



TOWN NEWS

Coalhurst, Alberta

March 2022



RESIDENT SATISFACTION SURVEY RESULTS

MARCH

- 1 Council Meeting 7:00 p.m.
- 8 Committee of the Whole 7:00 p.m.
- 15 Council Meeting 7:00 p.m.
- 17 St. Patrick's Day
- 22 Committee of the Whole 7:00 p.m.
- 29 Committee of the Whole 7:00 p.m.

APRIL

- 5 Council Meeting 7:00 p.m.
- 12 Committee of the Whole 7:00 p.m.

You can now view Town Council meetings by subscribing to the Town's You Tube Channel at

https://www.youtube.com/channel/UCS3kdzlvzavAguAj_aM4d_xg or find the link on the Town web site under Government – Council Minutes & Agendas.



**** 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.**

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The Town of Coalhurst has now received the results from the Resident Satisfaction Survey. The Town thanks all who took the few minutes to provide the Town with your thoughts and input. The link is here for your information:

<https://www.surveymonkey.com/stories/SM-GFHKJX7W/>

Check the Town Web Site for Town information and updates: www.coalhurst.ca



The Town News is published monthly
by the Town of Coalhurst
E-mail: main@coalhurst.ca
Check Web site www.coalhurst.ca for
details on locations for hard copy
pick up and for submitting ads



**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

Mayor's Message

MARCH 2022

It's been four months since our Council was sworn into office and I assumed the role of Mayor. I have used this time to observe, learn and begin to consider what I want my legacy to be as the Chief Elected Official.

If you know me, you will know that I'm very passionate about a few things including:

1. Communication
2. Community engagement
3. Strong leadership and governance
4. Charcuterie boards (AKA: fancy cheese and crackers)

In my first official Mayor's Message, I'm going to touch on points one and two. Next month I'll talk about my thoughts on strong leadership and governance. If you're lucky I might even give you a few pointers on how to take your Charcuterie boards to the next level.

Communication from Town Council was a standout election promise. In the past four months, we have been getting acquainted with our roles and figuring out what communication could look like for us. I'm excited to say that we have recently developed a communications strategy to better connect with you.

Be sure to follow the Town of Coalhurst Facebook page if you haven't already. You'll be seeing more from me and the other Councillors as we dive into topics and hold live events. Not on social media? That's ok! We will be using the website and Town News to keep you in the loop.

As I indicated in point two, community engagement is another passion that I bring to my role. I'm a firm believer in the power of engagement to allow individuals to express their values and ideas about the future of our community. We want to know what is important to the residents of Coalhurst to ensure our decisions are reflective of the community. In the coming months, we will be creating opportunities to connect with residents, community groups, and business owners. These conversations will help us create a bold vision for the future of Coalhurst. Our Council is taking deliberate and purposeful steps to get us to that future. I'm so excited that we are on this journey together and I look forward to connecting with you.

Until next month,
Mayor Lyndsay Montana



ANNUAL GENERAL MEETING

APRIL 13, 2022 | 7 P.M.
COALHURST COMMUNITY CENTER

EVERYONE WELCOME.
JOIN US TO LEARN
ABOUT OUR GOALS AND
FUTURE PROJECTS AND
WHY WE ARE SO PROUD
TO BE A PART OF THIS
COMMUNITY! COME TO
LISTEN OR GET
INVOLVED!

VISIT US ON FACEBOOK @COALHURSTPNR

**Registration
Required**

Move it! Move it!

This program inspires movement and muscle development through activities and play.

Grown-ups together with their children 0-6 years of age.

Wednesdays
January 26th - June 29th

10:00-11:30 am

Coalhurst FCSS

Community Centre ~ 527 50 Ave



I like to move it move it !



To register contact

Jackie

403-732-5470 or jackie.fiorino@fcss.ca

COVID-19 Protocols will be followed. Limit of 5 families.

BARONS-EUREKA-WARNER FAMILY & COMMUNITY SUPPORT SERVICES (FCSS)

For all FCSS programs, activities, events, dates and information, check the Town of Coalhurst web site www.coalhurst.ca under Community Calendar – FCSS Programs. All contact information for FCSS can be found here.

SHARPEN UP!

