



Canadian music industry legend Sakamoto to receive prestigious award at the 2023 JUNO Awards

CONTRIBUTED

The award will be presented at the JUNO Opening Night

Presented by Music Canada on March 11, 2023 The Canadian Academy of Recording Arts and Sciences (CARAS) today announced that Ron Sakamoto, one of the most prominent names in Canada's music industry, will be

awarded the Walt Grealis Special Achievement Award. Sakamoto's half-century-long career has earned him high regard in the country music space, having closely worked with some of the most recognizable names in Canada, including Shania Twain, Johnny Reid and The Washboard Union The Walt Grealis Special Achievement Award recognizes

individuals whose work has significantly impacted the growth and development of the Canadian music industry. The award is named after legendary Canadian publisher and co-founder of The JUNO Awards. It will be presented at the 2023 JUNO Opening Night Awards Presented by Music Canada on Saturday, March 11. Canadians from coast-tocoast can tune into the event livestream at 8 p.m. ET/5 p.m. PT/6 p.m. MT on Saturday, March 11 via CBCMusic.ca/ junos, CBC Gem and CBC Music's Facebook, Twitter, TikTok and Youtube pages

Born and raised in Coaldale, Ron's lasting career as an accomplished concert promoter, manager, mentor and philanthropist within Canada's country music landscape and beyond, has earned him close to 50 national and international accolades. Having worked with top recording artists like The Guess Who, Bryan Adams, Bee Gees, KISS, Keith Urban and so many more, Sakamoto's success can be attributed to his continued drive and dedication to elevating Canadian entertainment.

"When you love what you do, you forget that you're working," said Ron Sakamoto. "I am so fortunate to have had such a fulfilling career working with both international acts and homegrown Canadian talent for the last 50 years. Yearover-year, it's incredible to watch Canada's country music scene evolve and make waves globally."

From a young age, Ron had a true entrepreneurial spirit and deep passion for entertainment. As a teenager, he opened his first club "Honeycomb-a-go-go"

in Medicine Hat, Alberta and later operated a booking/ management agency that afforded him his second club in Lethbridge, Alberta. Sakamoto hustled, working as an accountant during the week, while running his two clubs on the weekends. His love for live music propelled him to expand his operations and open his concert company Gold & Gold Productions Ltd., where Ron was truly the man behind the mask. From booking acts, to marketing, ticketing, producing and settling the shows, Ron did it all himself. He had the privilege of putting on Shania Twain's first tour, "The Come on Over Tour" in 1998.

Back in 2013, Ron and his business partner Paul Biro opened the Sakamoto Agency, a booking and talent firm boasting a roster featuring some of Canada's brightest stars. At the top of 2022, the Sakamoto Agency launched a record label, Sakamoto Music, proudly distributed by Warner Music Canada. After a huge year giving back to the community with over 300 free streamed concerts in 2020, the launch of the record label is yet another way Ron continues to show his passion for Canadian music.

Sakamoto's work goes beyond music. Over the years he has promoted broadway shows, rodeos, wrestling and monster truck events, horse racing and more. It is no surprise the music industry veteran took home the Canadian Country Music Awards' Talent Buyer or Promoter of the Year Award for 17 consecutive years.

Sakamoto has also made significant contributions to his community as a philanthropist. In 2010, he and his wife Joyce donated \$200,000 to the University of Lethbridge to start the Joyce & Ron Sakamoto Scholarship for the new Digital Arts and Music program. This donation was matched by the government and today has helped many Albertans stay in their home province to pursue higher education. In 2013, he and his wife, Joyce donated 28 guitars to Gailbraith Elementary School in Lethbridge to help start their music program. A true hometown glory, his commitment to supporting Canadian entertainment is unmatched

Most recently, Ron was presented with an honourary wall at the ENMAX Centre reflecting the impact he has made to the Lethbridge community over the years. The wall highlights Sakamoto's career and his local, national and international accolades. Later this month, Ron is set to receive the Queen Elizabeth ll Platinum Jubilee medal from the Lieutenant Governor in Calgary

The 52nd Annual JUNO Awards and JUNO Week will be hosted in Edmonton from Thursday, March 9 through Monday March 13, culminating in The JUNO Awards Broadcast, produced by Insight Productions, at Rogers Place. The show will broadcast and stream live across Canada at 6 p.m. MT/5 p.m. PT on CBC TV, CBC Gem, CBC Radio One, CBC Music, CBC Listen, and globally at CBCMusic.ca/junos and CBC Music's Facebook, YouTube and Twitter pages.

Tickets for The 2023 JUNO Awards start at \$49.00 (including tax plus fees) and are available for purchase at www.ticketmaster.ca/junos beginning Friday, November 18.



Picture Butte Lions Club donation aiming to break down barriers for visually impaired students

Lions Club groups around the world have been focused on helping people with disabilities for decades. Now, thanks to a \$50,000 gift to the University of Lethbridge, the Picture Butte chapter will be making a difference for students with visual impairments.

"The original mandate of the Lions group is to help the visually impaired," says Doug Jackson, Picture Butte Lions Club board member. That mandate goes back to the early 1980s, when the Lions Foundation of Canada Dog Guides began providing trained guide dogs to Canadians with disabilities.

Jackson says the donation is also about honouring the legacy of long-time member Ron LeClaire, who passed away in 2011. "He left \$250,000 to our group and it was designated for a blind organization, but that organization no longer exists. To honour his wishes, we really wanted to use the funds to help the visually impaired."

The Lions Club is hoping the donation will provide a new opportunity for students who dream of pursuing an education, but might have more barriers to knock down than others.

"University of Lethbridge students are here because they want to get ahead in their lives," Jackson says. "The scholarship is to help give them a step up; people who want to get ahead but might be held back because of disabilities."

Each year, the Picture Butte Lions Club Award for Visually Impaired Students will go to a continuing or entering undergraduate or graduate student enrolled in any degree program with a documented disability. The award will be given based on academic achievement, with preference given for financial need.

The award is an important step toward making ULethbridge an even more inclusive place.



"This award is significant for our University. We want to ensure that all our students no matter their background get access and opportunity to inclusive, affordable and quality education," says Equity, Diversity and Inclusion Executive Director Martha Mathurin Moe.

This is only the beginning, and we look forward to working with our community to continue to remove barriers to education," says Mathurin Moe.

The donation is the first to be matched by the University of Lethbridge, following an announcement in October that the Board of Governors is pledging \$10 million in match funds for the establishment of new endowed student scholarships.

"The difference a donation like this can make is truly significant," says ULethbridge Vice-President, External Relations Kathy Greenwood. "The ultimate goal of the matching initiative is to provide permanent and sustainable support for students by rewarding creative, athletic and academic excellence, removing barriers to education and reducing student financial insecurity."

Greenwood says the gift will allow more students the opportunity to pursue their passions at the University of Lethbridge.

"We thank the Picture Butte Lions Club for this generous donation, and we hope it will inspire more philanthropic support from the community in support of student awards and scholarships. Endowed funding like this will lay the

foundation for future generations of students by ensuring a university education remains financially accessible."

The first award will be given out in the 2023/2024 academic

For more information on how you can support student scholarships: https://www.ulethbridge.ca/giving





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Building on housing momentum in Bow Island

By Anna Smith

COMMENTATOR/COURIER

The Town of Bow Island and the Sustainable Housing Initiative (SHI) want to know what the future of housing looks like for the community, and they are hoping to hear it from Bow Island itself.

On behalf of the Rural Development Network (RDN), the Sustainable Housing Initiative (SHI) has partnered with the Town of Bow Island to perform a Land Use Study and Engagement Strategy.

"Our main goal is to increase housing choice and diversity across Alberta, ut how that looks in a rural community is really unique," said the Enabling Housing Choice Project Team in an interview. "The Westview Lands are a perfect example of municipal land that could be utilized to help address Bow Island's housing needs."

Work has already been done by the town and Scheffer Andrew, and the team is now poised to help facilitate more discussions around the layout of the parcel and have more conversations with the public.

This study is part of the Enabling Housing Choice Project, led by the Rural Development Network, which is a



REAL ESTATE FOUNDATION



"three-year research and policy project that has been funded by the Alberta Real Estate Foundation. We are hoping to tackle housing diversity and help communities across Alberta encourage growth to help provide more housing choices to their residents," said the team.

"We will be delivering a Land Use Study at the end of this project that will give some recommendations to the Town and Council on how this space could really look and feel - informed by the community," said the team.

Bow Island council has made housing a priority, and the team aims to provide a refined and detailed plan for what can be done with the Westview Lands to best fit the needs of the community. The team will be doing public engagement work this fall, with the intent to bring their findings to Council early next year.

"The lack of attainable housing, especially rental units is a serious issue for our community and is currently a roadblock for business attraction, retention and expansion. It is crucial that as we develop more housing options that the development be the right size and type to meet current and future needs," says Mayor Gordon Reynolds in the press release. "I am excited to have the expertise and resources of the RDN helping us get this right.'

"We've already done a lot of background research, and now we are looking to hear from the residents through our survey. This will be followed by some exciting inperson engagement opportunities at the

end of November, where we hope to meet the community, to get into more of the details on what the community thinks the Westview Lands could be," said the SHI team. "We have completed initial research already that explores best practices for utilizing municipal land such as the Westview parcel, and this has provided some initial insights for our Land Use Study. But now, we want to hear more from the Bow Island community and build off some of the information that was gathered earlier this year when the Town put out a survey to the community residents."

Next steps for Bow Island are providing that mail-out survey, followed by inperson community engagement in later November, said the team.

"Residents' voices are key. Please take the survey, and share with your friends! Join us in person at our community engagement events in later November, and keep a look out for more information about these events in the coming weeks," said the team.

To find out more about EHC, visit https:// www.housingredefined.ca/enablinghousing-choice-project.

Accused in Coutts drug bust makes court appearance

By Delon Shurtz ALBERTA NEWSPAPER GROUP

A Calgary man is facing drug-related

charges after a trucker tried to enter Canada at the Coutts border crossing earlier this month.

On Nov. 6 a commercial transport truck arrived at the border with a shipment of bananas. Border officials searched the vehicle and found 43 kg of cocaine

hidden inside the load of fruit, then referred the matter to the RCMP's federal Integrated Border Enforcement for further investigation.

The following day, Gurkirat Singh, 26, of Calgary, was charged with single counts of importing drugs and drug possession for the purpose of trafficking, both charges under the Controlled Drugs and Substances Act. His matter was

addressed for the first time Thursday in Lethbridge provincial court but simply adjourned to Jan. 5, 2023.

"Through our partnership with CBSA, as well as the support of various RCMP detachment members, we successfully prevented harmful drugs from being illegally imported into Canada and potentially causing significant harm to

our communities," Calgary's RCMP Supt. Sean Boser said in a news release.

Brad Wozny, regional director general for the Canada Border Services Agency, also commended border officers for preventing the drugs from entering Canada.

"I want to thank CBSA and RCMP employees for their continued quick and decisive action and for their ongoing efforts to protect our country from illegal drugs, firearms and other contraband," Wozny said.

RCMP Federal IBET lays charges after CBSA seizes 43kg/93 lbs shipment of cocaine

CONTRIBUTED

The RCMP Federal Integrated Border Enforcement Team (IBET), in partnership with Canada Border Services Agency (CBSA), has charged a Calgary trucker for importing cocaine into Canada.

On November 6, a commercial transport vehicle entered the Coutts border crossing with a shipment of bananas. A secondary examination was initiated by CBSA officers, which revealed approximately 43 kg of cocaine secreted within the load, CBSA

referred the seized drugs over to IBET for further investigation.

On November 7, Gurkirat Singh, 26, a resident of Calgary, was charged with the following offences:

· Importation of a Controlled Substance contrary to section 6(1) of the Controlled Drugs and Substances Act; and,

· Possession of a Controlled Substance for the Purpose of Trafficking contrary to section 5(2) of the Controlled Drugs and Substances Act.



Singh is scheduled to appear in Lethbridge Provincial Court on November 17, 2022.

"Through our partnership with CBSA, as well as the support of various RCMP detachment members, we successfully prevented harmful drugs from being illegally imported into Canada and potentially causing significant harm to our communities," explained Supt. Sean Boser, OIC of Federal Policing in Calgary.

