

previously the Thorsby Target & Warburg Bugle

INAUGURAL WARBURG CHAMPION

From Warburg School Facebook page

Hannah is the Warburg Champion for the month of January. She helps coach school sports, participates in school activities, gets her work done and always attends. We love the effort, volunteerism & commitment to our school.



RURAL SCHOOLS ENGAGEMENT SURVEY

From Blackgold School Division Website



Calling all BGSD parents/guardians, students & community members in Calmar, NewSarepta, Thorsby and Warburg!

We are committed to listening to our school families in Calmar, New Sarepta, Thorsby and Warburg to better understand your perspectives and experiences on the quality of education at our schools. We also commit to using your feedback to help us better plan for the future.

Tell us about your school experiences? We're listening! Join the conversation through our quick 5-minute survey - go to the survey page, then choose your school!

www.blackgold.ca/rural-schools-engagement-survey/

PLEASE REMEMBER TO SHOVEL YOUR SIDEWALKS FOR THE SAFETY OF OTHERS

Classifieds

FOR SALE

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

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

WANTED

WANTED CONCRETE RUBBLE

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

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

OLD FARM TRACTORS OR CATERPILLARS

Will buy Complete or Incomplete. 403-396-8629

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

SERVICES

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!

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

D5 DOZER FOR HIRE

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

ZAMEK CONSTRUCTION - installation and repair of chainlink & wood fencing, decks, patios, assembly of prefab metal structures. Renovations. Private & Commercial. Call 780-913-0728 or edipas@gmail.com

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

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

Classified Ads are \$7.50 for 2 weeks

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

ANNUAL GENERAL MEETING INVITATION

PIGEON LAKE FEEDER COOP ASSOCIATION

RESCHEDULED

DATE: Tuesday, January 30, 2024

LOCATION: Falun Community Centre Hall.

1 Mile West of Junc. Hwy 795 & Hwy 13

TIME: 7:30 pm

YOUR ATTENDANCE IS COMED & APPRECIATED



KIDS Session ages 7+ will run from 1:30-4:30 pm \$30.00/ticket, snacks and beverages included

> ADULT session will run from 6-9 pm \$30.00/ticket snacks and beverages included.

JANUARY 31,2023 WARBURG RECREATION CENTER



Please register at the Warburg Office or email fcss@warburg.ca Slip glazing is included for Payment will secure your spot for this fun event!!

- Each student will create a bowl on the pottery wheel + a 4×3 suncatcher glass fusion project with the theme of your choice
- the bowls Glass fusion option
- includes 4×3 Suncatchers Projects will be fired and returned within 21 days

"little papers...BIG RESULTS"

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

Sudoku Answers from January 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 3×3 subgrids.



General Service Worker - Casual

Cloverleaf Manor – Warburg AB

Leduc Regional Housing Foundation is looking for an enthusiastic individual who enjoys working in a team environment. This casual position will be required to work a variety of shifts. Shifts will include afternoons and nights. Applicants should be prepared and able to work all shifts. Duties may include kitchen-related responsibilities such as cleaning, cooking and food preparation or housekeeping responsibilities and other duties as assigned. A high standard of service is expected.

QUALIFICATIONS

 Previous cooking experience, strong work ethic, WHMIS and Standard First Aid Certificate would be an asset; A sincere interest in working with and meeting the needs of our residents.

All employees will be required to have a pre-employment fit to work assessment, and a clear criminal record with vulnerable sector check.

Please send your resume quoting job posting number 2024 – CL - 01 to:

Attention: Human Resources Leduc Regional Housing Foundation 5118 – 50 Avenue, Leduc, Alberta T9E 6V4 Fax: 780.986.4881 or

E-mail: hr@leducregionalhousing.ca

Posting to remain open until a suitable candidate is found.



As winter's magic unfolds, let's rally together to lend a helping hand. If you're keen to volunteer or if a neighbor could use some snowy support, reach out to our Snow Angel coordinators.

Thorsby
FCSS Coordinator Mikayla
780-789-4004 or
mleibel@thorsby.ca

Warburg
FCSS Coordinator Shauna
780-848-2828 or
fcss@warburg.ca

Let kindness blanket our community!



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

essential. We will provide training.

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

40 hr/week Monday to Friday -8:00am to 4:30 pm Benefits after 3 month probationary period

May be required to work some Saturdays during our busy season.

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.warsburgseed.com
wise.com
wise.co

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



www.mikeshomesltd.com

COMMUNITY & info

Custom Built Homes

Reliable Service - Affordable PricingQuality Workmanship



"You Dream It - We Build It!"

MICHAEL JACOB 780.991.1008

michaeli@mikeshomesltd.com

UPCOMINGSPECIALEVENTS

(Breton, Thorsby, Warburg & Surrounding Areas)

<u>January 19 - Pub Night</u> 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 <u>Kristin@leduc-county.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 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 fcss@warburg.ca

<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.

February 2 - Wellbeing Workshop at the Winfield Agri-Plex from 9:30am - 2:30pm. 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/

<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>

February 17 - "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

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

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

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

Or go online to www.community39.com

THE WARBURG LEGION No. 205

PUB NIGHT

Friday, January 19, 2024



5pm - 10pm Featuring "Name that Tune"





50/50 Draw / Sandwich Night All Within a budget! Have Fun!

Legion Members & Invited Guests









PROGRAMS & REGULAR EVENTS

(Thorsby, Warburg & 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 prior to the Monday trip. Warburg FCSS at 780-848-2828 or Breton FCSS 780-696-3636 to register

Crib at the Thorsby Seniors Centre every Monday at 1:30pm

<u>Curling</u> - Monday & Thursday at the Warburg Curling Club at 7pm. Call Rob Tessier 780-789-3723.

<u>Parent & Tot Drop In (Thorsby)</u> on Mondays from 10-11am at the FRN Site in Thorsby. Games, activities & more.

Shinny - Every Monday from 3:45-5:15 at the Warburg Arena.

