



# TOWN NEWS

Coalhurst, Alberta

April 2021



## APRIL

2	Good Friday (office closed)
5	Easter Monday (office closed)
6	Council Meeting 7:00 p.m.
13	Committee of the Whole 7:00 p.m.
20	Council Meeting 7:00 p.m.
27	Committee of the Whole 7:00 p.m.

## MAY

4	Council Meeting 7:00 p.m.
9	Mother's Day



**\*\* Subject to the Freedom of Information and Protection of Privacy Act of Alberta, Section 22(2)(a) and Section 38(z), information submitted to Town Council, including personal information, such as name, address and phone number of the writer may be disclosed to the public and the media at the public Council or Committee meeting.**

Big Brothers Big Sisters	Page	2
FCSS Tax Return Assistance	Page	3
FCSS Monthly Message	Page	4
Business Improvement Loans	Page	5/6
Statistics Canada is Hiring	Page	7
Seasonal Labourer Position – Coalhurst	Page	8
Kid's Stuff	Page	10

The Town News is published monthly  
By the Town of Coalhurst  
E-mail: [main@coalhurst.ca](mailto:main@coalhurst.ca)  
Check Web site [www.coalhurst.ca](http://www.coalhurst.ca) for  
details on locations for hard copy  
pick up and for submitting ads



## NOMINATION PACKAGES

The next municipal election will be October 18, 2021. In accordance with new legislation, Nomination Papers can be submitted to the Town Office during regular office hours anytime from January 1, 2021 to September 20, 2021. Nomination papers will not be accepted after 12:00 p.m. on September 20.

A candidate may withdraw his or her nomination at any time during the nomination period and up to 24 hours after the close of nominations (until 12:00 p.m. September 21, 2021).

If you are interested in running for office but would like more information please view the Nomination Package: [nomination package 2021 election](#), also found on the Town of Coalhurst web site – [www.coalhurst.ca](http://www.coalhurst.ca).

Hard copies of the nomination package are also available for pick up at the Town Office during office hours.

Nomination papers can be found on the [Government of Alberta website](#).

You can also:

- Read the Alberta Municipal Affairs document on [Running for Municipal Office in Alberta](#).

Consult [Municipal elections | Alberta.ca](#)



**Big Brothers  
Big Sisters**  
OF LETHBRIDGE AND DISTRICT

**Looking to become a volunteer Big or  
Little (child in our programs)?  
Join one of our programs!**

**Traditional Mentoring:**

Bigs and Littles can do activities out in the community together with a commitment of 2-3 hours once a week for a minimum year.

**Go Girls/Game On:**

Ages 10-14. Runs for seven weeks, once a week, for 40 minutes. Bigs meet with a group of Littles, play games together, and talk about mental health and COVID-19 related challenges.

**Teen Mentoring:**

This program matches a High School student with a child in Grades 1 – 6. The matches participate virtually in planned activities such as crafts, challenges, trivia games, experiments, and much more!

**For More Information:**

Please call 403.328.9355 or email at  
[info.leth@bigbrothersbigsisters.ca](mailto:info.leth@bigbrothersbigsisters.ca)



# Tax Return Assistance

Trained volunteers will be offering **FREE** assistance with tax returns to individuals, families and seniors with modest income and simple tax situations, who meet the following income criteria.

Call or text to make an appointment:

**403-915-7063**

For Low German call Susie Peters:

**403-593-0618**



## **FAMILY SIZE**

## **TOTAL FAMILY INCOME**

1 person .....	\$35,000
2 persons .....	\$45,000
3 persons .....	\$47,500
4 persons .....	\$50,000
5 persons .....	\$52,500
More than 5 persons.....	\$52,500
plus \$2,500 for each additional person	

**FCSS**  
Family & Community  
Support Services  
[www.fcss.ca](http://www.fcss.ca)

Connect with us online or by phone to complete your return remotely.

SERVING: Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County | County of Warner | Coutts  
Milk River | M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner

# COPING WITH THE LOSS OF THE LIFE WE ONCE LIVED



A year ago, we started two weeks of self-imposed lockdown not knowing what it would look like. At that time, we did not know it would turn into a year of loss; grief; transition; job losses; uncertainty; and an ever-moving goal line that has evolved from a two-week lockdown to our current situation.

This constant barrage of mandates and imposed restrictions puts our natural selves into a rotating state of fight, flight, or freeze responses to the events taking place around us. Our brains cannot catch up. Fight can look like less patience: more yelling, intolerance of other's actions and choices; snapping at loved ones; a little more road rage; being easily annoyed. Flight can look like avoidance: dodging responsibilities; wanting to quit your job; wanting to move away; wanting to go on a long vacation to put everything behind you. Freeze can look like shutting down: five hours of binge watching; loss of energy to do daily tasks; sitting and eating junk food; a general disinterest in doing anything.

