THE BRETON BOSTER

BRETON HIGH SCHOOL DILEMMA

by Shawna Ofstie, editor

I'm not sure what rock I was under but I admit I am way behind the times and was just notified about what is happening in Breton regarding the Breton High School modernization. The modernization project had been announced in the fall of 2023 but in March of 2024 Breton High School was absent from the list of funded schools therefore the project was on hold, and that was the last news I was told. I didn't put two and two together when more schools had been approved in October but recently received notification that the project is moving forward, for now...

The announcement to temporarily move the Breton grade 7-12 students to Warburg School during the upcoming Breton High School modernization project has caused much concern in the Village of Breton.

On November 4th at a special meeting, the Breton Village Council met to discuss the action of sending a stop work letter to the provincial government on the modernization of the Breton High School, until portable classrooms could be secured. Council was given feedback from 11 area residents of their position which was portrayed as a show of hands of 8 - 3 in favour of not sending a stop work letter but in effort to gain more feedback from the public, Council put out a short one question survey on Facebook. The survey was intended to help them gain direction on this matter and closed on November 7. It was not to stop the modernization but

bus rides for students who would be bussed to the Breton Elementary school then to Warburg. The impact on the community and local businesses not having the students in town was another concern.

There is other concern that putting a stop work order could delay it further with the same outcome. If the portables were put on the high school property, it could also add several months to the project and they would be in a construction zone.

Moving to Warburg School the Breton High School will retain its staff, students, and identity throughout the modernization project and will occupy an unused portion of Warburg School during the three or so years anticipated. They will also have access to sufficient classrooms, a gymnasium, shop, science lab, and music room for the duration of the construction.

If it goes forward, furniture, equipment and school supplies will be moved from Breton High School to Warburg School in the first week of February, so that staff can get their classrooms ready.

These are only a few of the many concerns. No matter what happens, change is very difficult for many and many will be impacted in both positive and negative ways and people will have to make the best with w h a t e v e r

decision is made. It is very exciting that in a few years Breton will have a fully modernized High School for years to come.





about keeping the kids in Breton with portables.

Over the last month, many valid points were made to support both sides of this very important topic. Bussing is a huge concern due to the longer



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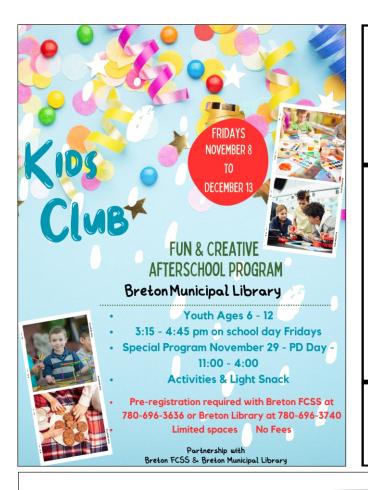
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Sudoku Answers from November 6 Issue

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



Village of Breton



DATE CHANGE

Regular Council Meeting Wednesday, November 20th, 2024

At 7:00 pm in the Council Chambers of the Carolyn Strand Civic Centre.

WARBURG SEED CLEANING CO-OP

Check out our web page <u>www.warburgseed.com</u> and like us on Facebook

ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN THAT AN **ANNUAL MEETING** OF THE MEMBERS OF THE **WARBURG SEED CLEANING CO-OP LTD**. WILL BE HELD AT THE **WARBURG LEGION HALL** AT **WARBURG**, IN THE PROVINCE OF ALBERTA, ON **THURSDAY** THE **21st** DAY OF **NOVEMBER, 2024** AT **7:00 PM**, FOR THE PURPOSE OF:

AGENDA:

- TO RECEIVE THE FINANCIAL STATEMENTS OF THE ASSOCIATION FOR THE FISCAL YEAR END
- TO ELECT DIRECTORS OF THE ASSOCIATION
- TO APPOINT AN AUDITOR OF THE ASSOCIATION
- MANAGER'S REPORT
- ANY NEW BUSINESS THAT MAY BE PROPERLY BROUGHT FORWARD



