



# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  Palm Sunday	3 Texas Donut  Fundraiser begins	4	5	6  Pick up DIY Easter Cookies	7  Good Friday	8
9  Easter He IS Risen!	<b>E A S T E R B R E A K</b>					15
16	17 Classes resume Grade 6 Retreat @ Church – 9 - 2  Spring plant fundraiser begins 	18 Donut pick up 3:00 – 4:30 pm	19	20 Moochigan  Lunch provided  Kindergarten – 9:15 Helen Schuler	21 20 & 5B 9:00 am Mass 	22
23	24 STEAM Day 	25 School council meeting 7:00 pm  <b>GET INVOLVED</b>	26 Grade 5 Mass in Slow Motion Assumption Church  Pick up Donuts 3 – 4:30pm  Board Meeting 6 pm	27 Grades 1, 2 & 3 Little Mermaid Jr Yates – 10 – 12  Jersey Day Assembly 	28	29



## APRIL NEWSLETTER

### PRINCIPAL'S MESSAGE

Easter season is nearly upon us and we look forward to rejoicing in the Risen Lord.

April is a short, yet busy month and we have a few special activities to look forward to.

April 20 will be a special day planned by Mr. Gaudet. **Moochigan - A Kitchen Party!** will be a day filled with Metis experiences and cultural activities. Mr. Gaudet is sharing his Metis experience and heritage with OLA. He has invited a number of guests to share their gifts and talents with us that day. Students will be treated to Metis artifacts and traditional musicians and dancers. Additionally, OLA has been blessed with access to a nutrition grant that will provide a lunch of beef stew and bannock for students in grades 1-6. We are looking forward to celebrating this exciting day together.

Additional April activities include:

1. Texas sized donut fundraiser. Orders must be received by **April 18** and delivery will be April 26.
2. **April 6** – Green Shirt Day, Logan Boulet Effect
3. **April 17** - Grade 6 retreat at Assumption Church from 9:00-2:00.
4. **April 20** – Moochigan
5. **April 24** - STEAM day activities
6. **April 26** - Grade 5 Mass in Slow Motion at 11:30
7. **April 27** - Grade 1-3 students will attend The Little Mermaid performed by FLVT students at the Yates from 10:30-11:45.



### ASSOCIATE PRINCIPAL'S MESSAGE

The long season of Lent continues upon us, but there is light on the horizon: Easter (and spring!) are right around the corner! This month, we celebrate both Jesus' crucifixion and his resurrection as we recall the theme of:

### JUSTICE



It's easy to see why we reflect on justice this month. Christ's crucifixion is the literal embodiment of **injustice**: an innocent man -- the most innocent of all -- condemned to a criminal's death in the most horrible and humiliating way possible. Yet Christ took this gladly upon himself, in part to encourage us to look to other instances of injustice in our world and speak loudly on behalf of those who can't. For our children, this is a great month to encourage them to be "unfairness detectives," looking for ways they and their classmates might be treating others unfairly at recess or in school.

There is another thing to consider this month, though. When I was in university, I took a course taught by a priest from the Ukrainian Orthodox Church, and he said something I've never forgotten: "Roman Catholics do a great job of getting Jesus up on the cross on Good Friday, but they sometimes forget to bring him down again on Easter Sunday." We've spent a long season of Lent reflecting on repentance and sin. Don't forget to partake in the joy of Easter! Many of our children still consider Christmas to be the main Christian holiday. Let's remind them that our joy and hope actually come from the sheer wonder and amazement of Easter Sunday.

### Verse of the Month

*"Praise be to the God and Father of our Lord Jesus Christ!  
In his great mercy he has given us new  
birth into a living hope through the resurrection of Jesus  
Christ from the dead."*

*-1 Peter 1:3*

## **SCIENCE FAIR**

Congratulations to all 21 participants in OLA's Science Fair; a lot of time and commitment goes into putting together a project. Thank you to Mrs. Baptista and Mrs. Calder for their guidance and organizing the event. Also, thank you to Mrs. Ellefson, Jocelyn Ellert, Tyler Munnings and Tea Jansma for judging.

