

Thursday mornings from 9:30 to 10:30 am. At the Breton Community Centre, Drop In \$2, Organized by Kasey and Lorraine.

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

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.

The Breton Booster can be viewed online & in color at www.community39.com

Counselling Subsidies

Breton and Area FCSS is pleased to offer Counselling Subsidies.

A subsidy is available for individuals, couples and/or families who are struggling with common, everyday issues to access short-term preventative counselling services. The goal is to:

- Improve relationships with better communication and conflict resolution skills;
- Improve mood with anger management and emotional support;
- Enhance personal growth with creativity, spirituality, self-esteem, self-awareness, goal setting;
- · Improve parenting skills by focusing on attachment;
- · Reduce stress with life balance; and/or
- · Learn new skills and behaviors

The cost of counselling can be a barrier for many individuals and families. This subsidy is available to those who do not have access to coverage through health benefits or employee benefits, such as an Employee Assistance Plan (EAP), and whose family income is less than \$75,000 per year. Fees are determined according to a sliding scale based on income and family size. Fees range from \$15 per session to \$50 per session. The maximum number of sessions available is seven for individuals and nine for couples or families.

Counselling services are provided through a partnership with Karunia Counselling from Leduc.

We know that in this current environment many may have additional stress and anxiety. We also know that transportation may be an added barrier. These sessions can be arranged to be in person in the Karunia offices in Leduc, over the phone in your own safe environment or virtually on your computer.

To apply for the subsidy services, application forms are available through the Breton FCSS Office at 4916 50th Avenue or by contacting them at fcss@breton.ca or calling 780-696-3636. ALL APPLICATIONS ARE STRICTLY CONFIDENTIAL.

Breton and Area FCSS will be doing the intake of the applications. Counselling services are provided by Karunia Counselling by Registered Psychologists, Registered Provisional Psychologists, Canadian Certified Counsellors and Masters or PhD level student interns under the supervision of a qualified psychologist. All applications will be kept in strict confidence.



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- √ Oral thrush
- √ Menstrual pain

- √ Skin infection
- √ Tick bites
- √ Acid reflux
- √ Cold sore
- **√** Hemorrhoids
- √ Bladder / Urinary tract infection

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Monday - Friday 9-6 Saturday 10-4

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



Brazeau County

IMPORTANT DATES

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.

Brazeau County RECREATION FEE **ASSISTANCE PROGRAM**

Available to low-income County residents looking to participate in recreation programs and activities offered at the Total Works Fitness Centre and/or Ricochet Oil Corp

RECEIVE UP TO \$200 PER ELIGIBLE

APPLICANT



To apply go to www.brazeau.ab.ca



NOW REMOVAL

Brazeau County will maintain municipal roads in a safe and passable condition. Winter road maintenance services are not intended to eliminate all hazardous conditions at all times, but rather intended to assist vehicles which are properly equipped for winter driving while being operated in a manner consistent with good winter driving practices.

Priority Level	Description	Time to Clear †	Snowfall Depth ††
Priority 1	Paved roadways	8 hours	1-3 cm
Priority 2	Gravel roadways	72 hours	10cm of accumulation
Priority 3	Subdivisions and Hamlets	5 days	10cm of accumulation
Priority 4	Community halls / sidewalks and private driveways	Upon request	10 cm of accumulation ‡

- Time frame dependent on snowfall/wind event ending and ice control not being required.
- Snowplows and graders may be deployed prior to the threshold being met. It is the Maintenance Supervisor and early watch personnel's discretion on whether the threshold is met.
- Subject to Priority 1 & 2 being completed.

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.



bguyon@brazeau.ab.ca ggunderson@brazeau.ab.ca



Glen Gunderson Councillor Div. 1



Councillor Div. 2 780-898-0247



Councillor Div. 3 780-898-9526 780-898-4561 780-696-2468 cbrooks@brazeau.ab.ca kwesterlund@brazeau.ab.ca aheinrich@brazeau.ab.ca



Councillor Div. 4



Councillor Div. 5



Councillor Div. 6

INTERVIEW WITH JAKE VAADELAND

by Russel Hickman

I interviewed country/roots musician Jake Vaadeland by cellphone while he was on the road to snowy Kamsack, SK. Touring smaller venues is part of a hard work ethic that has brought Jake Vaadeland and the Sturgeon River Boys band success and awards. After coming off a 29 day cross Canada tour with the Hunter Brothers, and before joining the Dead South US and World tour (39 dates) in February, this rising band will be at The EPAC in Drayton Valley on Friday, January 26.