UPCOMING SPECIAL EVENTS (Breton, Thorsby, Warburg & Surrounding Areas)

<u>November 13</u> - Community Crockpot Cooking at the Breton Community Centre from 7-8:30pm. Must pre-register. Contact Breton FCSS at 780-696-3636 for more info

November 13 - Paint Class at the Warburg Hall. Kids 7+ from 1-2:30pm and adult/kid 12+ from 4-6:30pm. Pre-register with Warburg FCSS or at the Warburg Village office.

November 13 - **Preparing for Farm Retirement** at the Lakedell Community Hall from 9 - 3:30pm. FREE. Register by Nov 6 at <u>www.county.wetaskiwin.ab.ca</u> or call 780-352-3321.

November 14 - Yoga for Kids at the Warburg Village Office in the basement. Preregister at the Village Office. Ages 5-11 from 10-10:45am, Ages 12-17 from 11-11:45am.

<u>November 15</u> - FRN Crafts at the Breton Youth Centre. Grades 6-12.

November 15 - Comedian Jimmy the Janitor at the Thorsby Community Centre. Cash bar. Doors open at 6:30pm. Tickets \$30 at Ruhr Lumber, CE Media, IDA or call 780-217-9394.

November 16 - Warburg Library Open for this Saturday only from noon - 4pm. Everyone welcome!

November 16 - Thorsby Music Jam from 1-4 at the Community Centre. Entertainers, visitors and dancers welcome. Refreshments and lunch. 780-789-2180

<u>November 20</u> - Morrowdale Community Centre AGM at 7pm with the regular board meeting to follow. For more information, call Bev at 780-789-2571.

<u>November 23</u> - Annual Old Fashioned Christmas at the Yeoford hall from 12-3pm. Live dessert auction at 2pm. Free admission. Hosted by the Yeoford Homeschoolers.

November 23 - Thorsby Chamber Gala featuring "The Whiskey Boyz" at the Thorsby Community Hall. Get your tickets at CE Media or email <u>thorsbyabchamber@gmail.com</u>.

<u>November 23</u> - Warburg's Annual Christmas Bazaar from 10am - 2pm at the Warburg Pioneer Recreation Centre. Vendors FULL. Contact <u>fcss@warburg.ca</u> or 780-848-2828.

November 23 - Warburg Treasure's Gift Shop at the Community United Church open from 10am - 2pm.

November 24 - Plus 55 Lunch at Glen Park Community Association. Doors open at 12:30, lunch served at 1 pm. Tickets are \$5 each, available at 780-919-1250.

November 24 - 90th Anniversary of St. Matthew's Lutheran

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Church in Thorsby. 10:30am service of celebration followed by presentations & banquet. Limited tickets 780-224-8527

November 24 - Annual Ending and Beginnings Program at the Community United Church in Warburg at 1:30pm. Phone 780-696-3808 if you wish to light a candle for your loved one.

<u>November 26</u> - Thorsby Christmas Elves Food Drive from 7-9pm. If you wish to donate, have you items bagged and ready for our team.

November 29 - Jack Semple plays Lightfoot at the Eleanor Pickup Arts Centre in Drayton Valley at 7:30pm. Tickets available at ticketpro 1-888-655-9090.

<u>November 29</u> - Meal Night at the Breton Youth Centre with award winning Chili from 3-5pm. Grades 6-12.

November 29 - Xmas Light Up at the Warburg Culture centre from 6-9pm. Santa in the Park, Bonfire, Free hot chocolate, hot dogs & cookies

November 29 - PD Day Program at the Breton Municipal Library from 11am - 4pm. Ages6-12. Must pre-register at the Library or Breton FCSS.

November 29 & 30 - Mulhurst Christmas Market on Friday from 4-7pm and Saturday from 10-5pm at the Community Hall.

