

Aberdeen & District Newsletter

February 2024
Volume 52
Issue 2

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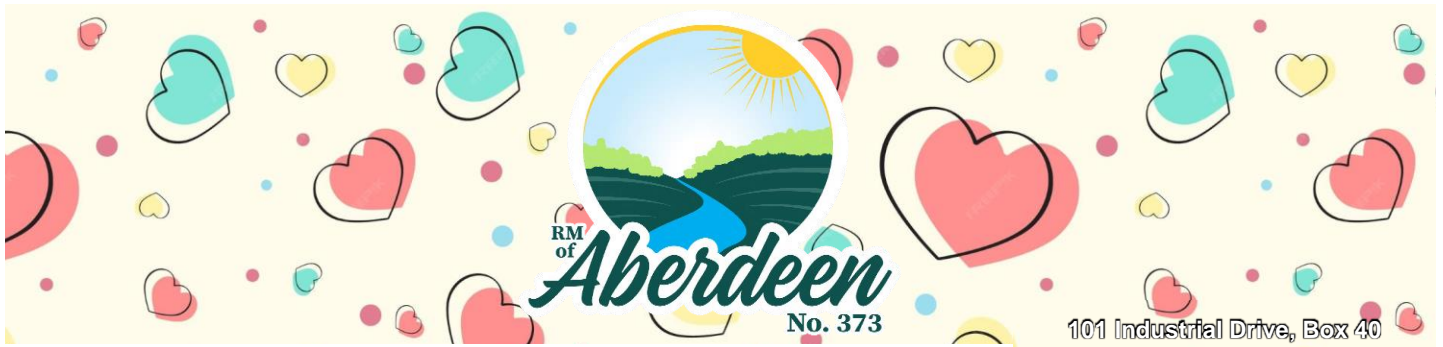
Valentine word search

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

HEART COUPLE VALENTINE DIAMOND
 CUPID CHOCOLATE CARD RING
 FRIENDSHIP CANDY HEARTS ROSES TEDDY BEAR
 KISS FEBRUARY FAMILY ROMANCE
 SWEETHEART PINK HUG LOVE SWEET
 TRUE LOVE HUG FLOWERS AFFECTION

Family Members Word Search Puzzle

Grandparents	G L P M V Z O N L F D D G I R Z N L N F Z Q C U A	Parents
Grandmother	W K C M P C K E Q E U Z V Q W E P L T M T G E H A	Mother
Grandfather	X K C I W I P C H F Q F A E U X T T Y M Z P V C F	Cousin
Daughter	L K H G I L N H I R D E R P V A O S R N R V W B M	Father
Grandson	D W G E X G D S Z X G K T N U A F H I S E O Z Y P	Sister
Husband	S X F R B R M Z Y S K P F Z Z D Q O V S N Y C E O	Niece
Children	K K I U A A A N Y G X Q C U R E H T O M D N A R G	Uncle
Brother	H Q Y V M N R Q W F S N I H H A P R G T A I V V D	Aunt
Nephew	Q E K X H D D N I S U O C B U Q M F E A B I P E S	Wife
Sibling	U B L Y C S I P G B M S A Q S S S Z G H U R O S J	Son
	E E C L K O L O A A J C U O S V B P R D T G F W F	
	I V B L N N O Z I R O E O F P Q W A A Z G O S Q N	
	B R O T H E R E A C E E O W E H P E N R M I M R E	
	X G A L M G R Y L X Y N C B Z R U U D D E S O F U	
	J Z N W Q B R D A U G H T E R A U E F I W N H U V	
	L V T I K E Q G L C K B H S I N D C A P Z W T L N	
	W B P F L B N Y H I G C D E D N I T T J S I R S N	
	D K Q V Q B N L R E H T A F R S F W H J O B F T X	
	Q O K M Q U I C F R Y C D E U N C L E L N U R B Q	
	D U V L U G F S T V Z H N H T H N K R E Q P F L W	



Next Council Meeting
February 8th, 2024

Meeting will start at 8:00am. Any delegations wishing to address council will be required to contact the office the Friday prior to the meeting at the latest.

Custom Work

Custom Work is available to Ratepayers in the RM of Aberdeen for snow removal, driveway grading, and land leveling. A Work Authorization Form is required prior to any work being done by the RM. Please visit our website for more information.