Here's my interview with Jake, edited for length and clarity.

On what you can expect January 26.

We like to put on a tight-knit show; making sure everybody's entertained is our main goal. The music we keep fast paced, but it's not just the music! There's a lot of visuals to the show! Traditional Grand Ole Opry style: omni directional microphones allow us movement and a little bit of fun on stage, do some tricks here and there. See the bass player jump up on his upright bass. I like to hop on up too, if I figure I can balance!

On being Retro Man.

That was one of the first songs I wrote. Because of my vintage style, every day - not just on stage, I was nicknamed Retro Man, quite fitting actually. It's about my style and who I am as a person, to make a statement and make it clear that I'm quite confident with it.

Jake, on his musical and performing influences.

I don't really have any that are alive! The biggest is Lester Flatt. He was right up there with Bill Monroe. When I started on the banjo I had no intention of being a lead singer. I slowly realized how important Lester Flatt (Flatt and Scruggs) was to making their show possible. He was the guy that MADE their show. So, I went to Nashville and learned from a Grand Ole Opry video! I studied how he ran the Flatt & Scruggs show, how professional and entertaining he was. He became a big inspiration. I found myself in my singing and playing style, while still being true to myself, definitely being influenced by Lester Flatts. And then of course Cash and Elvis were influences, too.

About his band, the Sturgeon River Boys.

The players I have with me are some of the best in the country so I'm very, very happy to have them with me. It's nice to have a group of performers like this that can put on a good show. And a really good sound man!

Stephen Williams plays upright bass like nobody else, a very unique

sound that nobody else seems to have, he does a lot of jumping around and dancing and all kinds of tricks. He's quite a showman that really has added to the live show. Joel Rohs plays electric /acoustic guitar, and sings very nice high harmonies. Jaxon LaLonde has a really unique style of banjo, likes to bend the rules, overstep the boundaries. That's a really nice thing to have as well. We've been doing this for 3 years now. We've all stuck together pretty good and after all this time the live tight performance is very important to us.

About re-imagined rock-a-billy/bluegrass onstage.

We're not a tribute band. But playing my own music in my own style just as if we we're sharing the stage, playing along side some of the greatest early bluegrass and rock-a-billy performers like Earl Scruggs, Johnny Cash and Elvis Presley. Not a whole lot of covers in the show, a few Scruggs from the 40's and 50's. Still want to stand out from those great players, too. Encores are usually a cover of an audience favourite: Cash. Elvis

About their (not) overnight success.

JV: It's nice. I like to stay on the road. That's how I make my living. I've got to work just as hard as everybody else. Everybody else goes to work everyday - that's me, too. It's nice to see that I've got all these shows coming up as that means I've got a job for the next few years, so that's good. Especially when you've got a good team like I do here along with me. And when it gets to be a month on the road and you haven't seen your family, you've still got all these really good friends, coworkers that help you get through it. It definitely gets tough though. I do enjoy being at home. I'm also an antique collector. I really enjoy tinkering with my clocks and gramophones.

What Jake wants the EPAC Audience to know.

As long as Drayton Valley knows that we are really excited to come and play for them. Our goal is that everybody leaves the theatre with a smile on their face. We're there to put on the best performance we possibly can and make sure that everybody is having a great time. I always like to come out during the intermission and afterwards, too, and talk with every single person there. Check us out on Insta and FB.

Jake Vaadeland and the Sturgeon River Boys perform Friday, January 26 on the Pembina Stage at the Eleanor Pickup Performing Arts Centre in downtown Drayton Valley.



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BUILDING A HEALTHY, HAPPY LIFE (Part 2)

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/

Continued from last week, here are more goals for 2024 to help you look and feel your best.