December 1 - Annual Christmas Potluck Supper at Morrowdale Community Centre. 5-7:30 PM. Bring your favourite dish to get in! Call Bev at 780-789-2571.

December 1 - Christmas at the Funnell Hall from 1-4pm. Bake sale, photo ops, silent auction & raffle, crafts, hot chocolate around the fire. <u>funnellhall@gmail.com</u> or Facebook

December 4 - Community Crockpot Cooking at the Breton Community Centre from 7-8:30pm. Must pre-register. Contact Breton FCSS at 780-696-3636 for more info

December 7 - Breton's Annual Kick off to Christmas Santa's Workshop, visits with the jolly ole guy, children's activities, market and more. <u>brandynbundt@gmail.com</u>

December 14 - Breton Community Christmas Supper at the Breton Community Centre. Free tickets at the Breton Village office, ATB or Darren Scott Accounting.

December 14 - Light the Night Winter Luminary at Rundle's Mission from 2-6pm. Celebrate the Christmas season with community.

Community Events & Information is <u>FREE</u> to advertise

FAMILY BOWLING

ALDER FLATS

WESTERN PIONEERS SENIORS CENTRE TIME: Starting 7:00 PM DATES: Fridays October 18 & 25 November 1, 8, 15, 22 & 29 December 6, 13 & 20

BOOK YOUR LANE! Call Diana at 780-388-3793 or Lorraine at 780-542-0057

CROCKPOT COOKING CLASS

Breton FCSS and Brighter Futures is offering a new community crockpot cooking series! Families can learn how to save time and meal prep on a budget!

- Each family member prepares & takes home 3 meals/session
- Families can enjoy learning together
- Crockpots available for families in need (limited supply)
- Save time and money

Where: Breton Community Center When:

Session 1 - November 13 Session 2 - December 4

Time:

Sponsored by:

7:00pm-8:30pm

COST:

\$5/family member

Pre-registration is required! Please email manager@brighterfutures.ca for registration, or click the link in this post!





PROGRAMS & REGULAR EVENTS (Breton & Surrounding Areas)

**Please note - all events are subject to change - Please email us at <u>media@community39.com</u> or call 780-434-7446 if we have incorrect information.

MONDAYS

BUS TO DRAYTON VALLEY (Aquasize or Walmart) Must pre-register. Contact Warburg FCSS 780-848-2828 or Breton FCSS 780-696-3636

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

DRAMA CLUB at the Breton Youth Center. Grades 6-12. Registration closed for Sept - Dec but accepting registration for Jan to June session. Email <u>bretonyouthcenter@gmail.com</u>

TUESDAYS

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

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

FOOT WELLNESS services the 2nd and 4th Tuesday of each month in Breton. Contact Christa at 780-514-5640 or online www.yourintrinsicelement.com/copy-of-services

YOGA WITH JUNE - Tuesdays from 10-11am until December 10 at the Breton Community Hall. \$2 Drop in fee

WEDNESDAYS

BRETON BOOK CLUB meets at the Breton Library the second Wednesday of the month at 1pm from September until June. All readers are welcome to join the conversation!

KNIT & KACKLE - knit and crochet items for non profits. No experience necessary. 2nd Wednesday of the month at the Breton Faith Covenant Church at 1pm. Gaylene 780-696-3597

TAI CHI at the Warburg Community Hall, Wednesdays 10am to 11am, \$2.780-848-2841 or office@warburg.ca

THURSDAYS

CHILDREN'S STORY TIME at the Breton Municipal Library on Thursdays from 11:15am - 11:45am

OLDER ADULT EXERCISE CLASSES - Thursday mornings at the Breton Community Centre from 9-10am, Drop In \$2.

LOW IMPACT EXERCISE CLASS at the Buck Lake Seniors Centre from 11am - 12pm. Drop in \$2. Call Erin at 780-352-3321 for more info.

TACO THURSDAYS at the Breton Youth Center. Grades 6-12. from 3-6pm.