<u>TOPS (Take Off Pounds Sensibly)</u> - Mondays at 9am, Thorsby Seniors Centre. Jane 780-789-3789 or Cheryl 780-848-7673

TUESDAYS

<u>Bingo</u> - Next Bingo Feb. 6/2024 @ 6:30 at the Mulhurst Legion #246.

<u>Curling (Sturling Night)</u> - at the Warburg Curling Club on Tuesdays at 6:30pm. Contact Rob at 780-789-3723

<u>Music Jam Session</u> on 4th Tuesday of the month at the Calmar Seniors Centre 1-4pm. 4916 - 50 Ave

<u>Pickle Ball</u> at the Thorsby Arctic Spas Rec Complex from 9:30am-11:30am (\$5)

Quilting at the Warburg Seniors Centre on Tuesdays at 9:30am (\$2)

<u>Shinny</u> - Every Tuesday from 3:30 - 5 at the Thorsby Arctic Spas Recreation Complex. Helmets mandatory.

16+ Rec Volleyball drop in at Warburg School on Tuesdays from 7-9pm (\$2)

WEDNESDAYS

<u>Busy Brushes</u> - Every Wednesday from 10-2pm at the Warburg Cultural Center. \$5/class. Call Linda 587-590-0378.

<u>Cards</u> at the Warburg Seniors Centre at 1pm every Wednesday

<u>Pickleball</u> - Every Wednesday from 7-9pm at the Thorsby Arctic Spas Recreation Complex

<u>Public Skate</u> - Every Wednesday from 3:30 - 5pm at the Thorsby Arctic Spas Recreation Complex. Helmets mandatory.

<u>Public Skate</u> - Every Wednesday from 3:45-5:15 at the Warburg Arena. No sticks and helmets mandatory.

<u>Songs For Toddlers</u> on Wednesdays at 1pm at the Warburg library.

<u>Soup & Sandwiches</u> at the Thorsby Seniors Centre starting at 11:30am on the 2nd Wednesday of the month.

<u>Soup & Sandwiches</u> at the Warburg Seniors Centre every 3rd Wednesday at 12pm (\$10)

<u>Tai Chi</u> at the Warburg Seniors Center, running every Wednesday from 10-11 (\$2). This program is open everyone!

<u>Warburg Treasure's Thrift Shop</u> is Open Wednesdays from 10am - 4pm at the Warburg Community United Church.

THURSDAYS

<u>Bingo</u> at the Thorsby Seniors Centre every Thursday at 7pm <u>Bus to Leduc from Cloverleaf:</u> (\$8) Bus leaves from Cloverleaf to Leduc the third Thursday of the month at 9:00am. Call Kim at Cloverleaf to book your spot! 780-848-7717.

<u>Curling</u> - Monday & Thursday at the Warburg Curling Club at 7pm. Call Rob Tessier 780-789-3723.

<u>Floor Curling</u> at the Warburg Hall. Every Thursday at 1pm (\$2) <u>Men's Morning Curling</u> - Thursday at the Warburg Curling Club on Thursdays at 10am. Contact Les at 780-848-2661

<u>Parent & Tot Drop In (Warburg)</u> - Thursday mornings from 9-11am in the Village of Warburg office basement.

 $\underline{\underline{\textbf{Pickleball}}}$ at the Thorsby Arctic Spas Rec Complex from 9:30am - 11:30am (\$5)

<u>Pickleball</u> Thursdays from 6-8pm (\$2). Warburg School Gym. Register at the Warburg Village office or call 780-848-2828

Quilting at the Warburg Cultural Center: on Thursdays from 10-4 contact Gail S at 789-995-2681

<u>Sandholm Square Dance Club</u> - on Thursdays 7 - 9:30pm at the Sandholm Hall. Contact 780-238-5844 or 780-389-2381.

<u>Shinny</u> - Every Thursday from 3:30 - 4:45 at the Thorsby Arctic Spas Recreation Complex. Helmets mandatory.

<u>Thorsby Seniors Thrift Store</u> - Open Thursdays from 10am-3pm. Call 780-996-5131.

 $\frac{\textbf{Warburg Girl Guides}}{\textbf{Thursdays from 5:30pm-7pm. Contact 780-999-3913.}} - \text{ at the Warburg Community Hall,}$

FRIDAYS

<u>Community Socials</u> are held the last Friday of each month at the Mulhurst Legion #246. Next Social: Jan. 26/2024 @ 7PM

<u>Connect with Other Young People</u> on Fridays from 7-9pm Thorsby New Life Fellowship Church - Ages 11-18. Contact Katie at 780-241-0715 or kpollard2007@outlook.com

Fun with Friends Story time at the Thorsby Municipal Library every Friday from 10:30am - 11:15am.

<u>Music Jam</u> - at the Warburg Seniors Centre on the 1st Friday of the month from 1-4pm by donation. Call 780-389-4104

<u>Parent & Tot Skating</u> every Friday at the Warburg Arena from 10am -12pm. No Sticks allowed.

Pub Nights at Warburg Legion from 5pm - 10pm.

<u>Shinny</u> - Every Friday from 3:30 - 4:45 at the Thorsby Arctic Spas Recreation Complex. Helmets mandatory.

<u>Thorsby Seniors Thrift Store</u> - Open Fridays from 10am-3pm. Call 780-996-5131.

SATURDAYS

<u>Farmer's Market</u> at the Mulhurst Bay Community Hall every Saturday 11-3pm. Contact Carol 587-920-2065. *Start up again Jan* 27, 2024

Pie & Coffee from 1pm - 4pm at the Warburg Museum on the first Saturday of every month. Or arrange a tour through Susie 780-848-2507 or Joan 780-621-7174

Thorsby Music Jam - at Thorsby Community Centre on the 3rd Saturday of the month from 1-4pm. Coffee & light lunch. Call 780-789-2180. NO MUSIC JAM JANUARY 21. NEXT ONE FEBRUARY 17.

