

TES GRADE SIX VISIT TO THE ALBERTA LEGISLATURE

submitted by Thorsby Elementary School Administration

History comes alive during inquiry-based school tours of the Alberta Legislature, which engage and educate students of all ages. Tours provide students with an overview of the history of the province and insight into the legislative process. Visitor Services staff explain the symbolism and stories behind the statues, flags and artifacts.



END OF THE SEASON FOR THORSBY ELEMENTARY GRADE 5 AND 6 BASKETBALL TEAMS





Classifieds

FOR RENT

FOR RENT to quiet rural couple, 2 storey older farmhouse, 4 bedrooms, 2 stall garage, close to Leduc & Airport. 780-986-3828

FOR SALE

2x6 & 2x8 SPRUCE LUMBER - .90/bd ft - Taking Orders / IKO Cambridge Earthtone Cedar architectural ROOF SHINGLES 6 bundles & 3 roofing rolls - All \$300 / FRENCH METAL DOORS with bars in glass and locks \$300 / New 4-19" ALUMINUM ALLOY RIMS with sensors \$1200 / 14 FT TRAMPOLINE with safety enclosure - like new \$250 / Mongoose MEN'S BIKE - like new \$200 / New Hot wheels BOYS BIKE with training wheels \$100 / Green Kick SCOOTER (age 10 and up) \$175 / 2 STROLLERS excellent condition / New boys ROLLER BLADES size 9-11 \$50 / New Queen MATTRESS BASE / 2 Fabric OFFICE CHAIRS swivel-like new \$30 / Breville CONVECTION OVEN / various functions \$50, Phone: 780-686-5290

CERTIFIED ELECTRIC SNOW SHOVEL (Canadian Tire) \$70. Used 3 times, Regular price \$139.99. Phone 780-389-2481.

FIRE WOOD - Spruce/Tamarack mix \$350 per cord, delivery available. Phone: 780-202-1854

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

WANTED

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

WANTED CONCRETE RUBBLE

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

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!

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

LOCAL MEDIATION FOR SEPARATION & DIVORCE -

Are you considering a separation or divorce? Get a personalized agreement for 80% less than court processes. Mike 780-515-0922.

familymediationcentreofcanada.ca

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

D5 DOZER FOR HIRE

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

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



February 11th @ 2pm

Help vote in the board

Hear the exciting events planned for 2024

Coffee and dessert provided

Buy your 2024 memberships \$10 Family or \$5 individual

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

Sudoku Answers from January 26 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.





for 35 - 40 hours a week.

Shop open Monday to Friday 8:30am - 4:30pm.

DUTTES

- Making decals, signs, banners, t-shirts etc.
- Moving, lifting and cutting of signs and substrates
 - > Basic design on computer
 - Customer Service
- Deliveries to Edmonton and surrounding areas
 - Assist in installations
 - › Keeping work areas clean
 - > Other duties as required

QUALIFICATIONS

- Attention to detail is a MUST
 - > Must be self motivated
 - Must be willing to learn
- > Experience with Corel Draw an Asset
- Must have valid Class 5 Drivers License

HOW TO APPLY

Please email your resume to Shane at info@cemedia.ca or drop off at CE Media, 4928 Hankin Street, Thorsby.

*Applications accepted until February 23. **Interviews for those selected will be February 26 - 28.

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UPCOMINGSPECIALEVENTS

(Breton, Thorsby, Warburg & Surrounding Areas)

<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</u> - The No Hitchhiker Band from 1-4pm at the Winfield Community Centre for song, dance and fellowship, admission by donation, contribution to the lunch table appreciated, sponsored by Charlie and Faye Parker.

<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 7</u> - Breton Flower Club Introduction Meeting at 7pm at the Breton Community Centre. Contact Jodie Townsend at 780-514-8335 for more info.

<u>February 8</u> - Paint Party with Mary Ann Cygan in the Warburg Village Office basement from 7-9pm. \$25/person, Register with FCSS Shauna at 780-848-2828 or <u>fcss@warburg.ca</u>

<u>February 8</u> - Lunar New Year Tea at the Thorsby Library with tea, snacks and activities.

<u>February 8</u> - Free Public Information Session on your Pension at 8:30pm, Eleanor Pickup Centre for the Arts, 5144 51 St, Drayton Valley. Hosted by Public Interest Alberta.

<u>February 10</u> - Winter Try It Festival at the Wizard lake day use area from 11am - 3pm. Winter sports and activities, sleigh rides, hot dogs, music.... FREE. Hosted by Leduc County and Wetaskiwin County

<u>February 10</u> - 9th Annual Predator Hunt hosted by the Thorsby & District Fish & Game Association. For more info contact Brent Lee 780-898-5013 or Bruce 780-621-2200.