"By stopping illegal drugs at the border,

we're reducing the risk of harm to Canadians and keeping our communities safe. I want to thank CBSA and RCMP employees for their continued quick and decisive action and for their ongoing efforts to protect our country from illegal drugs, firearms and other contraband.," added Brad Wozny, Regional Director General, Canada Border Services Agency.

IBET is an integrated federal policing unit based out of Calgary and Edmonton that contributes to maintaining Canada's safety and security including the land and air border domains in Alberta. Their mandate is to enhance border integrity and security along the shared border, between designated ports of entry, by identifying, investigating and interdicting persons, organizations and goods that are involved in criminal activities. The unit is comprised of members of the Alberta RCMP, CBSA and Calgary Police Service.

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Form 3C **IRRIGATION DISTRICTS ACT** (Section 12) **NOTICE OF PLEBISCITE** ST. MARY RIVER IRRIGATION DISTRICT PROVINCE OF ALBERTA

TAKE NOTICE that a plebiscite will be held for the purpose of seeking approval to the irrigators to change the expansion limit of the St. Mary River Irrigation District from the existing limit of 504,200 acres to 584.200 acres.

Additional information regarding the proposed change is available to the public at the offices of the district and the district website at: www.smrid.com.

The plebiscite will take place on the 28th day of November, 2022, between the hours of 10:00 a.m. and 8:00 p.m.

Voting stations will be located at:

Lethbridge District office located at 525 – 40 Street South, Lethbridge, AB Taber District office located at 4420 44th Street, Taber, AB Bow Island District office located at 702 Centre Street, Bow Island, AB DATED at the city of Lethbridge in the Province of Alberta, this 17th day of November, 2022.

side of the ball.

"I really like

carrying the

ball forward

goal scoring

opportunities.

favourite thing

about the game

is just playing

chasing people

and stealing the ball back."

Training

August, but

Leusink says

she's already

looking forward

to adjusting to

life as a post-

secondary

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Picture Butte's Leusink commits to the Kodiaks

CONTRIBUTED

Coming off a bronze medal-winning season, Lethbridge College Kodiaks women's soccer head coach Sean Carey is already hard at work bolstering next year's lineup with local talent.

His first signing for 2023-24 comes in the form of centre-back Abigail Leusink, a Lethbridge Football Club (LFC) product who hails from Picture Butte.

"I've been chasing Abby for quite a while, so it was nice to get her to commit," says Carey. "She's a full multi-sport athlete and she's very good at basketball and volleyball, too, so we weren't sure which way she was going to go. She's played at quite a high level with LFC for several years now with (former Kodiaks soccer head coach) Mike Racz. She's been coached well and she's definitely a big piece for our future. I know other schools were chasing her, so it's huge for Abigail to choose us when she had lots of options."

Carey says it's exciting to develop and strengthen the pipeline between LFC and the Kodiaks, adding players are recognizing Lethbridge College as a great destination to continue playing competitive soccer while getting a high-quality education.

"There's a bunch of quality LFC players coming through this year. Getting Abigail is huge and is the first domino to fall, and I hope there's four or five who follow her. These local recruits give us such a great base to build our team."

For Leusink, getting a chance to experience the Kodiaks team culture at various ID camps was huge to making her feel comfortable about committing to Lethbridge College.

"I went to an ID camp a few years ago and I really liked how Sean (Carey) made the Lethbridge girls



Attached media: Photos of

Abigail Leusink. Photo with coaches include head coach Sean Carey (left) and assistant coach Nikki Furukawa (right).

feel welcome and showed a lot of interest in us," says Leusink. "It just felt really good and I really like the team environment."

While she likes to create offensive opportunities for her teammates, the newest Kodiak says she'll be looking to make her biggest impact on the defensive student-athlete.
"I'm excited to make a whole new group of friends and moving on to living on my own, playing post-secondary soccer and working towards a future in psychology."

Leusink will enrol in Lethbridge College's General Arts and Science program as she builds towards her

Lethbridge Dopamine Boxing is hosting an open house

CONTRIBUTED

On Friday, Nov. 25 from 10 a.m. – 12 p.m. the Sik-Ooh-Kotoki Friendship Centre (1709 2nd Ave S) in Lethbridge is answering the question: "What is dopamine boxing?".

10 a.m. – Connect with the Local Parkinson Community and Brienne from Parkinson Association of Alberta for coffee and doughnuts; 11 a.m. – Free Dopamine Boxing Class for People Living with Parkinson Disease and their care partners.

Dopamine boxing is a fitness program designed specifically for people living with all levels of Parkinson's disease. The classes aim to improve both fine and large motor impairments, with elements focusing on aerobic fitness, strength training, core stability, balance, and flexibility exercises.

B X I N G

Dopamine boxers are happy with the program.

"As a senior with daily health challenges: (Parkinson's), boxing is one of the best activities I can participate in. On the days we have boxing class, my energy is high. By participating in boxing,

I have been able to work on the maintenance of my strength, mobility and flexibility in a very positive way. Coach Chris is excellent at designing the sequence of exercises and incorporating actual boxing. Boxing is a fun way to be active and healthy!" — Yvonne

"Most good things in life don't come easily. Those of us with Parkinson's must fight back. You can put on your boxing gloves and beat on a heavy bag and Parkinson's at the same time. Bottom line, if you have Parkinson's or know someone who has the disease, come check out a class or two. Get off the couch and fight back. My experience has been positive both in slowing the disease and improving my spirit and confidence. A batch of new friends is a bonus." — Ken

Ski Swap raises funds for southwest Alberta ski patrol

By Ry CLARKE

Alberta Newspaper Group

Canadian Ski Patrol's 50th annual Winter Extreme New and Used Equipment Sale took place Nov.12 at Exhibition Park's main pavilion.

Offering great deals on new and used outdoor gear with the proceeds supporting local volunteer First Aid and rescue services provided by the Canadian Ski Patrol's Southern Alberta Zone.

"This has been one of our main fundraisers for 50 years," said Mike Bly, president of the Southern Alberta Zone Ski Patrol. "We are a volunteer organization. We provide First Aid services at Castle Mountain. Canadian Ski Patrol is a national organization across the country, but we are a volunteer non-profit. We raise funds to help with

operations, all this money goes towards our first aid supplies, equipment that we use on the hill, and gear that we need."

With volunteers helping those on the hills keep safe, funds help operations go smoothly. "It is very important what we are doing," said Frank Lehniger, VP of operations for Southern Zone. "We promote safer skiing for the community, and also supply First Aid on the hill at Castle Mountain. Each member patrols a minimum of three days a month, and some patrol more. With the money we have raised we have bought new equipment, like our new automatic electronic defibrillator, that we use out on the hill."

With around 4,500 volunteers across Canada the need for funds is important to help First Aid responders help those in trouble.

"We are in every province and territory, and we are strictly volunteers," said Bly. "We are there on our own time and own cost. We ski around and help you out if you need it."

The annual event helps people find a great deal while also giving back to those that help enhance the safety out on the mountain slopes.

"We really appreciate the community support," said Bly. "It helps us fund our efforts. We love doing what we do, and this is a major piece to making that happen. We are so glad we could do this, and we are glad to have the public out to help us."

Celebrating the new partnership between Special Olympics Alberta and YMCA of Lethbridge

CONTRIBUTEI

Special Olympics Alberta and YMCA of Lethbridge have launched a new partnership and are celebrating by hosting Try It, a sports event at the Cor Van Raay YMCA facility on November 19.

This is a free event open to individuals of all ages with an intellectual disability and their supports/family members.

"This is a free event for individuals with an intellectual disability in the city of Lethbridge to try out new activities, find out what programs will be available this season, and check out the amazing Cor Van Raay YMCA facility," said Courtney Roy, Director of Sports Development with Special Olympics Alberta

Attendees will be able to try out sports like gymnastics, power lifting, cornhole, pickleball, and

basketball, as well as Active Start, Special Olympics Alberta's program for young athletes.

"The YMCA is extremely pleased to be a part of this new partnership and we look forward to delivering and growing programs with Special Olympics Alberta for years to come, "says Scott Boyd, Senior Operation Manager for the YMCA of Lethbridge.

Special Olympics Alberta is dedicated to enriching the lives of Albertans with intellectual disabilities through the transformative power and joy of sport. Special Olympics Alberta's programs cater to all ages and wide range of abilities. These world class sports programs a run daily in communities across Alberta by over 1,000 volunteers.

For more information on Special Olympics Alberta, visit www.specialolympics.ab.ca.

Michaels Made by you CORRECTION NOTICE

In the circular beginning Wednesday, November 23, 2022, the Everyday Value price for 3-Tier Lexington Rolling Cart by Simply Tidy® was incorrectly stated at 48.99 each. The correct Everyday Value price for the cart is **49.99 each**. In the same circular beginning Wednesday, November 23, 2022, the following trees show to be on sale and in stock.

- 7.5 ft. Pre-Lit Whistler Pine Dual LED Tree, #178 on sale for 149.99, Reg. 479.99
- 7.5 ft. Pre-Lit Jasper Cashmere Tree with Quick Set®, #129 on sale for 239.99, Reg. 549.99

Unfortunately, we have sold through these trees faster than expected and we will not be receiving additional inventory. We apologize for any inconvenience this may have caused.

Expanding mental health, learning supports for schools

Alberta's government is doubling its previous commitment for student mental health pilot projects while also extending funding to close learning gaps.

Positive mental health is a critical component of

academic success. As part of Alberta's recovery-oriented system of mental health and addiction care, it is essential that student mental health is supported. To enhance existing efforts, Alberta Education is doubling the funding previously announced to support mental health pilots in

This investment over the next two years will support close to 60 mental health pilot projects to improve K-12 students' well-being. Because learning success plays a role in students' mental health, Alberta's government is also providing school authorities with \$10 million this year to help struggling students get back on track after the pandemic.

"Students deserve to feel supported and have access to mental health supports as they complete their K-12 studies. Through our province's recovery-oriented system of care, we are taking action to improve the mental health of children and youth and make a difference in their lives," said Nicholas Milliken, Minister of Mental Health and Addiction. Mental health.

School authorities across the province will collaborate with mental health service providers to carry out their pilot projects until December 2024. The projects will explore new and innovative approaches to providing supports and services including counselling, social and emotional learning, student assessment and training for school staff. The goal is to drive local solutions while gathering information to inform a broader approach to supporting students across the province.

Examples of the kinds of activities being piloted include:

- · Having a registered psychiatric nurse, a teacher with additional training in supporting mental health and behaviour, and a social worker readily available to classrooms:
- · Appointing a mental health navigator to become a point person for families seeking mental health information, supports or resources.
- · Giving students time and space to regulate, with the help of certified staff, when they are having difficulty managing their feelings.

An open and competitive call for mental health pilot proposals ran from July 12 to Sept. 15. These pilot projects are in addition to Alberta's recent investment of \$42 million over three years to improve access to mental health supports in schools and develop an integrated school-based services model, establishing CASA mental health classroom teams and expanding the Integrated School Support Program.

Starting in early 2023, CASA mental health classroom teams will support students with intensive or specialized treatment needs who require more help to succeed than a regular classroom with added mental health supports can provide. Expanding integrated school support programming, which provides school-based prevention supports for children and youth in elementary schools. including access to a mental health professional, is already underway. More schools will add programming in the new

"The Alberta School Boards Association appreciates government's announcement of additional funding that will assist school boards in providing supports and services for students who continue to recover from mental health challenges and learning loss. This will allow for timely and accessible mitigation of long-term effects of the pandemic for our students," explained Marilyn Dennis, president, Alberta School Boards Association.

Learning disruption

Almost 50,000 students across the province will benefit from additional help at school. School authorities will

use the \$10 million to design their own programs to meet each student's specific needs. For example, they may hire additional teachers and educational assistants, provide additional training to their staff or purchase resources like

This is an extension of provisional funding from last year. In 2021-22, school authorities received \$45 million to help students in grades 1-3 catch up from the pandemic. These students regained an average of five to eight months of literacy and numeracy development. This year's funding will go towards the same students, who are now in grades

Early literacy and early numeracy skills are strong predictors of a child's long-term academic achievement. Research has shown that if educators can identify and help struggling learners early, those students can catch up to grade level relatively quickly. By providing extra supports to Alberta's youngest learners now, the government will prevent pandemic learning disruptions from having a lasting impact on students' development.

