

# THE BRETON BOOSTER

## CHRISTMAS WISHES

### BRETON CHRISTMAS WISHES & BRETON FOOD BANK GREETINGS

*submitted by Diane Wilson*

The Breton Christmas Wishes Fundraising Society is a registered charity which has been helping families in need for 32 years. The Christmas Wishes Society provides a hamper to families who are in need at Christmas time. The goal is to lighten the load for the Food Bank at this busy time of year.



As we enter into a New Year we would like to thank the community for their generous support over the past year. Many volunteers helped wrap donated gifts which went into over 40 Christmas Wishes hampers this year. The community donated generously into the bins and cans which were in the stores and schools. The food was distributed into the hampers along with perishables which were purchased from our local grocery store.

The Elks Christmas Supper received many generous monetary and food donations which both the Christmas Wishes and the Breton Food Bank were very grateful for. Thank you to the Breton Elks and the Royal Purple Elks for choosing Christmas Wishes and Breton Food Bank to benefit from their hard work.

The Breton Food Bank has experienced a significant increase in hamper requests and is expecting requests will continue to increase as food prices and utility costs continue to increase. Donations are always appreciated!

Again, a huge thank you from both Christmas Wishes and the Breton Food Bank to the generous community and helpful volunteers for your support. We wish everyone good health, safety, much joy and success in the New Year.

## TRUDEAU STEPS DOWN

*Online news, January 6, 2025*

Canadian Prime Minister Justin Trudeau announced Monday he intends to step down as the country's prime minister, leaving office once a new ruling party leader is chosen. He said, Canada's parliament will be suspended until March 24 while a new leader is chosen. Trudeau, leader of the Liberal Party for 11 years and prime minister for nine, was facing a mounting set of crises, from Donald Trump's tariff threats to the resignation of key allies and disastrous opinion polls.



# HAPPY NEW YEAR 2025!



# Classifieds

## FOR SALE

**CALF SHELTER** - 24 ft long, 8 ft deep, 7ft high front, 5 ft high back. Metal pipe frame w/metal roof and sides. \$2650. Phone 780-621-7567.

**CALF SHELTER** - 30 ft long, 10 ft deep, 7ft high front, 5 ft high back. Metal pipe frame w/ 1x6 on sides, metal roof. \$3250. Phone 780-621-7567.

**40 GREEN FEED ROUND BALES** - 1200-1350lb. \$65 each. Phone 780-621-7567.

**BALE KING VORTEX 2000 BALE BUSTER** - excellent condition w/new drive shaft. \$7950. Phone 780-621-7567.

## FOR RENT

**HOUSE FOR RENT IN THORSBY** 2 bedroom, big garage, big sheds, big yard, \$900/mth plus utilities. Available February 1. Phone 780-566-8573.

## WANTED

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

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

**WESKAY CATTLE CO. IS CURRENTLY SEEKING PASTURE, HAY OR CROP LAND** to lease for the 2025 season and on, competitive prices, on time lease payments. Call Wesley 780-982-1093

**LEAD BATTERIES & SCRAP VEHICLES** Will buy your old lead batteries for recycling. Also FREE removal of scrap vehicles. We pay cash for both! 403-396-8629

## SERVICES

**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](http://familymediationcentreofcanada.ca)

**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

## COMMUNITY EVENTS

**"NEW" AA MEETING** starting Jan 15, 2025. Wednesdays at 6:30 pm at the Warburg Cultural Centre, 5120 51 Ave in Warburg

**Classified Ads are \$5 for 2 weeks**

(max. 4 lines or approx. 30 words) GST included

You can email your ads to [media@community39.com](mailto:media@community39.com)  
call 780-434-7446 or DROP OFF your Payments & Ads  
at the BRETON IDA PHARMACY

## Royal Purple Elks Photo Contest

Send in or drop off your favorite pictures.

\$1 per picture entry fee



Winning photo receives  
50% of the money collected,  
the other half goes to the  
Fund for Children

Winning entry will be displayed  
on the yearly Royal Purple  
Community Birthday Calendar!

Photos taken of Breton and area preferred.

Photos can be dropped off at Darren Scott Accounting

Deadline for submissions: January 15, 2025

For more information or questions call:  
Margaret 780-696-2427 or 780-621-6143



## MERV'S TRUCK PARTS

## WE BUY TRUCKS

780-848-7667      Warburg, AB

[mervstruckparts@hotmail.com](mailto:mervstruckparts@hotmail.com)

"little papers...BIG RESULTS"

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

Sudoku Answers from  
December 25 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 x 3  
subgrids.



# Village of Breton TOWN HALL MEETING

**Date - January 8, 2025**

**Location - Breton Community Centre**

**Time - 7 pm to 9 pm**

Do you have questions/concerns regarding things in your Village?

January 8<sup>th</sup> is your opportunity to come out and pose those questions to your council members. Many take to social media platforms to vent their disapproval or concern rather than coming to council. We understand that some may find a council meeting intimidating. We want to ensure that all residents have access to the council.

A live stream of this meeting will be available – details to follow.

**Items being presented at this meeting are:**

RCMP Presentation

Annual tax rate comparisons for the Village – Tax rates from 2000 to 2024

Assessments and taxes – How does your property assessment relate to your tax calculation?

How your taxes are calculated – What factors determine your property tax rate

Where do your tax dollars go?

Council term review (2021-Present) – What has council done for the Village while in office?

2025 Capital Budget – What projects are council completing in 2025?

Snow Removal Policy – Protocol and details

2025 Municipal Election – Are you interested in becoming a council member?

**Open Q&A**

At the end of each topic presented there will be a Q&A period. Then once all presentations are completed there will be an open Q&A where you will be able to ask council anything that you would like.

If you wish not to stand up and ask, please feel free to email us your question and we will have the council address it during the open Q&A. The name of those posing question via email will not be relayed unless you wish to be identified.

If you require childcare, please email [admin@breton.ca](mailto:admin@breton.ca) prior to January 6<sup>th</sup> to register.





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COMMUNITY  
EVENTS & info

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### UPCOMING SPECIAL EVENTS

(Breton, Thorsby, Warburg & Surrounding Areas)

**January 8 - Village of Breton Town Hall Meeting** from 7-9pm at the Breton Community Centre. Email [admin@breton.ca](mailto:admin@breton.ca) prior to January 6 if you require childcare.