23-Chill out.

Literally — start working on letting go of all of that anger! Constantly feeling angry and pissed off (especially for women) can lead to less than desirable long-term effects on your holistic health. Chronic anger can impact the body in more ways than just one — it can induce headaches, anxiety, digestion problems and high blood pressure, among other drawbacks.

24-Jumpstart a new career.

If this is your year to switch gears, you'll know it in your heart. Despite work routines still being impacted by the pandemic, there are ways that career experts say you can successfully negotiate what you need to stay happy at work. Or to stylishly and effectively move into the next phase of your life without burning any bridges.

25- Consider therapy.

We all lean on friends and family for support, but is this the year that you finally make a move to unpack your mental health?

You don't even have to leave the house to start, and some of the best digital offerings are absolutely free. Start by checking out a few apps on your phone, even — but if you're ready, reach out to a care provider with the help of our guide, right here.

26-Volunteer regularly.

Research shows that pitching in regularly can lead to less stress and lower blood pressure.

27- Get in a body-positive mindset.

Social media can be a big asset in helping you jumpstart new health goals in 2024 — but it can also be easy to get led astray by certain trends and social pressures. There is a growing movement that embraces all shapes, sizes, colors, strengths, abilities (and disabilities!) if you know where to look. Some of our favorite body-positive accounts teach us more about all the amazing things each and every body can achieve.

28-Listen to novels while you work out.

Exercisers who saved an audiobook for the gym worked out 51% more often than those who didn't, per a study in Management Science. Sweat while listening to an intense thriller, and the treadmill time will fly by. Audiobook lender Audible allows you to try it for yourself, entirely free, for 30 days. Give it a whirl!

29-Lift weights.

If you've already mastered your cardio workouts in the past few years, why not try incorporating a new routine? A quality set of dumbbells can help elevate your workout, improve your stamina, and build muscle. Plus, they work well with many of the other gadgets in your home gym to reinvigorate your workout.

30-Give your feet better support.

Check out these tips to start the year off on the right foot: Shop in the afternoon. When feet are slightly swollen, it's easier to find the right size and avoid pinchy shoes.

Bring in your old pair. Staff at specialty stores can assess which areas are most worn to suggest a pair with appropriate support for your gait.

<u>Do squats</u>. Lace up and do a couple of knee bends. If the shoes are properly supportive, your knee should move over your foot, not inward.

Then, buy a pair of the best walking shoes.

31- Try a guided workout or class.

You don't need to pay for a new gym membership or shell out for a new premium subscription to try a new routine! YouTube holds a ton of programming from qualified experts that may get lost in the shuffle; everything from dance classes to 15-minute core workouts. Many channels offer a full suite of programs that you can follow for weeks at a time.

32-Learn or hone a new skill.

Leaving your home to learn something new from an expert located across the world isn't necessary anymore. Turn to global leaders and celebrity leaders to boost your memory skills and more.

33-Continue fun learning at home.

Your little ones may have returned to school, but you can still continue to spend quality time learning and playing together at home. Incorporating STEM activities into fun playtime is easier than you may think and is a great way to enjoy quality time with your graduate-to-be.

34-Stop procrastinating on a tough decision.

The stress around a major life decision often causes individuals to freeze in their tracks. Mental capacity has been known to be reduced by stress and anxiety, but a major change requires a fair amount of brain power to navigate. The ironic aspect of this is that prolonging what needs to be done can further exacerbate stress — and restart the vicious cycle. Empower yourself to begin making hard decisions this year which can help you cut away from this endless loop.

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

www.goodhousekeeping.c om/health/wellness/advice/ g985/achievable-new-yearresolutions/





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PREPARING AN EMERGENCY KIT

www.caa.ca/driving-safely/winter-driving/emergency-kit/

It's important to have an emergency kit even when you least expect the worst to happen. In this page, we'll figure out what kinds of items should be in the kit to make sure you're prepared.

In case of a breakdown, it's a good idea to have an emergency kit in your vehicle.