Quick facts:

- This funding announcement is included in the \$113 million previously announced by Alberta's government in
- Alberta's government spends more than \$1 billion annually on addiction and mental health programs, services
- Budget 2022 also includes \$1.4 billion for Learning Supports funding to meet students' specialized learning needs. Existing in-school programs help provide students with psychological and social-emotional supports, access to mental health workers and other wellness supports and services as needed.
- As a result of the learning disruption programming in 2021-22, students in grades 1-3 regained an average of 6.7 months of literacy skills development and 6.7 months of numeracy skills development.
- Other available mental health resources available to
- ♦ The Kids Help Phone is available 24-7 and offers professional counselling, information and referrals and volunteer-led, text-based support to young people by texting CONNECT to 686868.
- For young people with cell phones, Kickstand offers the MoreGoodDays text messaging service. This service offers daily inspiration and advice via text to boost mental health. This program is similar to AHS's Text4Hope, but geared specifically to young people. Young people can get started by texting "MoreGoodDays" to 393939.
- Indigenous students and staff may wish to contact the toll-free Hope for Wellness Help Line at 1-855-242-3310 or the online chat at hopeforwellness.ca (open 24 hours a day, seven days a week). This line offers immediate mental health counselling and crisis intervention to all Indigenous Peoples across Canada in Cree, Ojibwa and Inuktitut.
- Alberta 211 provides information, referrals and
- Professionally trained specialists are available by texting INFO to 211, by live chat through the website at ab.211.ca or by calling 2-1-1.



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Nikka Yuko, Lethbridge College partner for immersive video experience

CONTRIBUTED

Visitors to Nikka Yuko Japanese Garden are now able to experience yet another memorable sensation. The garden's new Nikka Yuko Kamakura (Igloo) domed experience uses 360-degree video to immerse visitors in stunning visual displays of traditional Japanese and Canadian culture and environments.

Visitors will be able to experience the Nikka Yuko Kamakura when the garden opens for its sixth annual Winter Light Festival, beginning Nov. 30. Hosting 12 to 20 people at a time, the Kamakura is a 16-foot diameter dome that uses six lasers to projects images onto the surrounding walls, showcasing art and cultural experiences that will enhance the experience for those visiting the provincial and municipal historical resource.

"This is an exciting development that will help bring visitors to Nikka Yuko Japanese Garden through more of the year," says Michelle Day, executive director, Nikka Yuko Japanese Garden.

From its opening in 1967 until 2016, the garden was open from May to October. However, the creation of the Winter Light Festival in 2016 expanded the schedule, making it possible for visitors to come in some of the winter months, too. The Kamakura experience will further expand the Winter Light Festival experience, as well as expand new experiences into the shoulder seasons for the months of March to May and October to December.

"This new experience provides our organization a canvas to create more content to showcase in the prespring and fall months," says Day. "Our garden pavilion



from Kyoto, Japan, is closed to the public during the off-season, so this will give us a place where the public can still partake in art displays and presentations in the garden."

The creation of the Kamakura was a collaborative effort as Lethbridge College oversaw the technical development of the dome, ordered and implemented the equipment, and created the video content. Two different 15-minute presentations, developed by Lethbridge College, will debut during the Winter Light Festival – a northern lights experience with dancing auroras amongst the night sky, and a traditional calligraphy experience with bright cherry blossoms.

"This is a great example of collaboration, bringing together Lethbridge College's technological expertise and Nikka Yuko Japanese Garden's vision for creating a memorable visitor experience," says Jason Donkersgoed, director, LC Extension. "Credit goes to our team in the Centre for Teaching, Learning and Innovation, which has used emerging technologies to bring this vision to life. This project supports economic revitalization and we look forward to continued partnership opportunities with Nikka Yuko and other community groups."

Construction of the dome was led by Wesbridge Construction, while the Nikka Yuko Japanese Garden Society oversaw and supported the content development, working with college representatives to ensure the authenticity of Nikka Yuko Kamakura experiences. The Nikka Yuko team is developing stories, programs and experiences to enhance the digital content. For future content development, the society will continue to work with students and technology experts at the college, as well as exploring opportunities to work with other community organizations.

This is the second collaboration between Nikka Yuko and Lethbridge College, following the creation of an interactive video koi pond in the garden's Bunka Centre, which opened in late 2021.

Funding for the project was supported by Travel Alberta's Tourism Investment Program.

Visitors can experience the Kamakura experience beginning Nov. 30 during the Winter Light Festival. Tickets for the Winter Light Festival are available now at the Bunka Centre or by calling Nikka Yuko at 403-328-3511.

FCSS workers get special training

By Garrett Simmons FCSS Communications

Children can have a tough time processing grief and

On top of that, there are very few opportunities for them to talk about it, especially among their peers.

With that in mind, counsellors and family support staff from Family and Community Support Services and Family Centre Lethbridge engaged in a day of training through Rainbows Canada. The training will allow counsellors and family support staff to host group sessions for young people experiencing grief throughout the FCSS coverage area, and in the City of Lethbridge.

"Rainbows is a program that allows children to meet in small groups of 5-6 to share their feelings and emotions regarding the loss they are feeling," said Michael Fedunec, Counselling Services Supervisor for FCSS, who likened the sessions to an emotional support group for children. "That's what makes it unique."

FCSS is no stranger to this counselling model, as several counsellors took the training back in 2019. Then, the pandemic hit, and everything was put on hold, until this month.

On Nov. 1, 11 FCSS staff and 10 staff from the Family Centre teamed up to take training to help local counsellors understand grief and its impact on children.

"It's really just a perfect partnership," said Tenille Doram, Family Centre Lethbridge's Advancement and Volunteer Manager. "It's such an important thing to include under our umbrella of services."

Doram added the counselling opportunity assists the Family Centre in achieving two of its main goals - prevention and early intervention.

"A lot of our programming is focused around strategies and resources that are going to help people deal with things to prevent them from becoming a bigger issue that needs more intensive intervention down the road," she said. "Helping kids process the loss and grief piece is huge."

Whether it is accessed through FCSS or Family Centre, the program is free to all children and their families. And while young people are the focus, counselling also brings in the important adults in their lives.

"One thing we do differently is we also add a parent component at the same time the children are participating," said Fedunec. "Offering the program to parents allows everyone to be on the same page."

Counselling under the Rainbows Canada model will begin in the spring of 2023, since it is a 13-week program, and organizers sought to avoid breaks over





the Christmas holidays.

That timing also aligns well with the school calendar, as the program will hopefully make its way into area schools next year, as FCSS has many

co-operative relationships with local elementary schools. "We will likely start in schools and have time slots, work with teachers and run those in some small groups," said Leanne Coquet, a counsellor with FCSS, who is based out of Raymond. "It's really

helpful for kids to know they aren't alone in the trauma

and loss they're going through."

Susy Hiebert, a Low-German Mennonite Family
Liaison Worker for FCSS, also took the Rainbows

training and sees the program's benefit for the LGM community in Lethbridge County. $\,$

"Part of the training is actually addressing what loss is, the different areas involved and what is all covered in that," said Hiebert, who is based in Nobleford. "As a Low German Mennonite population, we sometimes don't realize what's all included in that. Death is one that everyone thinks about but there's other parts of grief that have the same impacts." Once the program is introduced throughout southern Alberta, it will represent an important opportunity for young people to gather once again, according to Coquet.

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"I think they really enjoy the opportunity to connect with other people - especially their peers," she said. "How people deal with grief looks very different, so it's nice to have that support."

For Fedunec, the sessions may also teach young people and the adults in their lives an important lesson about how grief can be processed differently.

"Sometimes, parents expect their children to behave like adults, and to handle life's problems, losses and traumas like adults," he said. "Because of that expectation, it's really difficult for children to have an opportunity to recognize what they're feeling is OK and it's normal."

For more information on the Rainbows Canada program, from the FCSS perspective, contact Fedunec at counsellingservices@fcss.ca.

To register for counselling through Family Centre Lethbridge, please call the office at 403-320-4232.



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Lowest living wage in the province in Medicine Hat sounds good, but...

By Ryan Dahlman

Hey southeast Alberta, if you are struggling economically, don't worry, the Alberta Living Wage Network says you are fortunate to be here.

Just read the https://livingwagealberta.ca and hear the discussion on the criteria of how if you make \$17.50 per hour you shouldn't have any issues living and you will not go into deficit.

The Alberta Living Wage network consists of a collaboration of many municipal governments and a sprinkling of community organizations. In Southern Alberta, these municipal groups consist of Medicine Hat Community Housing Society, City of Medicine Hat, United Way Lethbridge & South Western Alberta and Social Health Equity Network of Lethbridge and Area.

You are lucky you don't live in Lethbridge which is \$20.30 or Calgary living wage currently sits at \$22.40/hr which jumped from \$18.60/hr in 2021, and in Edmonton living wage which now sits at \$21.40/hr which is a jump from \$18.10/hr in 2021. Canmore is over double the minimum wage at \$32.75/

See how fortunate for those who live in

Just think, if you make a few bucks above minimum wage, you have no worries, at all. Cost of living including food, shelter and energy costs to make your vehicles and home is apparently manageable.

After admittedly not being perfect with their 2021 study they said "Since the release of the 2021 numbers we received feedback that using this household type did not reflect the lived reality of a vast number of Albertans. We've expanded the methodology

to include lone parent and single individual households to reflect multiple situations where people may have access to different government benefits and would be affected

differently by policy changes (e.g., improving child care affordability will affect each household type differently)... Over the last year, the Network has adjusted its calculations to better reflect the lived reality of Albertans. The 2022 are based on the income needs of three household types: 1) a two-parent family with 2 young children, 2) a loneparent family with one child and 3) a single individual living alone. The calculation considers the hourly rate of pay needed for a household to maintain a modest standard of

living, once government transfers have been added and taxes have been subtracted. It assumes that each adult is working fulltime hours and includes more than the basics of food, clothing and shelter - it also takes into account unexpected costs, small investments in education, child care, and participating in the community.

Dahlman

Whew, that's a relief they got it fixed. (Sarcasm off).

They came up with "a standard methodology for calculating living wages across the province and worked with Puzzle Rock Coding to calculate them". Interestingly enough the contact is someone with a PhD from Canmore.

The problem is is that it all masks the deeper problem and lays blame on those living. If you can't manage, it's the person's

The problem is a complication mathematic formula doesn't equate to real life for the

ever-disappearing middle class, the blue collar crowd and the under-employed and the homeless. Medications and treatments for physical, physiological and mental issues, which may in turn keep you from having employment. A lot of employers are going to lowest wage possible and perhaps only allowing people to work part time so they don't have to pay benefits, thus keeping their own insurance premiums down. Maybe there is no solid industry which people can work comfortably. Maybe you have five children working as a single parent (not the two that is stated in the formula). I knew a mom in Vauxhall years ago who had three or four part time jobs at one time.

While it has been trending down, divorce rates in Alberta is above the national average. Anyone who has gone through that knows how costly in so many ways that can be.

How about housing? They their based on Canada Mortgage and Housing Corporation's (CMHC) Housing Market Information Portal, which assumes a 3-bedroom rental apartment or townhouse for the family of four, a 2-bedroom unit for the lone parent family, and a 1-bedroom for the single indi-

Child care? Facepalm.

It doesn't match with the Living Wage Formula. See for yourself: https://livingwagealberta.ca/how-living-wages-are-calculated/

The grocery list looks like this: milk, partly skimmed, 2%; red lentils, dried; salmon, pink, canned; carrots, fresh, whole; pasta, whole wheat and vegetable oil, canola.

Based on Canada Mortgage and Housing Corporation's (CMHC) Housing Market Information Portal, which assumes a 3-bedroom rental apartment or townhouse for the family of four, a 2-bedroom unit for the lone parent family, and a 1-bedroom for the single individual.

Who knows the motivation of this group

for releasing this kind of motivation. Alberta Living Wage Network is funded by Calgary Foundation and Edmonton Community Foundation. Check out who is on the board, with some of their current employers, let's say they are not eating SPAM or no name mac and cheese.

