



# ALIX TELEGRAPH

VOLUME 4, ISSUE 1      JANUARY 2018

## STRANGE NEW YEAR'S TRADITIONS FROM AROUND THE WORLD

When it comes to New Year celebrations, people have some of the strangest traditions. Some people throw bread, others burn scarecrows, and some even fist fight for good luck! Here's a look at some of the best New Year's Traditions!

### SPAIN

In Spain, the New Year's tradition for good luck revolves around grapes. If you can manage to stuff 12 grapes in your mouth at midnight, you've achieved good luck for the next year! Give it a try, but don't choke!

### SOUTH AMERICA

In some South American countries wearing colored underwear will determine your fate for the new year. Red underwear means you'll

find love. Gold means wealth, and white signifies peace. Go ahead and pick out a bright pair, but showing them off may get you in trouble!

### PERU

Every year at the end of December people in this small Peruvian village (Takanakuy) fist fight to settle their differences. They then start the year off on a clean slate. A great way to get you're anger out, if both parties are consenting.

### BOLIVIA

In Bolivia, coins are baked into sweets and whoever finds the coins has good luck for the next year. Again, don't choke!

### COLUMBIA

In Colombia they carry their suitcases around with them all

day in hopes of having a travel filled year! We don't think this will work, but it won't hurt!

### THAILAND

Besides throwing buckets of water on each other, people in Thailand also go around smearing each other with gray talc. We wouldn't recommend doing this in Canada.

### CHILE

In Chile families spend the night in the company of their deceased loved ones by sleeping at the cemetery.

### FINLAND

In Finland people predict the coming year by casting molten tin into a bucket of water and interpreting the resulting shape.

## BRAIN GAMES - ANSWERS ON PAGE 4

A. What has rivers, but no water; forests, but no trees; cities, but no buildings?

B. What always runs, but never walks; often murmurs, but never talks; has a bed, but never sleeps; has a mouth, but never eats?

C. The manufacturer doesn't

need it, the buyer doesn't want it, and the user doesn't know they're using it. What is it?

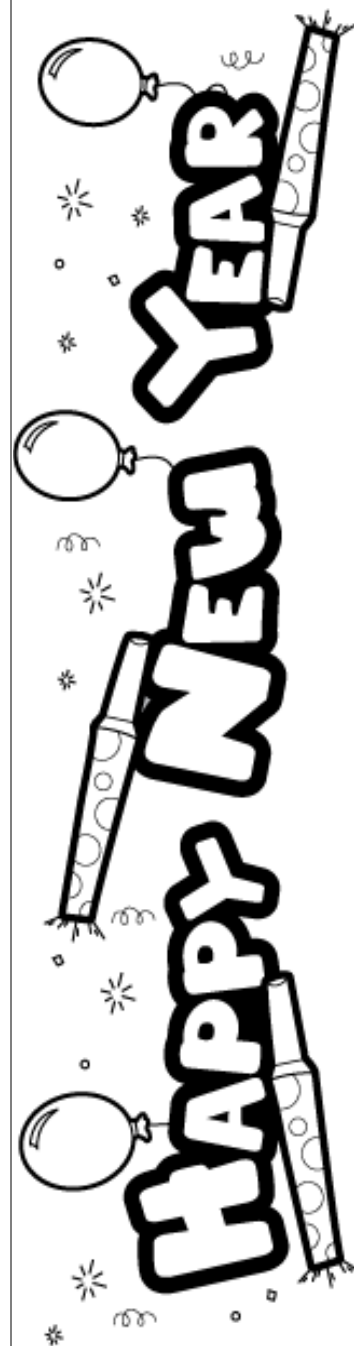
D. If you are running a race, and you pass the person in second place, what place are you in?

E. You can easily touch me, but not see me. You can

throw me out, but not away. What am I?