KEEPING YOUR BRAIN FIT AS YOU AGE

Have you ever walked into a room, just to find yourself trying to remember what you needed? Or have you left the grocery store with three things, but forgot the one item that you meant to purchase?

You might think you are on the brink of age-related memory loss, like Alzheimer's or dementia. However, according to The Centers for Disease Control and prevention, Alzheimer's and dementia "are not an inevitable part of aging...[and] up to 40% of dementia cases may be prevented".

The good news is that there are many ways to stay sharp as you age. Julia VanTine, the Author of *Ageless Brain*, offers the following tips:

1. **Challenge yourself to learn new things!** Get out of your comfort zone and take on something new. Dr. Eva Selhub states that the ability of the brain to change over a person's lifetime can be maintained and improved by learning new things. For example, take a different route to work, take an art class, take up chess, learn a new language, or take a technology class. There are many creative outlets that can be explored in-person and online.
2. **Retire to something, not *from* something. Although retirement might seem like a relaxing paradise, it can be hard on your brain since** work consistently challenges our minds. Ask yourself how you want to spend your time, what activities do you really like to do, and what will motivate you, and then follow through with your ideas.
3. **Stay connected to others.** Getting connected with others provides a workout for your brain. Call a friend, mentor a youth, or FaceTime a family member. If technology is a barrier, you can join a local phone program, such as [*Keep in Touch*](#), which pairs a verified volunteer with a senior to help widen their social circle, share stories, and make a friend.
4. **Exercise and sleep.** Walking, swimming, pickleball, tai chi, you name it – exercising 2-3 times a week improves learning and memory. Exercise also stimulates new neuron growth and protects existing ones. Don't feel rested? Consider taking naps. Getting enough sleep can help with memory, thinking clearly, and communication.

As you age, your brain may take longer to process things, but routine memory, and knowledge should remain stable and may actually improve over time. It is normal to forget things occasionally,

If you would like to know about programs available to you through FCSS, contact Renee White at (587) 370-8518 or renee.white@fcss.ca.

Visit www.fcss.ca for more information.

Submitted by:
Renee White

Senior Services Coordinator



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

FROM RACHAEL THOMAS, MEMBER OF PARLIAMENT – LETHBRIDGE CONSTITUENCY



I'm excited to announce that the application process for my 2022/2023 Youth Advisory Board is now open!

If you're between the ages of 16 and 24, passionate about your community and interested in learning more about the impact that federal political decisions have on our constituency, the Lethbridge Youth Advisory Board could be for you!

Eight youth from the Lethbridge riding will be selected to become members of this year's Youth Advisory Board, which will run from September 2022 to June 2023.

The board will meet once a month on a Saturday, during which time members will have the opportunity to share their perspective and ask questions about federal legislation and key events. The issues and topics put forward for discussion are determined by the youth at the table.

This opportunity is non-partisan and all youth who are passionate about the betterment of their community and curious about the federal political process are encouraged to apply.

Those who successfully complete this year-long initiative will receive a certificate of completion and a letter of commendation. Students are also encouraged to seek school credit for their participation in the program.

To be considered for this unique opportunity, you must apply by 11:59pm on Friday, March 18th.

Please visit [Member of Parliament | Rachael Thomas MP | Lethbridge](#) to apply!

The Royal Canadian Legion Coalhurst Branch 273

5205 6 Street Coalhurst Alberta

MARCH 2022



Friday:

Meat Draws: 6:30 and 7:00 for Mad Butcher Certificates.

Queen Draw: 7:00

Thursday: Burgers and Chips: \$6:00

Steak Dinner: March 26 sign up by March 23

Horse race: March 5-4pm

Voices of Legends March 12

Veterans who need assistance can send an email attention Service Officer at legionbm273@gmail.com

S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Funds raised from Bingos help support the branch, the Seniors 55 Club, the Schools, and the community.

Pick a date and call Wendy to volunteer 403-634-5262.

Mar 27, Apr 22, May 29, June 26, Jul 31, Aug 28

If you catch the Queen of Clubs, you have a chance to win half of almost \$3 000. If you don't catch her you can still win 20% of the nights sales if your number is drawn.



First race March 5 with a 4:00 starting time. Sponsor and name your speedy steed.