While politicians are playing political red rover speaking about who has jurisdiction or autonomy from whoever

"Albertans are experiencing the worst cost of living crisis in 40 years," said NDP Critic for Labour and Immigration Christina Gray. "We have been hearing from families for years how cost pressures are making it difficult to afford all their bills at the end of the month. The costs piled on to Albertans by the UCP are directly contributing to the increased cost of living."

For three consecutive days last, a homeless man has parked himself at the front of the daily newspaper's doors prior to business hours. All he has is a sleeping bag and no shoes. The homeless often look for shelter near Lethbridge's daily too.

I guess we should give them \$20 and see how they would do for an hour huh?

Ryan Dahlman is the managing editor of the Prairie Post East, Prairie Post West and the 40-Mile Commentator/Cypress Courier



Letters to the Editor

The UCP and its greed-driven agenda a threat to all Albertans

Hiding behind a thin veneer of vague platitudes and gratuitous victory laps, MLA Nathan Neudorf hopes his embellishment of Lethbridge's prestige will inspire confidence in his party - a party that has been undeniably adept at failing Albertans, as well as public healthcare.

If we weren't still recovering from a mass exodus of Alberta doctors, perhaps people may be so quick to forget that this nightmare was completely avoidable.

In an effort led by Jason Kenney a former health minister Tyler Shandro, the UCP made a political decision to unapologetically mistreat and demonize healthcare workers.

They attacked the Alberta Medical Association unjustly, eventually terminating their contract with the province - all amidst the height of the pandemic. By December of 2021, an estimated 45,000+ people in the Lethbridge area alone were without a family physician. Yet, a tone-deaf Neudorf flaunts 17 new doctors while conveniently disregarding why so many left in the first place.

It's no secret that the UCP is a party driven by predatory privatization and corporate interests. They've shown very little desire to preserve our single-payer healthcare system despite its overwhelming popularity, but they'll waste no time reminding us that they're fighting for our "freedom."

If his party really wanted to make Alberta an adequate place to live, let alone "the best" as Neudorf claims, I'm not sure that their decision to terminate an auto-cap that protected Albertans from predatory insurance hikes, displays this sentiment. Nor does cutting social programs that protect our most vulnerable; or trying to implement a flat tax system that would only serve to bolster the wealthiest; or the removal of numerous services formerly covered under Alberta's "publicly-funded" healthcare. These examples don't even begin to scratch the surface of a party who continues to undermine Albertans by perpetually praising private profits instead of prioritizing people.

Neudorf's new party leader, Danielle Smith - whom he shamelessly endorsed

- has wasted no time adding fuel to the flames of the doctor dilemma, vowing to fire the entire AHS and CPSA (College of Physicians & Surgeons of Alberta) boards, while making egregious accusations that AHS manufactured staff shortages. Smith also has a history of spreading medical misinformation on platforms like Twitter, where she's taken extensive criticism for her dissemination of lies, conspiracies, and racist dog whistles.

Mr. Neudorf speaks of an Alberta Advantage as though living in Alberta is inherently beneficial, but don't be fooled by his demagoguery. Whether his generous portrayal of Alberta as some thriving utopia is sincere or not is irrelevant, when the threat of his party and their greeddriven agenda continues to be very real.

Danny Ponomar Lethbridge

Attitude toward Covid-19 is troubling

Re: Danielle Smith's attitude toward Covid-19 and public health.

Our new premier's infatuation with fringe element "medicine" and pseudo-medical claptrap is highly instructive when appraised in light of facts. She seems to be under the sway of a Dr. Paul Alexander- a former advisor to Donald Trump- whose beliefs that the best public health response to Covid-19 is to avoid vaccinations, masking, quarantines and lockdowns and to let the

disease run its natural course through the population, thereby developing "herd immunity". The ideas of Dr. Alexander have been soundly rejected by almost the whole medical establishment in the world, but our new premier tells us "...I'm interested in what he has to say.". She floats in a Trumpian factfree universe where only one's beliefs count, where truth is a mutable illusion and where the use of best knowledge by government is optional when promoting ignorant ideology.

If you do not believe me, here is the best available evidence of the results of

Dr. Alexander's ideas. Reported in the Vancouver Sun on October 3, 2022, were Public Health Agency of Canada estimates of Covid-19 impacts in Canada without vaccines, lockdowns, quarantines and masking. For Canada's 37,000.000 people there would have been 34,000,000 infections, 2,000,000 hospitalizations, and 800,000 deaths. In Alberta, with 11% of Canada's population, there would have been 3,740,000 infections, 220,000 hospitalizations, and 88,000 Covid-19 deaths. Our economy would have been decimated, our health care system would have ceased to exist, and mortuaries would

have been overflowing, but just think of how much we would have enjoyed all that freedom from science and from the public good. For the record, actual Covid-19 deaths in Alberta to November 10, 2022, are 5,093, a mere fraction of the 88,000 projected.

Danielle Smith (or is it Danielle Trump?) is not a leader, but a cheerleader for the self-satisfiedly ignorant who hide in denial, and whose politics are those of anger, fear, resentment, and grievance, unwilling to accept short-term personal disadvantage to advance the public good by use of the best evidence.

Gregory R. Côté , Irvine

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Family's Angel Tree donation in memory of baby daughter

By Cole Parkinson ALBERTA NEWSPAPER GROUP

It's starting to look and feel like Christmas outdoors and a family in Enchant, along with the surrounding community, have donated over 200 plus gifts to the Angel Tree Toy Depot in Lethbridge.

Emily and Alex Geerligs donated last year after their baby daughter Madison passed away, and they decided to commemorate what would have been her first birthday by donating to the Angel Tree Toy Depot. On Monday, the Geerligs once again delivered tons of gifts that will be handed out to children in need this Christmas season.

"We hosted our first toy drive last year and it is in memory of our daughter who we lost. It was very successful last year and we weren't sure we wanted to ask people to do it again, but we had some friends ask if we were doing it and we thought we better do it – I think it's even bigger than last year," Emily explained. "This is something that we weren't able to do for our daughter, and so, it just means the world that we can do it for all the kids who aren't as fortunate."

With two years down, the family is expecting this to continue next year as



Southern Alberta Newspapers photo

Jane Fox, from Lethbridge Family Services, receives a donation from the Geerligs family. The Enchant family made a donation of over 200 plus gifts to the Angel Tree Toy Depot.

well. While they were the main source of getting this big donation together, the communities of Enchant and Vauxhall have been instrumental in contributing with gifts and cash.

"I think we better (continue). I believe it just gets bigger and bigger," added Emily.

"We're just really fortunate the community that we live in – Vauxhall,

and the surrounding area. The big part of this toy drive for this year, actually was Vauxhall Minor Hockey," explained Alex. "They heard we were doing it again just because of family and friends, and they had said they wanted to do a 'fill the

net' campaign. So, they advertised it out to all the families and we actually hosted that two Saturdays ago. We had a home game for the under-seven team and all of the players and families brought toys, and that was kind of the jump start for it all. It's a big community effort to do this and we're thankful for the support we have from the community."

As Christmas approaches, many families are struggling with inflation and high prices across the market. The Geerligs hope this donation of 200 plus gifts can bring some joy to families this holiday season.

"I think it's a huge thing. I feel like we're very fortunate in the world that we live in - we are kind of, I almost want to say you live in a bubble sometimes when you don't see the struggle out there for a lot of families," continued Alex. "We're fortunate what we do in our livelihoods. We're in a tight community and we really are fortunate for that. So, to be able to do something like this and teach our own kids that life isn't always as easy as that for other families. And that's kind of the biggest thing for us, to kind of teach the kids about this too and give in our daughter's name."

The Angel Tree for Kids Campaign collects new, unwrapped toys during November and December each year, and then distributed the gifts in Christmas gift bundles to children/youth in Lethbridge and area.

If you are interested in a donation to the campaign, you can drop off gifts at the Angel Tree Toy Depot at 108-920 2A Ave N or the Lethbridge Family Services building at 1107 2A Ave N.

Canadian Association for Suicide Prevention hosted event: 'We Remember Them...'

GLOBE NEWSWIRE

Every year in mid-November, people come together for International Day for People Impacted by Suicide Loss (IDPISL), also known as International Survivors of Suicide Loss Day (ISOSLD). This year's day is on November 19th and dedicated events will take place around the world, whereby those impacted by suicide loss can find fellowship, remember loved ones, and share stories of loss, healing, and hope.

On this day, the Canadian Association for Suicide Prevention ("CASP") will be hosting a live event, "We Remember Them: A Conversation with Carol Todd". This free, online event will be held on Saturday, November 19, from 12:00 pm - 1:00 pm EST and registration is now open.

Our featured guest is Carol Todd, mother of Amanda Todd, who died by suicide after years of bullying and cyberstalking. Carol leads the Amanda Todd Legacy Society, which works to create awareness about bullying, internet safety, mental health, and suicide.

Using an interview format, Carol will share her story of suicide loss and healing, as well as reflections on her advocacy work and quest for justice for her daughter. The interview will also include a Q & A period.

CASP's Executive Director, Sean Krausert explains, "It is our hope that those attending this event will be inspired by the work of Carol Todd and others like her; that they will be moved to consider ways that they may heal, find hope and potentially contribute to creating suicide-safer communities in Canada."

Prior to closing, participants will be invited to share in a candle-lighting and reading that will offer community and a collective connection among those in attendance. The organization encourages everyone to help support people who have experienced suicide loss by inviting them to attend and sharing the event on Facebook or Instagram.

The Canadian Association for Suicide Prevention (CASP) envisions a Canada without Suicide. Since 1985, CASP has worked towards the achievement of its mission by advocating, communicating, and educating for suicide prevention, intervention, postvention and life promotion in Canada.

To learn more about this and other CASP initiatives, please visit our website.

PMB #619, 104-743 Railway Ave. Canmore, AB T1W 1P2 https:// suicideprevention.ca

Media Contact: communications@ suicideprevention.ca

Viva Vitality: Mennonite community hurting at holiday time

By Trudy Dyck,

Alberta Health Services

(This is a fictional story inspired by experiences from the Low German Speaking Mennonite people in Southern Alberta).

The excitement of the upcoming holidays was starting to creep up on me. There was so much to do! From cleaning, to baking and shopping for presents. Not only that, but family would also be coming to visit that we haven't been able to see in years. The children's Christmas program at school was next week. They had been practicing and memorizing their lines for the poems and songs they would be performing. Our children will recite their poems and songs for the program

but also for the family on Christmas Day. Some of them are the same ones I had learned as a young girl when I lived in Mexico.

As a Low German Mennonite family living in Canada, we celebrate Christmas a bit differently than our Canadian neighbours do, although I'm realizing more and more that our traditions were changing as we adapted bits and pieces that we observed from our neighbours.

We never used to have a Christmas tree that we decorated or put presents underneath. Instead, we would have our kids put out large kitchen bowls on the couches on Christmas Eve and fill them with unwrapped presents for the kids to wake up to the next

day. But this last year we did put up a Christmas tree and decorated it. I had wanted to try it, I thought it was so pretty and loved that it stayed up for the whole month of December. Instead of just putting presents into the bowl, my husband and I now wrap some of the larger gifts for our kids and put them under the tree. We still also have our kids put of the kitchen bowls and fill them with chocolate, peanuts and oranges, the same treats as when I was a young child. We would attend the Christmas Day church service in the morning and spend the rest of the day at home, just as we had all the other years previous.

The mixing of my Low German
Mennonite culture and the Canadian

culture was a beautiful thing, and yet we've still be able to hold on to the traditions I grew up with and have now passed down to my family.

I used to worry - as I know my mom did - that we would lose our cultural identity and traditions when moving to Canada. Changing our Christmas tradition was just one example, and there are many more that I can think of. The mixing of cultures to some degree is inevitable. I think of the Mexican influence in the cooking my mom taught me, as she was influenced by the Mexican culture surrounding her. Though we've changed and adapted our traditions and culture, this has only enriched our identity instead of losing it.

Trudy Dyck is a Community Health Representative with Alberta Health Services and can be reached at trudy. dyck@ahs.ca.



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Coaldale snow plowing and removal based on a route priority system

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High priority areas include all routes used by emergency vehicles and roads that provide access to local schools.

With winter weather now upon us, Coaldale Town Council is encouraging Town residents to take a few moments to familiarize themselves with the Town's Snow Removal Policy.