**January 11 - Molly's Comedy Cabaret** at Eleanor Pickup Arts Centre in Drayton Valley at 7:30pm. Tickets available at Ticketpro 1-888-655-9090

**January 12 - Pancake Breakfast** at the Warburg Legion from 8:30am - 11:30am. \$10 per plate. Kids under 5 free.

**January 12 - Sunnybrook Hall AGM** at 2pm

**January 13 - Mulhurst Legion AGM** at 1pm

**January 14 - Diamond Art Class** at the Thorsby Seniors Centre at 1pm.

**January 17 - Drumming Circle** at the Thorsby Seniors Centre. Free to members, \$10 for non-members. Pre-register.

**January 18 - Community Gym Night** in the Warburg High School Gym from 5:30pm-8:30pm. Volleyball, floor hockey and other games. Open to everyone. Free. All ages welcome.

**January 24 - Ventriloquist Michael Harrison** at Eleanor Pickup Arts Centre in Drayton Valley at 7:30pm. Tickets available at Ticketpro 1-888-655-9090

**January 25 - Ukrainian Malanka Festival** at the Thorsby Hall. Call Marlene at 780-217-9394 or 780-789-3734 for tickets

**January 25 - Newfoundland Kitchen Party** at the Warburg Legion at 6pm. \$30 per ticket (pre-sale). For tickets contact Deb at 780-848-2923

**January 29 - Thorsby Seniors Meeting.** Potluck lunch at 12pm and meeting starts at 1pm

**February 5 - Managing Menopause** class at the Warburg Nurse Practitioner-Led Clinic from 6-8pm. Register with Warburg FCSS at 780-848-2828 or email [fcss@warburg.ca](mailto:fcss@warburg.ca)

**February 15 - Comedy Night with the Pepper & Dylan Show's Rob Pepper** hosted by the Warburg playschool. Get your tickets at [www.funnyfundraising.ca](http://www.funnyfundraising.ca)

**February 22 - Community Gym Night** in the Warburg High School Gym from 5:30pm-8:30pm. Volleyball, floor hockey and other games. Open to everyone. Free. All ages welcome.

**February 23 - Canadian Country Music Legends** at the Thorsby Community Centre hosted by Thorsby Playschool. Advance Tickets \$30 at the Rec Complex, Thorsby Hotel or call Brodi at 780-721-4296 or \$40 at the door.

### 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 [www.community39.com](http://www.community39.com)

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



**BRETON AND AREA**

### LOW-IMPACT

#### EXERCISE CLASS

Join us for a exercise class suited to your level.



**THURSDAY MORNINGS**

**9:00 – 10:00 AM**

**BRETON COMMUNITY CENTRE**

**4715 50 AVENUE**

- ☒ Certified Instructor
- ☒ Sit or Stand
- ☒ Adults
- ☒ Warm & comfortable place to exercise
- ☒ Drop in \$2/ class



Call 780-696-3636 for more information

**Everyone Welcome**







## **General Service Worker - Cook 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**

1. Housekeeping and/or food service experience in institution/hospitality industries.
2. Formal education in the area of housekeeping and/or food service would be beneficial.
3. W.H.M.I.S. Training
4. Strong English communication skills, both written and verbal is required.
5. Strong customer service skill including the ability to interact with everyone in a respectful manner.
6. Ability to perform work duties with a minimum of supervision.
7. Ability to work independently, as well as a team.
8. Ability to work a flexible schedule (evenings and weekends).
9. Satisfactory Criminal Records Check including Vulnerable Sector Check.
10. Experience working with and meeting the needs of seniors

*\*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 2025-CL-01 to:**

**Attn: Human Resources**  
Leduc Regional Housing Foundation  
5118 – 50 Avenue, Leduc, Alberta, T9E 6V4  
Fax: 780.986.4881 or  
E-mail: [hr@leducregionalhousing.ca](mailto:hr@leducregionalhousing.ca)

**Posting to remain open until a suitable candidate is found.**



## **Part Time Evening Cook**

### **Cloverleaf Manor – Warburg AB**

Leduc Regional Housing Foundation is seeking an enthusiastic and motivated individual for a Part-time Evening Cook position (40 hours/bi-weekly). Reporting to the Chef, the Evening Cook is responsible for meal preparation and service to the residents. As a member of the Leduc Regional Housing Foundation team, the Evening Cook ensures that a high standard of services is provided to the residents.

#### **QUALIFICATIONS**

1. Formal training along with a minimum 3 years' experience with cooking and baking in a commercial kitchen setting is required.
2. Minimum 3 years' experience in quantity food preparation.
3. Knowledge of proper food handling practices – Food Handler's Certificate preferred.
4. W.H.M.I.S. Training.
5. Strong English communication skills, both written and verbal is required.
6. Strong customer service skill including the ability to interact with everyone in a respectful manner.
7. Ability to work a flexible schedule (evenings and weekends).
8. Satisfactory Criminal Records Check including Vulnerable Sector Check.
9. Standard First Aid Certificate.
10. Experience working with and meeting the needs of seniors.

*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 2025-CL-02 to:**

**Attn: Human Resources**  
Leduc Regional Housing Foundation  
5118 – 50 Avenue, Leduc, Alberta, T9E 6V4  
Fax: 780.986.4881 or  
E-mail: [hr@leducregionalhousing.ca](mailto:hr@leducregionalhousing.ca)

**Position will remain open until a suitable candidate is found.**



COMMUNITY  
EVENTS  
& info continued

## PROGRAMS & REGULAR EVENTS (Breton & Surrounding Areas)

**\*\*Please note - all events are subject to change - Please email us at [media@community39.com](mailto:media@community39.com) 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 for more info.

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

**DRAMA CLUB** at the Breton Youth Center. Grades 6-12. Email [bretonyouthcenter@gmail.com](mailto:bretonyouthcenter@gmail.com)

### TUESDAYS

**STAY, PLAY & GROW** - 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

**YOGA WITH JUNE** - Every Tuesday 10 to 11 am from January 7 to March 11 at the Breton Community Centre. \$2 drop in fee.

**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](http://www.yourintrinsicelement.com/copy-of-services)

### WEDNESDAYS

**AA MEETING** starting Jan 15, 2025. Wednesdays at 6:30 pm at the Warburg Cultural Centre, 5120 51 Ave in Warburg

**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](mailto:office@warburg.ca)

### THURSDAYS

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

**ADULT EXERCISE PROGRAM** - 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.

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

### SATURDAYS

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

## COMMUNITY INFORMATION

**WELCOME TO BRETON** - 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 volunteer run 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](mailto:bretonyouthcenter@gmail.com)

**COMMUNITY CALENDARS** - FREE! Pick up at the Village of Breton Office or the Breton Municipal Library located in the Carolyn Strand Civic Centre at 4916 - 50 Avenue.