F. You bury me when I'm alive, and dig me up when I am dead. What am I?

G. This ancient invention allows people to see through walls, even walls made of stone or iron. What is it?



## BIRTHDAYS AND ANNIVERSARIES



Jan. 1 - Alfred Widmann, Vicky Barclay	Jan. 14 - Jake Van Ringen
Jan. 2 - Lyalla Ironside	Jan. 15 - Lori McKay, Joan Fletcher
Jan. 3 - Macklin Wipf, Sven Svendsen	Jan. 17 - Chloe Wilton
Jan. 4 - Ken Tjensvold	Jan. 18 - Dean Maltais, Seth Hackworth
Jan. 7 - Norm Stone	Jan. 19 - Jane Hushagen
Jan. 9 - Greg Kellar, Daphne Schultz	Jan. 22 - Shaelee Santee
Jan. 11 - Ron McIntosh, Kendal Guynup	Jan. 25 - Doug Howitt, Keisha Ryan
Jan. 12 - Tyson Beebe, Gord Stevens, Joanne Schmidt	Jan. 26 - Lana MacDonald
Jan. 13 - Eunice Matier	Jan. 29 - Joan Garding, Paul Wipf, Carolyn Bryant
	Jan. 30 - Shawn Raabis



### ALIX ARENA

Come on down to the Alix Arena for the best winter activities!

Public Skate:

Fridays - 3:30 - 4:45 PM

Sunday 12 - 1 PM

Shinny:

Fridays - 7 - 8:30 PM

### ALIX LAKE NATURE TRAIL

#### Scavenger Hunt Contest!

Spot as many bird nests as you can on the Alix Lake Nature Trail, and send your pictures to our Facebook page for your chance to win a FREE jar of our "Nature Trail Mix".

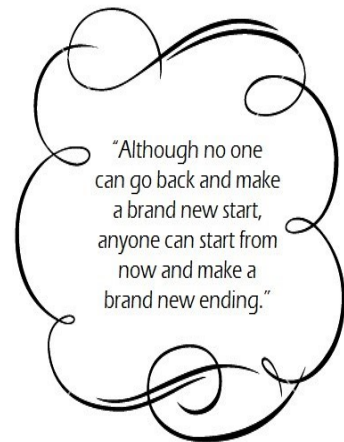
Contest runs to January 4.

[www.facebook.com/alixlakenaturetrail](http://www.facebook.com/alixlakenaturetrail)

Thank You to everyone who bought a jar of trail mix and supported the Nature Trail! With your help, we raised **\$114.00** for the trail!

The Alix Nature Trail is open all year long, and volunteers do their best to make it walkable during winter months.

Check out our FB page!



"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

## BAND NOTES FROM ALIX MAC SCHOOL

CONGRATULATIONS to the Senior Concert Band for their fantastic performances on December 6 and 8 for the Administrator's Christmas Luncheon and the CASS Superintendent's Conference!! You all represented our school and community very well and we thoroughly enjoyed the delicious buffet meal provided by our Superintendent Mr. Lovell. Well done band students!

Thank you to Tyler Flowerday and Carrie Gregson for hauling all our equipment for both performances!!

CONGRATULATIONS to the Junior Concert Band, Grade 3 Class and Sign Club for their amazing performances on December 14 for the Senior's Christmas Luncheon at the Alix hall!! The senior's were very appreciative and enjoyed the musical selections. Well done to all students!

Thank you to Mary Ward and Sarah Waldo for hauling our equipment down to the hall and back!

The Senior Concert Band is going to West Edmonton Mall for the day on Friday, December 15. Band students are to have

money for meals and entertainment.

All of our music classes from K - 12 are feverishly rehearsing for the upcoming Alix MAC Christmas Concert on Wednesday, December 20 at 1:00 and 7:00 p.m.

A huge THANK YOU to Lana Helgason for her donation of a flute and to Linda Howitt for her donation of a trombone and cheque to the band program!! Our program is funded solely by band parents and the Alix community and any donations are greatly appreciated!

JoAnne Henry - Band Director

## LIBRARY NEWS

Jan. 1 - New Year's Day - Library Closed, reopening on the 2nd.

Jan. 15. - Board Meeting, Library @ 6:30 pm

Jan. 18 - Coffee & Computers w/Laura

**Come in and get your FREE library card and start enjoying the benefits.**

**Books, movies, music, free computers, printing, audio-books, and e-services. Come in and get all your questions answered, and your free card.**

## NEW & NOTABLE

### ARRIVING THIS MONTH:

#### FICTION:

Ladies of Ivy Cottage - Julie Klassen

City of Endless Night, Douglas Preston

Dark in Death, J.D. Robb

Heart Sight, Robin D. Owens

Immortally Yours, Lynsay Sands

Love Story, Karen Kingsbury

The Heart That Was Lost, Tad Williams

The Late Show, Michael Connelly

Unbound, Stuart Woods

Viscount's Proposal, Melanie Dickerson

#### FOR KIDS:

The Caldara, John Flanagan

Magic Misfit, Neil Patrick Harris

The Haunting on Heliotrope Lane, Carolyn Keene

Dream March, Vaunda Micheaux Nelson

**Dinosaurs didn't know how to read.**

**Now they're extinct.**

**Coincidence?**

**Better safe than sorry.**

**Come to the library, and pick up a book before it's too late.**

## POPS PLAY GROUP

Join us Monday mornings in Mirror @ Living Truth Christian School, and Wednesdays in Clive @ Clive Baptist Church.  
Both 9:30 AM - 11:30AM.

