

*May 2020*



**ATTENTION DADS**

**SCHOOL'S ARE CLOSED AND  
MOTHER'S DAY IS MAY 10TH;  
YOU BETTER GET CREATIVE FAST**

***WARBURG FCSS & RECREATION***



# Family violence during COVID-19

Help is still available even if you are infected or in isolation

## Family violence

Family violence is an abuse of power in a family or other trusting relationship where people rely on each other. When someone experiences family violence, their well-being, security and survival are threatened.

Rates of family violence increase during and following natural disasters, public health crises and economic downturns. It is important to know where you can turn if you are experiencing family violence during the COVID-19 pandemic.

**Call 911 if you or someone you know is in immediate danger.**

Police and RCMP will respond even if you have COVID-19 or are in self-isolation or quarantine and experiencing symptoms.

## Child abuse

With the added stress and time together caused by a public health crisis like COVID-19, families with unhealthy relationships are more likely to experience child abuse. If you suspect child abuse, it is your duty to report it.

Children's Services will respond to cases throughout the COVID-19 pandemic. Call **1-800-387-KIDS (5437)** to report.

## Elder abuse

As older adults are more at risk during the COVID-19 pandemic, there is an increased need for them to practice social distancing and self-isolation. This may make them more vulnerable to abuse.

The **Family Violence Info Line (310-1818)** can assist with information on elder abuse shelters and community resources. To learn more, visit [alberta.ca/seniors-and-housing.aspx](https://alberta.ca/seniors-and-housing.aspx).

### Family Violence Info Line

Call **310-1818**.

Available 24/7 in over 170 languages.

Chat online with the info line at [alberta.ca/SafetyChat](https://alberta.ca/SafetyChat), available daily from 8 a.m. to 8 p.m. in English.

## Social isolation

We are asking all Albertans to practice social distancing to help protect themselves and limit the spread of COVID-19. To protect yourself and others, keep at least six feet away from others when going out for groceries, medical trips and other essential needs.

Isolation is a risk factor for family violence. Many people who experience family violence use the support of friends and family to manage their situation.

To learn more visit [alberta.ca/EndFamilyViolence](https://alberta.ca/EndFamilyViolence)

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Social distancing and self-quarantine or isolation during the COVID-19 pandemic can make it more challenging to access valuable relationships, but there are ways to stay connected.

If you are in self-isolation, quarantine, lockdown or experiencing any COVID-19 symptoms, stay connected through phone, text, video chat or social media.

## Find your supports

### Personal supports

Being connected with friends and family helps people be more resilient. Consider different ways to stay with important people in your network.

Remember to support people in your community who are caring for others.

### Supports for Albertans

Women's shelters, child advocacy centres, sexual assault centres and many other family violence supports are adapting to the COVID-19 pandemic to continue to offer support.

The **Family Violence Info Line** is available toll-free to all Albertans. They can connect you with resources available near you and help you make a safety plan. Call **310-1818** to get help 24/7 in over 170 languages.

An anonymous web chat is available daily from 8 a.m. to 8 p.m. at [alberta.ca/SafetyChat](https://alberta.ca/SafetyChat).

## What you can do

You can help support someone experiencing family violence by:

- Recognizing if someone is acting differently, seems out of character or is afraid or fearful
- Empathizing with the person experiencing family violence
- Asking what they need and how you can help them
- Listening to what they want and finding ways to stay connected

## COVID-19 supports

More information about the Alberta government's response to COVID-19 can be found at [alberta.ca/COVID19](https://alberta.ca/COVID19).

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To learn more visit [alberta.ca/EndFamilyViolence](https://alberta.ca/EndFamilyViolence)

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Text **COVID19HOPE** to **393939** to subscribe.

Feeling Stress, anxiety and/or depression due to the Covid-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope - a free service providing three months of daily Cognitive Behavioural Therapy based text messages written by mental health therapists.

An Alberta based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviors that a pandemic might provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.

## How to Connect

Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports.

It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

**Stay Safe**

**Stay Home**

**Physical Distance**

**Wash Your Hands**

**We'll get through this Together!**

## Flexibility for Taxpayers

In order to provide greater flexibility to Canadians who may be experiencing hardships during the COVID-19 outbreak, the Canada Revenue Agency will defer the filing due date for the 2019 tax returns of individuals, including certain trusts.