## COMMUNITY GROUPS & 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](mailto:bretonmuse@yahoo.com)

**BRETON GOLDEN AGE CLUB** - Meetings are the first Monday of the month at 11am (except July & August). Contact Pat at 780-696-6557 for more info.

**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](mailto: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 [bretonlibrary@yrl.ab.ca](mailto:bretonlibrary@yrl.ab.ca)

**BUCK CREEK COMMUNITY ASSOCIATION** - Meetings at the hall the first Wednesday of every month at 8pm. 780-542-6604 or [buckcreekhall@gmail.com](mailto: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](mailto: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](mailto:bretonelks402@gmail.com)

*Community Events &  
Information  
is FREE to advertise*

We want your local stories & pictures!  
Email [media@community39.com](mailto:media@community39.com)



## CONVEYOR BELT REPAIR TECHNICIANS

*A stable career without the highs and lows of an oil-based or construction boom economy.*

- › You will be a part of a small team but part of a larger National company (US and Canada)
- › You need to be reliable, as our team has to count on you
- › We travel to a variety of sites and install conveyor belts outside – all year – all weather
- › First Aid / H2S and Fall Protection Training would be an asset

### What We Offer:

- › Competitive wages
- › Full range of health benefits – 100% covered by the company
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- › Awesome team of dedicated individuals
- › Exciting and challenging work

Email [rharrish@viacore.com](mailto:rharrish@viacore.com) to apply



## INDUSTRIAL LAND FOR SALE

The Village of Warburg is now accepting Offers to Purchase on Industrial Zone Lot, Roll 559, Plan 8522414, Lot 1 (21.3 acres along highway 39, power serviced site).

\*Please provide a Development Plan along with your offer to purchase. The plan must include a commitment to develop the lot within one (1) year of the purchase date. *Offers without a Development Plan will not be considered.*

Offers can be dropped off at the Village of Warburg Municipal Office or submitted via email or fax.

Attention: Christine Pankewitz  
Development Officer

Box 29, 5212-50 Avenue  
Warburg, Alberta  
T0C 2T0

Phone: 780-848-2841 Fax: 780-848-2296



"Ventriloquist"

Tickets  
\$42.00



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Eleanor Pickup Arts Centre 5144-51 Street Drayton Valley, Alberta  
[www.theepac.com](http://www.theepac.com) email: [epac@me.com](mailto:epac@me.com)

Printed by Ink Pot Press





Happy New Year! Welcome to 2025 and a time for new beginnings and change. With the start of a new year, we are excited for all that the year may bring to you and our community. Change does not have to be a bad thing. We can embrace it and look for the good and new opportunities that come with it.

Change for you might mean starting something new, joining an activity or group. For the students at Breton High it will mean attending school in a new learning environment while changes and improvements are made to their school, you may see things in our community that you feel need to be changed and will have the opportunity to have discussion and input at the Town Hall meeting on January 8th.

Change may mean more self-care for you. In 2025 Breton FCSS will offer you support through our subsidized Counselling Program, Our Women's Wellness Day, a Parent Learning Information Day, our Seniors Wellness Information Day, movement classes, transportation to Aquacise, and our Kindness Project – watch for more details soon! Along with many other programs for children, families, seniors and community.

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

**“Yoga with June”** Every Tuesday 10:00 to 11:00 am January 7 to March 11 - A Flow Yoga class for stability, strength, balance and relaxation. Pose sequences will be combined with Hatha Yoga core poses and restorative yoga poses. Instructed by June Knobel, Certified Yoga Teacher with Yoga Association of Alberta. \$2.00 drop-in fee. Come join us at the Breton Community Centre for rejuvenation, relaxation and fun!

**The Adult Exercise Program** is returning This class runs from 9:00 – 10:00 am on Thursday mornings. Equipment is provided. This class will focus on toning, balance, increased mobility, strength gains, and increased flexibility. Participants will be able to either do the exercise standing or sitting, which ever their ability will allow. This program is facilitated by Cassie Kreil a certified instructor. Participants will be asked to pay a small fee of \$2/class. Join today and start to get fit with friends. This is a drop-in group so you are welcome to start attending at any time throughout the year.

**Busing to Aquacise or Walmart in Drayton Valley** - Monday Mornings- Together with Warburg FCSS the bus will arrive in Breton at 9:15 to head to the Drayton Valley Gentle Aquacise class. Returning at 11:30. Purchase a 5 ride Bus pass for (\$36) or 10(\$72) bus pass from the

Village of Breton office. Register with Shauna the Thursday prior to the Monday class to save your seat on the bus. If you register with the Active 55 program (at the pool) and live in Brazeau County (including the Village of Breton) there is no cost for the Aqua Size class. If you do not qualify for Active 55 the cost for the aquacise class is \$7.50 or a 10 card pass for \$67.50. We must have at least 8 riders to make a trip. The bus will also make a stop at Walmart for those that would like to shop for 1 hr.

**Golden Age Club** – Join older adults in the community for their monthly meeting. Held the first Monday of each month at 11:00 am. The Golden Age Club offers cards, floor curling and other activities for older adults in our community. For more information, please contact Pat at 780-696-6557. New members welcome.

**Brighter Futures Stay, Play & Grow** – Tuesday mornings – from 10:00 – 11:30. Hosted by Brighter Future's, held at Faith Covenant Church, 4712 – 53 Ave. Children 0 – 6 can burn off all that extra energy with physical activity. Drop in – Free. For more information 780-514-5070

**Breton Youth Centre** – A fun and safe place for youth Grades 6-12 to hang out, try new activities. Located in the Breton Civic Centre. Activities are advertised on social media. Volunteer run. Some activities have included Movie nights, Crafts, Taco Thursdays, Games, Music, Bible & Pizza Time, Drama Club. Everyone welcome.

#### **Volunteer Opportunities:**

- \* **Breton Agricultural Society** – January 9 – 7:00 pm
- \* **Breton ELKS** – next meeting - January 16 – 7:30 pm
- \* **Breton Royal Purple** – January 20 – 7:30 pm
- \* **Breton Historical Society** – January 22 – 7:00 pm

**Seniors Secret Santa** – Thank you to our community and our volunteers that supported the Senior Secret Santa program. 32 seniors received a bit more JOY over the holidays with your generosity. It really is rewarding to see the children, families and businesses that shop for their special senior. Then to have fabulous VOLUNTEERS make our deliveries right before Christmas. Again, thank you to all that were involved. We couldn't do it without you!

**Youth Giving Tree** – A new program for our community seen 13 youth receive gift from their wish list on Christmas morning. Thanks to the wonderful community members that made this happen. Your generosity made sure that these children and youth had a special Christmas. Again, thank you to those that helped with the wrapping and delivery of the gifts.