SUNDAYS

<u>Gospel Music Jam</u> - at New Life Christian Fellowship on the 1st Sunday of the month from 2-4pm. FREE includes light refreshments. Call 780-789-4171

<u>Pancake Breakfasts</u> by the Thorsby Lions Club the first Sunday of the month at the Senior's Centre 9am - 12pm. Call Mercedes 587-338-7065. NO BREAKFAST JANUARY 7!

<u>Sunday School</u> at St. Matthew's Lutheran Church the 2nd Sunday of mth at 10:30am. Contact Ebeline at 780-389-4100

**Street hockey sticks/Badminton set/spike ball/various games available at the Warburg Library! All you need is your library card to rent out!



2023 WAS SUCH A WONDERFUL AND PROSPEROUS YEAR!

Thanks to the support received from our community members, organizations, churches, schools, and volunteers!

Thank-you to our amazing Firefighters & 4-H group for another successful Food Drive.

Our schools that completed another outstanding year of the food donation challenge. Thank-you for helping fill those hampers full of non-perishables.

Capital Power, Westmoreland Mining, Pair-A-Dice Trikes, Thorsby AG Society, Handi Workz, Thorsby Lions Club, Thorsby Gymkhana, Treasure's Thrift Store, Thorsby Seniors Citizens Club and all community members. Thank-you for all the monetary donations.

Thank-you to all the amazing individuals who spent countless hours volunteering to help bring this Christmas Elves year to such a success!

Your volunteerism and support means the world to me and made christmas that much more brighter for 74 individuals (37 adults, 37 youths - 27 Hampers). Again, please accept my heartfelt thank-you! I try very hard to not miss anyone, If I have missed you, please accept my apologies!

Thank you MIKAYLA LEIBEL "THORSBY FCSS



Connect with us!

Submitted by Village of Warburg FCSS

Have questions? Need support? Contact Warburg FCSS-Shauna Schwindt 780-848-2828

In office Monday, Wednesday, Friday 9-4:30 p.m.

Please keep your eyes open for events in our Warburg FCSS / Recreation Newsletter! If you need anything, please feel free to stop into the Village of Warburg

Clay & Glass Fusion Class: PD DAY fun for the kids, join us at the Warburg Recreation Centre from 1:30-4 for kids 7+ have the opportunity to use a pottery wheel and also work with glass fusion (\$30.00), then grab some friends or partner for an ADULT only class from 6-9 pm (\$30.00) to register please email fcss@warburg.ca or call 780-848-2828

Parent & Tot program (THORSBY): Enjoy drop in stay & play Monday 10 am-11 am at the Thorsby FRN site (modular next to the Rec Centre) fun games, activities and making new friends!

Parent & Tot Drop In (WARBURG) Will return January 8th Casual drop in running every Thursday in the Village Office Basement 9 am-11 am please enter through the back entrance (PCN entrance) if you feel like bringing treats you are more than welcome too.

16+ Rec Volleyball- Adults and youth 16+ beach volleyball Every Tuesday at the Warburg School (Northwest, community access doors) starting at 7—9. (\$2.00)

Street hockey sticks/Badminton set/spike ball/various games available at the Warburg Library!

All you need is your library card to rent out! Warburg Library hours are Tues/Wed/Thurs 10 am-6 pm

Busy Brushes- Every Wednesday from 10-2 pm at the Warburg Cultural Center. \$5.00/class contact Linda M with Questions 587-590-0378

Quilting at the Cultural Center: (Thurs) Quilting at 10-4 contact Gail S at 789-995-2681

<u>Warburg Museum:</u> Pie & Coffee, Every 1st Saturday of the month. Stop in and enjoy a treat and some history! Tour inquiries please contact Susie @ 780-848-2507 or Joan @780-621-7174.

<u>Tai Chi-</u> Starts up this month at the Warburg Seniors Center, running every Wednesday from 10-11 (\$2) This program is open everyone!

Bus to Leduc from Cloverleaf: (\$8) Bus leaves from Cloverleaf to Leduc. Need to get groceries, have a Dr. Appt, just want to get out and about here is an affordable way to get to Leduc! Please call Kim at Cloverleaf to book your spot! 780-848-7717.

Bus To Agua size (Drayton Valley) Bus to aguasize -. Will return January 8TH If it becomes high demand, we are hoping it will run every Monday. Bus leaving from Warburg Village office @8:50, stopping in Breton at 9:10 to head to Drayton Valley gentle Agua size class or if swimming is not your thing, a one-hour trip to Walmart if you need any groceries. 5 punch and 10 punch card passes will be available at the Village of Warburg Office. Registration must be completed the Friday prior to the Monday trip so we can ensure we have enough people and secure Bus Driver. Please contact Shauna at 780-848-2828 for further information (punch card passes can be used to go to either Drayton Valley or Leduc) We have received funding from the Warburg Seniors Club, for a limited time bus passes for Warburg and Leduc county residents are subsidized. Please take advantage of this amazing opportunity! The fee to attend the agua size class is separate from the fee of the bus (please contact Ricochet Aquatic Centre for more information @780-515-7946) 10 card punch pass is \$70.65 roughly/\$7 class for seniors.

<u>Child Safety Seats for Families (Free online workshop)</u> This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts.

Leduc County Grants! Leduc County grant season is almost upon us. Parks and recreation offer recreation, arts, sports, and culture grant funding. Applications will be available online Sept 1,2023. For more information, please visit leduc-county.com/grants or contact Andrea Oneski @780-770-9264 or recgrants@leduc-county.com.