<u>February 11</u> - Winter Afternoon at Rundle's Mission, 1-4 pm. Ski wax clinic 1:30. Fire with free hot dogs and hot choc, Ski, snowshoe, sled, walk trails (bring own equipment).

<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 11</u> - Sunnybrook Hall AGM at 2pm. Coffee and dessert provided.

<u>February 12</u> - All things Ag: Producer to Producer Talk...Solar is it for you?, 7:30 - 9:30pm at the Breton Community Centre. Presented by Breton Ag Society

February 13 - Winfield Legion Shrove Tuesday Pancake

Supper, from 5-7pm, \$8 per person. 10years old and under free. See you there.

<u>February 13</u> - Shrove Tuesday Pancake Supper at St. Matthews Lutheran Church in Thorsby from 5-7pm. All welcome. No charge but a free-will offering will be taken.

<u>February 16</u> - Camo & Bling Fundraiser presented by the Breton Ag Society. Get your tickets at the Breton ATB or by calling Mark @ 780-542-0637 or Bonnie @ 780-514-5501.

<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.

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

<u>February 19</u> - Family Day Pancake Breakfast at the Thorsby Community Centre from 9am - noon. Hosted by the Thorsby & District Cultural & Historical Society.

<u>February 17-19</u> - Escape Room at the Thorsby Library. Confirmed details and dates to come.

<u>February 19</u> - Family Day event in Breton including a pancake breakfast hosted by the Breton Elks and wagon rides around the village. More details to come.

February 19 - Family Day with the Lakedell Ag Society from 4-7pm, Indoor & Outdoor Fun, Sleigh/Wagon Rides, Wiener Roast, Fireworks at 7pm, Free, 461043 Range Road 12

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

<u>March 16</u> - Off to the Races Fundraiser at the Mackenzie Centre in Drayton Valley for the CSTS Society. Contact Krista 780-898-2903, Mandy 780-621-6262 or csts1992@gmail.com

<u>April 13</u> - Breton/Warburg Women's Wellness Day - a day full of speakers, breakout sessions, fabulous food and a vendor market to shop! More information available soon!

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

Our FREE Community Connections booklet is available for pick up or go online to www.community39.com



9th Annual Predator Hunt on Saturday, February 10, 2024

Registration 6:00 - 7:00am at Warburg Legion Hall Check-out Time is 5:30pm (no later)

Cost is \$200 for a 2 person team plus a youth under the age of 16 which includes a chili supper and two tickets to the TFGA Annual Banquet held in April of 2024.

Participants must be a TFGA member. Memberships available before or on the morning of the hunt.

All prizes awarded at the banquet.

Do not delay in registering, space is limited!!!

For more information please contact: Brent Lee (780) 898-5013 or Bruce (780) 621-2200



Telfordville Community Centre

Coffee in the Valley



Come join your neighbors for a coffee and visit the 1st and 3rd Friday of each month from 9-11am at Telfordville Hall.

Starting on February 16th.

No Charge/ Donations will be accepted.

Sponsored by: Telfordville Community Centre and Leduc County.







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

Family Bingo - Tuesdays @ 6:30 at the Mulhurst Legion #246. Curling (Sturling Night) - 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

Bingo 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.

Floor Curling at the Warburg Hall. Every Thursday at 1pm (\$2)

Men's Morning Curling - 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.

<u>Pickleball</u> 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.

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

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

 $\frac{\textbf{Warburg Girl Guides}}{\textbf{Thursdays from 5:30pm}} - \text{ at the Warburg Community Hall,} \\ \frac{\textbf{Thursdays from 5:30pm}}{\textbf{Thursdays from 5:30pm}} - \frac{\textbf{Thursdays from 5:30pm}}{\textbf{Thursdays from 5:30$

FRIDAYS

<u>Coffee in the Valley</u> on the 1st & 3rd Friday of the month from 9-11am at Telfordville Community Centre. Coffee and visit with your neighbors. No charge.

<u>Community Socials</u> are held the last Friday of each month at the Mulhurst Legion #246 at 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 <u>kpollard2007@outlook.com</u>

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 Thursdays & 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.

<u>Pie & Coffee</u> 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. 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.

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

"little papers...BIG RESULTS"



MONDAY FEB. 19/ 2024 9 AM - 12 NOON

THORSBY COMMUNITY CENTRE

2 & UNDER FREE 3 TO 7 - \$5.00 8 & UP - \$8.00 50/50 RAFFLE & SIDE GAMES

SPONSORED BY: THORSBY & DISTRICT CULTURAL & HISTORICAL SOCIETY

ACCELERATED CHRISTIAN EDUCATION (A.C.E) MEETING

If you're interested, we NEED you input as it will determine whether to establish the Academy or not.