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

## Breton FCSS Continued...

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

*Breton and Area FCSS look forward to supporting you and our community in 2025. We welcome any workshop ideas, programs and projects that support the FCSS mandate of Homelessness and housing insecurity, Mental health and addictions, Employment, Family and sexual violence across the lifespan, aging well in community, Promote and encourage active engagement in the community, Foster a sense of belonging, Promote social inclusion, Develop and maintain healthy relationships, Enhance access to social supports and Develop and strengthen skills that build resilience.*

**Please feel welcome to contact us at**  
[fcss@breton.ca](mailto:fcss@breton.ca) or 780-696-3636.

**Our office hours are**  
**Monday – Thursday – 8:30 – 4:00 pm.**

## ANNUAL GENERAL MEETING INVITATION PIGEON LAKE FEEDER CO-OP ASSOCIATION

**DATE:** Friday, January 10th, 2025  
**LOCATION:** Falun Community Centre Hall,  
1 Mile West of Junc. Hwy 795 & Hwy 13  
**TIME:** 7:30 pm

**YOUR ATTENDANCE IS  
WELCOMED & APPRECIATED**

*Thank You*

TO THE WINFIELD LIONS CLUB. A TOTAL OF 110  
LBS OF FOOD WAS COLLECTED FOR THE BRETON  
FOOD BANK AT YOUR CHRISTMAS SUPPER!

ALSO THANK YOU TO THE COMMUNITY MEMBERS  
WHO GAVE SO GENEROUSLY TO HELP FEED THOSE IN  
NEED!

MAY EVERYONE BE BLESSED WITH A SAFE, HEALTHY  
AND JOYFUL 2025!

- BRETON FOOD BANK -

**Are You Struggling With Issues On Your Own?**

**Do You Need Someone To Listen**

**Without Judging You?**

**We can help if you are feeling:**

- Stuck
- Confused
- Anxious
- Angry
- Alone
- Depressed



**Breton and Area FCSS offers Counselling Subsidies for  
services with Karunia Counselling, Leduc, AB.**

**Appointments are available by phone,  
virtual meetings online or in person.**

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*This program is supported by Breton and Area FCSS for  
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**The Warburg Legion Branch No. 205**

## PANCAKE BREAKFAST!

*Sunday, January 12, 2025*

*8:30am - 11:30am*

*@ Warburg Legion, Warburg, AB*



*Coffee Pot is on!  
Special features!  
Your choice!*



*\$10 per plate. Kids under 5 free*

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**for:**  
**Thorsby Tiny Tots**  
**Play School**

**Sunday February 23, 2025**

**Show at 2 PM**

(doors open at 1PM)

**Thorsby Community Centre**

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**Refreshments**  
**Available**

**Tickets: \$30 in advance \$40 at Door**

**Available at: Arctic Spas Recreation Complex**

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**Or Call: Brodi 780.721.4296**

**50/50**

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# Newfoundland Kitchen Party!

*The Warburg Legion features*

**50/50, DOOR PRIZES, PUB FUN, ETC**

## Authentic Jig's Dinner

**Saturday, January 25, 2025**

**6:00pm \$30.00 Per person ( Presale)**

**Contact Deb 780 848 2923**

*Invited Members & Guests*





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## RCMP CRAM the CRUISER

*by the Breton Food Bank*

On December 7, 2024 the Breton Christmas Kickoff was held at the Breton Community Centre. Many attended the Christmas Market which had plenty of Christmas gift items available to purchase. Santa's Workshop was busy as ever, cookies were decorated, crafts were made, a story time was held, books were given away, Santa paid a visit and hay rides were available. Many of the town people and surrounding community members crowded in to take part in this great day! This has become an annual event. However, in 2024 the Breton/Thorsby RCMP added the CRAM the CRUISER Event.

An RCMP cruiser and Constable were parked outside the Breton Community Hall doors to invite all who attended to donate food to the Breton FCC Food Bank in an effort to **CRAM the CRUISER** full of food for the Breton Food Bank. Cst. Keller manned the cruiser and received 182 lbs of non-perishable food items for the Breton Food Bank. It did not end there!

The **CRAM the CRUISER** event was also available for donations after the Christmas Parade held on the following evening. Following the parade, the cruiser was parked next to Scoops Ice Cream where the Breton Soccer Club served up hot chocolate and cookies while a huge crowd of people waited for the spectacular fireworks display that followed at the Breton Golf Course.

A total of 48 lbs of non-perishable food items were collected by Cst. McQueen. A sum total of 230 lbs of food!

Some Christmas gift items and \$92.00 CASH were also donated to the **CRAM the CRUISER** Event. This was the first ever **CRAM the CRUISER** event held in Breton. What a success!

The Breton FCC Food Bank would like to thank everyone who donated so generously to this amazing event! Thanks to the RCMP members for their willingness to spend their spare time planning the event, and also providing a cruiser and constables to be available for receiving donations.

We hope everyone had a wonderful Christmas and may all the Constables at Breton /Thorsby detachment and all the people who gave so generously have a safe, healthy and joyful New Year.

**Thank you so much!**





# Brazeau County

## UPCOMING EVENTS

This is  
**DRAYTON  
VALLEY**



## CRIMINAL RECORD CHECKS NOW REQUIRED FOR CANDIDATES

Pursuant to Section 21.1 of the *Local Authorities Election Act* Brazeau County Council has passed Bylaw 1196-24 requiring prospective candidates to submit a criminal record check with their nomination papers.

Prospective candidates are required to submit a criminal record check completed within six months of the day nomination papers are filed with the returning officer. Criminal record checks must be completed at the RCMP detachment that serves your area.

Once submitted criminal record checks, along with the nomination papers, will be viewable by the public on request. The candidate's address, birthdate and any other personal information that could, in the opinion of the returning officer, compromise the safety of the candidate will be redacted from the public.

For more information contact Brazeau County's returning officer at [election@brazeau.ab.ca](mailto:election@brazeau.ab.ca) or 780-542-7777.

## NOMINATIONS NOW BEING ACCEPTED

Nominations for the 2025 Municipal Election are now being accepted.

Brazeau County's returning officer will be accepting nomination papers at the Brazeau County Administration Office during regular business hours during the nomination period that started on January 1, 2025. Nomination Day is September 22, 2025 from 8 a.m. to 12 p.m.

Requirements for filing nomination papers can be found in the *Local Authorities Election Act* S. 27 and S. 28. Eligibility and ineligibility for candidates can be found in the *Local Authorities Election Act* S. 21, 22 and 23. As per Brazeau County Bylaw 1196-24 and pursuant to Local Authorities Election Act S. 21.1 prospective candidates are now required to submit a criminal record check valid within six months of filing with their nomination forms.