And the winners are:

Grade 6 –

1<sup>st</sup>: Juliana– ‘Solar System’

2<sup>nd</sup>: Dominic & Brendan – ‘Yeggz Drop’

3<sup>rd</sup>: Amiiir– ‘How Rocks Form’

Grade 5 –

1<sup>st</sup>: MacKenna - ‘Edible Electricity’

2<sup>nd</sup>: Lily & Abby – ‘How Much Salt for an Egg to Float?’

Grade 4 –

1<sup>st</sup>: Evelyn & Charlotte – ‘Stick 2 It’

2<sup>nd</sup>: Devlyn – ‘Popcorn Popoff’

3<sup>rd</sup>: Kaelyn– ‘Fruit Batteries’

Good luck to all who enter the Lethbridge Regional Science Fair & Science Olympics being held March 31 and April 1 at Lethbridge Community College.

## **LOST AND FOUND**

We have acquired a great assortment of clothing in our blue lost and found bin. Are you missing a coat, hoodie, maybe a glove or mitten, etc.? Please ask your child(ren) to look through the items to see if anything belongs to them. Items that do not find a home will be donated.



## **SPRING PLANT FUNDRAISER 2023**

Spring is in the air and it's time to start thinking about plants! This year the Grade 6 class will be running the Spring Plant Fundraiser to raise money for their farewell activities, including a day trip to Calgary! We will again be using Growing Smiles as our plant provider. They provide beautiful, high quality plants with over 20 years of experience.

Order forms and information will be sent home on Monday, April 17. All orders will be placed online through the OLA Growing Smiles Fundraiser website.

**ORDERS ARE DUE Friday, May 12.**

Pick-up is scheduled for **Friday, May 26<sup>th</sup>.**

Thank you in advance for your support!



## **MAINTAINING A GROWTH MINDSET**

*In health class, your children are learning to develop a growth mindset. You can learn more about this and other topics we are studying in Health in your child's Spaces portfolio! Each month, we will have a theme. Discussing these themes at home will help your children develop a positive mindset about mistakes and failures!*

### **The theme for April is: I DON'T KNOW YET!**

This month students will be discussing the power of YET. Simply adding the word yet onto a statement makes all the difference in the world! Consider the difference between "I don't get fractions" and "I don't get fractions yet." That simple word transforms your confusion into a journey rather than a stopping point.

This month, students will be discussing their learning in terms of green lights (the things they understand well enough to teach another person), yellow lights (the things they are still working at but more or less understand) and red lights (things they don't understand QUITE YET). We will be working a lot on rephrasing our statements to use that magical word so that we continue to see learning as a journey and intelligence as something changeable and flexible!

### **What Can I Do at Home?**

Supporting a growth mindset at home goes a long way to helping your children on their learning journeys! A few simple steps:

- Listen for blanket "I can't" or "I don't get" statements and amend them to include the word yet -- even if they're coming from you!
- Read books such as "The Power of Yet" by Angela DiTerlizzi or "The Power of Yet" by Maryann Cocca-Leffler, and "Rosie Revere, Engineer" by Andrea Beaty
- Point out growth mindset (people who learn from their mistakes and embrace the power of yet) and fixed mindset (those who do the opposite) on TV, in books, or even in video games
- If your kids play video games, they are a great example of perseverance and the "not yet" mentality! Encourage conversations about how they have tried and failed on their way to success in their games.

Keep encouraging a growth mindset!

## SCHOOL COUNCIL UPDATE

We are excited to announce an upcoming **Texas Donut Fundraiser** running April 3rd - April 18th via School Cash Online. Orders will be available for pick up **April 26th @ 3pm - 4:30pm**. Please see the poster for further details.

Our next online School Council meeting is scheduled for **Tuesday, April 25th**. All are welcome to attend!

We apologize for any inconvenience during our Pizza 73 fundraiser. Unfortunately, Pizza 73 had internet issues for a few days. With OLA losing our fundraiser day, they are still sending our school \$200. Thank you to Pizza 73!



