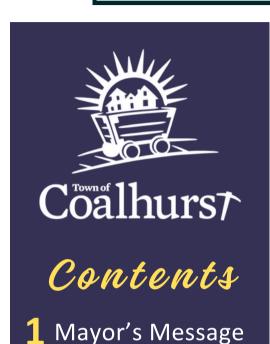
## **TOWN NEWS**

OCTOBER 2023



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- 4 Event Calendar
- **5** FCSS Updates
- 8 Advertisements

## Mayor's Message

Last week, our Council, CAO Patience and Legislative Services Coordinator Betteridge attended the 2023 Alberta Municipalities Convention in Edmonton. This convention provided an excellent opportunity to network with elected officials and partners across the province. It also allowed participants to engage in professional development activities and collectively establish advocacy priorities for Alberta Municipalities.

Our Council met with representatives from the RCMP's K-Division during the convention. In this meeting, we expressed our concerns about complaint line wait times and gained insights into the available support to reduce crime in our community. The representatives were receptive to our feedback and assured us they would address the complaint line wait times issue.

One of the major topics discussed at the convention was the need for municipalities to receive sufficient provincial funding for community infrastructure. Municipalities rely on provincial government programs to provide support funding for essential infrastructure projects such as roads, recreation facilities, public buildings, and water management. In 2024, the Government of Alberta plans to introduce a new program called the Local Government Fiscal Framework (LGFF) Capital program, replacing the current Municipal Sustainability Initiative (MSI) Capital program. However, the allocated budget under LGFF is \$722 million, which is 36% lower than the historical funding average under the MSI program. Additionally, this budget does not account for changes in Alberta's population or the rising construction costs. To put this into perspective, in 2011, the Government of Alberta provided \$420 per capita across all municipal capital funding programs. In contrast, in 2023-24, it was only \$151 per capita and is projected to be \$180 per capita in 2024-25 under the new LGFF program.

In response, a resolution was passed at the convention to advocate for the restoration of municipal infrastructure funding to an adequate level. The resolution proposed setting the new LGFF capital funding program at a starting amount of \$1.75 billion instead of \$722 million. Alberta Municipalities will be lobbying the provincial government on behalf of all municipalities to secure this increased funding.

If you'd like to learn more about the role of Alberta Municipalities, check out their website at <a href="https://www.abmunis.ca">www.abmunis.ca</a>.

Mayor Montina

# TOWN NOTICES

OCTOBER 2023



#### **COUNCIL MEETINGS**

October Meetings for Council and Committees:

- · October 3, 2023, MSDA Meeting
- October 3, 2023, Regular Meeting of Council
- October 17, 2023 Organizational Meeting
- October 17, 2023, Regular Meeting of Council
- October 19, 2023, Recreation & Culture Committee Meeting

For meeting information including scheduled dates, minutes, and agendas, visit:

https://coalhurst.ca/government/councilcommittee-meetings/

#### **PUBLIC NOTICES**

### Fall Leaf Collection

- The Town of Coalhurst will be offering a leaf collection for the fall of 2023.
- Leaves and compostable yard waste such as plants and flowers must be in disposable brown paper bags available at the Town of Coalhurst office (Maximum 5 per household) or for purchase at various retailers.
- If leaves are in any other type of bag or container, they will not be picked up.
- The bags must be out on October 23rd by 7:30 AM.
   There will be no callbacks for pick-up.



# TOWN NOTICES

OCTOBER 2023



Visit: <a href="https://coalhurst.ca/about/community-groups-resources/">https://coalhurst.ca/about/community-groups-resources/</a>

# REPORTING CRIME TO THE R.C.M.P.



The RCMP enforce and investigate all criminal offences.

#### **In-progress Crimes**

Phone **9-1-1** for serious and in-progress crimes and emergencies.

#### **Crimes Not In-progress**

Phone **403-345-5000** or download and use the R.C.M.P. App and/or website to report a complaint or crime.

https://ocre-sielc.rcmp-grc.gc.ca/alberta

To speak with a specific person at the Detachment for any questions about criminal records, fingerprinting, etc., phone **403-345-5552**.