<u>Drive Happiness:</u> is looking for volunteer drivers in Leduc County! Drive Happiness is a non-profit organization which provides low-cost, volunteer-based assisted transportation to older Albertans. Our volunteer position gives you the flexibility to you to pick rides that work for your schedule, meet amazing people, and even receive a fuel reimbursement! If you or someone you know living in Leduc County is interested in this unique volunteer opportunity, give us a call today at 780-424-5438 or visit our website for more information about getting involved www.drivehappiness.ca/

<u>Seniors Grant Program-</u> (For Community-Based Programs) Supports projects, programs and events that enrich the quality of life and enhance the health and well-being of Seniors within Leduc County. Grant applications must address one of the following priorities (Aging well, inclusion and diversity and connection and engagement) for more details and how to apply please visit <u>leduccounty.com/grants</u> or contact Sara at 780-955-6424 or <u>sara@leduc-county.com</u>

New information available in regard to the Canadian Dental Care plan is up and available www.canada.ca/dental

Warburg FCSS Connect with us continued...

<u>Please stay tuned for many programs that will be</u> offered throughout the County in January!

Current programming and services available:

- Subsidized Counselling Program for individuals, Couples, Families and Youth
- Home Support light housekeeping services
- Assistance with forms, information etc.
- Seniors Assistance Programs
- · Meals on Wheels





Thorsby Seniors Crib Results!

Winning Scores of January 15th,2024:

1st - Marvin Wagar - 955 2nd - Nestor Dobko - 951 3rd - Dora Shier - 940 High Hand of 20 was shared by Dora Shier & Brenda Lickoch!

Congratulations to all of the winners!

The next crib event will be held on January 22nd, Monday, 1:30 pm Thorsby Seniors Center, Admission: \$6 Come & join to have some fun, friends & food!

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

kindred care 💿

home services Itd.

non-medical homecare services provided:

Companion Care
Homemaking
Personal Care
Caregiver Respite
Dementia / Alzheimer's Care
Palliative / End of Life Care

780-905-9917

hello@kindredcarehomeservices.com www.kindredcarehomeservices.com



Dawn Heisler 780-619-2564 (cell)

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

RF/MAX°

Real Estate

ACREAGE IN SUNNYBROOK



Private setting with 2 bedroom, 1 bath, many upgrades, dog run, fenced and gated, workshop, double garage on pavement. \$189,900 \$179,900

E4368574

VACANT LOTS IN WARBURG

51x121' lot in mature area **\$20,000 E4340759**

75' wide serviced lots on pavement. 3 left to choose from. **\$40,000**



Inventory is low meaning it is still a seller's market and a great time to get your place listed and sold!

Call me to discuss at 780-619-2564



KEEPING YOU COMFORTABLE ALL THROUGH THE YEAR

Furnace & Air Conditioners

Your Local HVAC Company

*Now is the time to upgrade to a 96% efficient furnace

*Now offering financing OAC

office 780-637-5339

780-964-4390

Offices in Warburg & Edmonton

www.actionheatcool.ca



BREAKING NEWS!!

TOWN OF THORSBY BORROWING BYLAW – NOTICE OF BORROWING BYLAW

SECTION 251 - THE MUNICIPAL GOVERNMENT ACT

TAKE NOTICE that the Council of the Town of Thorsby, in the Province of Alberta, has reviewed Borrowing By-law No. 2024-01 which will, upon final passage and approval, authorize the proper officers of the said Town of Thorsby to borrow from ATB monies from the Town of Thorsby's Line of Credit. The source of income for repayment is under General Revenue and the purpose is for operating expenditures (MGA S. 256) and for short-term capital borrowing (MGA s. 257) at a rate of interest per annum from time to time established by ATB not to exceed 10%.

The line of credit is repayable to the Alberta Treasury Branches is payable upon demand and the Municipality is required to pay accrued interest monthly.

HAVE YOU HEARD ABOUT OUR TAX INSTALLMENT PLAN?

The Tax Installment Plan allows taxpayers to authorize twelve equal monthly payments by automatic withdrawal, to be applied against their property tax levy, rather than having to make a lump sum payment prior to June 30th.

Advantages of Enrollment

- Minimizes risk of missed payment.
- Avoids having to make a large single payment.
- Removes risk of incurring penalties for late payment.
- Makes budgeting easier.

For more information, please reach out to info@thorsby.ca or check out our website at www.thorsby.ca.



THORSBY OFFICE HOURS

Mon: 8:30am - 4:30pm 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!

UPCOMING COUNCIL MEETINGS

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

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

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

The public is welcomed to all Council Meetings



4917 Hankin Street, Box 297 Thorsby, AB TOC 2P0 TEL: 780.789.3935

www.thorsby.ca

COMMUNITYGROUPS&MEETINGS

(Thorsby, Warburg & Surrounding Areas)

MONDAYS

Mulhurst Community League Meetings at 7:30pm on the 3rd Monday of each month. Call 780-389-4268

<u>Mulhurst Royal Canadian Legion #246</u> - General Meetings are held the 2nd Monday of the Month. Next Mtg: Jan 8 @ 7pm

Thorsby & District Cultural & Historical Society - Regular meetings on the 2nd Monday of each month at 7pm at the Community Hall. thorsbyhistoricalsociety@gmail.com

Thorsby & District Fish & Game - Regular meetings held on the 3rd Monday of each month @ 7pm at the Warburg Village Office Basement. Bruce at 780-848-2242

<u>Thorsby & District Lions Club</u> - Meetings the 1st and 3rd Monday of each month in the Lions Den (Community Hall Basement). Mercedes 587-338-7065

<u>Thorsby Communities in Bloom Society</u> - Meetings are held the first Monday of the month at 7pm. Contact Barry Rasch 780-983-2096 or barrythorsby@gmail.com

<u>Village of Warburg Town Council</u> - Meetings are held the second Monday of the month at 7pm.

TUESDAYS

<u>Town of Thorsby Council</u> - COW Meetings are held the 2nd Tuesday and Regular Council the 4th Tuesday of the Month

<u>Burnt Wood '06' Metis Local</u> have monthly meetings the 3rd Tuesday of every month at 7pm in the Wetaskiwin Moose Lodge. Rose at 780-361-6019 for more info.