Warburg Alliance Church 4628-55 Ave, Warburg

February 16, 2024 @ 7:00pm

Helpful to View YouTube video: "resenting A.C.E." (previously shown)

Questions to Sandra: (587) 984-3705

Rural dugouts: more than just a hole in the ground



A two-part webinar series

Dugouts are an important multi-purpose water source for rural residents. Participants will learn about best practices to improve both the quantity and quality of dugout water.

Dates: Tuesdays, Feb. 6 and 13

Time: 7 to 8:30 p.m. **Location:** online via Zoom

Register: leduc-county.com/rural-dugouts

*Register by Feb. 5. An email with details about the event will be sent after registration.

Topics include:

- ► Planning considerations regulatory issues, size, location, water supply
- Dugout design soil, slopes, inlet structures, sedimentation
- ► Construction

 pre-construction testing, liners, excavating equipment, hiring a contractor
- ▶ Dugout operation and protection intake systems, pumps, off source livestock watering systems and potential funding
- ► Water quality and treatment solutions algal blooms, chemicals, livestock run-off, preventative and reactionary measures
- ▶ Dugouts for stocking fish water testing, water quality, aeration, predators

Presented by Shawn Elgert, Agricultural Water Engineer with Alberta Agriculture and Irrigation, and is offered in partnership between Leduc County, Lac Ste. Anne County, Parkland County and the County of Wetaskiwin.

For information or assistance, contact Kim at kimb@leduc-county.com or 780-387-6182.









Connect with us!

Submitted by Leduc County FCSS

Sign up to receive our monthly update directly to your email inbox. Send an email to fcssinfo@leduc-county.com and ask to subscribe to our email distribution list

Counselling subsidy

The cost of counselling services can be a barrier for many individuals and families. You may qualify for a counselling subsidy that helps low-income residents access counselling services. Counselling is provided in partnership with local counselling clinics in Leduc, Calmar, Beaumont, Edmonton, Millet and at rural locations. Virtual and telephone counselling options are also available. To qualify for a counselling subsidy, you must:

- be a resident of Leduc County, Calmar, Thorsby or Warburg
- not have access to an employee or health benefit plan that covers the cost of counselling
- have a family income of less than \$75,000 per year

The counselling subsidy program provides short-term, skill-based preventative services. Eligible households can choose from the following free options:

- Three sessions per individual*
- · Six sessions per couple
- · Nine sessions per family

*If individuals prefer to attend group sessions with other participants, seven sessions will be allotted. To apply for the counselling subsidy, contact Kristin at 780-955-6421 or kristin@leduc-county.com.

Upcoming Sessions

Please contact us at 780-979-2385 to register for any of our upcoming sessions.

Mastering the Art of Simplicity: Decluttering Your Way to Happiness and Peace of Mind

Let's face it: clutter and disorganization often negatively impact a person's physical and emotional well-being and it takes a toll on us and our loved ones. Join Michelle Kuny, Professional Organizer, as she teaches her "GDP Method of Organization" and guides us through the five simple foundational principles of organization. These principles can be applied to everything from decluttering to downsizing to time management – and when followed can transform lives.

Date: Thurs., Feb 29 **Time:** 2:15 to 3:30 p.m. (doors open at 2 p.m.) **Location:** Council Chambers, County Centre, 1101-5 Street, Nisku AB

<u>Fraud-Proof: A Savvy Seniors Lunch and Learn Experience</u>

March is Fraud Prevention Month. Join us for two informative sessions in one day! And don't forget the catered lunch! For the first time, Leduc County is partnering with Service Alberta and Red Tape Reduction

as well as the Utilities Consumer Advocate to bring you a unique and informative event that will help you in your daily life. Service Alberta and Red Tape Reduction will dive into the topic of frauds and scams that are so prevalent these days and provide tips on how to avoid becoming a victim. The Utilities Consumer Advocate will enlighten us on topics including how Alberta's utility market works, how electricity and natural gas are distributed, how to understand your utility bills, how to shop for utilities, and much more. It's a day you don't want to miss!

Date: Thurs., March 7 **Time:** 11 a.m. to 2:30 pm **Location:** Glen Park Hall

Learn to file your taxes

Have you ever wondered whether you could learn to prepare and file your own simple income tax return? This free information session will assist you to gain the confidence and skills to prepare and file your 2023 income tax return. To participate in this in-person session, all you need is a willingness to learn. We will discuss the necessary paperwork, the My CRAAccount, and walk you through the free TurboTax online tax filing software.

Date: Wed., March 20 **Time:** 6 to 7 p.m. **Location:** Calmar Library

We Need YOUR Input! Aging Well in Leduc County Toolkit

Are you prepared for your future as you age? Are you aware of all the areas of your life that should be considered in making plans for your future – from navigating safety in your home and community to financial wellness? Leduc County wants to help through creating an Aging Well in Leduc County Toolkit specifically designed for Leduc County residents.

We would love your feedback if you:

- Are an adult or senior who is looking to plan for your long-term future,
- Are an adult or senior caregiver to another older adult or senior,
- Are already a senior who may be facing an upcoming life transition, or
- Do not fit into the above categories, but would still like to offer your valuable insights!