Here is a list of items we recommend including in your emergency kit:

- Flashlight (preferably crank-type, because batteries don't last long in extreme cold)
- · Reflective safety triangles or flares
- · Small first-aid kit
- Snow brush and scraper
- Traction aids
- Small shovel with long handle
- Bag of abrasive material: sand, kitty litter (avoid road salt, which can cause your vehicle to rust)
- · Plenty of windshield washer fluid
- Booster cables
- · Gas-line antifreeze
- Lock de-icer (in extreme cold, keep it with you, rather than in your vehicle!)
- Paper towels
- Small tool kit (screwdriver, pliers, etc.)
- Extra fuses (for the vehicle's electrical system)
- Warm blanket
- Extra socks, boots and gloves
- Hand and foot warmers
- Bottles of water
- Granola bars





RESIDENTS ASKED TO REDUCE ELECTRICITY USE

Story January 13, 2024 and updated January 14, 2024 www.theweathernetwork.com/en/news/weather/severe/albertaissues-emergency-alert-due-to-extreme-cold-high-risk-of-poweroutages

Alberta's electrical grid recovers after extreme cold prompts power outage risk.

A "high risk" of rotating power outages has eased in Alberta after an emergency alert was issued on Saturday night.

High power demand caused by the extreme cold is putting pressure on the grid, said the emergency alert issued at 6:44 p.m. MT (Saturday night). Residents were asked to immediately reduce electricity use to essentials only. The Alberta Emergency Management Agency (AEMA) urged Albertans to turn off unnecessary lights, avoid cooking with a stove and delay charging electric vehicles.

The Alberta Electric System Operator (AESO) ended the grid alert — meaning the power system is under stress and preparations were underway to use emergency reserves to meet demand and maintain reliability — for the system just before 9 p.m. MT.

"An urgent appeal to Albertans to conserve electricity tonight was instrumental in avoiding rotating power outages," said AESO, the independent operator of Alberta's electric system, in a release.

Environment Canada extreme cold warnings were in effect across all of Alberta on Saturday night. Temperatures are expected to reach -40 C to -50 C by Sunday morning for many parts of the province, said the warnings.

The province's energy grid had as little as 10 megawatts in reserve power at one point on Saturday night, per the AESO supply demand report. That number jumped to 404 megawatts at around 7:45 p.m. MT.

Alert caused big drop in energy demand

Following the emergency alert, total power consumption declined across the province to 11,187 MW at 7:45 p.m. MT. AESO saw a significant 100 MW drop in electricity demand almost immediately after the alert was issued.

"On behalf of the AESO, I would like to extend my thanks to all Albertans who responded to the call for action," said Mike Law, president and CEO of AESO, in a release.

The emergency alert came just hours after the AESO declared a grid alert due to extreme cold, high demand and low imports.

Alberta imports some of its electricity from other provinces, but extreme weather in other western provinces is impacting their ability to share, according to a statement from Minister of Affordability and Utilities Nathan Neudorf.

AESO's supply demand report indicated Alberta was receiving 239 MW from B.C., Saskatchewan and Montana on Saturday night. However, Saskatchewan Premier Scott Moe posted on X, formerly known as Twitter, that SaskPower was planning to provide 153 MW of electricity to Alberta on Saturday evening to "assist them through this shortage."

Alberta all-time power record set this week

It comes as Alberta set an all-time provincial record for power demand on Thursday evening as extreme cold weather blanketed the province. At 6 p.m. that day, total demand hit an hourly peak of 12,384 megawatts of electricity, beating Alberta's last hourly peak power demand record of 12,192 megawatts set on Dec. 21, 2022 during a previous cold snap.

Another grid alert was issued on Friday due to high power demand caused by the extreme cold, two natural gas generator outages and very low renewable power on the system.

Leif Sollid, communications manager for the AESO, says the surge in electricity demand doesn't come as a shock." Furnaces are running nonstop in people's homes,... block heaters being plugged in, people using space heaters — all of those things that are above and beyond our normal daily power consumption," said Sollid. He says they're watching things "very closely."

What's up with the grid?

When it comes to the power demand on the grid, conditions are going to be "tight," Sollid told CBC News in an interview on Friday.