FRIDAYS

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

FREE FAMILY BOWLING NIGHT at the Alder Flats Western Pioneers Seniors Centre at 7pm on Fridays until December 20. Book at 780-388-3793 or 780-542-0057

KIDS CLUB after school program at the Breton Municipal Library. School day Fridays from until December 13. 3:15-4:45pm. Ages 6-12. *Must pre-register at FCSS or Library.*

MUSIC, BIBLE & PIZZA on alternating Fridays at the Breton Youth Center. November 8 & 22. Grades 6-12 from 3 - 5:30pm.

SATURDAYS

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

COMMUNITY INFORMATION

<u>WELCOME TO BRETON</u> - We want to help newcomers feel welcome by giving you a package of promotional and informational items from local businesses and community organizations. We look forward to meeting you! Call or text: Diane - 780-514-4273

MEMORIAL PLAQUE - Anyone wanting to put their loved ones name on the memorial plaque at the Breton Cemetery can contact Diane with the Breton Royal Purple Elks at 780-514-4273 for more information.

TABS FOR TOTS - The Breton Elks collect the tabs off beverage cans and other recyclable metals. This is sold for scrap and the funds help local hospitals. To donate your tabs or other recyclable metals please call 780-696-3800

BRETON YOUTH CENTRE is located at the Carolyn Strand Civic Centre downstairs from the Breton Library. All activities are FREE! All kids grade 6-12 are welcome. Contact them at bretonyouthcenter@gmail.com

COMMUNITYGROUPS&MEETINGS (Breton&Surrounding Areas)

MONDAYS

BRETON & DISTRICT HISTORICAL SOCIETY - Monthly meetings the 4th Monday at 7pm at the Breton Museum. Jan-June & Sept-Nov. 780-898-1155 or bretonmuse@yahoo.com

BRETON GOLDEN AGE CLUB - Meetings are the first Monday of the month at 11am (except July & August). 780-898-1651 or dwaymon@telus.net

BRETON ROYAL PURPLE ELKS NO. 285 - the third Monday of the month at 7:30pm at the Community Hall (except July & August) 780-514-4273 or bretonrp285@gmail.com

WEDNESDAYS

BRETON MUNICIPAL LIBRARY BOARD - Meetings are typically the 3rd Wednesday of each month at 6pm (except July & August) 780-696-3740 or <u>bretonlibrary@yrl.ab.ca</u>

BUCK CREEK COMMUNITY ASSOCIATION - Meetings at the hall the first Wednesday of every month at 8pm. 780-542-6604 or buckcreekhall@gmail.com

THURSDAYS

BRETON AG SOCIETY - Meets the second Thursday of every month (except July & August) at 7pm at the Community Centre. 780-202-0140 or bretonagsociety@gmail.com

BRETON ELKS 402 - at 7:30pm every 3rd Thursday of the month (except July & August) at the Community Centre. 780-898-3557 or bretonelks402@gmail.com

Pick up your 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 <u>www.community39.com</u>

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

<u>NEW UPDATED BOOKLET PRINTED IN</u> <u>SEPTEMBER 2024!</u>





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

Lots of things happening in the Village. For little ones, adults and everyone in between.

First of all, thank you to my co-workers and volunteers from the Breton Agricultural Society for assisting with the Community Fall Supper and Entertainment Night. We sold 175 tickets. A great turn out that was enjoyed by all from what I have been told. Along with enjoying a delicious meal served by StarKist Catering.

Also thank you to the youth from The BEST – Drayton valley Youth Hub who stepped up and hosted the Halloween Hoopla Community Halloween Night. More details will be shared with you on this evening in the Booster next week. But so wonderful to see older youth making sure the little ones have a fabulous Halloween Night. Along with all of the community members that donated treats for them!