2024 Custom Work Rates:

Ratepayers \$175.00/hr + PST (min \$90.00 before tax)

Elevators \$175.00/hr + PST (min \$90.00 before tax)

Developers \$225.00/hr + PST (min \$115.00 before tax)

Plowing Snow

We would like to remind everyone that plowing snow onto or across Municipal right-of-way is not a permitted practice. Snow must be pushed onto or piled on your own property. Guilty parties will be subject to fines. Please familiarize yourself with our Snow Removal Policy and Snow Clearing Bylaw No. 2018-01.

SaskAgMatters Mental Health Network

SaskAgMatters Mental Health Network offers free and accessible mental health resources for agriculture producers or their support person across Saskatchewan:

- Free mental health support
- Each individual is eligible for six free one-hour sessions
- Paired with a trained and registered mental health professional who understands farming

More information: <https://www.saskagmatters.ca/>

Saskatchewan Municipal Hail Insurance

Owners of land may withdraw all, but not part, of their cultivated land from the operations of the Municipal Hail Insurance Act by filing a withdrawal application with the Association on or before **March 31st, 2024**. Withdrawal forms may be obtained from the RM Office or our website.

101 Industrial Drive, Box 40
Aberdeen, SK S0K 0A0
(306) 253-4312
Fax (306) 253-4445
rm373@sasktel.net
www.rmofaberdeen.ca

Hours:

Monday – Friday
9:00am – 5:00pm

Reeve: Martin Bettker
306-281-2273

Deputy Reeve: Kevin Kirk
306-221-7489

Div 1: Graham White
306-221-1219

Div 2: Mark Schaffel
306-380-9883

Div 3: Kevin Kirk
306-221-7489

Div 4: Real Hamoline
306-253-4603

Div 5: Paul Martens
306-230-0512

Div 6: Jim Korpan
306-220-3443

Administrator:
Bridgette Shwytky

Transfer Station

Winter (November – February) hours are in effect.

The Aberdeen Transfer Station is open Wednesdays and Saturdays from **10:00am until 4:00pm**. If you do not have a current Transfer Station card, please contact the office at **306-253-4312** or through email. Please check the RM of Aberdeen website for a list of accepted materials.

Garbage & Recycling Bins

If you have a rollout cart for garbage pickup, please remember to move your cart back onto your property after garbage day. Garbage carts left on the road or municipal right-of-way pose a hazard to motorists and snow plow machinery. Our road crew cannot fully clear roads if there are obstacles on the roadway after scheduled garbage pickup. Carts damaged by passing vehicles are the sole responsibility of the owner.

Building Permits

Building permits are only valid for **12 months** from the date on the permit. All expired permits must be closed in a timely manner. If an extension is required, please submit your request in writing along with your signature and the itemization of the work still required to be completed to the RM Office.

Contact BuildTECH Inspections at **306-370-2824** to book your inspection.

Controlled Burn

The RM Council would like to remind everyone to take extreme caution while having a controlled burn. Do not forget to register your burns:

1. Register with the Municipality: call **306-253-4312** or **306-230-1603** (Adrien Hamoline – Fire Chief) after hours and weekends.
2. Register with the Provincial Fire Center at **1-866-404-4911**.

If a passing motorist reports a fire that you have not registered with the Municipality **and** the Provincial Fire Center, you will be fined **\$1000**. If our fire department deems it necessary to call in fire fighters from neighbouring Municipalities, all costs will be forwarded to the person responsible for starting the fire. Please ensure you have proper Fire Fighting Insurance coverage.

Animals Roaming at Large

Keeping animals within your property is the responsibility of the owner. If your animals are roaming within the RM, steps will be taken to detain the animals and all costs incurred in doing so will be the responsibility of the animals' owner.

Please notify the Municipality as soon as possible of any changes to your mailing address.

The office will be closed **Monday, February 19th, 2024**

Please visit our website for more information:

www.rmofaberdeen.ca

 Find us on
Facebook

TOWN OF ABERDEEN

COUNCIL'S CORNER



Town Council meetings are open to the public.

We meet at the TOWN OF ABERDEEN Office Chambers, 401C Main Street, 7:00 pm every 3rd Tuesday of the Month. Our next council meeting is scheduled for Tuesday February 20, 2024.