WEDNESDAYS

<u>Sunnybrook Athletic Association</u> - Meetings the 2nd Wednesday of the month at 7pm at Sunnybook Hall. 587-920-6917 <u>sunnybrookcommunityhall@gmail.com</u>

Thorsby Agricultural Society - Regular meetings on the first Wednesday of every month at 7pm at the Haymakers Arena. Ph: 780-789-3829

<u>Thorsby Municipal Library Board</u> - Meetings on the third Wednesday of the month at 7pm at the Library. Contact Paula at 780-789-3808 or thorsbypublib@yrl.ab.ca

Thorsby Royal Canadian Legion Pioneer Branch #144 - Meetings the 3rd Wednesday of every month at 9:30am, except July&Aug at the Seniors Centre. 780-789-3812

 ${\color{red}{\bf Thorsby~Seniors}} \ - \ {\color{red}{\bf Meetings}} \ {\color{red}{\bf last~Wed~of~every~month~in~the}} \ {\color{red}{\bf Seniors's~Centre.}} \ {\color{red}{\bf 780-239-4595}}$

<u>Warburg Legion Branch #205</u> - Meetings are at 7pm the 2nd Wednesday of each month (Sept to June) at the Legion Hall. Ph: 780-848-2923 or <u>warburg205general@gmail.com</u>

<u>Warburg Municipal Library Board</u> meetings are the 3rd Wednesday of the month at 2:30pm at the library. The public is welcome as a Guest at these meetings.

Warburg Pioneer Ag Society - Meetings 2nd Wednesday of each month. Phone 780-848-2841

<u>Warburg Seniors</u> - Meetings on the 3rd Wednesday of the month.

THURSDAYS

<u>Thorsby Chamber Of Commerce</u> - monthly meetings on the 3rd Thursday of the month at the Arctic Spas Rec Complex. 780-499-9006 or thorsbyabchamber@gmail.com.

"Step out of the history that is holding you back. Step into the new story you are willing to create."

Oprah Winfrey





ATTENTION SIDEWALKS!

Our new CPO and CAO Donna have been cruising around Thorsby, looking at sidewalks. Way too many are still full of snow, and it's been very cold so we're glad that you all have been indoors safe and warm. Sidewalks need attention and shoveling so within the next week our New Community Peace Officer will be visiting you with a reminder to shovel your sidewalk and that gives you a chance to meet CPO Dejan. Our Traffic Bylaw provides 48 hours after a snowfall to get the sidewalks clean. We also have to follow that rule too and CAO Donna and her team have also been shoveling!!

If you can't shovel or are injured or not well, phone our FCSS line and Mikayla will look for a Snow Angel to assist you.

Right now, CAO Donna and CPO Dejan give the Town a grade of 5 SnowFlakes out of 10. Lets' get that number closer to 10 just like we do in the summer with our attention to grass!



Darcy Powlik

780-446-9700 Office: 780-986-2900

www.darcypowlik.com



RESIDENTIAL, FARMS & ACREAGES

THORSBY (5222 - 53 Avenue) - 4 bedrooms - finished by CED - 50' x 150' corner lot - 20' x 32' detached shop - all in pristine condition. **\$289,900 \$279,900**

THORSBY (4508 - 49 Avenue) - 3 bedroom Bungalow on large fenced lot - heating the basement \$300,000 Finished basement. \$309,900 \$299,900

SUNDANCE BEACH - .54 Acres mature corner buccep 4 square foot bungalow and attached garage - 2 bedrooms - no basement. \$349,900 \$339,000 REDUCED 4

THORSBY (4807 & 4805 Hankin St) - House and Shop on two lots located on Main Street Thorsby! Beautiful 30x30 metal cladded shop with a heated cement floor, 220 power, and two 10 x 10 power overhead doors! \$289,900

WARBURG (5027 - 54 Ave) - Cute and cozy bungalow located on a guiet street across from Warburg School. \$99.000

PIGEON LAKE (4802 - 30 St) - Acreage right at Pigeon Lake! 1159 sq/ft house with a 24x24 double attached garage on 1.12 Acres! \$329,000

PIGEON LAKE (4902 - 30 St) - 43.72 Acres at Pigeon Lake! This unique property has a clean well built 1010 sg/ft 1960 home. Along side HWY 616. \$469,000

VILLAGE WEST (40038 TWP RD 470) - 5.02 Acre property located just off of Hwy 20. 1595 sq/ft 4 bedroom 2 bathroom renovated home. BEAUTIFUL SHOP & BARN! Set up for animals. \$459,000

RURAL LEDUC COUNTY (48327 Rge Rd 33) - Large 2421.90 sg/ft fully finished bungalow that is just one of the many buildings on this 24.09 acre property. The indoor heated pool building is the largest and is surrounded by bunk houses, gazebo, BBQ Building and more. \$4500+/- yearly oil revenue! \$699,000

RURAL WETASKIWIN COUNTY (274043 TWP RD 480) - Private beautiful 160+/- acres with 1012 sq/ft fully finished home, 60x40 fully finished shop, and a private Lake! \$1,100,000

RURAL WETASKIWIN COUNTY (75040 B & C TWP RD 451) -property is completely isolated, secluded yard site (on dead end road). Stunning 3 bedroom, 2.5 bathrooms, 2328 sq. ft. Bungalow built in 2016 on 80 acres zoned Agricultural. 26' x 34' double attached garage. Shop is 40'x 34' & living area is 40' x 27'. Boiler heat – in-floor & forced air, central vac, washer & dryer, 3 piece bathroom, one bedroom, kitchen, dining. 13'x45' cold storage garage, 57' x 22' storage & hobby shop. Cold storage building and cabins. \$1,149,000

COMMERCIAL

THORSBY - 2.39 acres industrial commercial lot located at the north end of Thorsby. Very visible Highway 39 exposure with high traffic count. Prime Highway 39 exposure. \$69,900

MULHURST-39.5'x 100' vacant lot located water front on Pigeon Lake at Mulhurst Bay. Zoned Urban Commercial. Adjoining lot for sale as well. \$179,900