Last revised in February, 2021, the policy specifies exactly when and where residents can expect to see Town crews operating snow plow and snow removal equipment through the 2022-2023 winter season. "The reason we have this policy is essentially to demystify a process that each winter, many residents have questions about but aren't necessarily aware of", said Justin MacPherson, Director of

Operational Services. "When large snow events occur, people naturally want to know why some roads are plowed before others and some not at all. This policy answers those questions and keeps residents in the loop about when and where they can expect to see our crews in the hours and days following a large snow fall."

According to the policy, after "large snow events" (where approximately 10 centimeters (4 inches) of snow has fallen), snow plowing will commence on a prioritized basis. Priority 1 routes are routes used by emergency vehicles and include 16th Ave, 20th Ave, Land O' Lakes Drive, 23rd Ave, 24th Street, and Cottonwood Drive. Priority 2 routes are routes that provide access to local schools and include 8th Street, portions of 11th Street and 22nd Ave, a portion



of 19th Street, 21st Street, and 30th Street. Finally, priority 3 and 4 routes consist of industrial roads and arterial and collector roads, as well as drifted intersections, blocked streets, and other designated areas.

"From a governance perspective, it's important to have policies that shine a light on operational processes that directly affect our residents and businesses", said Town of Coaldale Mayor Jack Van Rijn. "This way, Town residents can rest assured that no one is arbitrarily deciding which roads get plowed first and which ones last, and that the Town's resources are being used in a strategic well-thought-out manner."

To read the Town's Snow Removal Policy in full, and to download detailed maps of priority snow plowing routes and pathway snow removal routes, please visit: https://www.coaldale.ca/SnowRemoval. The policy also outlines the conditions under which sanding will occur, where snow fences will be placed, and what sidewalks will be cleared by the Town.

Coaldale Town Council looking for volunteers to help establish a local Citizens on Patrol group neighborhoods. "When we look around the province at what other municipaliance of the province of the province at what other municipaliance of the province of

CONTRIBUTED

The group will work in conjunction with the local RCMP to keep watch over Coaldale streets and neighborhoods.

As part of its commitment to enhancing public safety, Coaldale Town Council is looking for volunteers to help establish a Coaldale-based Citizens on Patrol group.

In its 2021-2025 Strategic Plan, Council identifies public safety as a key priority and, as a result, has remained focused not only on ensuring strong collaboration between the Town's Community Peace Officer Program and the RCMP, but also, on exploring opportunities that will empower Town residents to play a constructive role in helping local law enforcement keep the community safe.

One of the opportunities currently being explored is the establishment of a Coaldale-based Citizens on Patrol group that, much like Citizens on Patrol groups in other Alberta municipalities, will work in conjunction with the local RCMP to keep watch over Coaldale streets and

neighborhoods. "When we look around the province at what other municipalities are doing to enhance public safety, we see that a lot of them have established Citizens on Patrol groups", said Town of Coaldale Mayor Jack Van Rijn. "These groups are made up of residents who volunteer for the RCMP and act as an extra set of eyes and ears in the community. If something appears to be criminal in nature, or is unusual, these volunteers will notify local law enforcement and report what they've seen or heard."

For its part, Coaldale RCMP welcomes the idea. "The Alberta RCMP is committed to combining efforts with volunteer associations such as Citizens on Patrol", said RCMP Staff Sgt. Mike Numan, Commander of the Picture Butte/Coaldale Detachment. "The contribution of Citizens on Patrol associations to Alberta's law enforcement is evident, and the dedication of those who volunteer for these groups is reflected through their efforts to help promote crime reduction within our communities. In fact, this is one of the reasons why the RCMP recently

adopted the RAVE alert mass notification system," added Numan. "This system will enhance communication between the RCMP and these citizen-led groups, both of which share the goal of creating safe communities. I look forward to building on the RCMP's partnership with Alberta Citizens on Patrol in Coaldale."

At the November 14, 2022, Regular Council Meeting, it was revealed that Coaldale's crime severity rate remains comparatively low. Data from Statistics Canada's Crime Severity Index (CSI) shows that in 2021. Coaldale's CSI score was 44.5 (22.9 lower than that of neighboring Taber (67.4), 65.5 lower than the national average (100), and 104.4 lower than that of neighboring Lethbridge (148.9)). Even so, Council believes that having a low crime severity rate only adds to the case for setting up a Coaldale-based Citizens on Patrol. "By and large, Coaldale is a safe place to live - especially when compared to municipalities like neighboring Lethbridge", said Mayor Van Rijn. "But establishing a Citizens on Patrol group is a great way to ensure that

Coaldale stays this way - and without having to spend extra money on policing costs. Many of our residents may not know this, but Coaldale is the only small town in Canada that has to pay 100 per cent of the costs for RCMP policing," explained Van Rijn. "Right now, we're in the process of working with the Minister of Justice and his team on trying to change that, but in the meantime, we've been trying to think of cost-effective ways to enhance public safety. We think setting up a Coaldale-based Citizens on Patrol group is one of those ways and will further our efforts as a Council to put Coaldale on the map as a safe place to live and raise a family.'

If you are interested in joining a Coaldale-based Citizens on Patrol group, please email tom.anderson@coaldale.ca or contact the Town office at 403-345-1374. Prospective Citizens on Patrol members must be at least 18 years of age and pass a criminal record/background check conducted by the RCMP.

To learn more about Alberta Citizens on Patrol, please visit: https://acopa.ca/.



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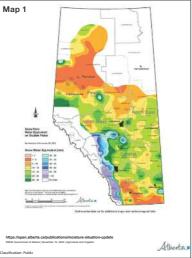
Agricultural moisture situation update looks promising

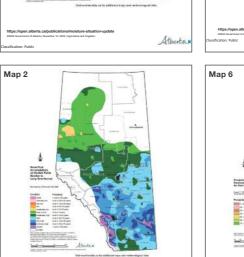
ALBERTA AGRICULTURE

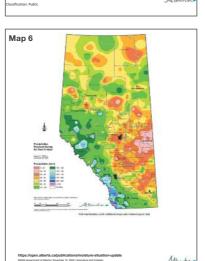
Following a relatively warm Halloween night, winter arrived suddenly and with purpose. Most of the province received snow, with some pockets near Ponoka currently estimated to contain upwards of 50 mm of water in snowpacks (Map 1). Many agricultural lands between the southern Peace Region and the TransCanada Highway have snowpacks containing 10 to 20 mm or water, with current snowpack accumulations estimated to be well above normal for this time of year (Map 2). This marks a good start to building healthy winter snowpacks ahead of the spring melt. However, it's far too early to say this is meaningful, but it is at the very least encouraging to see that the dry late summer/early fall weather pattern has been broken.

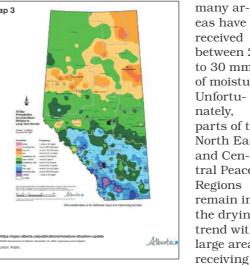
30-day precipitation trends

Over the past 30-days most lands lying south of the Yellowhead Highway have seen a trend reversal from the very dry weather that persisted since July (Map 3). Parts of the very dry areas in southern Alberta have received significant moisture, with large areas estimated to see this much moisture at this time of year on average once in 25 years (Map 4). Much of this has likely made its way into the soil, with many areas south of a line between Calgary and Medicine Hat receiving more than 40 mm of recent moisture. Elsewhere









between 20 to 30 mm of moisture. Unfortunately, parts of the North East and Central Peace Regions remain in the drying trend with large areas receiving only 5 to 15 mm. 90-day precipitation trends

Late August through

to freezeup is an important time to begin recharging soil moisture

ahead of next year's growing season. Looking back at the previous 90 day moisture accumulations, Map 5 shows that many agricultural areas have received well below normal moisture, with many widely scattered areas approaching one in 50 year lows. Since mid-August, a large area around Lloydminster has received less than 30 mm or moisture (Map 6), well below the historical averages which range between 80 to 90 mm.

Soil moisture reserves relative to normal as of November 8, 2022

Currently, most of the province is estimated to have soil moisture reserves well below historical averages (Map 7), with the exception of some parts of southern Alberta. Notably, more than half of the North East Region is sitting near one in 50-year lows, along with a large portion of the North West Region as well as scattered pockets in the Central and Peace Regions.

Perspective

Winter still lies ahead and average to above average precipitation will be needed to help give crops, particularly pastures and hay land, a good start as dormancy breaks in the spring. Additionally, surface water supplies are depleted in many areas and healthy snowpacks leading to plentiful spring runoff will be needed to start the replenishment cycle.

What to keep top of mind when selling your crop

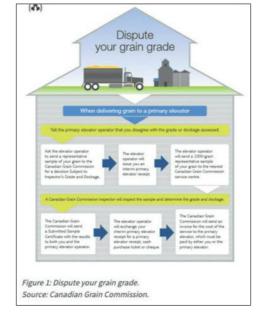
By SHERRI ROBERTS, PAG, CROPS **EXTENSION SPECIALIST, WEYBURN** SASKATCHEWAN AGRICULTURE

As harvest starts to wind down and grain shipments are moving to elevators, producers need to be aware of the rights and responsibilities they have regarding dealing with elevators.

Due to amendments made to the Canada Grain Regulations, because of the Canada-United States-Mexico agreement, as of July 1, 2022, all Canadian Grain Commission (CGC) licensed facilities in Canada, will be required to have declarations filled out regarding certain grains. This includes licensed crushing

The grains that require a declaration are barley, beans, buckwheat, canola, faba beans, flax, lentils, mustard, oats, peas, rapeseed, rye, triticale and all wheat classes including durum. Declarations are not required for canary seed, chickpeas, corn, safflower, soybeans (both food grade and oilseed) and sunflower. The Grain Act does not prevent negotiation of a contract between a producer and a Canadian grain company based on quality specifications that are outside of the statutory grading system regardless of the variety.

If you chose to sell your grain to a nonlicensed facility or a private party, this



declaration is not required.

The Canadian Grain Regulations and your declaration will be used by the elevator operator to grade your delivery. As a producer, should you disagree with the elevator's assessment of your grain at the time of delivery by you or your representative, you have the right to dispute the assessment. Producers can challenge not only the grade but any other grading factor including moisture,

protein and dockage.

The way to do this is by asking for a representative sample to be examined by the CGC "subject to inspectors' grade and dockage." Elevators may not refuse to honour a producer's request that a representative sample be taken. If an elevator is unaware of this procedure, producers should contact the CGC so that the situation can be resolved (see Figure 1). This process only applies to grain deliveries made to licensed primary elevators and it does not apply to licensed processing elevators or licensed grain dealers.

If a producer wishes to speed up the process, a representative sample can be hand delivered to a CGC service centre office. Once your sample is received by the CGC service centre, depending on what factor(s) you may be disputing, the sample will be graded and information will be sent back to you by email. The CGC decision is binding to both parties.

Dockage can be a controversial issue. Grain companies will use sieves to calculate dockage.

The companies are within their rights to use whatever sieve they deem appro-

By asking for a "subject to inspector's

the CGC, the guess work of what level of dockage a producer has is removed from the equation.

Knowing your harvest grain grade is as important as choosing when and where to sell your grain. If producers would like to streamline the process, they should sign up for the CGC Sample Harvest Program and sample envelopes will be sent to them. This program will provide you with the following for each sample you send in:

- An unofficial grade;
- A dockage assessment on canola;
- Protein content on barley, beans, chickpeas, lentils, oats, peas and wheat:
- Oil, protein and chlorophyll content for
- · Oil and protein content and iodine value for flaxseed;
- Oil and protein for mustard seed and sovbeans; and
- Falling number for wheat and rye and vomitoxin (deoxynivalenol or DON) levels for wheat, corn and barley.

For more information, contact your local regional office (https://www. saskatchewan.ca/business/agriculturenatural-resources-and-industry/ agribusiness-farmers-and-ranchers/ agriculture-regional-offices/viewregional-staff-biographies) the Agriculture Knowledge Centre at 1-866-457-2377 or the Canadian Grain Commission.





New polls reveals Albertans' attitudes towards parks and protected areas

CONTURBUTED

The majority of Albertans think that not enough land is protected in the province. Recent polling commissioned by CPAWS Northern and Southern Alberta chapters reinforces what we already know: Albertans care deeply about nature and wildlife and want to see greater protections for them.