Questions can be directed to Brazeau County's returning officer at [election@brazeau.ab.ca](mailto:election@brazeau.ab.ca) or 780-542-7777.

\*Please contact Returning Officer Courtney Whalen at 780-542-7777 prior to bringing in nomination papers for submission.\*

## IMPORTANT DATES

**January 13, 2025** | Council Meeting | 9:00 a.m.

**January 14, 2025** | Municipal Planning Commission meeting | 10:00 a.m.

**January 15, 2025** | Agricultural Service Board meeting | 1:00 p.m.

**February 4, 2025** | Council Meeting | 9:00 a.m.

**February 6** | ALUS PAC meeting | 9:00 a.m.

**February 11** | Municipal Planning Commission meeting | 10:00 a.m.



**Bart Guyon  
Reeve**

780-542-0999  
[bguyon@brazeau.ab.ca](mailto:bguyon@brazeau.ab.ca)



**Glen Gunderson  
Councillor Div. 1**

780-621-6459  
[ggunderson@brazeau.ab.ca](mailto:ggunderson@brazeau.ab.ca)



**Donna Wiltse  
Councillor Div. 2**

780-898-0247  
[dwiltse@brazeau.ab.ca](mailto:dwiltse@brazeau.ab.ca)



**Cody Brooks  
Councillor Div. 3**

780-898-9526  
[cbrooks@brazeau.ab.ca](mailto:cbrooks@brazeau.ab.ca)



**Kara Westerlund  
Councillor Div. 4**

780-898-4561  
[kwesterlund@brazeau.ab.ca](mailto:kwesterlund@brazeau.ab.ca)



**Anthony Heinrich  
Councillor Div. 5**

780-696-2468  
[aheinrich@brazeau.ab.ca](mailto:aheinrich@brazeau.ab.ca)



**Dallas Ekstrom  
Councillor Div. 6**

780-898-9129  
[dekstrom@brazeau.ab.ca](mailto:dekstrom@brazeau.ab.ca)

# EASY AND DELICIOUS AIR FRYER RECIPES

[www.foodnetwork.com/recipes/photos/air-fryer-recipes](http://www.foodnetwork.com/recipes/photos/air-fryer-recipes)

## **Air Fryer Stuffed Mushrooms**

### *Ingredients:*

- 1/4 cup breadcrumbs
- 1/4 cup grated Pecorino-Romano
- 2 tablespoons shredded mozzarella
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh mint
- 1 clove garlic, minced
- 4 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 36 white button mushrooms (about 1 1/2 pounds), stemmed

### *Directions:*

1. Combine the breadcrumbs, Pecorino-Romano, mozzarella, parsley, mint, garlic, 2 tablespoons of the olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper in a medium bowl and toss to blend.
2. Toss the mushrooms with the remaining 2 tablespoons olive oil in a large bowl and arrange on a small baking sheet or plate with the cavities facing up. Divide the breadcrumb mixture among the mushrooms, filling the cavities and pressing down gently to secure.
3. Place half the mushrooms in a single layer in the basket of a 3.5-quart air fryer. Set the air fryer to 360 degrees F and cook until the filling is bubbling and browned, about 10 minutes. Repeat with the remaining mushrooms.

## **Air Fryer Zucchini**

### *Ingredients:*

- 1/2 cup all-purpose flour
- Kosher salt
- 2 large eggs
- 1 1/2 cups panko breadcrumbs
- 3/4 teaspoon granulated garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 3 tablespoons extra-virgin olive oil
- 1/3 cup grated Parmesan (about 1.2 ounces)
- 3 medium zucchini (about 1 1/2 pounds), cut into 3/4-inch-thick half-moons
- Warm marinara sauce, for serving

### *Directions:*

1. Whisk the flour and 1/4 teaspoon salt in a shallow bowl. Whisk the eggs until smooth in a second shallow bowl. Combine the panko, granulated garlic, onion powder, dried oregano, crushed red pepper and 3/4 teaspoon salt in a third shallow bowl. Drizzle the olive oil into the panko mixture and use your

hands to toss and coat the panko. Add the Parmesan and stir until well combined.

2. Set a wire rack on top of a baking sheet. Working in small batches, season the zucchini liberally with salt, then dredge first in the flour and then in the eggs. Finally, dredge in the breadcrumb mixture, pressing the mixture gently into the zucchini to ensure it adheres, and shake off any excess. Arrange the breaded zucchini on the wire rack and repeat with the remaining zucchini.
3. Arrange half of the breaded zucchini in the basket of a 6-quart air fryer in a single layer. Cook at 390 degrees F for 8 minutes, then flip the zucchini and continue to cook until crispy and browned all over, another 3 to 7 minutes (see Cook's Note). Remove to a serving plate and season with a good pinch of salt. Repeat with the remaining breaded zucchini. Serve immediately with warm marinara sauce for dipping.

## **Air Fryer Chicken Wings**

### *Ingredients*

- 2 pounds chicken wings, split at the joint and tips removed
- Kosher salt
- 4 tablespoons unsalted butter
- 1/2 cup hot sauce, such as Frank's RedHot
- Ranch or blue cheese dressing, for serving

### *Directions*

1. Pat the chicken wings dry and sprinkle generously with salt. Place the wings in the basket of a 3.5-quart air fryer so they are not touching (if necessary to fit, line up the drumettes standing upright along the sides). Set the air fryer to 360 degrees F and cook for 12 minutes, then flip the wings with tongs and cook for 12 minutes more. Flip the wings again, increase the heat to 390 degrees F and cook until the outsides are extra-crispy, about 6 minutes more.
2. Meanwhile, warm the butter in a microwave-safe bowl in the microwave until melted, about 1 minute. Whisk in the hot sauce.
3. Toss the wings with the butter mixture to coat in a large bowl and serve with dressing on the side.

**A 2025**  
**G SUNNYBROOK**  
**M HALL**



*January 12 @ 2pm*





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# CELEBRATING ALBERTANS WHO STEP UP FOR SENIORS

Alberta News, January 2, 2025

## Nominations are now open for the 2024-25 Minister's Seniors Service Awards recognizing Albertans who display kindness, compassion and dedication to seniors.

For 26 years, the Minister's Seniors Service Awards have recognized and celebrated outstanding individuals and organizations for their service to Alberta's seniors. Albertans are encouraged to nominate an individual, group or business that demonstrates excellence in their service and generosity to seniors through their volunteerism or philanthropy.