Any Delegations wishing to address Council are required to complete a Delegations Policy form and have it submitted to the Town Office no later than the Thursday prior to Council meeting date. You may obtain these from the Town Office. These forms are also available on our website www.aberdeen.ca

LORAAS WASTE / RECYCLING / ORGANICS SCHEDULE

Feb 6 – Blue Bin (Recycling)	Jan 30 – Black Bin (Waste)	No Green Bin
Feb 20 – Blue Bin	Feb 13 – Black Bin	Nov. to May
Mar 5 - Blue Bin	Feb 27 – Black Bin	

RCMP Occurrence Stats (All Violations) Aberdeen #VT3

2023-10-01 to 2023-12-31

Provincial Traffic Offences	8	Sexual Offences	1
Moving Traffic – Intersection	3	Sexual Assault	0
Moving Traffic – Speeding	1	Voyeurism	1
Moving Traffic – Other	1	Assaults (Excluding Sexual Assaults)	1
Moving Traffic – Insurance	1	Assault	1
Dangerous Driving	1	Crime Against Property	3
Driving without Due Care	1	Mischief - Damage to property	3
National Survey Codes	2	Related Police Activities	2
Written Traffic Warning	1	False Alarms	1
Victim Services Offered-Accepted	1	Breach of Peace	1
		Total # of Calls for Service	17

According to Bylaw 01/2024 Garbage/Recycling/Compost Fees and increases from Loraas Disposal, the Town of Aberdeen residents will see an increase of \$2.00 per month for Garbage/Recycling (from \$25 to \$27) effective March 1, 2024

To view the bylaw either go to our website www.aberdeen.ca and click on the link under bylaws for:

Bylaw 01-2024 Garbage & Recycling Rates Bylaw

Or stop by the office and we can give you a copy.

401C Main Street, PO Box 130
Aberdeen, SK S0K 0A0
Phone: (306) 253-4311
Fax: (306) 253-4201

townaberdeen@sasktel.net
www.aberdeen.ca

OFFICE HOURS:
Monday to Friday
9:00 am to 5:00 pm

CLOSED 12:00 pm to 1:00 pm

Mayor, Ryan White
Deputy Mayor, Brian Vandenberg
Councillor, Jacquie Griffiths
Councillor, Denise Dmitruk
Councillor, Ben Levesque
Councillor, Lori Sopotytk
Councillor, Floyd Wudrick

STAFF:

Chief Administrative Officer:
Susan Thompson

Administrator Assistant:
Wanda Rance

Public Works/Maintenance Manager:
Bradley Oleksyn

Maintenance:
Mural Hingston

Bylaw Enforcement Services,
Commissionaires

Pest Control Officer:
Denis Boyenko

(deals with mice/rats/skunks)

If you see a street light is out report it directly to SaskPower <https://saskpower.streetlightoutages.com/map/default.html>

Town Office will be Closed
Monday February 19, 2024



2024 MONTHLY TAX DISCOUNTS / PENALTIES:

For prompt payment of 2024 taxes the following discounts are allowed:

- Payments received in January 6.5% discount
- Payments received in February 5.5% discount**
- Payments received in March 4% discount
- Payments received in April 3% discount
- Payments received in May 2% discount
- Payments received in June 1% discount
- Payments received in July .5% discount



Penalties for 2024 Tax arrears will be as follows:

- August 1 (compounded monthly) 1%
- September 1 1%
- October 1 1%
- November 1 1%
- December 1 1%
- On January 1, 2025 a 12% penalty will be applied to 2024 arrears**

Taxes are imposed the first day of January in each year and are due July 31.

Please remember there is NO discount for the School Portion of Taxes

Tax Estimate Notices for 2024 taxes were sent in December 2023. 2024 Tax Notices will be sent mid May, once the School Division levies have been established and the Municipal Mill Rate has been set.

REPORT SPEEDERS / CRIMES - If you come across vehicles speeding in Town or some criminal activity, please call RCMP at (306) 310-RCMP or (306) 310-7267

WHAT'S HAPPENING

The Town of Aberdeen, as part of the Strategic Planning, Community Groups were formed to bring ideas and recommendations to Council.