This is grief. Grief for the loss of the life we once freely lived. This past year much has changed and with it the realization that many things will never truly go back to the way it used to be.

Now, more than ever, we need to be invested in self care. We may want this to just be over, as much as anyone who is grieving would want that; but, it is not and no amount of wishing or willing it to be so is going to change it. So, what to do?

Here are some self care coping mechanisms that are not going to alarm our brain and body more than is necessary, as already discussed we're already maxed out in that department.

So, try the following (Use YouTube or google to find what you need!):

- 1) Talk with safe people who are comforting. If your family and friends frustrate you a counsellor works!
- 2) Limit your news exposure. The news is full of alarming headlines all vying for your attention and viewership. These are all designed to appeal to your fight, flight, or freeze responses because that drives people to read the articles or watch the clips. It will only add to your stress responses.
- 3) Start/continue mindful practice. There are apps for this! Search them
- 4) Set and track daily goals. Start simple and build them up slowly. You could add an extra glass or water to your daily intake; add another serving of vegetables to your daily meals; take a fifteen-minute walk. Start making healthy moments a part of your everyday routine.
- 5) Practice controlled deep breathing. Breath in for count of 4, hold for 4, breath out for 4 and hold for four (do this 3 times)
- 6) Try progressive muscle relaxation. This will help release the tension in your body
- 7) Limit your worry time. Set a timer and keep it to a confined period during the day.
- 8) Use some creative art to express your grief.
- 9) Use a journal or feeling tracker app.

FCSS offers workshops as well as individual counselling to help you learn more.

For more information call 587-370-3728

or email [counsellingservices@fcss.ca](mailto:counsellingservices@fcss.ca).

Visit [www.fcss.ca](http://www.fcss.ca) for more information.

Submitted by:  
**Tanie Reid-Walker**  
FCSS Counsellor



#### SERVING:

Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County | County of Warner | Coutts | Milk River  
M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner



#### ELIGIBLE IMPROVEMENTS

- Business Equipment
- Technology (Hardware/Software)
- Business training, consulting or certification
- Removal of barriers to access for people with disabilities and mobility challenges
- Interior painting
- Interior flooring (carpet, laminate, tile, hardwood)
- Shelving (removable)
- Interior counters and display cases
- Interior light fixtures

#### STORE FRONT BUSINESSES ONLY

- Signage in the front of business locations
- Repair or replacement of storefront windows and doors
- Exterior lighting of the building and signage
- Removal and disposal of broken signage and fixtures
- Installation and design of awnings and signs
- New storefront window openings and new doorways
- Interior window display areas and lighting
- Removal of exterior materials that cover architectural details
- New architectural details such as entryway features and cornices
- Signs that are uniquely designed to integrate into building architecture
- Creation of new retail bays in an existing building
- Addition of patio areas and permanent landscaping elements



# BUSINESS IMPROVEMENT LOANS

## COALHURST BUSINESSES

### Interest Free Loans

Up to \$5,000

**\* Available to home based  
and store front businesses\***

**Loan interest paid by  
Town of Coalhurst**



## **HOW TO APPLY:**

- ✓ *Pick up Grant Application documents at either:*

**Town of Coalhurst Office**  
100—51 Avenue  
Coalhurst, AB T0L 0V0  
Kim Hauta, Chief Administrative Officer  
Phone: 403 381 3033

or

**Community Futures Lethbridge Region**  
2626 South Parkside Drive  
Phone: 403 320 6044

Penny Patching, Business Advisor  
Direct: 587 800 8417  
[ppatching@albertacf.com](mailto:ppatching@albertacf.com)

Roldo Eliason, Business Advisor  
Direct: 587 800 8427  
[reliason@albertacf.com](mailto:reliason@albertacf.com)

- ✓ *Complete Loan Application document:  
Application for Credit*
- ✓ *Set up a meeting with a Community Futures  
Business Analyst to present application.*
- ✓ *Once the completed grant application  
documents are received, CFLR will perform  
due diligence on the application and contact  
the business owner to set appointment within  
10 working days to proceed.*
- ✓ *Once approved by CFLR, loans documents will  
be signed by the business owner and a cheque  
will be disbursed within 5 working days.*





**Community Futures** Lethbridge Region  
Growing communities one idea at a time.

**CFLR SERVICES:**

ALTERNATIVE FINANCING  
CONSULTING  
BUSINESS TRAINING  
BUSINESS PLANNING  
COMMUNITY ECONOMIC DEVELOPMENT

**FLEXIBLE TERMS**

- Loans between \$800 and \$5,000
- Terms between 1-3 years

### **Sample Loan**

#### **\$5,000 Loan**

- Term of Three Years
- Loan Payment \$138.88/month
- Grant to cover interest - \$394.60



**Check [www.coalhurst.ca](http://www.coalhurst.ca) for Business Improvement Loan Applications – find under  
COMMUNITY SERVICES – Community Futures Lethbridge Region**

# Statistics Canada is hiring local employees for the 2021 Census!

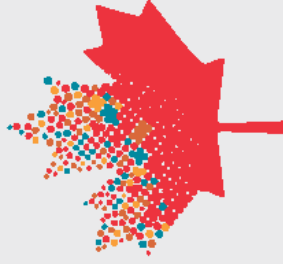
Schools, housing, health and emergency services are all planned using census data. We are hiring approximately 32,000 census employees to count every person in Canada.