# **TEXAS DONUT FUNDRAISER**

Place orders on School Cash Online from **April 3rd - April 18th**  
Orders available for pick up at OLA **April 26th @ 3pm- 4:30pm**

<b>KINDS:</b>	<b>PRICE:</b>
• <b>CHOCOLATE DIP</b>	• <b>1 FOR \$6</b>
• <b>GLAZED</b>	• <b>2 FOR \$10</b>
• <b>HOMER (PINK ICED WITH SPRINKLES)</b>	

\*Proceeds go towards various school activities, trips, events and classroom gifts



# April

## Arise! Pilgrims of Hope



“...and raised us up with him and seated us with him in the heavenly places in Christ Jesus.”

Ephesians 2:6

### St. Augustine Zhao Rong 1746-1815 (Feast Day: July 9)

The Gospel likely reached China in the fifth century, with churches and missions being built in the centuries that followed. Beginning in the 1600s, there was increasing persecution of Christians and limitations on the practice of their faith, leading in many instances to the destruction of churches, and threats and punishments, from imprisonment to martyrdom. Many of those who were martyred over the course of the next three centuries were beatified, and in total, 120 were canonized as a group on October 1, 2000. Of this group, 87 were born in China, while 33 were missionaries from different orders born outside of China. These are sometimes referred to as St. Augustine Zhao Rong and Companions.

Augustine Zhao Rong was a Chinese soldier who accompanied a French Bishop (John Gabriel Taurin Dufresse) to his martyrdom in Beijing. While he accompanied Bishop Dufresse, he was struck by his patience and courage, and asked to become a Christian. Not long after his baptism, Augustine was ordained as a diocesan priest. Arrested shortly afterwards, he was martyred in 1815.

St. Augustine Zhao Rong and his fellow martyrs are a powerful tribute to the sacrifice of Christians and to the courage of humans moved by faith. When we read of such heroes, it is important to remember that they do not exist solely in history—there are, at this very moment, thousands of Christians around the world asserting their right to choose their faith against violent oppressors who want them to denounce it.



### Holy Moments In Our Schools

Kindergarten students at École St. Mary School created a personalized rendition of our faith plan theme Arise! Pilgrims of Hope. We are all on this journey together! This theme was echoed in our Spiritual Development Day on March 13, 2023. Our guest speaker, Catholic musician and evangelist Jesse Manibusan, encouraged us to continue our walk together, to see the impact that we have on each other in our schools, and to ensure that all are welcome.



### The Spiritual Works of Mercy – Bear Wrongs Patiently

Becky Eldredge notes that we often need to apply this work of mercy in our lives, for instance with a friend who is notoriously late, a colleague who continuously misses deadlines, a child who needs to be reminded often about picking up their clothes, or when a family member takes advantage of our relationship. She points out four tools we might use:

- **Naming our own wrongs:** Like most works of mercy, naming our own need for mercy is vital. The reality is we make mistakes, we sometimes hurt people or grate on another’s nerves. Naming our own wrongs helps us soften our hearts towards others.
- **Remembering when mercy was shown to us:** We can reflect back on times in our life when we know we messed up and the person impacted by our mistake offered us patience instead of anger.
- **Praying:** Prayer not only grounds us in God’s love and mercy for us, but it also provides us an outlet to honestly express our frustrations, hurts, and wrongs done to us. God transforms these areas of our lives.
- **Practice Pausing:** We can practice taking a pause before we reply or act. This allows us time to reflect on what’s happening, turn to God, and then with God’s help decide what we are being invited to do.

### The Fruit of the Spirit – Kindness

True kindness is taught to us in Ephesians 4:31-32, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

But, what is kindness? It begins with caring, being tenderhearted and compassionate. The Greek word for ‘kind’ is *chrestos*—meaning ‘useful.’ This means that kindness involves action. Truly kind people will actively look for opportunities to show kindness.

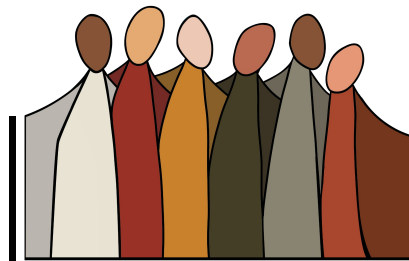
Whether it’s paying for someone’s coffee at the drive-through behind them or writing a note of encouragement to a friend, kindness requires action. Of course, action can also include words—words of encouragement, comfort, courtesy and compliments can be heartwarming acts of kindness.