# CRIME PREVENTION INFORMATION

#### Community Peace Officers

- CPOs enforce traffic safety, animal control, and municipal bylaws, CPOs help educate the public on bylaws, issue infraction or warning tickets, and forward criminal matters to the RCMP.
- CPOs do not attend a call where a weapon is present or may be present, perform traffic duties on highways with speeds over 100 km, and enforce criminal code offences.

#### Opportunities for Citizen-led Crime Prevention

 Visit the Town's website for information or YouTube Channel for a quick 20-min video about Block Watch, Rural Crime Watch, Citizens on Patrol, Alberta Community Crime Prevention Association, CAPTURE program, RAVE program, Crime Prevention Through Environmental Design, and Crime Stoppers.



# **EVENT CALENDAR**

### OCTOBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	DO Crew 3:30 - 5:30 PM	Caregiver Café (FCSS) Drop-in 9:30-11:30 am Council Meeting 6:00 - 9:00 PM	Move it! Move it! (FCSS) Drop-in 9:30-11:30am  Infant Massage (FCSS) 10:00 - 11:30 AM	Youth Drop-in (FCSS) 3:30-5:00pm Family Night (FCSS) 6:00-7:30pm	6 Stay & Play (FCSS) 9:30-11:30am	7
8	DO Crew 3:30 - 5:30 PM	Caregiver Café (FCSS) Drop-in 9:30-11:30 am	Move it! Move it! (FCSS) Drop-in 9:30-11:30am	Family Night (FCSS) 6:00-7:30pm	13 Stay & Play (FCSS) 9:30-11:30am	14
15	DO Crew 3:30 - 5:30 PM	Caregiver Café (FCSS) Drop-in 9:30-11:30 am  Council Meeting 6:00 - 9:00 PM	Move it! Move it! (FCSS) Drop-in 9:30-11:30am	Youth Drop-in (FCSS) 3:30-5:00pm Family Night (FCSS) 6:00-7:30pm	20 Stay & Play (FCSS) 9:30-11:30am	21
22	DO Crew 3:30 - 5:30 PM	Caregiver Café (FCSS) Drop-in 9:30-11:30 am	Move it! Move it! (FCSS) Drop-in 9:30-11:30am	Pamily Night (FCSS) 6:00-7:30pm	27 Stay & Play (FCSS) 9:30-11:30am	28
29	DO Crew 3:30 - 5:30 PM	Caregiver Café (FCSS) Drop-in 9:30-11:30 am				





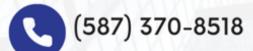
# SENIORS' EXPO

Connect with service providers that support seniors.



WEDNESDAY, OCT 25TH 2:00 - 6:00 PM









2:30 PM CIRCLE OF RYTHYM - DRUMMING FOR ADULTS
3:00 PM ESSENTRICS MINI CLASS - GENTLE EXERCISES

3:00 PM ESSENTRICS MINI CLASS - GENTLE EXERCISES

3:30 PM CIRCLE OF RYTHYM

4:00 PM CAN OPENER FOR YOUR MIND - PRESENTATION



#### **CELEBRATING SENIORS**

The International Day of the Older Person takes place on October 1st. This day was declared in 1990 to bring awareness to seniors, their interests, and the issues that affect them. One of the major themes associated with senior awareness is addressing and changing misconceptions about seniors and growing older.

5 Common Myths About Aging

#### 1. Myth: Older Adults are set in their ways

**Reality:** Seniors have been through a lifetime of changes and have had the opportunity to adapt and build their resiliency. Seniors adapt to preserve their quality of life and are continually learning new things, improving skills, and creating new memories.

#### 2. Myth: Older Adults are weak and frail

**Reality:** A certain loss of function is to be expected when aging, but there are many ways to improve health by developing good habits. Eating healthy food, getting plenty of sleep, not smoking, limiting alcohol intake, and exercising regularly play a bigger role in health and longevity than genetics. These habits are great for anyone regardless of age!