TELFORDVILLE (2047 Twp Rd 495 Rd 495 A) - This 35.12 acres hosts a 1506 sq/ft house with a 20x28 attached garage with a creek behind it and sheltered from the industrial yard.50x29 heated and insulated guonset with power and a cement floor. A 40x80 Fully finished Shop metal cladded inside and out with 2 overhead doors (12x14 and 16x14), heated, insulated, power, mezzanine, 3pc bathroom, with offices and lunch room in the front. A 50x80 drive through shop (18x14 doors) with power, heat, fully insulated with an mezzanine, spray booth, and office with two more overhead doors off the side. A 12x16 power shed/office with 200 amp 3 phase power and a 40x14 open faced metal storage shed. \$1,250,000

RAW LAND & VACANT LOTS

BRIGHT FUTURE ESTATES (40 26555 Twp 481) - Bright Future Estates is located south of Calmar close to Wizard Lake. Lot 2. Very private 3.31 acres in a natural treed setting. \$159,000

RURAL WETASKIWIN COUNTY (Pt NW-31-46 -1-W5) - 22.79 acres of bare land, some trees, some pasture. Zoned Watershed Protection. Located on pavement - Highway 771. Located close to several golf courses and Pigeon Lake Village. Many great building spots. Fenced for pasture. Very close to Pigeon Lake. Potential to develop the land into a country residential subdivision. \$199,900







"NOBODY SELLS MORE REAL

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-power-

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



done a verv successful job at that over the years. We're counting on their work."



General practice law firm located in Warburg for all your legal needs, including but not limited to:

- Corporate Law

-Estate Planning and Administration

-Real Estate

-Notary Public

NOW OPEN!

Call, email or visit our website to make an appointment.

Warburg Public Library **Mpdate**

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

Open Tuesday / Wednesday / Thursday from 10:00 AM - 6:00 PM

Maple Snow
Candy at Warburg
Library, Saturday
January 20, 2-3
pm, everything will
be supplied, there
are printed copies
of the simple
recipe to take
home.

Board Meetings are every 3rd Wednesday of the month at 2:30 pm in the Library. Everyone is welcome to attend these meetings as Guests.



Wenham Valley Pet Cremation



Geneva Rodin (780)621-3531 geneva rod@hotmail.com

"Our pets leave footprints on our hearts"

Warburg, AB



825-461-9666 bbbreeze.janeapp.com

Farmhouse Acupuncture

- Precision Acupuncture for Chronic Pain.- Therapeutic Massage. Direct billing.

Dr. Wang Wang (MD. PhD.)

RAc; RMT; Herbalist 20+ years' experience Specialized in soft tissue chronic pain.





49019 Range Road 22, Sunnybrook, AB We Repair:

Truck Transport • Industrial • Heavy Equipment •
 Agriculture • Automotive • School Buses •

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



Auto Body Repair NO INSURANCE JOBS

Clayton Rumohr & Dale Babiak

info.autobodyworks@gmail.com 780-975-5408

PLEASE CALL OR TEXT FOR APPOINTMENT



Banman Westerlund LLP

Chartered Professional Accountants

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

Box 367, 5012 - 50 Avenue Breton, AB TOC 0P0 E: dbanman@banwest.ca

#401, 9426 - 51 Avenue NW Edmonton, Alberta T6E 5A6 T: 780.696-2511 F: 780.696.2017

T: 780.426.3943

F: 780.424.1875



Thorsby Tire Shop &

Hi-Way 39 Motors

- Complete Tire Service & Sales



Engine Oil Changes

- Batteries



780-789-3975



4901-48 Avenue, Thorsby, AB 780-789-3808

Thorsby Library updates & reminders:

submitted by Paula Bosse

Please visit us during our weekday hours of Tuesday 10:00 AM - 6:00 PM, Wednesday 12:00 Noon - 6:00 PM, Thursday 12:00 Noon - 7:00 PM, Friday 10:00 AM - 5:00 PM, Saturdays 10:00am - 1:00pm.

Winter is finally here, and our library has tons of books, DVDs, puzzles and even board games you can borrow to help make the time indoors more enjoyable.

We have been truly impressed by the number of books coming and going since we reopened! Our patrons are really taking full advantage of the the TRAC system to find and enjoy the materials available for borrowing from our member libraries throughout the province.

Just a note that when the school busses are not running because of weather, our programs will be cancelled. Let's keep our fingers crossed for warmer weather and, lots of fun for everyone here at the library!

Calling all Teens! on Wednesday the 24th, our amazing Audrey, aka. Mrs. Brosseau, will be leading another fabulous Teen Time from 3:30 o 4:30. Come on down and join in the fun, games, and of course, snacks!

We are already looking forward to Lunar New Year, less than a month away. To celebrate the Year of the Dragon, our library will be hosting a Lunar New Year Tea on February 8 from 3:30 to 5:30. There will be tea, snacks, visiting and activities to help welcome in the Lunar New Year, and everyone from age 0 on up is invited to drop by the library and share in the fun. Save the date, and please stop by.

Back to the topic on everyone's minds, winter...

If you are feeling bold, our book "Nordegg in Winter" can give you lots of ideas of things to do and places to explore close to home. Our walking pole kits are also available for those who wish to brave the elements.

If you prefer to battle cabin fever indoors, plan a tropical staycation with our cookbooks featuring recipes from Malaysia, Mexico, and India, or indulge the season with

our lovely soup and bread cookbooks to inspire you.

Above all, stay warm, stay safe, and we'll see you at the library!





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.





www.thetyreshop.ca

Q 11

Windshields

5004 51 Street Warburg

OPEN Monday thru Friday 8am to 4:30pm

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!





We are a family-owned business with over 35 years of experience in the industry.

leducinsurance.com

FARM INSURANCE IS OUR SPECIALTY. WE WILL VISIT YOU FOR A FREE, NO-OBLIGATION QUOTE.