Jesus Christ practiced kindness that was considered radical for that time and culture. His kindness often extended to the people that were not treated well, including the sick, poor and social outcasts. He healed them, prayed with them and fed them.

Just like Jesus, we should practice kindness, even something as small as a smile at a passing stranger. We should continue to ripen our fruit of kindness in the footsteps of Jesus, who personified the greatest example of kindness.

*(2) He is in you, he is with you and he never abandons you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope..”*

Christus Vivit



# Reflecting on the life of St. Augustine Zhao Rong...

## St. Augustine Zhao Rong Showed “Bear Wrongs Patiently”

Patiently bearing the wrongs that others do, especially to our families or ourselves, is very difficult indeed. We often feel driven to retaliate, even though Jesus exhorts us to “turn the other cheek.” We know that bearing these wrongs can be painful, and being patient in the midst of these adversities and wrongs can be challenging. But Christ shows us the way to be patient and to adhere to God’s will for us.

St. Augustine Zhao Rong also models this for us in his own life. After his conversion, he would surely have known, as did the other Chinese martyrs, that he would be facing persecution, and perhaps even death. And yet, he made the conscious choice to follow Christ and His example, answering this persecution, and enduring his martyrdom, in a way that turned the wrong into a positive end.

St. Augustine Zhao Rong and Companions, Pray for us!

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.” (Ephesians 2:6-7)



## St. Augustine Zhao Rong Showed “Kindness”

The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying “please” and “thank you” to people you interact with. Those are manners.

Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness. Kindness is more than an action when you interact with people. It’s how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

If you look through the Scriptures, you see that the word “kindness” is used within the contexts of mercy and humble servitude to one another, much like the verse in Ephesians 2:6-7. The “riches of [God’s] grace” is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.

St. Augustine Zhao Rong and his companions echoed this sacrifice in their martyrdom—the link between bearing wrongs patiently and kindness!

## Gospel Readings

April 2, 2023

Palm/Passion Sunday

### Gospel Reading: Matthew 26:14-27:66

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord, hosanna in the highest.” — Matthew 21:9

The people waved palm branches for Jesus. At that time in Israel, palm branches were used as a symbol of ‘future glory’ or ‘better days ahead.’ You would think after Jesus’ triumphant entry into Jerusalem, the days ahead would be great. However, Jesus’ mission was not to make people comfortable, but to speak the truth of God. This made many people very upset; so upset that they would rather silence the truth than face their own sin. This meant that the following days for Jesus turned into days of pain and sadness instead of celebration. Today’s Gospel walks us through the Passion of our Lord. We are entering into the holiest week of the year. Let us listen to the story of what happened after Jesus entered Jerusalem and let it move our hearts closer to our Savior.

*Dear Lord Jesus, may we walk through this week, allowing the story of the Passion to make us aware of the sinfulness in the world, and bring us deep gratitude for the price you paid when you became human.*

**What will you do this week to show gratitude to Jesus for his sacrifice?**

April 16, 2023

2nd Sunday of Easter/Divine Mercy Sunday

### Gospel Reading: John 20:19-31

“Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” — John 20:22-23

Now Jesus comes to his disciples. They have been hiding, afraid, lacking faith, thinking only of themselves. Jesus tells of a gift they will receive: the Holy Spirit. How often we act like the apostles by questioning and running. We are human just like they were. But in Jesus’ great mercy, he wanted his forgiveness to continue to be spread. He gave the disciples the power to forgive sins so that people would know God loves them so much he wants to give them the chance to start over again. Thank you Lord for your infinite mercy.