#### 3. Myth: Dementia is inevitable

**Reality:** Having moments of forgetfulness is normal, as is a slowdown in reaction time and problem-solving. However, according to the Alzheimer's Society of Canada, dementia is not considered a natural part of aging. To help improve your memory, try to be physically active, mentally active (complete puzzles, read, or learn to play a musical instrument), spend time with loved ones, and sleep well. Doing these tasks is fun, engaging, and will keep your brain and memory in tip-top shape.

#### 4. Myth: Older Adults are isolated and alone

**Reality:** It is possible to make friends at any age! Although relationships change throughout life, social connection can bring meaningful new relationships, challenge our intellect, maintain information-processing skills, and provide an outlet for sharing feelings. Looking to make new friends? Join a club, head over to a seniors' centre, or volunteer in your community.

#### 5. Myth: Seniors stop contributing to society

**Reality:** Older adults have years of expertise, experience, and interpersonal skills that make them great mentors, volunteers, and employees. Many organizations are supported by senior volunteers and greatly contribute to society.

These misconceptions can limit an older person's freedom to live the lives they choose and for society to benefit from seniors' experience and knowledge.

Celebrate International Day of the Older Person this October 1st by challenging yourself and others to change any misconceptions you may have about older adults and instead focus on the positive realities of aging.

Renee White is the Senior Services Coordinator at FCSS. For more information about Senior Services, contact (587) 370-8518 or renee.white@fcss.ca

Visit www.fcss.ca for more information.

Submitted by: Renee White Senior Services Coordinator

## **Snow Angels – The Neighbourly Thing to Do**

#### What is the Snow Angels Program?

The Snow Angels Program aims to encourage neighbors to help one another by volunteering to shovel snow for community members who are unable to clear their own sidewalks.

#### Who are Snow Angels?

Snow Angels are individuals, youth, seniors, families, community groups, and corporate volunteers who voluntarily shovel snow for community members needing assistance.

#### Why become a volunteer Snow Angel?

- ·Get to know your neighbors
- ·Help someone who will truly appreciate your efforts
- ·Keep sidewalks and driveways safe for all
- ·Get some fresh air
- ·Exercise
- ·Much more!

#### When does the program run?

Snow Angel signs will be clearly displayed outside of the home from November until mid-April.

#### Who provides the tools?

Residents are encouraged to allow volunteers to use their shovel, ice chippers, ice melt, etc. Please have the tools easily accessible for volunteers.



#### How it works:

1. Residents in need of help can contact FCSS Volunteer Services at 403-915-7063 indicating they need a hand with snow removal this winter. They will be asked to complete an application form.

To be eligible, the applicant must meet the following criteria:

- Must reside at the property.
- Have a condition or disability preventing them from participating in snow removal activities.
- Not have any other able-bodied person residing in their home to assist.
- 2. Once the application has been received and approved, you will receive a sign to display. We will deliver the sign and set it up. Please note that if a volunteer does not come to shovel, cleaning the sidewalk is still the responsibility of the property owner. Your walkways must be cleared 48 hours after snowfall. Placement of a Snow Angel sign is not a guarantee that snow will be removed.
- 3. After a snowfall, volunteers can look for Snow Angel signs around their community and simply shovel the walks.
- Volunteers will shovel all accessible parts of the sidewalk and driveway, up to the front door of the residence.
- Volunteers will NOT shovel areas of grass, backyards, or alleyways.
- 4. At the end of each month, Snow Angel volunteers are asked to submit their volunteer hours online or by phone. All volunteers who participate in the program will be entered into a draw to win a Block Party with the NeighbourGood Trailer as well as monthly prize draws. Bonus entries are available for Snow Angel volunteers who take a selfie or group photo of a job well done and post it on social media. Make sure you tag FCSS!

# **ADVERTISEMENTS**

#### **Coalhurst 55 Plus Club**

The 55 Plus Society hosted an Open House on September 27, 2023. It was deemed a success. Guests were shown the club amenities and activities that they could participate in if they so desired. Snacks, coffee, and pop were provided. A draw was made for a lovely gift basket that contained an array of cheeses and crackers provided by Crystal Springs Cheese Factory. It is hoped that those that visited will become members of the club as neighbors meet neighbors. The Society would like to thank the Town of Coalhurst by providing the Community Grant and the Crystal Springs Cheese Factory for all their support.