Most Albertans support setting aside more land in Alberta to protect wildlife habitat to prevent further decline of wildlife populations (77%), more land in Alberta to be left as wilderness where human activities are minimal (76%), and more land for provincial parks with a focus on recreation and leisure (73%).

The results are at odds with the Government of Alberta's latest restructuring of the Environment and Parks ministries into two:
The Ministry of Environment and Protected Areas and a separate Ministry of Forestry, Parks and Tourism. The split is concerning, as it potentially places more emphasis on development and high-impact recreation within Alberta's parks.

"While we have yet to see a mandate letter for Forestry, Parks, and Tourism, the recent mandate letter for the Ministry of Environment and Protected Areas is certainly out of step with the clear desire Albertans have shown for protecting nature and wildlife." Says Tara Russell, Program Director with CPAWS Northern Alberta. "We were surprised to see that it contained no mention of protection, conservation, wildlife, or species at risk."

The poll is a strong indication that the people of Alberta are expecting



more action from their governments to protect nature. 60% of Alberta is public land, owned and managed by the provincial government, meaning the critical decisions on how the majority of Alberta's land is used, and which activities are allowed to occur, are determined by these new ministries.

"This split has left many concerned that the focus of parks will shift away from what Albertans really want – lands dedicated to the conservation of nature and wildlife." Katie Morrison, Executive Director with CPAWS Southern Alberta "The polling clearly demonstrates overwhelming support for more, and better protection."

Human activities and land management pressure have put nature and wildlife at risk around the world, and Alberta is not immune. The global biodiversity crisis - the decline and disappearance of biological diversity among living beings - is not a mystery to Albertans. Alberta has over 90 species listed as federally at risk, including caribou and native trout, that are highly impacted by habitat loss and degradation. The polling showed that 95% of people polled across the province are concerned about the loss of species and the biodiversity crisis.

The results are timely as Canada is set to welcome the world to COP15 in

December – nature and biodiversity's complement to the better known 'climate COP' and an essential international gathering to set conservation goals intended to halt and reverse the loss of biodiversity.

"Increasing protection of nature will be a key focus of this upcoming convention – these new poll results highlight just how important this is to Albertans," says Morrison. The vast majority (85%) of respondents are in favour of Alberta committing to protecting 30% of its land for conservation purposes by 2030 in support of Canada's international commitment.

One newer tool for achieving more conservation, while also elevating Indigenous rights, are Indigenous Protected and Conserved Areas or IPCAs. Half of Albertans support Indigenous Protected and Conserved Areas (IPCA) as a means of conserving ecosystems in the province. 26% indicated they are neutral, which may be due to a lack of familiarity with IPCAs given that they are a relatively new concept. Russell says "We are encouraged to see the level of support for IPCAs in the polling coinciding with IPCA proposals in northern Alberta. Our hope is that the creation of IPCAs in Alberta will help those that are unfamiliar or neutral get excited about the opportunities they present."

"We hope that provincial and federal governments recognize Albertans strong support for more protection of lands and waters and desire for meaningful, implementable plans to halt and reverse the loss of biodiversity," concludes Katie Morrison.

Polling Highlights:

- Parks are extremely popular among Albertans. 67% of Albertans have visited a national or provincial park in the past 12 months.
- 59% of Albertans feel the current amount of land being protected by national and provincial parks is not enough.
- Canada's international commitment is to protect 30% of its land for conservation purposes by 2030. 85% of Albertans support the province committing to this target.
- 95% of Albertans are concerned about loss of species and the global biodiversity crisis.
- 79% of Albertans oppose closure of existing provincial parks.
- Most Albertans support setting aside more land in Alberta to protect wildlife habitat to prevent further decline of wildlife populations (77%), more land in Alberta to be left as wilderness where human activities are minimal (76%), and more land for provincial parks with a focus on recreation and leisure (73%).
- 50% of Albertans support Indigenous Protected and Conserved Areas (IPCA) as a means of conserving ecosystems in the province while 17% of Albertans are in opposition. A high percentage (26%) are neutral, which may be due to a lack of familiarity with IPCAs.

Read the full results:

https://cpaws-southernalberta.org/ wp-content/uploads/2022/11/Parksand-Protected-Areas-Alberta-Opinion-Poll.pdf

Grant funding denied for Opportunity Lethbridge

By AL BEEBER

Alberta Newspaper Group

A request by Opportunity Lethbridge for more than \$4 million in grant funding was denied Wednesday by city council acting as Economic Standing Policy Committee during deliberations on the 2023-26 budget.

The initiative, which would have cost taxpayers more than \$1 million annually over the four-year budget cycle, was aimed at creating a

fund to provide financial incentives through several supports.

Those would have included:

- Continuation of existing urban core revitalization with proposed policy amendments.
- Continuation of Crime Prevention Through Environmental Design (CPTED) programs.
- A new flexible, strategic initiatives program to address priorities identified by Council and/or community, including but not

limited to: physician recruitment, agri-food development, and brownfield remediation.

Councillor John Middleton-Hope told the SPC he didn't understand what the initiative was intended to accomplish.

Acting mayor Jenn Schmidt-Rempel said she couldn't support the initiative because it was a lot of money to be collected from taxpayers "to maybe (be) used down the road." The SPC also turned down an initiative to create a Business Improvement Area support grant which would have cost the taxpayers \$142,000 in 2023, \$148,000 in 2024, \$155,000 in 2025 and \$162,000 in 2026.

The initiative would have called for the creation of a matching grant based on 50 per cent of a BIA district's total levy to support efforts to create and maintain prosperous commercial districts.

The SPC defeated the motion unanimously.

Smith needs to protect taxpayers from hikes at home

By Franco Terrazzano, CTF and Kris Sims, ATF

Alberta Premier Danielle Smith has set her sights on stopping big-taxing politicians in Ottawa.

We also need Smith to guard against tax hikes at home. And the best way to do that is to make it harder for Alberta politicians to resurrect the provincial carbon tax. Ever.

During her first press conference as premier, Smith said she intends to "make new arguments to the Supreme Court" against Ottawa's carbon tax.

Smith is right to fight the Trudeau government's carbon tax. It increases the price of gas by 11 cents per litre. Even with rebates, the carbon tax will still cost the average Alberta household \$671 this year, according to the Parliamentary Budget Officer.

But Albertans need protection from money-hungry politicians in Wild Rose country, too.

To do that, she should take a note

from a more subtle point she made during her press conference:

"I gather the former premier had 375 agenda items and I think he managed to check off 300 of them," said Smith. "To the extent that we can continue implementing the agenda that we got the mandate on, I'd like to be able to do that."

It's time for Smith to make good on a key United Conservative 2019 election platform promise: expand the *Taxpayer Protection Act* to include a carbon tax.

"The NDP imposed their carbon tax having hid it from voters in the last election," said then UCP leader Jason Kenney. "We're going to expand the Taxpayer Protection Act, which currently requires a referendum before a sales tax can be introduced. If a future government after us tries to foist a carbon tax on Albertans, they'll have to ask the voters in a referendum first."

It's important for Smith to make good on this UCP promise, especially

given what's happening in Ottawa.

The federal Official Opposition turfed the last party leader who flip-flopped and suddenly wanted a carbon tax. The new leader, Pierre Poilievre, has made it clear that a Conservative federal government would repeal the federal carbon tax in its "very first budget."

"I will cancel the tax and not replace it with any federal carbon tax of any kind," Poilievre told the Canadian Taxpayers Federation.

If a Poilievre government in Ottawa scrapped the carbon tax, would a future government in Edmonton bring its provincial carbon tax back to life?

It's a legitimate concern for Alberta taxpayers. Afterall, the previous government imposed a provincial carbon tax without ever including the tax in their election platform.

Expanding the *Taxpayer Protection Act* will prevent future politicians from imposing a carbon tax without first asking pesky voters if they

want to pay it. And it would show Albertans that Smith's commitment to taxpayers was serious.

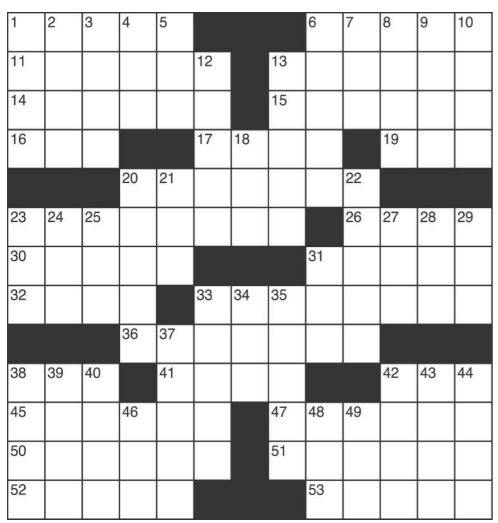
When running to be premier and party leader, Smith signed the CTF's No Tax Hikes pledge. By signing the pledge, Smith made a clear promise to Albertans: "I will never impose a provincial sales tax and I will not raise taxes." Expanding the *Taxpayer Protection Act* would show Smith is serious about this.

Smith is right to fight Ottawa's carbon tax. But the premier also needs to show Albertans that she is willing to go to bat against politicians at home who want to punish Albertans for heating our homes and fueling our cars.

Smith can stick up for taxpayers at home by making good on the UCP's promise to expand the Taxpayer Protection Act.

Franco Terrazzano is the Federal Director and Kris Sims is the Alberta Director of the Canadian Taxpayers Federation.

The Weekly Crossword



ACROSS

- Leather band
 Victor, briefly
- 11. Dried fruits13. Black eye
- 14. Apartment,
- e.g.
- 15. Sell
- 16. Besides
- 17. Brainchild
- 19. Hog's haven
- 20. Emphasizes
- 23. Wealthy
- 26. Tableland 30. Sky chief
- 31. Kind of eel
- 32. Sincere
- 33. Damage
- 36. Enjoy a spree
- 38. Stereo
- component 41. House
- 42. Stand-in, shortly
- 45. Grassland
- 47. Decide

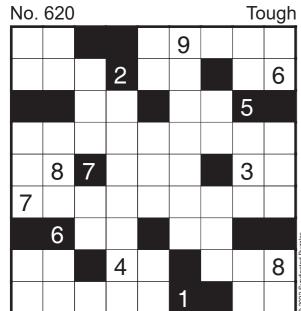
- 50. Coves
- 51. Taunted
- 52. Movie elephant
- elephant 53. Pushes

DOWN

- 1. Agile
- 2. Maple, e.g.
- 3. Undersized one
- 4. Carpenter insect
- 5. soup
- 6. Deceive
- 7. Concealed 8. No ifs, ____, or
- 5. NO 115, ___ hute
- buts
- 9. Dissolve
- 10. Hunter's quarry
- 12. Piece
- 13. Tired
- 18. Bear's abode
- 20. Medicinal lilies
- 21. Mowed

- 22. Puff away
- 23. Competent
- 24. Evergreen
- 25. Cold-weather ailment
- 27. Important age
- 28. Sink down
- 29. OK, to Popeye 31. Periodical, for
- short
- 33. Punches
- 34. Pirate's drink
- 35. Build
- 37. Snapshot
- 37. Əllapsı 32. Durina
- 38. During
- 39. List of foods 40. Inner hand
- 42. Just fair:
- hyph.
- 43. Consumed 44. Cots
- 46. Young society
- woman
- 48. In the know
- 49. Rowboat necessity

STR8TS SUDOKU



You can find more help, tips and hints at www.str8ts.com

| Previous solution - Medium | | | | | | | | |
|----------------------------|---|---|---|---|---|---|---|---|
| | 9 | 8 | | 2 | 1 | 3 | 4 | 5 |
| | 8 | 7 | 5 | 6 | | | 3 | 4 |
| 2 | 1 | 9 | 4 | 5 | | 7 | 8 | 6 |
| 1 | 2 | 3 | | 7 | 8 | 5 | 6 | |
| | 4 | 2 | 3 | 8 | 7 | 6 | 5 | 1 |
| | 5 | 4 | 2 | 3 | 6 | 8 | 7 | 9 |
| 6 | 7 | 5 | | 1 | 2 | | 9 | 8 |
| 5 | 6 | | | 4 | 3 | 2 | 1 | 7 |
| 4 | 3 | | 8 | 9 | | 1 | 2 | |

How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

| No. | No. 620 Easy | | | | | | | |
|-----|--------------|---|---|---|---|---|---|---|
| | | | 6 | 7 | | 1 | | |
| 8 | | | | | | 2 | | |
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| 7 | | | 5 | 6 | | | | |
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| | | | | 4 | 1 | | | 8 |
| Г | | | | | 5 | 7 | 4 | |
| | | 7 | | | | | | 6 |
| | | 3 | | 2 | 6 | | | |

The solutions will be published here in the next issue.

| i iovidad dolation | | | | | | | vory mara | | |
|--------------------|---|---|---|---|---|---|-----------|---|--|
| 6 | 8 | 3 | 2 | 5 | 4 | 7 | 1 | 9 | |
| 4 | 9 | 5 | 3 | 1 | 7 | 8 | 2 | 6 | |
| 2 | 7 | 1 | 8 | 6 | 9 | 3 | 5 | 4 | |
| 8 | 2 | 9 | 6 | 3 | 1 | 4 | 7 | 5 | |
| 1 | 6 | 7 | 9 | 4 | 5 | 2 | 8 | 3 | |
| 5 | 3 | 4 | 7 | 8 | 2 | 9 | 6 | 1 | |
| 9 | 5 | 2 | 1 | 7 | 3 | 6 | 4 | 8 | |
| 3 | 1 | 8 | 4 | 2 | 6 | 5 | 9 | 7 | |
| 7 | 4 | 6 | 5 | 9 | 8 | 1 | 3 | 2 | |

Previous solution - Very Hard

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and much more on our store.