*Father in heaven, thank you for giving all of us the opportunity to be forgiven as often as we fall, as well as the chance to forgive others when they fall.*

**Have you ever found it hard to forgive anyone? That’s normal. Even if you don’t feel like you want to forgive them, you can pray to have greater understanding and compassion for them, and you can pray for them and yourself to be able to come through the hurt.**

April 9, 2023

Easter Sunday

### Gospel Reading: John 20:1-9

“...they saw and believed.” — John 20:8

Can you imagine someone you know being wrongly accused? Being hurt very badly and then killed? If that person was someone you knew to be kind, peaceful, and full of love and you saw them treated so horribly you might be angry, scared, and worried. You might even want to run away or hide, not knowing what would happen to you. This is how the apostles felt after Jesus was killed. They were hiding, hoping no one would find them. They were full of all sorts of feelings. But then they heard with news of hope and wonder – that Jesus was no longer dead, HE IS RISEN!!! How could this be? So they ran to the tomb, and when they arrived, his body wasn’t there anymore. They saw. They believed. And soon Jesus came to them in person, showing he was truly risen from the dead.

***He is Risen! Truly he is Risen! ALLELUIA!***



# Gospel Readings

April 23, 2023

3rd Sunday of Easter

## Gospel Reading: Luke 24:13-35

"Then, beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures...and it happened that, while he was with them at table, he took bread, said the blessing, broke it and gave it to them." — Luke 24:27, 30

In today's Gospel, we hear the story of two disciples who walk alongside Jesus without recognizing him. Until Jesus helped them understand the scriptures more fully and broke bread with them, they did not know it was him. In this Gospel reading, we are reminded that Jesus is always with us – even though many times we don't recognize him. Looking back, the disciples realized their hearts were burning within them as they talked to the person they thought was a stranger. Their burning hearts were a clue that something more was going on than they recognized at the time. It wasn't until Jesus broke bread with them at the table, as he had before, that they realized it was him.

*Dear Lord, continue to open our eyes to how you are with us at all times so we can better recognize you.*

**When has your heart told you something really important was happening, even if maybe you didn't understand it all at the time?**

April 30, 2023

4th Sunday of Easter

## Gospel Reading: John 10:1-10

"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. Whoever enters through me will be saved." — John 10:7-9

Sheep are the kind of animals that will only follow the voice of their shepherd because they know they can trust him. They feel safe with the shepherd and know they won't get harmed. Jesus wants us to follow his voice, which is telling us that we can trust him because he always wants what is best and most life-giving for us.

If someone was merely hired to watch the sheep, when danger came that person might run off to protect himself instead of the sheep. Jesus is saying that he will never abandon us, just like he didn't abandon his disciples.

*Dear Good Shepherd, help us to trust you, listen to your voice, and know in our hearts you will never abandon us.*

**What are some ways Jesus shepherds you?**

Download this month's [Saint Prayer Card](#) - St. Augustine Zhao Rong

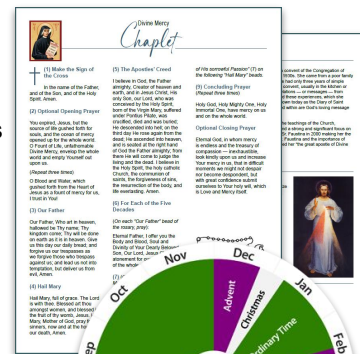


## Easter and the Divine Mercy Chaplet

When we celebrate Christ's Resurrection at Easter, you will see on a liturgical calendar the term Easter Octave. This set of eight days is really like one single day. The Octave concludes on the second Sunday of Easter - what we call today Divine Mercy Sunday. In his role as Pope, St. John Paul II said that this day was meant to be a day of "thanksgiving for the goodness God has shown to man in the whole Easter mystery." This goodness, His divine and merciful love, is shown in the death, burial, and resurrection of Christ, the Paschal Mystery that we celebrate in the Eucharist.

Many Catholics will pray the Divine Mercy Chaplet as a novena beginning on Good Friday in preparation for Divine Mercy Sunday. This devotion comes to us through St. Faustina Kowalska, a Polish nun from the 1930s, to whom Christ appeared. She was canonized in 2000 by St. John Paul II as the first saint of the new millennium.

You can find more information about the Divine Mercy, including videos and how to pray the Chaplet using your rosary, [here](#).



All-powerful, ever-living God,  
turn our weakness into strength.  
As you gave Augustine Zhao Rong and the martyrs of China  
the courage to suffer death for Christ,  
give us the courage to live in faithful witness to you.  
Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.  
St. Augustine Zhao Rong and Companions, Pray for us!