*"I sincerely appreciate every Albertan who dedicates their time and energy to uplift the lives of seniors across the province. They play an incredibly important role in helping Alberta's seniors live happy, healthy and vibrant lives. I encourage everyone to nominate a volunteer or organization that they believe deserves our thanks and recognition for their hard work."* Jason Nixon, Minister of Seniors, Community and Social Services

Up to 13 awards will be presented to individuals, businesses and non-profit organizations. This includes the Alice Modin Award, which recognizes a senior individual or couple for exceptional commitment to their community and the province through long-term volunteer service. This award is given in honour of Alice Modin, who campaigned for a Seniors' Day and paved the way for the provincewide Seniors' Week that is celebrated annually.

Two Special Service Awards are also being featured this year. The first is the Bridging Generations Award, which honours individuals, groups or organizations that excel in uniting generations through shared experiences and backgrounds. The second is the Community Philanthropy in Action Award, which recognizes Albertans who mobilize community resources through philanthropic efforts to support seniors.

The deadline for nominations is April 30. To ensure a robust nomination period where Albertans are properly recognized, this nomination period covers both 2024 and 2025. Nominations can be submitted online, through mail and email. Details, including past recipients, can be found online. Selected recipients will be honoured at an in-person ceremony in the fall of 2025.

### Quick facts

- Since 1998, the Minister's Seniors Service Awards have celebrated almost 200 individuals and non-profit organizations that serve seniors.
- Businesses were recognized starting in 2020 and the Special Service Award was introduced in 2021.

Go to [www.alberta.ca/ministers-seniors-service-awards](http://www.alberta.ca/ministers-seniors-service-awards) for more information or to recognize individuals, businesses and nonprofit organizations who support seniors, lead the way for improved services and contribute to strong communities.



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- Kyle Westerlund CPA, CA - Partner

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E: <a href="mailto:dbanman@banwest.ca">dbanman@banwest.ca</a> #401, 9426 - 51 Avenue NW Edmonton, Alberta T6E 5A6	T: 780.426.3943 F: 780.424.1875

## Yoga Classes with June

Starting Tuesday January 7  
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10:00 - 11:00 am Breton Community Centre

Fee: \$2 / class Drop in

Instructed By: June Knobel



- A Flow Yoga class for
- stability,
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- balance
- relaxation.

Pose sequences will be combined with  
Hatha Yoga core poses and restorative  
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Please bring a yoga mat, water,  
one to two yoga blocks, a bolster and a blanket.  
Some equipment will be available for those that  
would like to try the class.

For more information contact  
Breton FCSS @ 780-696-3636

All adults welcome - Childcare not available  
Novice to Experienced



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*Happy  
New Year*

From Scott & Dora Sharp



# WHAT'S IN A NAME?

Alberta News, January 3, 2025

**A new online tool gives Albertans the ability to learn the origins of place names across the province.**

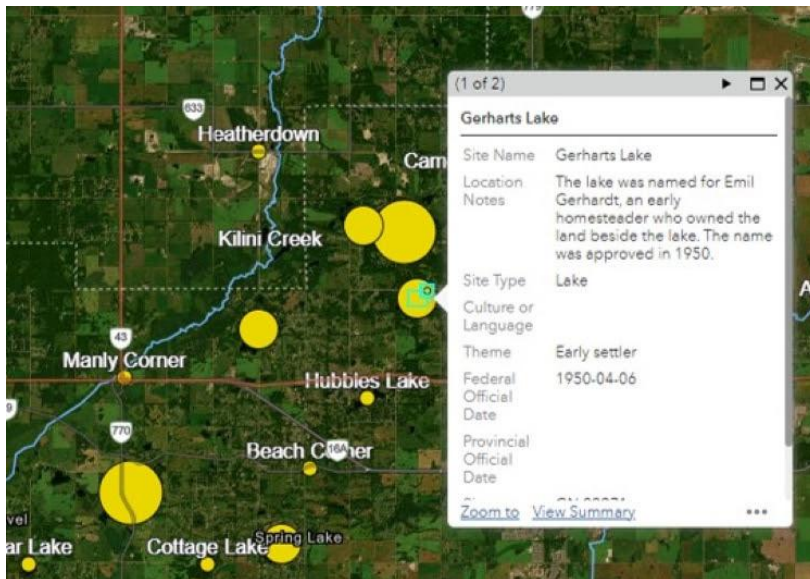
The Alberta Geographical Names Web Map opens the door for Albertans' curiosity to wander from the comfort of their home. The new web map offers easy access to learn about the rich cultures, people and history that have helped shape our province.

This interactive online tool displays a fully mapped-out database with information on almost 9,000 place names in the province.

Whether a person wants to know how their hometown got its name, or if a particular historical figure has a place named after them, Albertans can easily search the map by name, location or the type of place.

*"History is everywhere, and I hope the Alberta Geographical Names Web Map sparks curiosity in all of us to get online and learn more about the places around us."*  
Tanya Fir, Minister of Arts, Culture and Status of Women

The web map is a useful new tool for teachers and students to use in the classroom while learning about notable places and people in Alberta's history. It provides history enthusiasts of all kinds a simple way to gather quick facts on a place name's history, culture or language of origin, thematic association and the federal/provincial adoption dates.



Search results displayed for Gerharts Lake while using the new Alberta Geographical Names Web Map tool.

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# REQUEST FOR PROPOSAL

## Supply and Deliver of Bagged Firewood

The County of Wetaskiwin No. 10 invites written proposals for the supply and delivery of bagged firewood to the County of Wetaskiwin Winfield Public Works Shop for the 2025 Camping Season in accordance with the terms and conditions of the contract documents. Request for Proposal (RFP) documents may be picked up at the County of Wetaskiwin Administration Office or found at [www.county.wetaskiwin.ab.ca](http://www.county.wetaskiwin.ab.ca).

Proposals must be received by the County of Wetaskiwin No. 10 **by 10:00 a.m. local time, Friday, January 31, 2025. SEALED REQUEST FOR PROPOSALS** must be addressed as follows:

### **Request for Proposal – Supply and Delivery of Bagged Firewood**

Geoff Lynch  
Director of Leisure & Community Services  
County of Wetaskiwin No. 10  
Box 6960  
Wetaskiwin, Alberta  
T9A 2G5

Request for Proposals are to be submitted on the provided Bid Sheet. Request for Proposals must also include a completed reference sheet and current resume of the applicant. Failure to provide all required information may result in rejection of the Request for Proposal package.