Because of the record-breaking demand for power — and the potential for that record to be smashed again — Sollid says AESO has a message for Albertans.

"If you can, please conserve electricity between the peak demand period, which is from 4 p.m. to 7 p.m.," he said, adding that it's the "little things," such as not running the dishwasher or doing laundry during peak hours.

Nonetheless, Sollid says they're well equipped for all the challenges that the extreme cold brings. "I think it's important that Albertans understand we have very highly trained system controllers who monitor and manage the grid in real time. They see the entire grid second to second," he said. "There's a lot of technology and training at their disposal to keep the lights on in







Message from Gerald Soroka, MP



Warm Homes, Cold Reality: Share Your Carbon Tax Story

In Yellowhead, where recent temperatures have plummeted to below -40° C, the reality of the carbon tax hits differently than intended. In our region, where heating homes is a matter of life and death, the carbon tax imposed by the NDP-Liberal coalition becomes a glaring burden, exposing the policy's disconnect from the realities faced by Canadians, including those in our own cities, towns, and rural communities.

Touted as a measure to combat climate change, the carbon tax has spectacularly failed to meet its own environmental goals. Despite the financial strain it has placed on Canadians, especially in colder regions, it has not led to any significant reduction in emissions. This clearly indicates that the carbon tax is less about environmental stewardship and more about implementing a tax scheme under the guise of climate action. It's a policy that penalizes Canadians, like those in Yellowhead, for whom natural gas is not a choice but a necessity.

The impact of this policy is felt most acutely in our gas bills. It's a common sight now: the carbon tax portion exceeding the actual cost of natural gas. This is not just a flawed policy – it's an unfair economic imposition on our community. We are being punished for the basic act of keeping our homes warm, while the policy itself has yet to show any real contribution to reducing carbon emissions.

This situation calls for more than passive observation. I urge every resident and business owner in Yellowhead, whether in rural areas or our towns, to share your gas bills (with redacted personal information) with large carbon tax costs and your stories to my email: gerald.soroka@parl.gc.ca. We need these real-life accounts as evidence to challenge this ineffective and unfair tax policy. Your voices will be crucial in our fight to expose this tax scheme for what it is and advocate for a more reasonable, effective approach to environmental policy.

The fight against the carbon tax in the House of Commons is a fight for the fair treatment of all Canadians. It's time to stand against policies that do little for the environment while placing undue burdens on communities like ours. In Yellowhead, we understand the importance of environmental responsibility, but it cannot

come at the cost of our basic needs. We must demand policies that truly balance environmental goals with the realities of Canadian life.





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LETTERS TO THE EDITOR

To the Editor:

There appears to be a problem concerning the lack of transparency in the appointment to the Breton Library Board.

The issue stems from the fact that neither Breton Village Council nor County Council has a councillor named to this board. While the Village does not have to appoint a member from the respective councils, is it not a good idea to have oversight of the funds that both entities contribute? Since the County contributes about \$70,000 to Library Board operations (the Village contributes \$30,000 and the Province contributes \$12,000), is there not a moral as well as a fiscal obligation to have representatives appointed?

Some other considerations: If the Village doesn't appoint, that's their choice. It is this writer's view that the \$70,000 from the County is my (taxpayers') money and deserves oversight. It should be noted that County contributions to other entities without oversight have had their problems. Also, why are there no County or Village representatives now? There has always been such on this Board until now. The Village removed people from the last Board even though some had time left to serve. This doesn't not represent independence.

My discussions with Village representatives left me with the impression that because the Village receives a copy of the minutes, it has oversight. Because the minutes are after the fact, this idea is meaningless. The Library Board is independent.

It might also be noted that the library building was built with county funds (approximately \$175,000) and that the County contributed several million to the Community Hall. Is there not some moral or ethical obligation to allow the County to oversee its investment? Additionally, there is a list of deficiencies a yard long with reference to the community complex (I have the list as presented by the then mayor), that didn't have County oversight.

It would be appreciated if the County representative to the Breton Library Board is appointed ASAP.

Lynn Oberle Brazeau County January 9, 2024

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.

Laurie's Laughs



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Answers will be published in the next issue!



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