Older Adult Exercise Classes

Thursday Mornings @ Breton Community Centre - We are excited to get started with our low impact older adult exercise classes. We have the same fabulous instructor in Cassie but will be holding them on a new day and time. We will be at the Breton Community Centre on Thursday mornings from 9-10am. These Drop-in classes cost \$2/ session. You are encouraged to participate at your own level, this can be sitting or standing.

"Yoga with June"

Every Tuesday 10-11am October 8 to December 10, 2024 - A Flow Yoga class for stability, strength, balance and relaxation. Instructed by June Knobel, Certified Yoga Teacher with Yoga Association of Alberta. \$2 drop in fee. Come join us at the Breton Community Centre for rejuvenation, relaxation and fun!

Busing to Aquacise in Drayton Valley

Starting on Monday October 21- Together with Warburg FCSS the bus will arrive in Breton at 9:10am to head to the Drayton Valley Gentle Aquacise class. Returning at approximately 11:30am. Purchase a 5 ride Bus pass for (\$36) or 10(\$72) or individual passes for \$10 from the Village of Breton office. Register with Katlynn the Thursday prior to the Monday class to save your seat on the bus. If you register with the Active 55 program (at the pool) and live in Brazeau County (including the Village of Breton) there is no cost for the Aqua Size class. If you do not qualify for Active 55 the cost for the aquacise class is \$7.50 or a 10 card pass for \$67.50. We must have at least 8 riders each week to make a trip.

<u>Kids Klub</u> – Breton FCSS and the Breton Municipal Library are excited to host Kid's Klub, an after-school program for youth ages 6 - 12. Fridays starting on November 8, from 3:15 - 4:45. Activities including crafts, and games along with a light snack. Spaces are limited and pre-registration is required. Please contact the Library or the Breton FCSS office to register. The program will run November 8 – December 13. There will be a longer program on November 29 from 11:00 - 4:00 for the PD School Day.

Community Crock Pot Cooking

Register for the November 13 and or December 4th classes. Are your days full juggling work, kids activities, volunteer and family commitments? Join us for our Community Crockpot Cooking Classes. Take home 3 delicious, healthy meals that you can freeze and then pop into your crockpot to have a meal when you return home. Each class will feature different meals. Older youth are encouraged to attend with an adult (learn those life skills!) If you are in need of a crockpot, We will gift you a new crock pot. Cost is \$5/family member per class. If you have 4 people in your family you would pay \$20 for the class and take home 3 delicious meals. Here is a link to register online and make payment through etransfer - www.forms.gle/8hyPxqXTpffMQteb9. If you can't register on line, please call 780-696-3636.

Calendar Project is Back

Thank you to everyone that sent in photos. We had a great cross section from individuals and groups for this year's calendar. We should have them in our office by December 10. Stop by for your FREE Community Wellness Calendar.

Kick Off to Christmas

Save the date for our Annual Kick Off to Christmas and Christmas Market on Saturday December 7th. Details are still being finalized but this has included our Santa's Workshop, visits with the jolly ole guy, children's activities and much more! There will also be a Christmas Market. The market is currently full but if you would like to be put on a waiting list please contact Brandy at <u>brandynbundt@gmail.com</u> We are also looking for volunteers to help the children with shopping and wrapping their gifts from Santa's Workshop. Also, could use Volunteer to run the following activities:

- Cookie decorating
- Christmas Crafts
- Storytime
- Facepainting

Please contact Deanne at Breton FCSS or Bonnie at ATB Financial if you are able to assist. We would like to remind community members that our Santa's Workshop is for youth 17 & under to shop for their immediate family. We want to ensure that all children have the opportunity to select items for their family members.



Brazeau County





The public is invited to observe budget meetings to set the interim budget for 2025. Meetings will be held November 20th, 21st, 25th, and 26th at 9:00 a.m. in the Council Chamber, Meetings will also be streamed on YouTube (links will be posted on the County website when available).