We invite you to take part in one of our engaging and insightful focus groups (in person or online) to gather your invaluable opinions and experiences on what you would like to see in this toolkit, and we want to hear your thoughts on topics that directly impact the lives of you and your loved ones.

(There are three separate opportunities – please choose one)

Monday, March 18

Thorsby Family Resource Network Facility (across from Thorsby Recreation Complex) **Time:** 1 to 2:30 p.m.

Tuesday, March 26

Leduc County Main Building (Meeting Room 241)

Time: 10 to 11:30 a.m. Thursday, March 28

Online (Zoom) **Time:** 5 to 6:30 p.m.

Food safety for direct marketers

This free online webinar series will provide details on appropriate agricultural practices and food safety procedures for selling food products and fresh produce to local markets.

Food safety: best practices and regulations for **local markets**

- Date: Wednesday, Feb. 28, 2024, at 2:30 p.m.
- **Register by** Feb. 27, 2024

Overview of CanadaGAP and food safety practices for fresh fruit and vegetable growers

- Date: Wednesday, March 6, 2024, at 7 p.m.
- Register by March 5, 2024

Each session will be one and a half hours to two hours in length.

Learn more at leduc-county.com/local-food or contact Sharon at sharon@leduc-county.com or 780-770-9271. Event details are subject to change.











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hello@kindredcarehomeservices.com www.kindredcarehomeservices.com



BREAKING NEWS!!

2024 GARBAGE/RECYCLING COLLECTION MAGNETS HAVE ARRIVED!

The 2024 Garbage and Recycling magnets have arrived at the Thorsby Town Office and are free of charge with a limit of one per household. Magnets are first come first serve as we have limited quantities.

Due to the weight of magnets and limited quantities, they will not be mailed out.

If you do not want a magnet but still want a copy of the calendar, you can find it on the Town website or vou mav email info@thorsby.ca.



THORSBY TOWN COUNCIL **MEETINGS**

Tuesday, Feb 13th | C.O.W | 7:00-8:30pm

Tuesday, Feb 27th | Regular | 7:00-8:30pm

This meeting is **open** to the public, and we encourage all Thorsby residents to participate!

Thorsby Town Office Regular 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 now open during Lunch!

Town of Thorsby

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





MULHURST LEGION BRANCH NO. 246

FAMILY BINGO RETURNS FEB 6th

After their Christmas/winter break, members of the Mulhurst Legion are ready to welcome bingo players back for an evening of fun.

The Tuesday night Family bingo starts up again Feb. 6th 6:30 pm. at the Legion Hall in Mulhurst Bay

Bingo players and people of all ages, from around the Pigeon Lake area, looking for an evening of friendship and fun, are invited to attend the Mulhurst Legion's Family Bingo night.

While Randal and Marion are still away on their winter adventure, the rest of the hard working volunteers are ready to welcome back players from last year and people looking for something to do on a Tuesday night.

The night starts off at 6:30, with the Early Bird games. Two Bonanza games and the first 48 ball pre call follows. The regular games consisting of 4 series with 5 games in each are next. With a 10 minute intermission around 8:00 pm, a 5 game Half the House card is first played after the break. The final Bonanza game is played next with the Wild Card game finishing off the night's play around 9:00 pm. The Loonie Pot and Lucky Number add excitement and suspense to the 20 Regular games.

Last year the Mulhurst Legion was able to donate money to the Kipness Centre for Veterans in north Edmonton, Valour Place in central Edmonton and the Veterans Association Food Bank in West Edmonton.

If you wish to spend an evening of fun, excitement and meet other players looking for the same, then come out and attend the Mulhurst Legion's Family Bingo. Players of all ages are welcome.

"If there's a book that you want to read, but it hasn't been written yet, then you must write it."

Toni Morrison



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Thorsby Seniors Crib Results!

Jan. 29th crib scores:

1st - Nicole Whalley - 941 2nd - Marvin Wagar - 933 3rd - Dora Shier - 926

High Hand of 20 was held by Dora Shier CONGRATULATIONS ALL WINNERS!

Next crib playing event will be held on February 5th, Monday, at 1:30 pm Thorsby Seniors Center, Admission: \$6 Come and challenge these winners!



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.

Welcome February and warmer temperatures for sure! We have an exciting month ahead. Coming soon...

On the 7th, from 3:30 to 4:30, elementary aged patrons are cordially invited to come on down for Library After School Adventures with our amazing Audrey. There will be stories, crafts, snacks and library talk, and lots of fun!

On February 8th, from 3:30 to 5:00 everyone is invited to come down to the library for our Lunar New Year Tea celebrating the Year of the Dragon. There will be tea, snacks and activities, so drop in and enjoy.