If you have a community calendar event, please email it to: rdahlman@prairiepost.com

(one week prior to the publishing date. It's free.)
It will also appear on our website's calendar: www.prairiepost.com

ANSWERS

S T R A P C H A M P P R U N E S S H I N E R R E N T A L P E D D L E Y E T U E N T M E S A F F L U E N T M M E S A P I L O T M M E S A P I L O T M M R S A G E A K A G E A M P H O M E S S U B M E A D O W C H O O S E I N L E T S T E A S E D D U M B O P R O D S

Community Calendar

November 26-Lethbridge

Lethbridge's Biggest One Day Market is back at the Rocky Mountain Turf Club (3401 Parkside Dr. South) going from 9 a.m. to 4 p.m. The variety of vendors this year is amazing! Some of the vendors are: Color Street; Uncle Ray's Beef Jerky; Wes's Country Meats, Twisted Tumblers; Eleventeen bean to bar; Usborne books; Hullabaloo Stew just to name a few of the over 60 plus vendors. Kids Entrepreneur section will be there featuring: Kpop's Incredible Sugar Scrubs; Quinn and his plants; Noah's 3D creations and so many more. The Collective will be there serving up a variety of coffees, teas etc. This one-day market is a one stop shop for your Christmas shopping needs all

supporting small business. First 20 people get a swag bag uniquely made up for the event. \$2 admission fee; 5 and under free. (\$2 admission fee charged, proceeds go to purchase gifts for the Angel Tree.

December 10-Lethbridge

Jingle our Elf has been telling Santa how many people are looking for unique Christmas gifts!m Come and shop and support local and kid entrepreneurs! A beautiful line up of over 30 plus vendors to shop from and find either that last minute gift or the right gift for the special people in your life. IU goes from 12 p.m. to 6 p.m. Place: BCG (The Boys & Girls Club at 1405 8 Ave North Lethbridge Come on out! Support local vendors and kid entrepreneurs!

Keating highlights polar perseverance, local adventure

By Ry Clarke

ALBERTA NEWSPAPER GROUP

Adventurer and naturalist Brian Keating captivated audiences with his presentation this week at the Galt Museum.

Hosted by the Friends Society of the Galt Museum, Keating's talk explored the polar expedition (1914-17) of Ernest Shackleton, where he and 27 of his men spent more than two-years stranded in Antarctica.

Keating followed up with a presentation on the exploration of Canadian wilderness found in western Canada's landscapes and the importance of these wild spaces in our own backyard.

"I have it broken up into two different halves," said Keating. "I've been an Antarctic fan since my first trip there probably 20 or 25 years ago. I've run trip after trip, year after year. The prize of any Antarctic traveler is to get to South Georgia. It's an island archipelago within the Antarctic

convergence. Ecologically speaking, it is within the arctic ecosystem within the Southern Ocean boundary. It is a place of abundance; the shores of the archipelago are washed by cold waters that are rich with krill. Which keeps the Antarctic system going."

Speaking on Shackleton, Keating notes the leadership he showed during his circumstances and how we can learn from his heroism.

"His story gives us all a sense of hope and inspiration for the incredible ability of people to work out problems and solve issues. Shackleton should have died 25 times, or a 100, while he was down there, and yet through his ability to think around corners and work with people to plan and execute, they remained calm under huge stress," said Keating. "It shows how we are all capable of being a type of Shackleton. We are all capable of doing great things. When we work together to do those great things, we have to be positive.

That is one of the things Shackleton's coworkers said about him, his greatest asset was that he believed you have to be optimistic."

During the second half of the presentation, Keating notes the importance of adventure and how we only need to look in our own backyards for those hidden gems that excite us.

"The way I make my living is by giving public presentations, and leading trips. But when COVID came along, both those things went to zero," said Keating. "It gave me a chance, I call it a COVID-gift, to see there is another side to living that doesn't necessarily mean you have to be running all the time. It gave me a chance to breathe, my wife and I took off and started to explore places that we had never visited in Alberta, or places we had not seen since our 20's."

With the evening being presented by the Friends Society, the fundraising for the event saw proceeds go back towards the Galt to help with its educational programming.

"I have never been to the Galt before, so it is exciting to come here today and go through the exhibit hall and learn about this building," said Keating. "It is a spectacular monument for Lethbridge, and it is a pleasure to be here to be a part of it, helping with their awareness and fundraising for their programs."

The evening sparked the imagination of all in attendance with driven narratives urging the adventurer in all.

"I hope they leave tonight with a reintroduction to the value of our wilderness areas and the wild areas that many people have worked so hard to maintain here in Alberta. These areas are not to be taken for granted," said Keating. "I want people to understand the value of our own backyard, it is beautiful."

Smith: Growing the Alberta Advantage

CONTRIBUTED

Premier Danielle Smith is instructing ministers to focus on job creation and strengthening Alberta's economy in a new set of mandate letters.

Letters to the ministers of Agriculture and Irrigation; Forestry, Parks and Tourism; Jobs, Economy and Northern Development; Service Alberta and Red Tape Reduction; Technology and Innovation; Treasury Board and Finance; and Transportation and Economic Corridors outline actions Alberta's government will take to create jobs and ensure the province's economy will continue growing and diversifying.

Key actions outlined in the letters include:

- Continuing to diversify Alberta's economy and attracting investment, including in the tourism sector, which will provide great job opportunities for Albertans.
- Building on our province's
- competitive advantage in traditional industries and identifying ways to improve market access so that we continue to be a global supplier of energy and food.
- Advocating for Alberta's agriculture industry and working with partners to further modernize the sector and grow Alberta's agri-food market.
- Exploring opportunities to work with the private sector and the City of Calgary on the construction of an LRT and rail link between Calgary

International Airport, downtown Calgary and Canmore/Banff.

 Continuing to cut red tape so that Alberta businesses can focus on growing and Albertans face fewer hurdles when interacting with government.

The mandate letters issued Nov. 15 build on mandates already announced to address affordability and to stand up for Albertans against federal government overreach. A final set of letters will be issued this week, addressing Premier Smith's commitments to Albertans on health care and skilled labour.

University of Lethbridge international culture celebrated through students at Living Library University of Lethbridge international culture celebrated through experiences, along with their eagerness to become a part of

CONTRIBUTED

The University of Lethbridge Library, in conjunction with International Student Services, is celebrating International Education Week by presenting the Living Library — giving everyone the opportunity to learn about international culture through the eyes of ULethbridge international students.

"This event celebrates diversity

on our campus and creates an internationalization-at-home atmosphere," says Nanda Stannard, a library operations specialist and one of the lead organizers of the event. "The essence of our Living Library event is, instead of borrowing a book you can talk to a person to learn about different countries and different cultures. When we are exposed to different cultures and languages our perspective on



things broadens and helps us in understanding the world around us."

More than 30 students representing eight different countries have volunteered to take part in the event, eager to share the culture and traditions from their home countries of Brazil, India, Japan, Korea, Mexico, Nigeria, Ukraine and Vietnam.

"Our university is privileged to have students from more than 70 countries on our campuses. The diversity and perspectives the international students bring to our campus of their global experiences, along with their eagerness to become a part of ULethbridge and the broader community are extremely enriching to all our students and southern Alberta as a whole," says Paul Pan, director of International.

"The Living library event always features an amazing collection of students from all the over world. It really gives everyone a great opportunity to learn from each other, share experiences and gain global perspectives."

This is the eighth year the library has presented the event and as ULethbridge continues to prioritize increasing international student enrolment, it only promises to grow with the influx of new students and new cultures.



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NEWROCK

Seeing increased ergot levels?

By Nicole Montreuil, AAG, Crops Extension Specialist, Outlook Saskatchewan Agriculture

Crops extension specialists across the province have been receiving increased reports of ergot in cereals. Ergot is a plant disease caused by the fungus Claviceps purpurea. Symptoms become evident during kernel formation when ergot bodies are formed in place of kernels.

The ergot bodies (sclerotia) are formed from a hard mass of fungal mycelium and are the over-wintering structures in the disease cycle.

Prolonged wet soils in the spring promote germination of ergot bodies.

Honeydew stage is the second stage in the ergot disease cycle where the sticky honeydew spores infect the florets. High insect populations during this stage can transfer the sticky spores to other florets, increasing infection levels. In many parts of the province, including dryer areas, higher insect populations were seen. Cloudy and high moisture conditions, including heavy dews are also needed during this stage. Only occasionally will the right environmental conditions and plant development stages coincide to result in widespread ergot problems. The last widespread outbreaks of ergot in Saskatchewan were in 1999 and 2008.

Ergot alone does not typically cause significant yield loss, but economic losses may result due to rejection of grain or downgrading at the elevator. Guidelines are set by the Canadian Grain Commission (CGC).

In 2014, the CGC revised the ergot tolerance in most wheat classes, so knowing the updated levels before hauling your grain is important to avoid unnecessary downgrading. The reason for low tolerance is that ergot bodies contain alkaloids, or toxic chemicals, that remain active even after food or feed processing.

Being informed of tolerance levels before hauling to the elevators will help producers ensure they aren't excessively docked.

Coalhurst council discusses personnel budget for 2022-2023

By Kenyon Stronski

SUNNY SOUTH NEWS

At the Nov. 1 regular meeting of Coalhurst town council, as is custom come this time of the year — the budget for the 2022-2023 years was presented by the Director of Corporate Services, Mike Passey.

"So, yes we jump into the budget, something I enjoy doing and I'm not sure how enjoyable it is to everyone else, but it's always a fun exercise in problem-solving and resource allocations to compare something. In the document that was sent out to you, it starts off with breaking out the personnel aspect of the budget. Personnel is an area that peppers throughout the entire organization but it's easier to deal with it as a single entity rather than go into each department."

Passey notes doing the budget this way, and lumping personnel together helps eliminate a vast amount of confusion on why one aspect of the budget may be costing more in one year than it may have been in previous years.

This way it can all be discussed as one separate conversation, and salaries won't inflate the budgets of their operating branch.

"So, salaries, wages and benefits will see an increase of about \$148,000 and that comes with a couple of different parts. The main part being a cost of living adjustment for the current positions and that makes up around \$50,000 of it and the other part of it is a reallocation of positions and new positions being added over discussions with council over the last couple of months. It made clear the discretion that council was looking to invest in recreation and public works and make sure that the town can continue to provide those services and continue going forward."

"We took what was in discussion previously on a part-time fire chief where the discussion had been



From left to right: Coalhurst councillor Heather Caldwell, Councillor Jessie Potrie, Mayor Lindsay Montina, Councillor Scott Akkermans, Councillor Deborah Florence.

'okay, let's make the topic, move forward with it with a part-time fire chief' but the discussions with the current fire chief and operations meeting at the time it was determined, or, discussed, at this time that role of a half-time compliment isn't quite needed, so that kind of freed up some funds available relocate elsewhere."