Club Hours: Wednesday and Friday mornings 10:00 - 12:30
Wednesday and Saturday evenings 7:00 - 10:00 pm
Hope to see you there!





Coalhurst is now part of the Butterfly Way Project, a national initiative to track gardens that have pollinator plants, shrubs, trees, and grasses. The project requires that individuals sign up to note that their garden has pollinator plants, shrubs, and trees!

If this sounds like your yard and you are willing to be added to the map, please email the Butterfly Way Ranger, Lori Harasem, at <a href="mailto:loriharasem@gmail.com">loriharasem@gmail.com</a> or DM LoriHP on Facebook. Include: your address, approx. how many pollinator plants/flowers, trees, shrubs, and grasses you have, what year you put in the plants, and any photos for public viewing (optional).

For the first 12 people in Coalhurst to reach out, you will receive a little sign you can put outside your home next year!

For more information, visit: <a href="https://davidsuzuki.org/take-action/act-locally/butterflyway/#editor-4">https://davidsuzuki.org/take-action/act-locally/butterflyway/#editor-4</a>

# **ADVERTISEMENTS**

#### The Royal Canadian Legion Coalhurst Branch 273

5205 6 Street Coalhurst Alberta

# October 2023

Wednesday: Dart League

Thursday: Pool League & Dart Sharks
Burgers and Chips: Oct 12 & Oct 26
Cooked from 5-6:30pm for \$6.00
Kids get a free pop with meal

Friday: Meat Draws: 6:00, 6:30 and 7:00

Friday: Jitney Darts 7:00 start

Friday: King Draw 7:00 starting Oct 13

Saturday: Free pool table & Smack the Jack 7:00

Steak Dinner \$20, Oct 28 sign up by Oct 25

We need a minimum number of 10 signed up to go ahead with steak night.

S	M	Т	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					

Oct 29, Oct 30 v-bingo, Nov 26

#### Please call Wendy to volunteer 403-634-5262.

We have gone to one Bingo a month and the odd E-Bingo. This has dropped our income by about \$1000 a month. You don't need to be a member to work the Bingos. Money received helps both our club and community.

## Call the Legion for more Volunteer opportunities.

Hours of operation

Wednesday -Thursday 5:00 until close Friday- Saturdays 4:30 until close We will remain open if there are Patrons.

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Closed: Sunday, Monday, and Tuesday

403-381-3080

We have complimentary rooms for non-profit organizations. We also have room rentals for private events. Please call for bookings.



#### "Scareoke"

Oct 28 from 8-12 Prizes for best group and individual costume.

Coalhurst Branch #273 would like to Acknowledge and Thank the Government of Alberta for the CFEP grant received, which helped with the repairs to our southern exterior wall. We would also like to recognize the hard work from Gary Garrett and his team for making the Legion look good.

Saturdays, "Smack the Jack" is still on the run. You get half of the pot, if you find him.

If you don't, you will still get 20% off the night sales if your ticket is drawn. The King will start running on Friday, October 13.

Early Bird Specia,
Early Bird membership draws will be made for the month of Oct, Nov, and Dec. Come in and pay for your 2024 membership to have a chance to win your registration fees back.

Sign up for **Legion Sports** posted at the Branch 10 days before each event. To participate, members need to be in good standing.

Members get 1 Free Birthday drink on their birthday week.

#### Veterans who need assistance can send an email attention Service Officer at

legionbm273@gmail.com



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. Donations accepted at any time.

# **ADVERTISEMENTS**



# COALHURST 5K CINNAMON BUN FUN RUN

Saturday, Oct 14, 2023 Coalhurst High School

Under 17: \$10 Adult: \$20 Family \$50

\*Kids in strollers free

PROCEEDS SUPPORT CHS ACTIVITIES

REGISTER ONLINE

www.racepro.ca/coalhurst