Family Day Long Weekend the library will once again be presenting a fabulous Escape Room! It will run Friday February 16 from 3:30 through 7:00; Saturday, February 17 from 10:00 through 3:15; and Monday, February 19 from 11:00 through 3:15. The maximum group size is 5. You can book your time through the library. Phone 780 789 3808 during library hours, or leave a voice message any time with your contact information and someone will for sure get back to you. Come solve a mystery, and have some fun with your family or friend group!

And finally, on February 21, Teen Time with Audrey. Fun, games and of course snacks are guaranteed.

With this year being the year of the dragon we have lots of books for younger readers that may also appeal to adults including the Wings of Fire series by Tui Sutherland; Cordelia Funke's Dragon Rider; and of course, JRR Tolkein's The Hobbit.

Tales of magical creatures and high adventure make excellent reading as winter is slowly turning towards spring.

Enjoy, and see you at the library.



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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 - heath uce Dand DRIVEWAY -Finished basement. \$309,900 \$299,900

SUNDANCE BEACH - .54 Acres mature corner by Sundance foot bungalow and attached garage - 2 bedrooms - no basement. \$349,900 \$339,000 \$100.000 \$100.0000 \$1

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 quiet 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 sq/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 sq/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 quonset 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



Contributor



"NOBODY SELLS MORE REAL

SPILL SHUTS DOWN LOCAL HIGHWAYS

Information from the Village of Breton Facebook and Media News

A substance spill which occurred last Thursday evening, January 25, forced RCMP to divert traffic on approximately 38 kilometres of affected highway. Hwy 20 from Township Road 470 to Hwy 39 as well as Hwy 39 from Hwy 20 to Hwy 770.

The substance spilled was determined to be VGO (Vacuum Gas Oil). This product is a thick waxy liquid which is apparently non toxic but it is recommended that entry into ditches, sewers and waterways should be prevented. Due to this information, Breton Suds Bucket Car Wash was closed and the Village of Breton Public Works worked hard to close off any drains on the roads so the material that had been spilled wouldn't get into the Village sewer system.

On Saturday, January 27 a wash station was set up at the Village of Breton Waste Transfer site (5207 - 52 Street) to clean vehicles affected by the sticky substance and appointments were estimated to continue until at least Wednesday. Vehicles were taking an average of one hour but some were taking up to three hours. To book an appointment please text (preferable due to high number of calls) or call 587-842-1271.

Breton Car Wash will reopened January 30 but only to vehicles that do not have VGO on them.

As of Wednesday night, there was still not an estimated time of reopening for Highway 20. According to the Village of Breton Spill Update #12 on January 31 "Highway 20 has had the sanding done and last night they were trying to find more hydro vacs to start the cleaning. Needing that many hydrovacs in "oil country" definitely creates a supply and demand issue in January. But the coordinators are working hard to make it happen."

"The crews are working east to west in the west bound lane of Highway 39 and as of Tuesday afternoon they had approximately 5 to 6 more kilometers left to wash. So traffic is still down to one lane and is still being escorted for everyone's safety."

The cleanup includes people that are walking the ditches and hand shovelling any remnants of the VGO they are finding. Two environmental firms have been hired to do water testing along the ditches. Thankfully the snow seems to be solidifying the VGO and preventing it from getting into the ground even with the temperatures the last few days. Crews are working 24 hours a day to get everything cleaned up properly.

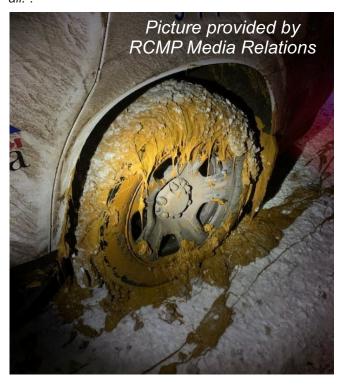
If you want to know more about this sticky goo, the Village of Breton Facebook posted this on Wednesday "This is not a toxic substance. It is essentially boiled crude oil. VGO is crude oil that is distilled to lower the boiling point. By lowering the boiling point they can extract the compounds required for various products at a

higher quality. Oil viscosity breaks down at high heat over time (hence why we have to change oil in our vehicles. The operating temperature of the engines degrades the viscosity of the engine oil requiring fresh oil to be added for maximum lubrication and protection of the engine). The substance being dealt with in this spill is heavy VGO, basically the remnants after the light VGO is removed. This heavy VGO can then be processed in a hydro cracker to make diesel and if they process it longer it makes gasoline.

How do you get rid of it if is in your driveway? "anything in your driveway/garage/parking pad etc can be handled in the exact same manner as you would if your vehicle had an oil leak. Saw dust, kitty litter, stall dry or sand can be used to absorb it. If it is thicker because it is sitting in snow, you can just shovel it up" The materials to be disposed of can be brought to the wash station in Breton and put in the containment bins. You can call 587-842-1271 and arrange a time for you to drop it off.