780-986-8424

Our Markets









COMMON BASIC COVERAGES:

General Liability
Dwellings
Machinery
Personal Property
Structures/Buildings
Hobby Farms
Livestock
Poultry
Dairy Farms

COMMON OPTIONAL COVERAGES:

Loss of Use on Farm Machinery Loss of Income Protection Power Interruption

Increased Fire Department Charges



WE RENT TRAILERS & NOW TOOLS

DAILY & WEEKLY RATES! CALL FOR RATES, TOOL LIST & PRICING



- 2 16ft cargo trailers
- 1 flat deck gooseneck trailer
- 1 utility trailer
- 1 -16ft bumper pull horse
- 1 trailer set up with 1000L tank to haul potable water

We Also Have:

Truck & Driver Available To Haul Fifth Wheel Trailers (Truck only not for rent) / Fifth Wheel Hitches (Hitch Only)

We Can Also Provide:

Dollies, Moving Blankets, Trailer Ball Hitches, Tarps, Ratchet Straps & Tie Downs for a Small Rental Fee. Call For Pricing & Price List

587.643.WOLF (9653) lonewolfmechanic@hotmail.com

4813 - 50 Ave Thorsby www.lonewolfmechanic.com



View My Listings at macrae-sells.ca

ROBERT MACRAE

780-991-9939

number1seller@shaw.ca



Lemons float, but limes sink



Phone 780.542.3355

DraytonValley.Devon@assembly.ab.ca



TIPS From TOPS!

TAKE OFF POUNDS SENSIBLY

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.

PATHS TO SUCCESS

Travelling along "The Road to Success" requires diligence. These suggestions serve as a map to overall health and wellness.

- 1. Buckle up. Always sear seat belts when travelling in a motor vehicle.
- 2. Extinguish it. Don't smoke anything.
- 3. Waist removal. Manage your weight and waistline.
- 4. Use premium fuel. Avoid fast food, fatty foods, and unnatural food additives.
- 5. Accelerate. Even a little bit of exercises helps your body's flexibility and function.
- 6. Out and about. Spend at least 15 minutes outdoors each day for fresh air and sunshine.
- 7. Chart your course. Take time each day to review your goals, collect your thoughts, and meditate or pray.
- 8. Keep a clean vehicle. Nurture good relationships with family and friends. Positive interactions yield extended life, improved health, and increased happiness.
- 9. Stay on the road. Believe in yourself and others. Have faith that you will succeed, despite any obstacles along the way.
- 10. Maintenance. Treat your body like a gift. You are ultimately responsible for your own health and wellness. Nobody can do it like you.

Copyright T.O.P.S 2023-2024



Residential - Commercial - Farm Trenching - Scissor Lift

Blair Hennes

Curtis Peck

780-686-0418

780-278-7614

hpelectricinc@gmail.com













Farm Insurance - Home Insurance - Auto Insurance - Travel Insurance - Commercial Insurance

"Service is our business"

Supporting the Thorsby area since 1997 All your insurance needs under one roof.

More options, More choices, More savings

-Among Others-

















Calmar, Thorsby, Wetaskiwin

780-985-3650

780-789-2424

5105 47 Ave. Wetaskiwin 780-352-9222

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 Connect 39 or go to
www.goodhousekeeping.c
om/health/wellness/advi
ce/g985/achievablenew-year-resolutions/



CE Media Signs & Promotional 4928 Hankin Street Thorsby. AB www.cemedia.ca



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



Need a custom shirt or hoodie? Our DTG printer allows us to do as low as 1 shirt.

Whatever you need, here at CE Media we can help you find your next corporate give aways for staff or valued customers. Whether it is insulated drinkware, duffle bags, bluetooth speakers, hats or hoodies, we can find the right fit for your budget and make sure your brand is noticed.







CE Media is your #1 choice for quality products and service!

We offer a variety of digital printing services, apparel and promotional products. Everything you need to make you, your company or team look your best.

WE ARE YOUR LOCAL ONE STOP SHOP!



780.434.7446

info@cemedia.ca

www.cemedia.ca

Stories of Life by PK

7 DAYS ON A BAG LUNCH

It had taken him every cent that he had, but finally, he had enough cash to pay for his ticket aboard an ocean liner headed for his place of birth. It was a very long journey across the ocean, and not being fond of the water in the first place, he was not looking forward to the days ahead of him. This will be the first time that he has seen his parents in twenty-two years. Being a farmer during drought years and through times of sickness, it was financially impossible for Ivan to bring his wife.

Ivan was a proud man and would never accept any help from anybody. He figured that he would never be able to afford a meal on the ocean liner, so his wife packed him a lunch bag with sandwiches, crackers, cheese, and a bag of raisins. So with a bag in hand, Ivan left his wife and farm behind and disappeared with the others boarding the ship.

It was now mid-summer and he realized that his food would not keep for the whole journey. He asked one of the crew if there was a place where he could keep his food refrigerated, but he refused to let anyone know that he was poor. That was not going to happen.

The first two days seemed like two weeks. Only two days and the bagged lunch was getting smaller. Every time that the dinner bell would ring out, Ivan would sneak away to a quiet corridor to nibble on his rations where nobody would see him. He kept to himself, and because it was such a large ship, nobody noticed that he wasn't in the dining hall.

The fifth day was the worst for Ivan. He had tried to be very careful about how much he was eating. He had been hiding his bagged lunch in the bottom of an old wooden box that he tucked out of sight behind some pipes. That day, as he pulled the box out, the lid fell off and he noticed pieces of the paper bag both inside and outside of the box. The contents had been picked clean by mice or rats.

Ivan put his face in his hands and shook his head in disbelief. He wished that he could just walk right into the dinning hall with everyone else and have a delicious hot beef meal with potatoes, carrots, corn and all the fixings. It just didn't seem fair that he was starving while others were feasting each day.

Just then, the captain of the ship walked down the corridor and saw Ivan sitting alone. "Why aren't you in the dining room with the rest of the passengers?" Ivan stood up and dropped his head down as he answered, "sir. I cannot afford to buy my dinner."