We look forward to working with them to grow our town. Watch for updates!!

It is very important that our main drainage ditches do not get bogged down with extra snow. If you are moving snow off your property please bring it to the snow dump site next to the lift station on 5th Ave.

SNOW REMOVAL PRIORITY

Snow removal will be done whenever there is an accumulation of snow on roadways from Monday thru Friday, and weekends by necessity only. Sand/gravel will be spread on streets and corners where icy, and as needed.

Priority 1 School Route – Central Avenue, Main Street, Second Avenue and Thompson Street

Priority 2 Emergency Services – Industrial Drive, Fifth Avenue South

Priority 3 Residential Streets

Priority 4 Alleys where required

Please Note; A layer of snow on roadways is not a bad thing, it helps protect the underground infrastructure such as sewer and water lines from freezing up in frigid temperatures.

Snowmobilers, please exit from point A to point B, do not cross private property when leaving the Town of Aberdeen. Keep safe, wear helmets and don't drink & drive.



Aberdeen & District Fire & Rescue

Year-End Report

	2023	2022	2021
TRAINING-SCBA/Jaws of Life/Emergency Vehicle&Tools/STARS Landing	41 hr	46 hr	30 hr
MAINTENANCE-Routine Maintenance on Emergency Vehicles & Tools	126 hr	135 hr	120 hr
Regular Scheduled Meetings	24 hr	27 hr	22 hr
Fire Calls	41 hr (15)	22 hr (9)	21 hr (8)
Motor Vehicle Collison	36 hr (14)	22 hr (8)	15 hr (6)
Jaws of Life Usage	2	1	1
False Alarms	11	10	7
Fire Prevention Week/Public Relations	35 hr	41 hr	32 hr
STARS Landing	4	0	0
Carbon Monoxide	3	3	3
Call-In Control Burns	116	112	129



EDUCATIONAL ASSOCIATES NEEDED IN ABERDEEN

Prairie Spirit School Division invites applications for Substitute/Casual **Educational Associates** (EAs) for Aberdeen Composite School.

Casual work as an EA may lead to a regular position with pension and benefits.

Contact the school for more information

- Call: 306-253-4333
- Email: aberdeen@spiritsd.ca



All applications must be made online at: www.spiritsd.ca



Aberdeen First Responders

wish to thank everyone for their generous donation to our Light the Tree campaign.

Come for Coffee

At The

Senior's Centre



Monday – Friday

7:00 am – 10:00 am

Closed Statutory Holidays

**Coffee, tea, and other
breakfast items available for
purchase**

Announcing

Aberdeen Community Hall

Board Members

3 Members at large – Tina Stalker, Tammy Rettger & Jackie Boyenko

Town of Aberdeen Council - Ben Levesque & Denise Dmitruk

RM of Aberdeen Council – Kevin Kirk & Real Hamoline.

CHECK OUT THE HALL PHOTOS AND SET UP POSSIBILITIES AS WELL AS GENERAL INFORMATION UNDER ABERDEEN COMMUNITY HALL RESERVATIONS

ON THE TOWN WEBSITE WWW.ABERDEEN.CA

To Book the Aberdeen Community Hall call 306-253-4690 or email townaberdeen@sasktel.net

- Available 7 days a week
 - Seating up to 400
- Banquet seating up to 350
 - Meeting room
 - Air conditioned
 - Stage
 - Dance floor
 - Walk-in cooler
 - Bar amenities
 - Catering

- ❖ Weddings
- ❖ Funerals
- ❖ Anniversaries
- ❖ Conventions
- ❖ Banquets
- ❖ Conferences
- ❖ Dances
- ❖ Family reunion
- ❖ Dinner theatre
- ❖ fundraisers

Aberdeen Library

Winter 2024

Exciting Events!

February 8th Indigenous storyteller

February 12th special valentine storytime

Second Thursday of the month Puzzle swap

LIBRARY HOURS:

MON

11AM–1PM

5PM–8PM

TUES

12PM–3PM

5PM–8PM

WED

5PM–8PM

THURS

5PM–8PM

SAT

10AM–1PM

STORYTIME 11:00 Monday's story and craft/activity fun for toddlers!

Make N Take Craft bags at the library! Come and get yours!