Another question was "Why hasn't a state of local emergency been declared?" According to the Village of Breton "There are many steps and qualifications that have to be present before a state of local emergency can be declared. And this incident doesn't qualify for that. Had Alberta Environment felt there was an environmental threat to life or land then there may have been one called. This isn't the case."

The Village of Breton has been doing a wonderful job keeping everyone updated on Facebook and monitoring emails and phone calls. They just ask everyone to be patient and want to thank the community. "All the residents are doing so wonderful with showing compassion and empathy in this event. Great job to you all!".



BUILDING A HEALTHY, HAPPY LIFE (Part 4)

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.

48-Make chaotic zones calm.

Make the chaotic zone by the door a calm, happy space, advises Carly Moeller, founder of interior design firm Unpatterned. Set up simple systems (a mail basket, a shoe bench, hooks) for tidying. Then move art or flowers from the living room and invest in a mirror or a colorful rug.

49-Embrace your new work schedule.

If you've gone fully remote since 2020 and have discovered that returning to the office simply won't be happening, there's an opportunity at hand to revitalize your calendar this year.

50-Make your bed every morning.

Yes, it's time to grow past the messy bed look! Mastering the art of making your bed will simply transform your space, but also kickstart a productive morning routine. Taking care of your pillows, sheets, and comforter is easy when you have an expert to show you how.

51-Go to bed on time, with your partner.

Getting sufficient zzz's can make you feel ready for action. A study in the Journal of Sexual Medicine found that women who got more sleep had more desire the next day and an overall easier time becoming aroused. Every additional hour they slept increased their likelihood of having sex by 14%. So skip late-night web searches and hit the hay.

52- Stay glued to the windows (with sunscreen, of course).

Spending as much time outside as possible is a great thing for your health — but even when the weather becomes frigid, sunlight is crucial to regulate your mood throughout the day. Sunlight can help regulate our circadian rhythms, which directly impacts how productive we are as well. If you can't find natural light in your home, try investing in a few supercharged lights for indoor living, and watch as your mood brightens over time.

53-Treat yourself to more facials.

Give yourself a spa-level nutrient infusion without footing a massive bill.

54- Give yourself more compliments.

Repeat after us: "Today is my day. I'm thankful for me." Positive self-talk can help you focus on what's good in your life, says psychologist Joy Harden Bradford, Ph.D.

Research shows that a little vitamin G (for gratitude) can make you feel happier and more satisfied and even improve your sleep. "If you repeat an affirmation related to gratitude in the morning, you're likely to show and feel more of it throughout that day," Bradford says.

55- Head outside without your phone.

In a previous GH survey, 83% of people told us they lost track of how long they spent on their devices. But short of deleting all social apps, it can be hard to trade screen time for more productive pastimes like walking the dog and coffee with friends. Whether you're Team iPhone or Team Android, download the latest software to access built-in tools that help you track your personal app usage.

56-Say goodbye to toxic friends.

It may feel impossible now, but there is a way to break up with a once friend turned frenemy without imploding your social life. Sometimes, ghosting is appropriate — but more often than not, approaching the situation with a structured conversation can help you get the closure you need to grow.

57-Be current about the news.

It can be hard to keep up with what's going on in the world given the lightning-fast news cycles. But it's more important than ever to stay informed.

58-Add more citrus to your grocery cart.

When you see all those gorgeous in-season grapefruits, oranges, clementines, and pomelos in the produce aisle, grab an armful. Winter citrus can help keep skin looking healthy thanks to vitamin C, which aids in collagen production. In fact, an American Journal of Clinical Nutrition study found that people who ate foods high in C had fewer wrinkles and less age-related dry skin than those who didn't. Try clementine sections sprinkled with pistachios or sweet grapefruit dipped in Greek yogurt for a snack.

59-Chow down on blueberries and walnuts.

Separately or together, these berries and nuts have health superpowers: Blueberries have been shown to help people with metabolic syndrome (a cluster of conditions such as high blood pressure, high blood sugar, and too much belly fat), and walnuts can help reduce LDL, the bad kind of cholesterol. Toss them on oatmeal or in a salad, and eat up for a healthier 2024!

60-Bathe for a better sleep.

Next time you have trouble nodding off, there's a research-backed idea that could help: Take a hot bath! It helped people fall asleep about 10 minutes earlier and have a better quality snooze. The best time to do it? About an hour or two before bedtime, says most research.

61-Take more trips with no destination in mind.

This year is going to be all about the road trip — simply getting out into the world around you for quiet time alone in nature. A solo trip in the car is a great way to get out for a change of pace. Hit the road and forget social media!

Continued on next page

62- Ease stress with kindness.

Kindness toward yourself, that is! Recent research shows that practicing self-compassion slowed people's heart rate and sweating, two symptoms our bodies produce when under chronic stress. So take some time each day to focus on something you love about yourself.