IMPORTANT DATES

November 14 | ALUS PAC meeting | 9am

November 19 | Council Meeting | 9am

November 20 | Budget Meeting | 9am

November 21 | Budget Meeting | 9am November 25 | Budget Meeting | 9am

November 26 | Budget Meeting | 9am

December 3 | Council Meeting | 9am

December 6 | Cram the Cruiser |

4-9pm

www.brazeau.ab.ca

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For more information, contact yo ocal ALUS program coordinator: ALUS Brazeau, Box 77, 7401 Twp Rd 494 Drayton Valley, AB T7A 1R1 780 542-7777 azeau.ab.ca

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Cody Brooks Councillor Div. 3 780-898-9526 chrooks@brazeau.ab.ca_kwesterlund@brazeau.ab.ca_abeinrich@brazeau.ab.ca











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THE BRETON BOOSTER media@community39.com 780-434-7446 NOVEMBER 13, 2024 EDITION #1652

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RAISING A TEEN WHO CAN ADAPT TO CHANGE

submitted by Jennifer Olson-Ross, CYC, BA (Psych.)

Change, uncertainty, and transition are a reality of life. The extent to which we are able to effectively respond to change has a significant bearing on our lives. Change isn't easy for anyone, but for some people it can be more difficult than for others. Unexpected changes can lead to anxiety, depression or the use of unhealthy coping skills. Fortunately, research shows that we can be taught how to be more adaptable, which then allows us to better succeed in our ever-changing world.

The following tips give some ideas of how you can help develop flexibility in teenagers.

Alter the everyday routine. Routines are great because they help kids know what comes next. Young children often thrive when they have specific daily routines in the home, but sometimes the dependence on routine increases rigid thinking. If you're looking for a simple way to start building your teen's ability to adapt, start by changing up your family's routine and doing everyday things differently. Even making the smallest of changes like everyone sitting at a new spot at the dinner table, taking a walk after dinner instead of watching TV, or daring your teen to use their non-dominant hand to brush their teeth can help their brain build and strengthen new neural pathways.

Seek out new experiences. Each time your teen experiences something out of the ordinary or learns something new, their brain creates new synaptic connections and releases dopamine, which enhances memory, motivation and learning. One of the most obvious ways to gain new experiences is traveling. When traveling, so many unexpected things occur, such as flight delays or getting lost. Plus visiting a new place exposes your teen to different cultures (and sometimes even a new language if visiting a different country). But even if you can't travel, you can expose your teen to new activities, such as learning a new musical instrument, taking a new class, or even exploring a part of town you're not familiar with.

Meet new people. Along the same lines as seeking out new experiences, encourage your teen to meet people from outside of their normal social circle. Getting to know someone from a different culture or walk of life, whose perspectives and viewpoints are likely to differ from your own, can help you to be less rigid in your way of thinking and accept that there may be more than one "right" way of looking at things.

Teach positive ways to handle change. As your teen faces difficult changes in their life, teach them

positive ways to handle it. If they learn these skills at a young age, they will have a better chance of adjusting successfully to transitions in their adulthood.

- Encourage positive thinking. When their circumstances change, help your teen minimize their disappointment and maximize their enjoyment. In other words, if your teen focuses on all the negative aspects of the change, they will resist and hate the change. If they look for the opportunities that the change is bringing, your teen will feel more positive about their situation.
- Teach positive self-talk. We all say things in our head about ourselves and our situations. Help your teen become more aware of what they are saying about themselves. Encourage your teen to remember times in the past when they successfully handled a challenge. Help your teen identify their strengths. When your teen is able to say to themselves that they are perfectly capable of overcoming the challenge, they will approach the change more positively.
- Focus on choices. One reason we hate change is that we like to be in control. Having choices helps us feel back in control, so help your teen see that there is a choice in every situation, even if that choice is as simple as 'I can do nothing' or 'I can do this small thing.' Your teen might feel less "stuck" if they have options, but be sure to help them consider the consequences of what their choices could bring.
- Teach problem-solving. Teaching teens to use problem-solving skills helps them cope with unexpected change with less frustration. Encourage your teen to state the problem, consider at least three solutions to the problem, make a list of pros and cons for each solution, and choose one solution to implement.
- Consider possible scenarios. Help your teen "walk through" in their head what the change will bring. How will the change affect their situation as a whole? What things are going to happen because of the change? Considering different scenarios increases a teen's flexibility, helps the changes feel more predictable, and can even dispel fear as they realize that the "worst-case scenario" isn't as bad as they thought.