March 12 at 7pm. Steve Hillis of Voices of Legends Tickets are \$25 each. See poster attached.

March 17 is green gear and green beer. Have a chance to win a pot of gold Tickets 3 for \$5.



Remember we are still running under Covid -19 protocols and masks must be worn when you're not seated at your table. There is a limit of 10 per table. All events are subject to change to follow Alberta Health restrictions and guidelines.

Hours of operation

Wednesday -Thursday 5:00 until close

Friday 4:30 until close

Saturdays 3:00 until close

We will remain open if there are Patrons

Closed: Sunday, Monday, and Tuesday



THROUGH YOUR DONATION TO THE LEGION POPPY FUND, THE LEGION PROVIDES FINANCIAL ASSISTANCE AND SUPPORT TO VETERANS, INCLUDING THE CANADIAN ARMED FORCES AND THEIR FAMILIES WHO ARE IN NEED.

facebook.com/voicesoflegends stevehillis.ca

L I V E I N C O N C E R T

VOICES OF LEGENDS

featuring STEVE HILLIS



CASH - ELVIS - BUDDY - ROY - NEIL - CCR - GARTH - BEATLES

AMAZING ONE MAN TRIBUTE SHOW

Canada's #1

featuring

GARTH BROOKS
Tribute



COALHURST LEGION
SATURDAY MARCH 12 2022

Tickets only \$25 Showtime 7pm

tickets at LEGION - 5205 6St Coalhurst AB 403-381-3080

Also ONLINE with Eventbrite -- FB.com/voicesoflegends
Click BUY TICKETS - scroll down to YOUR town & CLICK!

COMMUNITY GRANT PROGRAM

The Town of Coalhurst would like to remind community organizations of the availability of Policy No. 00-01-28 – Community Grant Program.

The purpose of this Policy is to provide guidelines for the provision of financial assistance to community organizations for programs, special events or activities which enhance and enrich recreational, sport and cultural opportunities in the community.

This Policy, in its entirety, can be found on the Town of Coalhurst web site www.coalhurst.ca under Bylaws and Policies. The form for the Application For Funding can also be found and downloaded from there, or picked up at the Town Office.

If you are planning an event that may fit the criteria for this funding assistance, please check out this policy.

The dates and deadlines to apply for funding are as follows:

- **October 31st** for programs/events being hosted during the first half (January 1st – June 30th) of the new year
- **April 30th** for programs/events being hosted during the second half (July 1st – December 31st) of the year

If you require further information call the Town Office at 403-381-3033 or e-mail: main@coalhurst.ca.



TOWN OF COALHURST PUBLIC OPERATIONS

Water and Sanitary Sewer:

The Town of Coalhurst water system consists of a 2300 m³ (500,000 gal.) water distribution reservoir, pump building, 20km of water main, 205 valves, 77 fire hydrants, more than 1,000 service lines and curb stop valves, and more than 1,000 water meters.

The Sanitary sewer system consists of 18km of gravity sewer main, 6km of sanitary force main, 130 manholes, two lift stations and more than 1,000 service connections.



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.



SPECIALS MARCH

1-5: CHEESE PIZZA BUN REG. \$ 4.25 SALE \$ 3.75

8-12: ALMOND BUTTERPIE REG. \$ 11.50

SALE \$ 10.00

15-19: 6 MIXED DONUTS REG. \$ 6.45 SALE \$ 5.75

22-26: 1 DZ. COOKIES REG. \$ 6.75/9.75

SALE \$ 5.95/8.95

29-Apr.2: 4 APPLE CHERRY STRUDEL REG.\$11

SALE \$10

CLOSED FOR PRAYER DAY – WED. MARCH 9

EVERY FRIDAY HOT LUNCH

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

514 51 Ave, Coalhurst, 403 394 7676 cell: 403 795 3202

email: koovmanbakery@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 403-892-4584



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Office: 403 327-0001

Cell: 403 634-3062



ladybugarborists@gmail.com
www.ladybugarborists.com

Maureen Sexsmith-West
ISA Certified Arborist, PR-4600A
ISA Qualified Tree Risk Assessor



Kids Stuff

(color by letter)

P - yellow

O - black

T - green