63-Get artsy.

To help ward off the blues, engage in a bit of culture — a trip to the museum, a night at the theater, or attending a concert. Research suggests that people who make regular trips to these types of attractions have a lower risk of developing depression than those who don't.

64- Make your home more fragrant.

Because smell is associated with the parts of the brain that process emotion and store memories, certain aromas can affect mood, says olfactory expert Rachel Herz, Ph.D., author of The Scent of Desire. Research shows that vanilla makes people more relaxed and joyful (mmm, baking), while peppermint can boost energy and lavender can zap stress.

65- Makeover your daily routine.

If you're still on the hunt for even more goals to help you change your life for the better, why not undertake a challenge that'll last a month? Check out the Good Housekeeping Guide of 28 mini daily goals that can help you revolutionize your routine if you're unsure of where to start first. It's guaranteed to get you thinking more about the best resolutions to keep!



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Message from

MLA Andrew Boitchenko



Drayton Valley-Devon Constituency

COLORS OF DRAYTON VALLEY-DEVON: YOUTH ART CONTEST

Calling all young artists in the beautiful riding of Drayton Valley-Devon! Unleash your creativity and showcase the vibrant essence of our community through the "Colors of Drayton Valley-Devon" Youth Art Contest.

I invite all artists under the age of 18 that reside in the Drayton Valley-Devon area to submit entries in the style of their choosing. Paint, draw, sketch, animate- it's up to you! Subject of the image can be anything from the riding that you believe represents either the beauty or spirit of this riding.

Express your unique perspective on what makes living in Drayton Valley-Devon extraordinary, capturing the beauty of our landscapes, the spirit of our community, and the rich tapestry of local culture. Let your imagination run wild and paint a visual masterpiece that reflects the heart and soul of our beloved region.

The winning project will join MLA Andrew Boitchenko, for a personalized one-on-one tour of the Legislature, the grounds and lunch. Be his guest as you attend the upcoming Legislature Session, gaining insights into the political process. As well, the winning artist will win a gift basket filled with art materials, to help them in their pursuit of Art. We will also provide them with a gift card so they can choose items they require!

Second place will receive a gift basket and a gift card to shop for their favorite art supplies, as well. Both pieces of Art will be framed and displayed proudly in my office!

You can submit your entries to <u>draytonvalley.devon@assembly.ab.ca</u> by February 22nd. (Deadline extended)

Submit your artwork today and let the Colors of Drayton Valley Devon shine through your creativity!

I can be reached at t h e main constituency office in Drayton Valley at 1-800-542-7307 tollfree. The office is open Monday to Friday. The Devon constituency office number is 780-987-3666 or I can be emailed at draytonvalley.devon @assembly.ab.ca anytime.















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TIPSFrom 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.

COMMANDMENTS FOR SENIORS

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, makes a decision. The road is paved with flat squirrels who couldn't make a decision.

When I get a headache, I take two aspirin and keep away from children just like the bottle says.

Just once, I want the prompt for username and password to say, "Close enough."

Becoming an adult is the dumbest thing I've ever done.

If you see me talking to myself, just move along. I'm selfemployed. We're having a meeting.

Your call is very important to us. Please enjoy this 40-minute flute solo.

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

If God wanted me to touch my toes, he would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Now, I'm wondering...did I send this to you, did you send it to me, or have I only sent it to myself?

You don't need anger management. You need people to stop irritating you.

Your people skills are just fine. It's your tolerance for idiots that need work.

"On time" is when you get there.

Even duct tape can't fix stupid-but it sure does muffle the sound.

It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle -free...and three sizes smaller.

Lately, you've noticed people your age are so much older than you.

"One for the road" means peeing before you leave the house.

Copy right TOPS 2022/2023

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

Joshua J. Marine

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MEALS FOR SENIORS

Heart to Home Meals Offers Healthy Meal Alternatives to Seniors

We are delighted to announce our 20th Franchise in Canada and Edmonton being the 2nd in Alberta, We deliver delicious and nutritionally balanced frozen meals to the Seniors.

Our meals get prepared in Brampton in our Food Production Plant where our team of chefs make all of our meals in our federally inspected kitchens, ensuring the highest standards of quality and safety. We create meals which are balanced and nutritious for seniors, with carefully controlled levels of salt, sugar and fat. They can be cooked from frozen in the microwave or oven, providing you with the convenience of a delicious meal in minutes.