Final Thoughts...

Learning to adapt to change will make your teen feel happier and more satisfied with life, reduce anxiety, become a good leader, and be more successful in relationships and the workplace.

"Stop being afraid of what could go wrong and start getting excited about what could go right"

Tony Robbins



GREAT TRIVIA

From the Internet

<u>A SHOT OF WHISKEY</u> - In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash, he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

BUYING THE FARM - This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

IRON CLAD CONTRACT - This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

<u>RIFF RAFF</u> - The Mississippi River was the main way of travelling from north to south. Riverboats carried passengers and freight but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.

<u>COBWEB</u> - The Old English word for "spider" was "cob".

SLEEP TIGHT- Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

SHOWBOAT - These were floating theatres built on a barge that was pushed by a steamboat. These played small towns along the Mississippi River. Unlike the boat shown in the movie "Showboat", these did not have an engine. They were gaudy and attention grabbing which is why we say someone who is being the life of the party is "showboating".

OVER A BARREL - In the days before CPR, a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel, you are in deep trouble.

BARGE IN - Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats. People would say they "barged in".

HOGWASH - Steamboats carried both people and animals. Since pigs smelled so bad they would be washed before being put on board. The mud and other filth that was washed off were considered useless "hog wash".

CURFEW - The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as "curfeu" which later became the modern "curfew". In the early American colonies homes had no real fireplaces so a fire was built in the center of the room. In order to make sure a fire did not get out of control during the night it was required that, by an agreed upon time, all fires would be covered with a clay pot called a "curfew".

BARRELS OF OIL - When the first oil wells were drilled, there was no provision for storing the liquid so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.

HOT OFF THE PRESS - As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press, it's hot. The expression means to get immediate information.

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Quick Beef Stir-Fry

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound beef sirloin, cut into 2-inch strips
- 1 ½ cups fresh broccoli florets
- 1 red bell pepper, cut into matchsticks
- 2 carrots, thinly sliced
- 1 green onion, chopped
- 1 teaspoon minced garlic
- 2 tablespoons soy sauce
- · 2 tablespoons sesame seeds, toasted

Directions:

- 1. Heat vegetable oil in a large wok or skillet over mediumhigh heat; cook and stir beef until browned, 3 to 4 minutes.
- 2. Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for 2 minutes.
- 3. Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, about 2 more minutes.
- 4. Serve hot and enjoy!

Simple Beef Stroganoff

Ingredients:

- 1 (8 ounce) package egg noodles
- 1 pound ground beef
- 1 (10.5 ounce) can fat-free condensed cream of mushroom soup
- 1 tablespoon garlic powder, or to taste
- ½ cup sour cream
- salt and ground black pepper to taste

Directions:

- 1. Sauté ground beef in a large skillet over medium heat until browned and crumbly; 5 to 10 minutes.
- 2. Meanwhile, fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7 to 9 minutes. Drain and set aside.
- 3. Drain and discard any fat from the cooked beef. Stir condensed soup and garlic powder into the beef. Simmer for 10 minutes, stirring occasionally.
- 4. Remove beef from the heat. Add egg noodles and stir to combine. Stir in sour cream and season with salt and pepper.
- 5. Serve hot and enjoy!