With the funds being allocated, Coalhurst was able to support funding their half-time recreation coordinator position into a full-time position, with Passey also adding there is a new public works position that will be coming in 2023.

"I've included a table of just kind of where the town is at as far as its infrastructure 10 years ago to where it is now. The amount of maintenance and care that is required on that has just increased, and the total number of employees the town has, has not kept up with that and public works is noticing the need for

additional assistance in being able to complete and maintain the infrastructure."

With the main overview finished, the floor opened for questions — and Coun. Scott Akkermans was first.

"Just a question on the cost of living allowance — I couldn't find it, but I was under the impression that we had done a two per cent increase at the beginning of the year and then we're looking to maybe retroactively add another two per cent in the summer. I can't remember if that happened or not - I know that was on the concession table a long time."

Passey responded that wasn't a conversation he recalled, however, he did know a two per cent increase was added on April 20 of this year, "perhaps before my there was a discussion to have that format, but it's not familiar to me at this point."

Coun. Jesse Potrie joined the discussion, saying he does recall having a debate on the topic at the time, and the information he remembers was that it was at a four per cent increase.

"We did debate whether or not going the full four per cent or not because we had only been in the interim at the time and we weren't sure when the tax revenue was going to land regarding our property collection assessment. That was the reason we didn't choose to do a full four per cent at the time."

He then directed a question at Passey.

"Previously we had discussed the legislative assistant or something like that position, but I think when Mike was interim CAO and I didn't see that mentioned

Passey confirmed that position would have already been covered by budgetary funds that were approved in previous years, and there would be no change moving forward. No motion was required for council to receive the budget information.

Coalhurst photographer recognizes her subjects just as they are

By Erika Mathieu

ALBERTA NEWSPAPER GROUP

Coalhurst photographer, Meagan Elemans is providing a space to heal and be seen through her work as a photographer.

Her ongoing creative project titled, "For the Belly" captures participants, and their bellies, through a non-judgmental lens; Something Elemans said is a focus of both her creative and client-based work. After starting her photography company Me Photo out of her Coalhurst home studio in 2019, she has endeavoured to capture her subjects "as they are." She refers to her ongoing creative work with the belly as, "a labour of love," which showcases the highly-politicized and loaded body part that is the abdomen.

"It's important for me as a photographer to have something creatively alongside my client work so that I can remember why I do this."

She said "For the Belly," is a project which organically revealed itself to her, as a creative opportunity.

Through physical work with a physiotherapist, Elemans said she became more aware of how the body

reveals the impact of life-long measures to contain, and minimize the belly. Although this project is not gendered, her physiotherapist made her more aware of "how women at large have chronic diaphragmatic breathing issues," which have profound impacts on the body, and psyche. She became aware of the correlation between shallow breathing and a persistent state of anxiety as a result of moving through the world constantly self-policing the natural state of the body and its breath, in an effort to keep the belly restrained. "I did my own self-portrait series where I tried to intentionally let my belly do the opposite of what we find in portraits. I tried to breathe in fully."

Her approach to her work is to "demystify the body," and in doing so, many participants find the process to be one of liberation. The radical inclusion of marginalized bodies subverts the expectations of portraiture, of which the cannon has historically prioritized depictions of the contemporary standards of beauty.

While there are theoretical and political considerations to approaching this kind of work, the choice to capture the images is, in and of itself, a sort of protest

against systems of power which attribute value based on a narrow set of criteria. She said, "I think that giving anything that has been notoriously not allowed to (exist in the) spotlight, attention is a standalone mechanism," to reclaim or validate something which carries with it, the weight of shame, and works to destabilize some of the politics of value which shroud the belly.

"It seems to be like a lot bigger for people than you think it is," said Elemans, noting the process of shooting has been transformational for many participants. "It's a really curious thing that the person participant goes through(...) a lot of them have like a very impactful moment, especially when they see the photos," she explained.

"I think we've made a little bit of progress in terms of allowing people to exist with their bellies," but added some of this acceptance comes with contingencies, noting some kinds of bodies/bellies are often tolerated, "as long as they don't visually upset us." Shooting for the project is still underway, but Elemans said, "the goal is for it to become a book. We really want to gallery it after the book is completed."

Dogs humanely destroyed after attacks at elementary school in Coaldale

By Erika Mathieu

ALBERTA NEWSPAPER GROUP

Following several dog attacks which took place on Nov. 1 at Jennie Emery Elementary school in Coaldale, and near 9A Street, the Town issued a statement on social media, informing town residents, the two dogs have been euthanized as per the Town's Dog Control Bylaw (#569-R-10-06).

Coaldale trio recognized by **Curling Canada for eight-ender**

By ERIKA MATHIEU

ALBERTA NEWSPAPER GROUP

A team of three representing the Coaldale Senior Curling Club were recently acknowledged by Curling Canada for their impressive achievement.

The team comprised of Brian Brown, Pat Mikalson, and Don McCann, scored the eight-ender last year, a feat so rare, the score has never once been scored during any Olympic competition nor the Tournament of Hearts. The rare and perfect score has not even been scored at the renowned, and nearly 100-yearold, Brier Tournament.

McCann, Mikalson, and Brown were presented with official "eight-ender" pins and certificates from Curling Canada, in recognition of the team achieving a perfect score within a single end of curling, which occurs less than 200 times each year across the country. While the trio don't play together regularly, this particular occasion brought them together for a monumental achievement in the world of curling.

The presentation took place at the Coaldale Granite Club which offers a Seniors drop-in league for players 50 and up. Due to the drop-in format, the Senior League draws teams from curlers who happen to be there on any given day.

In the aftermath of two separate dog attacks, which had occurred between 12 and 2 p.m.,

Coaldale & District Municipal Enforcement (CDME) responded to reports detailing a teacher and a parent were bitten while trying to protect students from being attacked. There were also reports of an incident involving a delivery driver on the 2100 block of 9A Street, wherein the driver was forced to take refuge inside a vehicle to evade an attack.

The Town confirmed the two dogs involved had escaped through a broken spot in the fence, which was at the time, unknown to the resident. A third dog, who was not part of the attack, was found nearby in the residential area.

According to the Town, the dogs were later located at approximately 4 p.m. at the owner's residence, and later humanely euthanized with the cooperation of the owners. The dogs were licensed with the Town of Coaldale under a general licence. The Town also confirmed the owners will not face any penalties for the offences as outlined in the Dog Control Bylaw and that the investigation is now closed.

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Heart & Stroke funded researcher discovers interesting findings on resuscitation

By Anna Smith

COMMENTATOR/COURIER

A new study has found novel ways to get stopped hearts racing, which could potentially save people not responding to traditional defibrillation.

Heart & Stroke funded researcher Dr. Sheldon Cheskes presented a first-ofits-kind scientific study at the American Heart Association Resuscitation Science Symposium on the use of two defibrillators to restart a heart on someone experiencing cardiac arrest.

Dr. Cheskes is a scientist at St. Michael's Hospital in Toronto and his research was conducted through Sunnybrook's Institute of Research.

"Most people who survive cardiac arrest survive when their heart goes into a rhythm known as ventricular fibrillation. So when you go to the airports or their gym, and you see those defibrillators on the wall, and you apply them to patients, and shock them with the defibrillator, the vast majority of patients who survived cardiac arrest survive it when they get shocked by a defibrillator," said Cheskes.

While many patients require one to three shocks, if they remain unrespon-

sive, survival rates drop off sharply for each additional shock, said Cheskes.

"So what we did in this particular research studies, we wanted to look at: could you do to fibrillation, the the application of a shock differently in those patients, and improve their survival, as opposed to just continuing to shock people with the sort of the shock or the pads on the chest in the same position," explained Cheskes.

The techniques studied were changing the position of the pads for further shocks, as well as a

method of administering two shocks in quick succes-

sion using a second defibrillator.

"We found that the survival in the group that got the dual shock was 30.4%, whereas the survival in the group that got the standard shock was 13% or so," said Cheskes. "So there was this huge improvement in survival by using this new innovative technique. So that was sort of what we looked at in that... the

technique of just switching the pads, also improves survival to just over 21%. So essentially, we looked at two normal techniques to apply the fibrillation or shocks in patients who had already failed three shocks prior to this."

The study was conducted over the course of four years and included over 4000 paramedics and first responders across six cities in Ontario, who Cheskes credits as making this discovery possible.

"I've never run a trial, where the para-

medics embrace the study more than

they did. And the reason for that, I think, is three things. One is, for them, it was cool, right? This is something novel to defibrillators attached to patients like it's not, I'm gonna give a little bit more drug or a little less drug. This was something completely novel," said Cheskes. "The paramedics saw the outcome of their intervention, meaning when they shocked the patient, they saw the patient regains circulation, and go into a normal rhythm, where in their previous history doing the standard, that patient wouldn't have done that."

The final piece is that the study was showing immediate benefit, which Cheskes believes was heartening to the paramedics and helped with buy-in for attempting the novel method. Part of what made this easy is that these new techniques were to be used after the patient proved not to respond to traditional defibrillation, so there was little risk of there being no benefit or a negative effect by deviating from the current standard.

Cheskes will be moving on to present his findings to various guidelines setting boards, in hopes of incorporating this novel method into practice. He is hopeful that this will be put into place, and hopefully result in better outcomes for cardiac arrest patients.

"People have to understand that, right, you're saving lives," said Cheskes. "And to me, I'm now looking at it. Like, if I was a patient, and I knew these results, why would I want to get continued standard to fibrillation knowing that in highly done trial results, results were much better at this with these two alternative strategies, that would be the question."

University of Lethbridge seeking community input in search for new chancellor

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CONTRIBUTED

The search for a new chancellor is on and the University of Lethbridge is engaging the public at large to participate in the process.

ULethbridge Chancellor Taatsiikiipoyii (Talks in the Middle) Charles Weaselhead's term is ending after being appointed the institution's first Indigenous chancellor in 2019. His successor will be chosen in the coming months following a public search and nomination process—after which the ULethbridge Senate will short-list candidates and eventually choose the institution's 15th chancellor.

While a volunteer position, the chancellor's role is integral to the University of Lethbridge and its mission as the chancellor represents the public interest in the University. As Chair of the University Senate, the chancellor is an ex officio member of the Board of Governors and serves as a key ambassador for the University locally, provincially and beyond. In addition, the chancellor presides over all degree-confirming ceremonies and



confers all degrees, as well as represents the University at ceremonial occasions.

"We have been very fortunate over the history of ULethbridge to have an outstanding group of chancellors," says Dr. Mike Mahon, president and vice-chancellor. "We saw over Charlie's term, his engagement with the community and his dedication to advancing the University's strategic vision. He was key in championing several Indigenous initiatives and strengthening the University's commitment to and connection with the Blackfoot Nation.

He was and will continue to be an outstanding ambassador for the institution."

Past chancellors include L.S. Turcotte (the University's first) (LLD '72), Van E. Christou (LLD '84), Ingrid Speaker (LLD '01), Robert Hironaka (LLD '02), James Horsman (LLD '04), Richard Davidson (LLD '12) and Janice Varzari (BN '90, MEd '02, LLD '21), among others. Each has brought unique talents to the role, and all have helped forward ULethbridge in communities close and abroad.

"It's been said that education is the new buffalo that sustains and empowers our young Indigenous learners. I am a firm believer that knowledge provides the tool to make sound decisions to further careers and provide support to underserved communities," says Weaselhead. "The past four years have been very rewarding, and I will leave this role with a sense of accomplishment and satisfaction. It has been the highest honour to serve as the first Indigenous chancellor in the University's history."

Nominees for chancellor must be Canadian citizens or permanent residents, possess a strong interest in university-community affairs and education, and have adequate time to apply to the considerable duties involved. This is a volunteer position with no remuneration.

Official nomination forms, requiring the names and addresses of three nominators, the signed consent of the nominee and any supporting documentation, will be received in the Senate Office until November 30, 2022. The successful candidate will take office March 16, 2023.

For nomination forms and further information, please contact The Chancellor Search Committee, care of The Senate Office (403-329-2482) or via e-mail at governance@uleth.ca. Details are also available by visiting the Chancellor Search web page.

To view online: https://www.ulethbridge.ca/unews/article/university-lethbridge-seeking-community-input-search-new-chancellor

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