We're pleased to feature our full range of over 200 meals, soups and desserts for you to choose from. With Heart to Home Meals, you benefit from:

- No Contracts or Commitments order whenever it suits you
- Approved provider through Veteran Affairs of Canada
- · Access to Nutrition Program.
- FREE DELIVERY* with a minimum order of \$100



Heart to Home Meals provides Choice to Seniors to live independently

No shopping, no chopping, no pots and pans just delicious meals delivered to your door. We make the meals so you can make the most of your day. Relax and enjoy the things you like to do because we're taking care of the meals. Heart to Home Meals has over 200 frozen meals, soups and desserts to choose from as well as products for special dietary needs. Each is designed by our chef and dietitian, and as a result you get the great flavour and the necessary nutrition. All you have to do is select the meals, order and our friendly drivers will deliver them direct to your home.

Our Food

Our menu includes a wide variety of entrées including beef, chicken, pork, fish and vegetarian. We have several soups to start and tempting desserts for the sweet tooth. In addition, we provide a diverse range to meet the needs of low fat, low calorie, low sodium and texture modified diets – all designed with seniors in mind.

Nutrition and Convenience

One of the biggest advantages of our frozen products is that in just minutes you can have a piping hot nutritious meal on the table. When you are ready for something to eat, simply heat them according to the label directions and just minutes later, your wholesome, balanced meal is ready to eat.

Delivery Made Easy!

Our drivers are committed to delivering great customer service and are all police checked for your added peace of mind — we'll even put the meals in your freezer for you if you wish. We deliver to most postal codes on a weekly or bi-weekly basis — ask us about delivery in your area.

Ordering Couldn't Be Simpler!

You can order as often as you like. We are not a subscription service, so you don't have to sign up to regular deliveries. Just order whenever you need us. If you would like a full colour menu brochure, you can request one and we will mail it straight to you. Just give us a call at 1-800-704-4779 / 780-666-2336 when you're ready to place your order or if you have any questions about the service. Our offices are open Monday to Friday, 9am - 5pm. If you'd prefer, you can order online at www.HeartToHomeMeals.ca



Laurie's Laughs



Saw a store that has a sign that reads, "We treat you like family!"

Yup, NOT going in there.



I saw my own shadow today, and it looks like six more weeks of being a hot mess.

This is Punxsutawney Phil's ex-wife, Phyllis, who now lives in Florida and said that Phil is a compulsive liar.



Having a teenage daughter is like having a cat that only comes out to eat and hisses when you try and be nice to it.

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

Answers will be published in the next issue!



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CONTACT US

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

BOOSTER

- Published every Wednesday -

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

(deadline Monday at 10am before publication)

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

PRICING

Classified Ads are \$5.00 (including GST) for 2 weeks (max. 4 lines or approx. 30 words)

1/8 PAGE

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

1/2 PAGE

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

1/4 PAGE

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

FULL PAGE

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

CITIECT39 Thorsby, Warburg & Area NEWS

- Published every Friday -

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

(deadline Wednesday at 10am before publication)

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

PRICING

Classified Ads are \$7.50 (including GST) for 2 weeks (max. 4 lines or approx. 30 words)

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 <u>OR</u> if you are a non-profit group or team.

Pick up our FREE "Community Connections" booklet

at the Breton Village Office, Brazeau County Office, CE Media Thorsby, Leduc County Office, Thorsby Town Office, Thorsby Arctic Spas Rec Complex and the Warburg Village Office Or go online to www.community39.com

You will find information on our local communities including maps, contacts, rental facilities, community groups and supports and more....

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, Programs, Meetings & Articles are <u>FREE</u>

"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 on these & other properties visit our 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. 4 season rustic cabin, greenhouse, 2 chicken coops, barn with lean-to, outdoor riding



arena, round pen. garage/shop attached to barn, 2 storage sheds, 2x 20' seacans. Ample pasture



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

6229 54 Ave Brazeau County

Impressive 2 storey office building, full basement, and 3 bay heated garage. Main floor - Inviting reception surrounded by multiple offices. 2nd floor- boardrm w/ kitchenette & 2 executive offices. Basement-



large crew meeting room w/kitchenette, exercise room, bathrooms w/showers, large fire safe vault room, mechanical room and storage. 3 bay heated garage is accessed from the building. Paved parking.

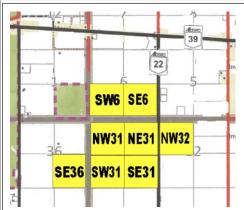
DRAYTON VALLEY \$1,200,000

Brazeau County on corner lot 5206 62 St.

2 Acres with 5,160 sq ft industrial building with 2 drive through bays with oil pit access, 3rd bay (not drive though), 100' drive through wash bay, office space with 2 offices, 2 bathrooms, file storage room, break room and a mezzanine with crew room and parts room. Property is fenced with chain link fence.

BATTLE LAKE \$325,000

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



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.



Highland Spruce Estates - $1.28~\rm acre.~7~RV$ sites, underground power, sewer, water, fenced, insulated shed, wood shed.

780-696-2249

OUR TEAM OF REALTORS

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Moore's Agri-Trade Ltd, Breton, AB

Rural Real Estate