(From The Roman Missal)



**Sources:**  
[Saint Augustine Zhao Rong and Companions](#) (Franciscan Media)  
[Saint Augustine Zhao Rong and Companions](#) (Newman Ministry)  
[Sts. Augustine Zhao Rong and Companions](#) (Saint Mary's Press)  
[The Spiritual Works of Mercy](#)

[The Fruit of the Holy Spirit: What Is Kindness?](#)  
[Bear Wrongs Patiently](#)  
[Fruit of the Spirit-Kindness](#)

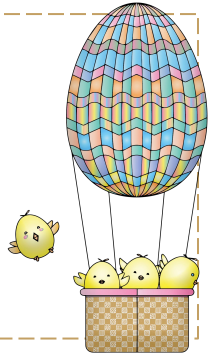
# April



## Arise! Pilgrims of Hope Journal

### WEEK ONE

Who is one person you can serve in a unique way?



### WEEK TWO

How did you show others compassion today?



### WEEK THREE

What prayer have you seen answered recently?



*If in my name you ask me  
for anything, I will do it.*

John 14:14

### WEEK FOUR

What can you do today to be kinder?







## Sweet smiles: 7 tips to support your child's oral health

April is Oral Health month in Canada. It's a great time to brush up on what it means to have a healthy mouth. This year's theme is about **sugar intake and oral health**. It encourages families to learn about sugar and make informed choices for good oral health and overall health.

This April, help your child keep their sweet smile! Try these tips to limit sugar and protect their teeth from tooth decay (cavities):

### **Talk with your child about sugar and oral health**

Sugary food and drinks increase your risk of tooth decay. Explain to your child that bacteria in our mouths break down the sugar we eat

and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

### **Teach kids to be sugar detectives!**

Show your child how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* and *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Help them choose snacks and drinks without these ingredients.

# Healthy Children

April 2023 Family Newsletter

## As a family, consider limits on sugary food and drinks

Talk with your kids about cutting back on snacks with added sugar, like candy, chocolate, and desserts. As a family, consider setting limits on sugary drinks like pop, iced tea, chocolate milk, and slushy frozen drinks. Try setting a goal you can work towards together.

## Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so kids can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

## Put away the sugar bowl

Encourage your kids to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

## Make water your family's go-to drink

Try these tips to encourage your child to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your child to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



## Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your child from getting tooth decay.

Book regular appointments for your child to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to [ahs.ca/oralhealth](https://ahs.ca/oralhealth).

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)

# TABS FOR TOTS

## PULL.COLLECT.DONATE

HELP US TURN



*Into this*



*Together We Can*

### WHAT IS TABS FOR TOTS?

"Tabs for Tots" is a program of the Alberta Elks Foundation. It provides funds for Pediatric Care & Equipment for regional hospitals and health care units. The items are typically intended for delivery rooms, nurseries or pediatric wards.

Applications to the Tabs for Tots program can be made by any Elks or Royal Purple Elks Lodge through one of its members.

Projects can receive up to \$5,000 from the Tabs for Tots Program.

### HOW CAN I HELP

Tabs for tots collects the "tab off beverage cans as well as other recyclable metals. The collection is sold for scrap and the funds collected are allocated for helping local hospitals.

### THE POWER OF TOGETHER

Collecting 58,246lbs of tabs is not easy task. Together its is possible. Together we can supply much need medical equipment to local hospitals all over Alberta. Together we can make a difference. You don't have to be a member to help.

### *Did you know?*

Tabs are being collected in communities in a number of different ways involving schools, day cares and by local trades donating materials after a job has been completed

Alberta Elks Foundation



Helping  
Regional  
Hospitals  
Since 2000

## ABOUT US



[www.elksfalberta.ca](http://www.elksfalberta.ca)

The Alberta Elks Foundation created the Tabs for Tots program in June of 2000 under the direction of Brother Nick Henger. Since its inception the program has collected 58,266 lbs of tabs, 123,876 lbs of other metal which equals \$176,452.75. As a result Tabs for Tots has been able to donate \$170,711.67 worth of pediatric medical equipment to our local hospitals.

***St. Mary's School in Taber and St. Michael's School in Bow Island are both collecting pop tabs until May 31! We welcome all tab donations to either school for this worthy cause!***