The County reserves the right to accept or reject any and all Tenders and to waive irregularities and informalities at its discretion. The County reserves the right to accept a Tender other than the lowest Tender without stating reasons. By the act of submitting its Tender, the Tenderer waives any right to contest in any legal proceedings or action the right of the County to award the Tender to any Tenderer in its sole and unfettered discretion. Without limiting the generality of the foregoing, the County may consider any other factor besides price and capability to perform the work that it deems in its sole discretion to be relevant to its decision including, but not limited to the following:

Experience; Reputation; Safety considerations; Terms of delivery; Customer service; Quality of past performance.

For more information contact:  
Geoff Lynch  
Director of Leisure & Community Services  
780-352-3321





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#### COMMON OPTIONAL COVERAGES:

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#### Warburg Legion Branch No. 205

Hello all, hope your holiday season was a happy and productive one!

Just here to **WISH YOU ALL THE BEST IN 2025!**

#### ANSWERS TO SOME QUESTIONS ON PHONE CALLS!

- **Newfoundland Kitchen Party** on January 25, 2025. The "Jiggs Dinner" is a new taste sensation to some of us! It is salted beef, mashed potatoes w/dumplings, peas, cabbage, gravy, pudding and much more. We are also serving roast beef and gravy, pork roast, chicken. Dorothy's favorite potato salad much more including desserts. Come out for an evening of fun, you won't regret one minute. Call 780-848-2923 for tickets!
- **Pub Nights** will introduce Open Mike—so come out and tell us a story, sing a song, dance, or just go up on stage to look good. Come see us on Friday nights from 5pm to 10pm.
- We are **finished construction** – Phase One. Come see the improvements and help us identify some great pictures at our Legion for Phase 2 - Legacy Room.
- **VETERANS** - please contact our Legion for assistance with information for Veterans Services. Please call Deb 780-848-2923 for further information and direction for Canadian and American veterans.
- Yes, there is an increase in **hall rentals**, but we do consider some situations personal and serviceable. Talk to us, we are here to help make your experience with us a good one. Please call Dorothy at 780-691-3833

Finally, the **Next Pancake Breakfast is January 12, 2025**, at the Legion with Max and his team from 8:30 to 11:30 am. Thanks to all who attended on December 29, 2024, it was fun!



**Fun Fact:** When one is the cause of local gossip, it's a floating story of who knows what, but if you are curious, come down to the Legion and we will tell you the truth! Let's have a conversation, a laugh and good times. We are a branch of The Royal Canadian Legion!

**Safe outlook** – Kids are back in school, please be careful driving! They are the future.

CLAYTON SWAN, B.A., M.A., J.D.  
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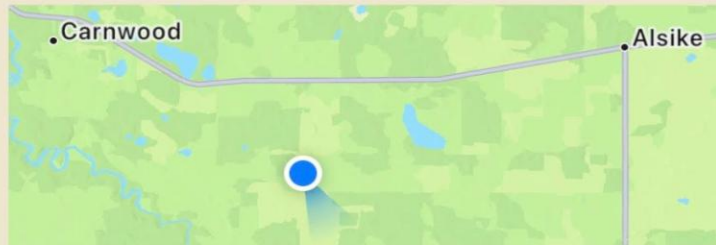
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# MISSING DOG



- blue collar •neutered male •Husky/Shepard
  - went missing Dec. 29, 2024 from  
Range Road 45 and Township Road 484  
Brazeau County (between Carnwood/Alsike/Breton)
  - was possibly travelling with an all black lab.
- PLEASE** let me know if you have seen him, alive or otherwise... no questions asked

**780-514-6546**

**\$500 REWARD**

**FOR HIS SAFE RETURN HOME**

# TAKING ACTION TO DOUBLE ALBERTA'S OIL PRODUCTION

Alberta News, January 6, 2025

**The Government of Alberta is working with partners to increase pipeline capacity in pursuit of its goal to double crude oil production and increase exports to the United States.**

Alberta is a strong partner to the United States, currently delivering more than 4.3 million barrels per day to the U.S. The province is committed to increasing Alberta's crude oil production and preserving and adding pipeline capacity, supporting North American energy security as well as enabling increased U.S. production.

The Government of Alberta is taking immediate action to accelerate its plan to increase pipeline capacity to get more product to market and more value for its product.

A critical step towards achieving this goal includes working directly with industry. This is why Alberta's government has signed a letter of intent with Enbridge, which will form a working group with the Alberta Petroleum Marketing Commission (APMC). The working group will evaluate future egress, transport, storage, terminalling and market access opportunities across the more than 29,000 kilometres of the Enbridge network in support of moving more Alberta oil and gas to Canadians and American partners.

*"The world needs more Alberta oil and gas, and we need to make sure Alberta is meeting those needs. Our objective of doubling oil production aligns with Enbridge's plans to enhance its existing pipeline systems and we look forward to partnering with them to enhance cross-border transport solutions. This will also allow us to play a role in supporting the United States in its energy security and affordability goals."* Danielle Smith, Premier

The working group will focus on preserving and optimizing egress, developing opportunities to expand along Enbridge's current footprint, and developing new solutions to improve global market access and maximize the value of Alberta's commodity. Additionally, it will work with government to cut red tape and streamline regulations and permitting approvals. It will also assess opportunities for shared investment and benefit to both Albertans and Enbridge by leveraging BRIK (Bitumen-Royalty-In-Kind) barrels.

*"A strong and growing Alberta oil and gas transport and storage network will allow the Government of Alberta to maximize the economic benefits for all Albertans from our bitumen and natural gas royalties. We must also*

*pursue regulatory reform where needed so Alberta can continue to be an attractive place for companies to invest."* Brian Jean, Minister of Energy and Minerals

*"Enbridge has 75 years of experience delivering Alberta's energy, safely and cost-effectively to support the region's economy, unlock export value and help meet North American demand. We're prepared – and exceptionally well-positioned – to work with producers and governments to deliver capacity as production ramps up, providing cost-effective, scalable, executable solutions now and through the decade that support North American energy security, reliability and affordability."* Greg Ebel, president and chief executive officer, Enbridge Inc.

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#### BRETON HARDWARE HOURS:

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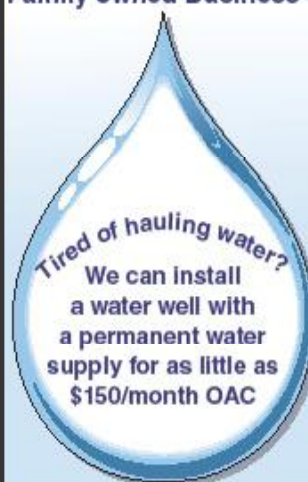
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# JAPANESE DOCTOR COMMENTS

*From the Internet*

Good Morning:

I received this from a friend of Asian heritage who is a retired MD. I do hope it clears up any misconceptions you may have had about food, exercise & diets.