We are open the same days as the local schools. If the schools are closed, we are closed.

For more info, contact Chantal @ 587.679.4521.

## BINGO

Join us for BINGO at the Alix Drop In Centre.

Coffee, Tea & Cookies: \$1

Small prizes for winners!

**Tuesday, January. 9th**



## INDOOR WALKING CLUB

Winter weather cutting into your exercise routine?

Come on down to the Alix Community Hall and walk where the weather won't get you down.

Thursdays

9:30 AM - 10:30 AM

Drop in anytime.

## TOPS WEIGHT LOSS GROUP

Looking to shed those pesky pounds in the new year? The Alix TOPS group is a healthy, peer-based group that will help you succeed!

For more information contact Della Mae Thull @ 403.747.3354.

TOPS meets every Thursday morning @ 8:45 AM.

## PAINT NITE IS COMING TO ALIX!

Brought to you by The Friends of the Alix Public Library Society....

Come on out for an entertaining night, and support a great local cause: The Alix Public Library!

CASH BAR

SIGNATURE COCKTAILS

FINGER FOODS

**Saturday February 10th**

**7 PM**

**@ Alix Lions Den**

To view the painting, and more information about the artist, as well as to buy your tickets, go to:

[www.paintnite.com](http://www.paintnite.com)

The Friends Of The Alix Public Library Society are

proponents and supporters of library services in Alix, AB. Our purpose is to bring community awareness to the library and it's services, increase programming for kids, teens and adults, as well as improve fundraising through new and exciting enterprises.

If you would like to be a part of this great group of people, please email your interest to

[fotapls@outlook.com](mailto:fotapls@outlook.com)



# ALIX & DISTRICT COMMUNITY

Alix Agricultural Society		403-747-2240
Alix & District Chamber of Commerce	Curt Peterson	403-357-9933
Alix Bottle Depot		Mon., Tues., Wed., Sat. 11-5 pm 403-747-2794
Alix Community Hall	To Book:	Contact Staff at Home Hardware
	Any other concerns:	403-350-5189
	Dave Dewald	403-747-3228
	Gord Christensen	403-747-2285
Alix Curling Club	Krystal Sorum	
Alix Drop In Centre	Everyone Welcome!	Mon. - Sat. 1:30-4:30 pm
Alix Evangelical Free Church	4619 Lake Street	Sunday School 10 am Sunday Service 11 am
Alix Family, Community & Support Society (FCSS)	Glenna Carlson	403-747-2031
	Deb	403-350-8548
Alix Figure Skating Club	Marcy Henry	403-391-3111
Alix Fire Department	Darren Hiron	403-505-3215
Alix Food Bank	Glenna Carlson	403-350-4079
	Jill Hillman	403-588-5199
Alix Girl Guide Groups	Gale Richardson	403-788-3835
Alix Lions Club	Curt Peterson	403-747-2584
Alix MAC School		403-747-2778
Alix Minor Hockey	Blane Friesen	403-597-3068
Alix Playground Society	Darlene Tucker	403-747-3129
Alix Preschool	Jill Hillman	403-747-2099
Alix Public Library	Terry Holdstock	403-747-3233
Alix Recreation	Chelsie Currier	403-747-2221 403-318-4520
Alix Trophy Club	Tim Docherty	403-741-6899
Alix United Church	Sunday Service 9:30 am, Minister: Amy Mueller DLM	403-598-0746 pastoramy@zoho.com
Alix United Church Women	Jean McDermid	403-747-2347
Alix Village Shoppe	Deidra Bagshaw	403-506-5662
Alix Wagon Wheel Museum	Donna Peterson	403-747-2584
Alix Youth Centre	Janene Anderson	403-747-2221
ANTS (Alix Nature Trail Society)	Arlene Nelson	403-318-4520
Bibs to Bookbags Childcare		403-754-5248
Carroll Club	Lillian Fair	403-747-2974
Citizens of Patron	June Churchley	403-747-2455
Community Services Board	Glenna Carlson	403-747-2031
Haunted Lakes Golf Club		403-747-2330
Haunted Lakes Pony Club	Peter Van Elmpt New Members Aged 6-21 Welcome!	vanelmptpeter@icloud.com 403-348-4563 info@canadianponyclub.org
Ripley Community Hall	Brenda Bsrritt	403-742-9827
Stanton Community Hall	Mel McBride	403-747-2220
TOPS (Take Off Pounds Sensibly)	Della Mae Thull	Alix Community Hall Thurs. 9:30 am 403-747-3354
Voice of Alix Blog		www.TheVoiceOfAlix.ca
Waste Transfer Station (Dump) Hours		Thurs., Fri., & Sat. 10-6 pm
Women's Institute	Gloria Coates	403-747-2214
	Debbie Domier	403-755-6050