Follow us on **Facebook** for all upcoming programs, events, and information-



Aberdeen Branch Library! 207 Main Street

The Aberdeen Seniors Center is available to rent for gatherings and meetings or birthday parties and anniversaries, etc.

Maximum capacity is 40 people. The building is air conditioned.

\$50.00 a day includes: full use of the kitchen (fridge, stove, dishwasher, coffee maker, dishes)

For booking and more information call: **Nettie Thiessen @ 306-253-4447**

Happy NEW YEAR 2024

Wishing you peace, love, and success in the journey ahead. You are invited to our upcoming events

FEBRUARY BREAK ON AND OFF ICE TRAINING

FEB 20-23
2 DAY CAMPS
FEATURING DONNIE AND/OR ANDRII



U7/U9/U11/U13 AND U15

1 Hour of On Ice Training
1 Hour of Off Ice Training



Head to
<https://www.aberdeenrecplex.com/primal-athletics/> to see camp description, dates and times.

[AberdeenRecPlex](https://www.aberdeenrecplex.com/primal-athletics/)
For times and details- visit our website
[@aberdeenrecplex.com/primal-athletics/](https://www.aberdeenrecplex.com/primal-athletics/)
click book primal athletics now

From the ARC,
Primal Athletics and All Star Cafe

YOGA

AT THE ARC

TUESDAYS
6:30-7:30PM

Starting January 16th
for 7 classes
(Jan 16, 23, 30, Feb 6,
13, 27, Mar 5)
Join this yoga(ish)
class where we listen
to our bodies, familiar
music & stretch in a
relaxed setting.

\$72 + GST



WEDNESDAYS
7:30-8:30

Starting January 17 for
7 classes.
(Jan 17, 24, 31, Feb 7, 14,
28, Mar 6)

This class is a slower
yin(ish) practice.
Price reduction for this
class because of a small
grant received! Thank you
Primal & Prairie Central
District for Sport, Culture
and Recreation

\$36 + GST

BOTH!

Join both
classes and get
a discount!!

\$99 + GST



Saskatchewan
Parks and Recreation
Association

Recreation
An investment for life



Be sure to bring: yoga mat and water
bottle. Props are strongly encouraged.

A hot beverage is provided at the
beginning on each class

Ask about Punch Passes!

**Contact Primal at the ARC
for more information**

PRIMALATHLETICS2022@GMAIL.COM

Aberdeen Seniors...still active and still learning!

Join us for lunch at the Seniors Centre at noon on Feb. 7th. \$5 per person. Bingo immediately following the meal. You do not have to be a member to attend. Contact Nettie at 306-253-4447 for more info.



NEW in 2024!

Interested in games? Activities? Learning? Want to connect with others? Please join us on Thursday, Feb. 8th at 1:30 at the Seniors Centre for a mini Think Tank for all seniors. We NEED you and your ideas. Questions? Call Paulette at 306-230-6612 or Colette at 306-371-9990.

And a thank you to the 15 brave souls who ventured out in the cold to take part in the Online Safety training presentation by Digit SK. Knowledge is power!



News Release

About Access Communications

Access Communications Co-operative is a 100 % Saskatchewan-owned, not-for-profit co-operative that began serving customers in 1978. It is now one of the province's largest telecommunication companies. We deliver exceptional communications and entertainment services to over 235 communities and 200,000 sq. kms of rural areas. Our commitment to the community goes beyond providing internet, television, phone, and security services. We dedicate 100% of our earnings to improving the quality of life in the communities and rural areas where we live and do business. This is primarily through our AccessNow TV community channels, corporate initiatives and fundraising events, and the Access Communications Children's Fund charity. For more information visit <https://www.myaccess.ca>.



**Better
Together**

Head Office: 2250 Park Street
Regina, SK S4N 7K7

Mark Rathwell
Corporate Communications Manager
mark.rathwell@myaccess.coop
306-537-9015

FOR IMMEDIATE RELEASE
January 24, 2024

Access Communications Launches Faster Internet & Enhanced Services in Aberdeen

Regina, SK – Access Communications Co-operative (Access) is excited to announce it is now delivering faster internet, cutting-edge television, security monitoring and home phone services in Aberdeen, SK.