- Pay rates vary **by position** from \$17.83 to \$21.77 per hour, plus authorized expenses.
- Start and end dates vary by position and location, between March and July 2021.
- You must be available to work flexible hours, mainly during evenings and weekends.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.

Help your community to plan for the future—**apply now!**

**[www.census.gc.ca/jobs](http://www.census.gc.ca/jobs)**

TTY (a telecommunications device for deaf persons): **1-833-830-3109**



Your census.

Your community.

Your future.





### ***SEASONAL LABOURER POSITION - COALHURST***

THE TOWN OF COALHURST REQUIRES A **SEASONAL LABOURER** - 40 HOURS PER WEEK STARTING MAY 10, 2021 AND ENDING AUGUST 27, 2021 FOR THE RECREATION/PARKS AND PUBLIC WORKS DEPARTMENTS.

THE SUCCESSFUL CANDIDATE WILL HAVE THE ABILITY TO WORK EFFECTIVELY UNDER MINIMUM SUPERVISION, KNOWLEDGE OF ROUTINE VEHICLE AND EQUIPMENT MAINTENANCE, AND EXPERIENCE IN SPRINKLER AND BUILDING MAINTENANCE WOULD BE AN ASSET. A CURRENT DRIVER'S ABSTRACT WILL BE REQUIRED, IF HIRED.

**PLEASE SUBMIT YOUR RESUME BY APRIL 23, 2021 TO:**

ATTENTION: DIRECTOR OF OPERATIONS

TOWN OF COALHURST  
100 – 51 AVENUE  
BOX 456  
COALHURST, ALBERTA T0L 0V0

OR FAX TO: 403-381-2924

OR E-MAIL: [klewis@coalthurst.ca](mailto:klewis@coalthurst.ca)

ALL APPLICANTS ARE THANKED FOR THEIR RESPONSE, HOWEVER, ONLY THOSE CONSIDERED FOR AN INTERVIEW WILL BE CONTACTED.





## WEEK SPECIALS APRIL

**Mar. 30-Apr. 3: EASTER STOLLEN BREAD,  
HOT CROSS BUNS, BIRD'S NESTS**  
**6-10: 6 SQUARES REG. \$ 8.10 SALE \$ 6.95**  
**13-17: BUTTER PIE REG. \$ 7.50 SALE \$ 6.50**  
**20-24: CINNAMON BREAD REG. \$ 8.25**  
**SALE \$ 7.25**  
**27-1: SYRUP WAFFLES REG. \$ 4.99**  
**SALE \$ 4.50**

**We will be closed for Good Friday April 2**

**Tuesday – Friday 8am-6pm Saturday 8am-4pm**  
**403 394 7676 Cell: 403 795 3202**

**Email: [kooymanbakery@gmail.com](mailto:kooymanbakery@gmail.com)**

# Reiki

Julie Anhorn  
 Reiki Practitioner  
 Animal Communicator



## Sessions Now Available for Animals & Humans!

Reiki is a Japanese technique that can  
 assist the body to  
 reduce stress,  
 which allows for relaxation & restoration  
 of the  
 body, mind & spirit



509 - 52 Avenue, Coalhurst, AB  
[julieanhorn.reiki@shaw.ca](mailto:julieanhorn.reiki@shaw.ca) 403-892-4584

## Office Closure

The Town office will be closed on  
**Friday, April 2<sup>nd</sup> and Monday, April 5<sup>th</sup>**  
 to celebrate Easter.



**Have a safe and enjoyable holiday!!**

For Public Works Emergency  
 Call: 403-634-1627

# PERFECT POOCHES



# DOG GROOMING

AND

# TRAINING

All Breed Dog Grooming – Tuesdays, Wednesdays, & Thursdays

Special care given to your family member:

- dogs are not crated, hand dried, short grooming time,  
 provided with play opportunities

Training: Class and Private Training in Puppy, Obedience, Agility,

Located just across the highway from Coalhurst beside Noble Diesel

**403-393-1269 OR 403-381-6890**

Perfectpooches.com

Follow us on Facebook

*Bring this coupon and get \$10 off  
 of your first grooming  
 appointment.*

=Kid's Stuff  
(color me)