**Q: DOCTOR, I'VE HEARD THAT CARDIOVASCULAR EXERCISE CAN PROLONG LIFE?**

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wears out eventually. Speeding up your heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? - Take nap.

**Q: SHOULD I REDUCE MY ALCOHOL INTAKE?**

A: Oh no! Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruit by so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

**Q: WHAT ARE SOME OF THE ADVANTAGES OF PARTICIPATING IN A REGULAR EXERCISE PROGRAM?**

A: Can't think of one, sorry. My philosophy, No pain...very good!

**Q: AREN'T FRIED FOODS BAD FOR YOU**

A: You are not listening! Food fried in vegetable oil. How getting more vegetable be bad?

**Q: IS CHOCOLATE BAD FOR ME?**

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It's the best feel-good food around.

**Q: IS SWIMMING GOOD FOR YOUR FIGURE?**

A: If swimming good for figure, explain whale to me.

**Q: IS GETTING IN SHAPE IMPORTANT FOR MY LIFESTYLE?**

A: Hey! 'Round' is also a shape!

**AND REMEMBER**

Finally, the Japanese Doctor summed it up:

Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!

Eat whatever you like because you will still DIE, don't allow motivational speakers deceive you.

1. Inventor of the treadmill died at age 54.
2. Inventor of gymnastics died at age 57.
3. World bodybuilding champion died at age 41.
4. Best footballer in the world Maradona died at age 60, BUT

5. KFC inventor died at age 94.
6. Michele Ferrero, inventor of Nutella died at age 88.
7. Imagine, cigarette maker Winston died at age 102.
8. Inventor of opium died at 116 during an earthquake.
9. Hennessy Cognac inventor died at age 98.

So, how did Doctors come to the conclusion that exercise prolongs life? The rabbit is always jumping up and down but it lives for only 2 years & the turtle that doesn't exercise at all & lives 400+/- years.

**Take some rest, chill out, stay cool, eat, drink & enjoy life.**

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## RCMP COMMUNITY REPORT FOR DECEMBER 2024

*Cst. J. Conway, Thorsby/Breton  
RCMP Detachment*

<b>Total Calls for Service</b>	<b>232</b>
Suspicious Persons/ Vehicle	8
Collisions	27
Vehicle Theft	3
Fraud	7
Break and Enter	7
Assault	7
Impaired	0
Recovered Vehicles	5
Missing Person	0

### DECEMBER HIGHLIGHTS:

#### Thorsby/Breton RCMP urges safe driving this holiday season

At Thorsby/Breton Alta. – As Albertans prepare for holiday festivities, the RCMP is reminding everyone to make responsible choices and to not drive impaired. Impaired driving is entirely preventable, and with a little planning, you can ensure everyone arrives home safely this season.

Thorsby/Breton RCMP offers the following safety tips to help you stay safe and avoid impaired driving while enjoying the holiday season:

- If you know that you'll be drinking alcohol or using substances, plan your transportation in advance. Arrange for a taxi, rideshare, or public transportation to take you to and from your destination.
- If you're attending an event with friends or family, establish a designated driver who will remain sober and responsible for getting everyone home safely.
- If you're celebrating at a friend's house, consider

asking if you can stay overnight rather than risk driving home impaired.

- If you're hosting a holiday gathering, be mindful of your guests' alcohol consumption and offer non-alcoholic beverages for those who are driving.
- If you notice that a friend or family member has had too much to drink, don't let them drive. Instead, offer to help them find alternative transportation.
- If you take on the role of designated driver, be sure to stay alcohol-free for the entire event, and take pride in knowing that you're helping friends and family get home safely.
- It's important to note that impaired driving is not limited to alcohol consumption. Driving under the influence of cannabis or prescription drugs can also impair your ability to operate a vehicle safely.

#### Thorsby/Breton RCMP Warns of Increased Mail Theft During Holiday Season

Many Albertans are still busy shopping with online orders, which means increased parcel deliveries and, in turn, the opportunity for mail theft from porches and community mailboxes.

Thorsby/Breton RCMP recommends the following strategies to safeguard your deliveries and ensure your packages arrive securely:

- When possible, arrange for packages to be delivered on days when you are home, or request that items be delivered to a trusted neighbour or friend who can receive them on your behalf.
- Some delivery services offer secure parcel lockers where you can pick up your package at a nearby location. Alternatively, installing a secure drop box at your home can provide a safe place for deliveries if you are not available to receive them.
- Visible security cameras and doorbell cameras act as a deterrent to potential thieves. They also provide useful footage if a theft does occur, aiding in investigations and recovery efforts.
- If you're expecting a valuable item, request a signature upon delivery. This ensures that your package will not be left unattended and susceptible to theft.
- For those with community mailboxes, make a habit of checking your mailbox regularly and removing mail promptly.
- Always report any damage or signs of tampering to your local postal service.
- Ensure that your mail key is stored in a safe place and not left unattended in vehicles or public spaces.

For more tips on safe winter driving, follow us on Facebook @RCMPinAlberta and on X @RCMPAlberta



# Laurie's Laughs



**ADHDers doing anything  
other than the thing they  
need to be doing:**



I just fired myself from  
cleaning my house. I don't  
like my attitude & I got  
caught drinking on the  
job.

You don't know concentration until  
you have to carry this thing from  
the sink to the freezer



**And all i said  
was "Moo"!**

**I got carded at the  
liquor store. While  
getting my ID out,  
my Blockbuster  
card fell out. He  
laughed and said  
"Never mind."**

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

*Answers will be published in the next issue!*

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[www.community39.com](http://www.community39.com)

## THE BRETON 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 in Thorsby.

## PRICING

Classified Ads are \$5.00 (includes GST) for 2 weeks  
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## CONNECT39

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  
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Arctic Spas Rec Complex and the Warburg Village Office

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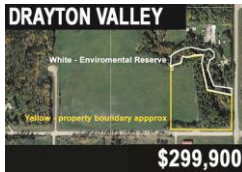




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**DRAYTON VALLEY**  
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1.1 acre lot comes with a 9000+ sq ft building with 3 office bays each with its own shop bay. Adjacent 1.1 acre lot also for sale.



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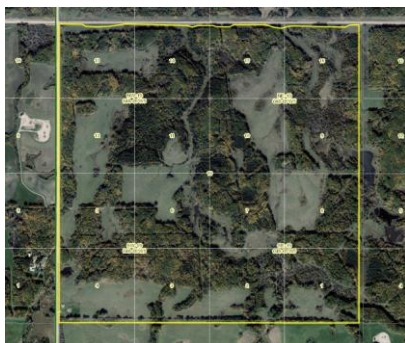


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