"We're thrilled to be offering our enhanced services in Aberdeen," said Carmela Haines, President & CEO of Access. "We know how important connectivity is across this province. We've got the right packages and services that customers need to meet every budget."

Aberdeen now has access to urban-like services, including up to 1 Gig internet speeds. This includes unlimited data to stream, game, and do what customers want with no extra fees, data caps or slowdowns. With the AccessHyperspeed+ packages, customers get AccessSmart Wifi+. This premium mesh Wi-Fi system covers the home from wall to wall with super-strong Wi-Fi.

With the enhanced services in Birch Hills, customers can now get AccessNexTV, a state-of-the-art TV and streaming platform. It features:

- **Restart TV** – up to 72 hours
- **Cloud PVR** – recordings all in one place
- **Live Guide** – see what's on right now and up to 2 weeks in advance
- **Live, local and HD** – amazing HD quality picture on nearly all channels

With app based AccessNexTV Stream (requires AccessInternet), customers can get all the features of NexTV and more:

- **Entertainment on the go** – Enjoy live and recorded TV through one app anytime, anywhere, on any compatible device
- **Universal Search** – search by name or keyword across multiple platforms
- **Cast Away** – cast movies, TV shows, photos and more from a mobile device to a TV
- **Voice Control** – voice search for a TV show, movie, YouTube video, etc.
- **Bring your own device** – the service is compatible with many smart TVs or streaming devices

The Access customer services team is available and ready to help:

Monday to Friday	8 a.m. to 9 p.m.
Saturday	9 a.m. to 9 p.m.
Sunday & Stat Holidays	10 a.m. to 9 p.m.

They can also be reached at toll-free phone at 1.866.363.2225 or by email at customer.care@myaccess.coop.

Globe Walk

Regarding an earlier post on Town of Aberdeen Community Page seeing if there was interest in forming a team to participate in the Globe Walk, an age-friendly initiative of Saskatoon Council on Aging (SCOA), partnering with Forever in Motion and Saskatchewan Senior Fitness Association

SCOA (Saskatoon Council on Aging) is a non-profit organization who dedicates their services to older adults aged 55 and up. They promote positive aging by offering resources, classes and events to all older adults within and around Saskatoon. Their website also has lots of valuable information and resources. Please refer to their website <https://www.scoa.ca/>

One of their many programs is Globe Walk. This program runs from January to April. It is a fun way to stay active this winter, it promotes healthy minds and bodies by encouraging and challenging one to keep active! This program is ANY activity! Inside or outside, alone or with others. All forms of physical activity count - dog walking, snow shovelling, walking to pickup mail, doing chores, biking, swimming, vacuuming, etc. Keep track of your distance, steps, or time. At month end, give totals (distance or time) to Team Captain, who submits totals to SCOA Globe Walk Coordinator. Challenge yourself and others, get motivated, have fun, invite friends and family to partake, or form your own team.

SIGN ME UP

Team Member Information

Name: _____

Address: _____

Postal Code: _____

Email: _____

I would like to receive Globe Walk email updates

Phone: _____

Age Category

50-59 60-69 70-79

80-89 90-99 100+

Please return this form to
your Team Captain

No team?

No Problem.

Join the SCOA team
or start your own team!

OUR SPONSORS



"It was a great incentive for me and my daughter to get active. My daughter has challenges. Since the Globe Walk, she is doing so much better, not only physically, but mentally. She now wants to remain active which is a great big plus."
Globe Walk 2022 Participant

Saskatoon Council on Aging

- 🏠 2020 College Dr., Saskatoon, SK S7N 2W4
- ✉ globewalk@scoa.ca
- ☎ (306) 652-2255
- 🌐 www.scoaglobewalk.net



DISCOVER THE BLUE ZONES 2024

Join us on a journey
to health and wellness



Where the
world's
healthiest
people live

Stay active this winter -
all movement counts!



