



## TOWN NEWS

Coalhurst, Alberta

March 2021



### MARCH

- 2 Council Meeting 7:00 p.m.
- 9 Committee of the Whole 7:00 p.m.
- 16 Council Meeting 7:00 p.m.
- 17 St Patrick's Day
- 23 Committee of the Whole 7:00 p.m.
- 30 Committee of the Whole 7:00 p.m.

### APRIL



- 2 Good Friday (office closed)
- 5 Easter Monday (office closed)
- 6 Council Meeting 7:00 p.m.

**\*\* 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.**

2021 Election Nomination Packages	Page	2
COVID-19 Vaccine	Page	3
FCSS Tax Return Assistance	Page	4
FCSS Monthly Message	Page	5
Business Improvement Loans	Page	6/7
Kid's Stuff	Page	9/10

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



### So You Want to Run for Office: Experiences in Local Government

The municipal elections will be here before we know it and thought this upcoming session offered on-line by the Lethbridge Library might be of interest to potential candidates.

Tuesday, March 9, 2021  
- 7:00pm - 9:00pm

Branch: [Main Branch](#)

If you are interested in entering municipal politics and want more information, join us for So You Want to Run for Office! The session will feature a presentation followed by a panel discussion where you can ask questions of former municipal officials.

So You Want to Run for Office: Experiences in Local Government

**Date:** March 9, 2021 at 7:00pm

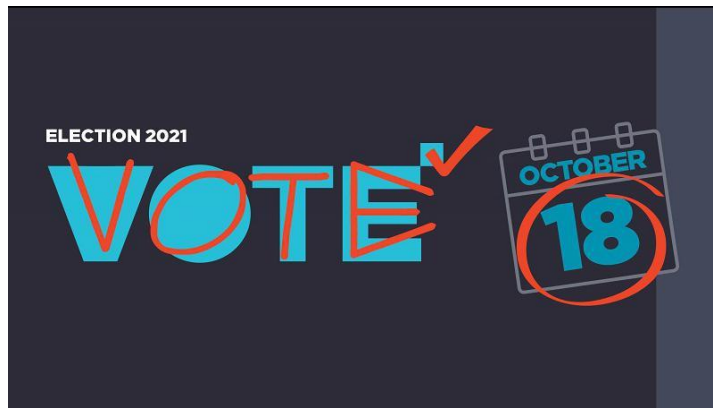
**Venue:** Online via Zoom

We will cover a variety of topics surrounding running for office, including campaigning and the Municipal Governments Act.

Featuring: Dr. Paul Fairie (University of Calgary), Dr. Lisa Lambert (University of Lethbridge); Q&A Panelists: Trevor Lewington (Mayor of Sterling, CEO of Economic Development Lethbridge), Lance Tailfeathers (Former Councillor, Blood Tribe).

### [Register for this Session](#)

You can register by opening the link above or going to the Town website [www.coalhurst.ca](http://www.coalhurst.ca) under Popular Links – 2021 Election Information



## 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](#)

# COVID-19 Vaccine

Effective February 24, 2021, Albertans who were born in **1946 or earlier** (75 years of age and older) can receive the COVID-19 vaccine.

- You can book an appointment for your vaccine online at [www.ahs.ca/covidvaccine](http://www.ahs.ca/covidvaccine) or by calling Health Link at 8-1-1.
- Appointments are only available for those who are eligible.
- Similar to COVID-19 testing, individuals will be directed to the nearest vaccination site based on their postal code.
- Vaccinations are by appointment only.
- Seniors will need to show government-issued ID as proof of age, and have their Alberta Health Care card at their appointment.
- Residents of lodges, manors or other private supportive living facilities will be contacted directly by their care team at the site to coordinate vaccination in the facility. These individuals do not need to book an appointment.



---

Learn more at [www.ahs.ca/covid](http://www.ahs.ca/covid)



# 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

# Motivation



One of the struggles people face, that has been made worse for some of us during the COVID restrictions, is motivation to change.

It was helpful for me to think of my lack of motivation to change as being a mix of feelings: I want to change and on the other hand, I also don't want to. For example, during COVID I have lost the motivation to exercise: I want to exercise regularly but I also don't want to.