The captain looked startled by this and put his arm around the big man's neck. "My friend, all of the meals are included in the price of your ticket."

Seems to me that many people are going through life weighed down and empty. Fact is, Jesus has paid the price for you to live life to the fullest. You are welcome to enter the banquet room and feast. The door is open. The Bible says that "whosoever believes in Jesus Christ will be saved." You are a whosoever!

"If you're serious about changing your life, you'll find a way. If you're not, you'll find an excuse."

Jen Sincero



For all of your tires, towing, parts, accessories, and windshield needs!

We have vehicle, recreation, implement, and trailer tires!

Standing tall in Community, Service and Reliability.

Open Mon-Fri 8-4:30

780-696-3757

Towing 24/7

bretontiresandtow@gmail.com



JAW's Backhoe Service Ltd.

Reasonable rates. Fully insured.
Specializing in excavation, trenching,
compaction, installation of water & utility
lines, integrity digs, garage pads, culverts,
cattle guards.

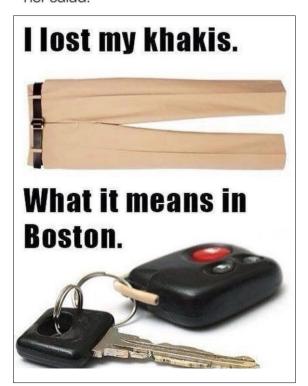
For all your excavation needs call JAW's Backhoe Service Ltd. at (780) 898-2512. Over 25 years experience.

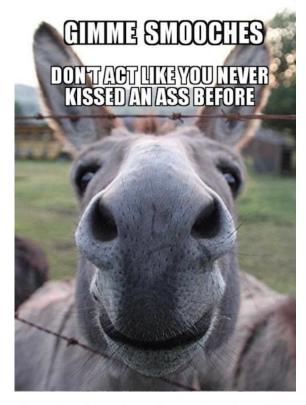
Laurie's Laughs





I filled in for my parents today at my little sister's college orientation because they couldn't make it. While I was having lunch with the other parents one of the moms commented on how young I looked. I told her I had Jessica when I was 13. She choked on her salad.





I watched my dog chase his tail for 10 minutes and thought "Wow, dogs are so easily entertained". Then I realised I just watched my dog chase his tail for 10 minutes.

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

Answers will be published in the next issue!



a division of CE Media Signs & Promotional

CONTACT US

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

CINNECT39

- Published every Friday -

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

PRICING

1/8 PAGE

3.4167" wide x 2.28" tall \$30 + GST **multi-ads - \$27.00 + GST

1/4 PAGE

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

1/2 PAGE

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

FULL PAGE

7" wide x 9.25" tall \$90.00 + GST **multi-ads - \$85.50 + GST

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

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

(deadline Wednesday at 10am before publication)

Classified/Payment Drop off available at Breton IDA, Warburg Village Office & CE Media Signs & Promotional Thorsby.

BOOSTER

- Published every Wednesday -

Pick up locations in Breton, Warburg, Thorsby, Winfield and Alsike.

PRICING

1/8 PAGE

3.4167" wide x 2.28" tall \$20 + GST **multi-ads - \$18.00 + GST

1/4 PAGE

3.4167" wide x 4.6" tall \$29 + GST **multi-ads - \$27.00 + GST

1/2 PAGE

7" wide x 4.6" tall OR 3.4167" wide x 9.25" tall \$40 + GST **multi-ads - \$38.00 + GST

FULL PAGE

7" wide x 9.25" tall \$60.00 + GST **multi-ads - \$57.00 + GST

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

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

(deadline Monday at 10am before publication)

Classified/Payment Drop off available at Breton IDA, Warburg Village Office & CE Media Signs & Promotional Thorsby.

For more information on our local communities, how to advertise, submit an article and for previous editions of our papers go to www.community39.com or contact us!

DID YOU KNOW?

Our papers can be viewed online & in color at www.community39.com

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



Community Events,
Non-Profit Contact Listings
& Articles are FREE

"little papers...BIG RESULTS"



www.MooresRealty.ca

An entire team of REALTORS® working for you Trent Wirsig, Terence Barg, Justin Hatt, Cathy Hatt

For more info n these & other properties visit ur website at

MooresRealty.ca



0.5 acre, recently completely 2 bed, 2 bath cabin with loft. Short walk to BA uck Lake & boat launch. Water well & septic new 2022.



15 acre hobby farm, 15 minute from Leduc. 2977 sq. ft. 3 bed 3 bath home. season rustic cabin, greenhouse, chicken coops, barn with lean-to, outdoor riding



arena, round pen. garage/shop attached to barn, 2 storage sheds, 2x 201 seacans. Ample pasture



27 acres hillside property, View of Mount Butte & Battle Lake. Water well, septic, power, Seacan & 45"reefer trailer included



3 bedroom, 3 bathroom bi-levell home with attached garage. Numerous upgrades over past 3 vrs.



2 storey office bldg, full basement, 3 bay heated garage. . Multiple offices, boardroom w/ kitchenette, 2 executive offices



2 Acs. 5,160 sq ft industrial bldg 2 drive thru bays, 3rd bay (not drive thru), 100' drive thru wash bay, offices. Chain link fence.



2 bedroom, 1 bath home.. Upgrades: .newer peaked roof, vinyl siding, laminate flooring, hot water tank, furnace, and modern kitchen appliances. Insulated 8x12porch.,2 storage sheds



27 acres hillside property, View of Mount Butte & Battle Lake. Water well, septic, power, Seacan & 45"reefer trailer included.



Highland Spruce Estates - 1.28 acre. 7 RV sites, underground sewer, water, fenced, insulated shed, wood shed.



INVESTMENT OPPOURTUNITY

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



158 acres, creek, mature forest, cabin, peace & tranquility! East Poplar Creek flows thru this land, on no exit road, UPDATE: addition has been sided & covered veranda added along that portion.

STAY WARM

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