**Alix Public Library**

## ALIX PUBLIC LIBRARY

4928-50 Street  
Box 69  
Alix, Alberta T0C 0B0

Phone: 403.747.3233  
Email: [alixpublic@prl.ab.ca](mailto:alixpublic@prl.ab.ca)  
Website: [alixpublic.prl.ab.ca](http://alixpublic.prl.ab.ca)

**WE'RE ON THE WEB!**

[alixpublic.prl.ab.ca](http://alixpublic.prl.ab.ca)

LEARNING,  
ENTERTAINING,  
CREATING,  
DO IT ALL AT THE LIBRARY.

The Alix Public Library would like to thank the Village of Alix Office and Staff for graciously printing this Newsletter. It is very much appreciated.

The Alix Public Library has served the community for 100+ years. We are constantly looking for ways to improve our ability to help our patrons. If you have any ideas, programs or courses you would like to see here at the library please let us know.

You can follow us on Facebook as well at [www.facebook.com/alixtelegraph](http://www.facebook.com/alixtelegraph).

Hours: Tuesday 10:00 - 4:00  
Thursday 2:00 - 8:00  
Saturday 10:00 - 4:00

Newsletters are available at:

The Alix Public Library, Village Shoppe, Village Office, Potluck Cafe, The Drop In Centre, The Pantry, Post Office, Alix Hotel, Alix Foods, Lori's Little Luxuries and Alix Home Hardware.

Online Copies available @ [alixpublic.prl.ab.ca/about-us/newsletters](http://alixpublic.prl.ab.ca/about-us/newsletters)

To have an event, birthday, anniversary, meeting, etc. added to the newsletter please contact the Library or Amie Saunders with your information.

## AHS FREE EDUCATIONAL WORKSHOP

Craving Change?

Ever feel like your eating habits are out of control? Do you struggle making a lasting change? This class may be for you!

**Change your thinking -**

**Change your eating!**

In this workshop you will:

- learn why you eat the way you do
- uncover triggers for problematic eating (emotions, situations, events, cravings)
- gain strategies for lasting change
- learn tips for a healthier relationship with food

You will also receive handouts, which include tools for self-awareness, activity worksheets and personal stories.

### Workshop Information:

**Location:** Alix Youth Centre

**Dates:** January 25, February 1 & 8, 2018

**Time:** 10 AM - 12:30 PM

Registration is required, as dates and time are subject to change.

For more information, and to register, please call the Alberta Healthy Living Program Central Zone at:

**1.877.314.6997**



Answers: A. A map. B. A river. C. A  
coffin. D. Second Place. E. Your back.  
F. A plant. G. A window.

## 3 INGREDIENT HEALTHY CHOCOLATE BROWNIES

Just three healthy ingredients are needed to whip up these dense, fudgy chocolate brownies! These flourless chocolate brownies are **naturally paleo, vegan, gluten-free and refined sugar-free!**

Ingredients:

- 3 medium, overripe bananas (approximately 1 cup or so)
- 1/2 cup smooth almond butter (or any smooth nut butter)
- 2 tbsp - 1/4 cup cocoa powder (more = richer taste)

Directions:

1. Preheat oven to 350 F. Grease small baking dish.
2. Melt nut butter. Add banana and cocoa powder and mix well.
3. Pour into dish, bake 20 minutes or until cooked through. \* Use blender for a smoother batter. Refrigerate.