When I am in this state of mind it is sometimes helpful to make a plan that is:

- a) Simple: Rather than engaging in the daunting tasks of going to the gym daily or running a 5K race, just set out to walk around the block 3 times a week.
- b) Specific: Be intentional about details such as "walk around the block on Monday, Wednesdays, and Fridays after work".
- c) Doable: Your goal should be within your skill or ability level.
- d) Repetitive: Establish a routine
- e) Independent: Establish goals that do not rely on persons, places, or circumstances to achieve as they can often block your goals.
- f) Immediate: The best time to start working on a goal is now, even if it only means taking baby steps.
- g) Permission To Fail: If this plan doesn't work, maybe I will need to revise it (e.g. walk 2 times per week down the street or walk everyday for two blocks) or simply remind myself that it's ok to slip up occasionally and just start again the next day.

The end result is that I now have a smaller goal in front of me and also have given myself permission to change the goal if I need to. Now I feel more confident in meeting that goal.

The FCSS Counselling Team can be a helpful first step to discuss establishing new habits and healthy routines.

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:  
**Tim Krahn**  
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**



## WEEK SPECIALS MARCH

- 2-6:** 1 DZ. SNOW BALLS REG. \$ 5.95  
**SALE \$ 4.95**
- 9-13:** POUND CAKE REG. \$ 6.25 **SALE \$ 5.25**
- 16-20:** FRZ. CREAM CAKE REG. \$ 9.95  
**SALE \$ 8.95**
- 23-27:** 6 SAUSAGE ROLLS REG. \$ 14.70  
**SALE \$ 12.95**

**We will be closed for Prayer Day  
 Wednesday March 10**

Tuesday – Friday 8am-6pm Saturday 8am-4pm

514 51 Ave, Coalhurst  
 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](http://Perfectpooches.com)