Simple Macaroni and Cheese

Ingredients:

- 1 (8 ounce) box elbow macaroni
- ¼ cup butter
- ¹/₄ cup all-purpose flour
- ½ teaspoon salt

- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese

Directions:

- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- At the same time, melt butter in a saucepan over medium heat.
- Add flour, salt, and pepper and stir until smooth, about 5 minutes.
- Pour in milk slowly, while stirring continuously. Continue to cook and stir until mixture is smooth and bubbling, about 5 minutes, making sure the milk doesn't burn.
- Add Cheddar cheese and stir until melted, 2 to 4 minutes.
- Drain macaroni and fold into cheese sauce until coated.
- Serve hot and enjoy!

Spaghetti Cacio e Pepe

Ingredients:

- 1 pound spaghetti
- 6 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons ground black pepper
- 1³/₄ cups grated Pecorino Romano cheese

Directions:

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Reserve 1 cup cooking water, then drain spaghetti.
- Heat olive oil in a large skillet over medium heat. Cook and stir garlic and pepper in hot oil until fragrant, 1 to 2 minutes. Add cooked spaghetti and Pecorino Romano cheese. Ladle in 1/2 cup reserved cooking water; stir until cheese is melted, about 1 minute. Stir in more cooking water as needed, 1 tablespoon at a time, until sauce coats spaghetti, about 1 minute more.

Cook's Note

- You can substitute butter for olive oil.
- Adjust the amount of cooking water added in Step 2 for a thicker or thinner sauce. If you add too much water, add some more cheese.
- I add flavor-enhancing ingredients like pancetta, depending on my main dish. I always experiment when creating food.

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STRENGTHENING ALBERTANS' RIGHTS

Alberta News, October 29, 2024

Proposed amendments to the Alberta Bill of Rights would modernize and strengthen human rights protection.

Protection of fundamental rights is necessary in a free and democratic society and highly valued by Albertans. The Alberta Bill of Rights was created to enshrine the principles Albertans hold dear: freedom of speech, freedom of religion and the right to equality before the law among other fundamental rights.

The Alberta Bill of Rights has not been significantly updated since it was first introduced in 1972, and society has evolved since then. Proposed amendments would help ensure Albertans can rely on the protection of their rights and freedoms in an ever-changing world.

"Our province was built on the principles of individual freedom and responsibility. By making important changes to the Alberta Bill of Rights, we're ensuring we continue building on that foundation so Albertans for generations to come can rest assured their rights and freedoms are respected." Danielle Smith, Premier

Alberta's government is introducing amendments that would add new rights for Albertans such as protections for personal autonomy, including the right not to be given medical care or treatment or a vaccine without consent; the right to acquire, keep and use firearms in accordance with the law – affirming government's intent that provincial laws should not interfere with the right to own legally acquired firearms; and strengthened property rights.

To reinforce Albertans' shared values, amendments to the preamble would confirm that fundamental freedoms are always important, including during times of emergency, as well as affirming the importance of family and the rule of law in Alberta society.

"The proposed amendments to the Alberta Bill of Rights address issues important to Albertans and reinforce that Alberta's government is committed to protecting their rights. I am proud to see this bill introduced." Mickey Amery, Minister of Justice and Attorney General

Additional amendments would make the Alberta Bill of Rights a more robust civil rights document with more effective tools for making sure Albertans' rights are protected. This would include expanding the Alberta Bill of Rights to apply to all government action, such as policies that are not formalized in a law or regulation, and giving the courts more enforcement options when rights under the Alberta Bill of Rights have been breached. Several amendments relate to recommendations in the Public Health Emergencies Governance Review Panel final report that dealt with strengthening protection for Albertans' rights and freedoms. If passed, the updates to the Alberta Bill of Rights would protect and reinforce Albertans' rights, freedoms and way of life.

Quick facts:

- A complete list of proposed amendments is available in the Alberta Bill of Rights Amendment Act, 2024 fact sheet.
- If passed, proposed amendments would take effect upon royal assent.



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When a man says he'll do anything for a woman, he means fight bad guys and kill dragons, not vacuum or wash dishes

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Answers will be published in the next issue!