I am happy to take a lead on this endeavor for Aberdeen and District, please email me (*Paulette Pryma* tp.pryma@gmail.com) to get your name on the team roster or for more information. We can develop this however we want (have weekly or monthly get togethers, arrange regular walking sessions, etc....welcome all ideas!). <https://scoaglobewalk.net/about-scoa-globe-walk/>

The measurement of success for this program? "Discover the Blue Zones" (Ikaria, Greece; Okinawa, Japan; Ogliastra Region, Sardinia; Loma Linda, California; Nicoya Peninsula, Costa Rica) - the top 5 healthiest places in the world! The goal for each month is to "walk" to each destination as a team, with one month to complete a destination. There are events in Saskatoon throughout this journey, one each month in Saskatoon if so desired (we can create our own in Aberdeen). This allows you to enjoy activity with others, make new friends and enjoy refreshments, however this is not mandatory. Really....the success is YOU.

Globe Walk Challenge

Challenge yourself and others who are 50+ to participate in a fun winter physical activity routine.

Stroll or roll, hike or bike, gym or swim - all physical activity counts! also includes

Vacuuming, making your bed, walking stairs, playing with grandchildren

We'll begin January 1, 2024 and count kilometers travelled through physical activity until April 30, 2024.

15 minutes = 1300 Steps = 1KM

At month end give your team captain the KM travelled through physical activity. The team Captain submits totals online.

Example to convert time to KM: Eg. 300 min divided by 15 = 20 KM or 5 hours divided by 0.25 = 20km

The Saskatoon Council on Aging is a community leader promoting positive aging for all, in an age-friendly community.

During community consultations for the Age-Friendly Saskatoon Initiative, older adults identified the need for more physical activity during the winter months. The Globe Walk Challenge is a response to that need.

- I am a SCOA member
- I would like information about SCOA membership



What are you waiting for? How to Join

Step 1: If you are on a team, go to Step 2. If you want to be a Team Captain, join the SCOA Team or form your own team, phone SCOA 306.652.2255.

Step 2: Fill out the form on the reverse of this brochure and give it to your Team Captain.

Step 3: Keep track of your distance, steps or time. Remember that all forms of physical activity count [not just walking] and that every 1 kilometre = 30 minutes of exercise.

Step 4: At month end, give your totals [distance or time] for that month to your Team Captain. The Team Captain submits team totals to SCOA Globe Walk Coordinator.

Step 5: Get motivated, have fun, invite friends and family to take part and join everyone for a celebration party at the end of the Globe Walk.



An age-friendly Initiative of the Saskatoon Council on Aging



Please contact *Paulette Pryma* at tp.pryma@gmail.com to get your name on the team roster or for more information

Sudoku

		6	8	4				
2		1		6				7
	3	9					1	
				9	8	3		
	6						9	
		7	3	2				
	4					1	3	
7				1		8		4
				3	5	7		



Sudoku is a logic-based, combinatorial number-placement puzzle. In classic Sudoku, the objective is to fill a 9 × 9 grid with digits so that each column, each row, and each of the nine 3 × 3 subgrids that compose the grid contains all of the digits from 1 to 9.



CASUAL CARETAKERS NEEDED IN ABERDEEN

Prairie Spirit School Division invites applications for Substitute/Casual **Caretakers** for Aberdeen Composite School.

Casual work as a caretaker may lead to a regular position with pension and benefits.

Contact the school for more information

- Call: 306-253-4333
- Email: aberdeen@spiritsd.ca



All applications must be made online at: www.spiritsd.ca





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Worship Service

Sunday 11:00 a.m.

Phone 306-253-4457

www.aberdeenmennonitechurch.com

St. Paul's Bergheim Lutheran Church

Worship Services **9:30AM**

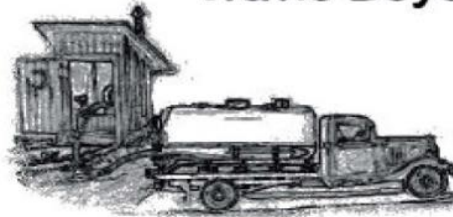
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www.sunlife.ca/kevin.posnikoff
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Joel Hamoline
SALES REPRESENTATIVE

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Ad Creation and/or modifications to submissions will be subject to a minimum \$20 service fee.

SUBMISSION DEADLINE:

20th Day of every month

**** If the 20th is a Saturday or Sunday, the deadline is the Friday before****

**Distribution date: 27th of every month
(July & Aug- no newsletter)**



General:

The Aberdeen & District Newsletter is a free publication for the residents of Aberdeen and district made possible by funding from the Town of Aberdeen, the RM of Aberdeen, advertisements, subscriptions, and donations.

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