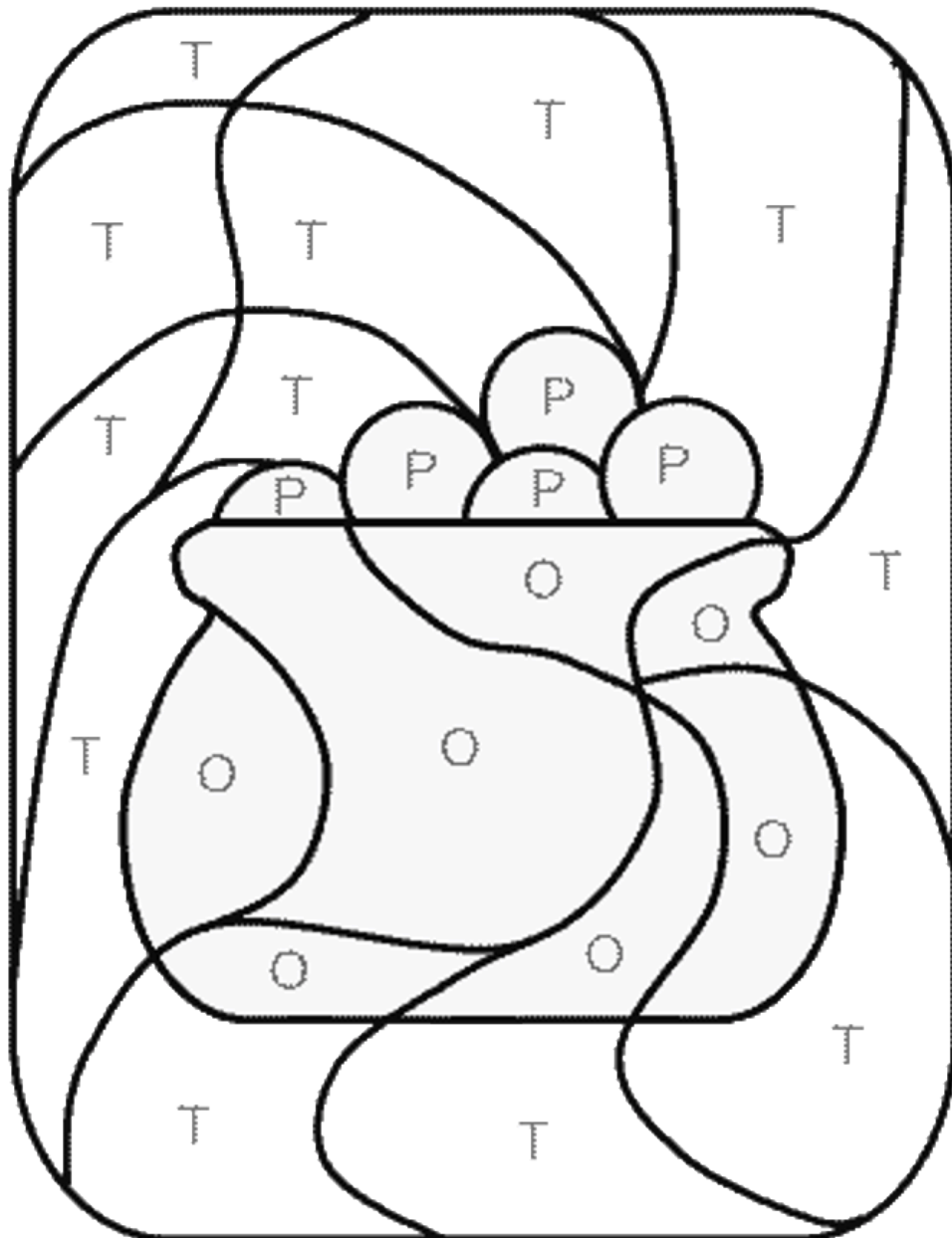
Follow us on Facebook

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

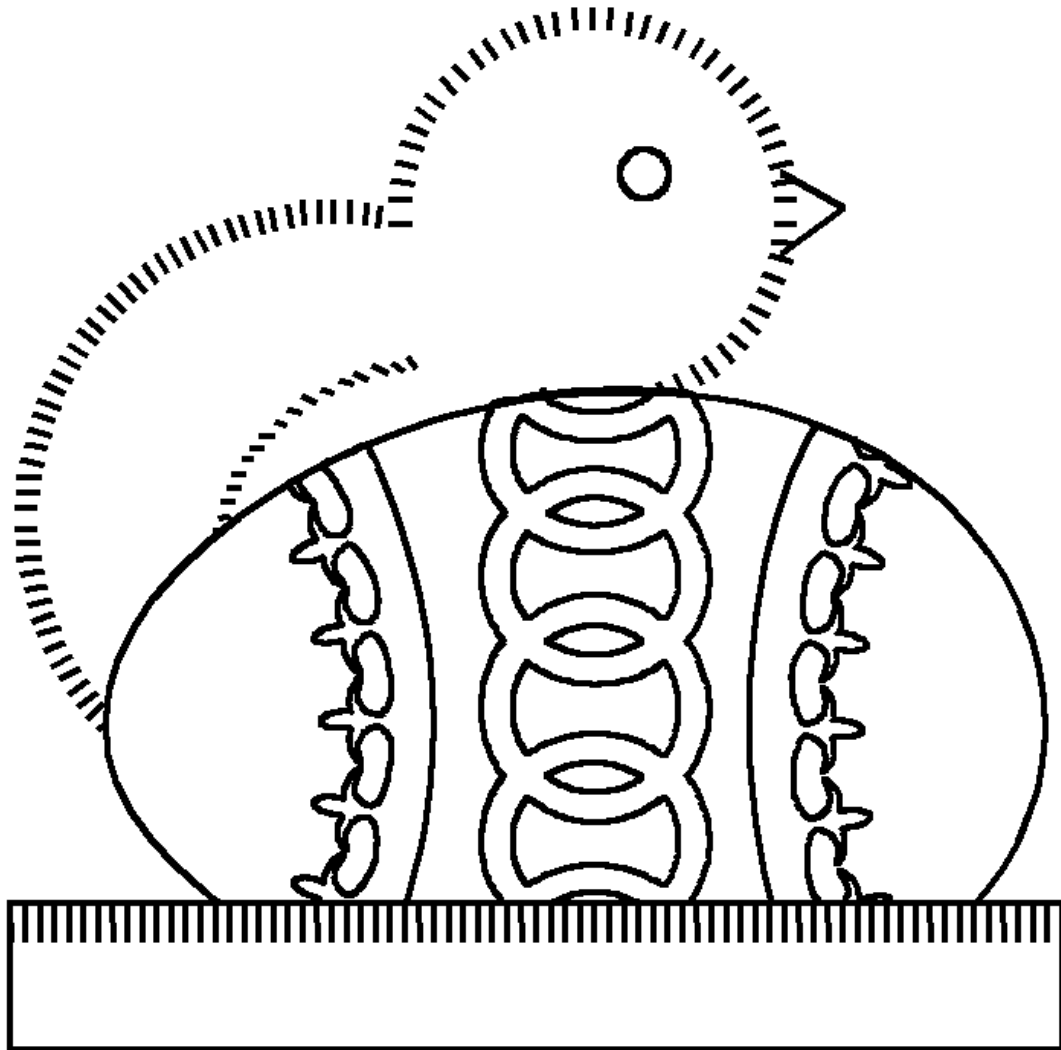


(color by letter)

T - green



(color me!)



Happy  
Easter