- For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020. However, the Agency encourages individuals who expect to receive benefits under the GSTC or the Canada Child Benefit not to delay the filing of their return to ensure their entitlements for the 2020-21 benefit year are properly determined.
- For trusts having a taxation year ending on December 31, 2019, the return filing due date will be deferred until May 1, 2020.
- **The Volunteer Income Tax Program is still running out of Warburg FCSS's Office. Please call 780-848-2828 and Tami can assist you!!!**

### LAI D OFF DUE TO WORK CLOSURES?

- Apply for regular EI benefits
- You will need 700 work hours in last year
- You will need a ROE saying you've been laid off from your employer to get benefits
- There is a 1-week wait period (so you will not be paid for 1 week)
- Apply online:  
<https://www.canada.ca/en/services/benefits/ei.html>
- Call 1-800-206-7218 for more info

### UNABLE TO WORK DUE TO SELF-QUARANTINE?

- Apply for EI Sickness benefits
- You will need 600 work hours in last year
- You do not need a ROE or sick note to qualify
- The 1-week wait period has been waived.
- Apply online:  
<https://www.canada.ca/en/services/benefits/ei.html>
- Call 1-833-381-2725 for more info

### LAI D OFF AND INELIGIBLE FOR EI?

- Apply for the Emergency Support Benefit.
- Amounts and eligibility has not yet been announced.
- **Applications will be available in April** via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### SELF-QUARANTINED & INELIGIBLE FOR EI?

- Apply for the Emergency Care Benefit for workers not eligible for EI (including self-employed) who are sick with COVID-19, quarantined, or taking care of a family member with COVID-19.
- Up to 15 weeks of benefits, up to \$900 bi-weekly.
- **Applications will be available in April** via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### UNABLE TO WORK DUE TO SCHOOL CLOSURES?

- Parents with children who require care due to school closures can apply for the Emergency Care Benefit.
- 15 weeks of benefits, up to \$900 bi-weekly.
- **Applications will be available in April** via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### DO I QUALIFY FOR WORKSAFE BENEFITS?

- WorkSafe benefits are not available for preventative measures or non-work-related exposure
- Only file a claim for COVID-19 virus infection contracted through work-related exposure.
- Call 1-888-967-5377 for more info



# mental health supports



## COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

### What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

### Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

### What you can do to cope

- 📱 **Stay active and keep yourself busy** with activities you enjoy.
- 👤 **Stay connected** with friends and family while still practising physical distancing.
- ⚖️ **Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
- 🧘 **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
- 🏃 **Take care of your body** by eating and sleeping well, exercising, and meditating.
- 🆘 **Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

### If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit [www.ccsa.ca](http://www.ccsa.ca) or [www.mentalhealthcommission.ca/English/covid19](http://www.mentalhealthcommission.ca/English/covid19)



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



Financial contribution from

Health Canada Santé Canada



Canadian Centre  
on Substance Use  
and Addiction

Evidence. Engagement. Impact.

## Resident Information

### Sunnybrook Transfer Cards

Sunnybrook Transfer Cards will be available again for the Warburg Spring Clean-Up. As the office is closed to the public, we had to get innovative with our plan. During the week of May 11-15 (and only during that week) the outside door to the office will be unlocked. Staff will meet you at the inside door to get your name and address and they will then pass the card to you under the door. Cards are one per household at no cost for the Spring Clean-Up. If you are picking up for a neighbour or family friend that resident must contact our office to advise who is picking up their card.

### Bylaw Enforcement

Please note that our Bylaw Officer, Mr. Barry Rasch, will be patrolling the Village and enforcing Village Bylaws. Warnings and/or Fines or Notice to Remedy Orders will be issued for the following:

- Unsightly Premises
- Parking on the Boulevards
- Unlicensed Dogs
- Unlicensed Cats
- As well as other Village of Warburg Bylaws.

Bylaw questions or concerns can be made directly to Mr. Rasch at 780-983-2096. Complete Bylaws are available from the Village office or online at [warburg.ca](http://warburg.ca)



Want to help keep our community beautiful? The time has come for some Spring cleanup! (yes, it's FINALLY Spring!) Add an extra element to your walk, AND have a chance to win some Warburg Bucks for your efforts! "Pitch In" Garbage Bags and rubber gloves are available at the Village Office; when you come pick your Spring Dump card, ask for a bag as well! If you can fill it up and it doesn't fit in your bin, let us know and we will come collect it! AND, for everyone who fills a bag and takes a picture of either during or post cleanup, you will be entered into a draw for some Warburg Cash!!!! Just send the pictures via Private message to the Village of Warburg Facebook Page!

Please be advised that all events originally scheduled within the community up to the end of June have been cancelled until further notice. This list includes but is not limited to:

- \* Senior's Centre - Tues Quilting, Weds Card games
- \* Legion - Pancake Breakfast
- \* Heritage Days/ Derby
- \* All Early Childhood events/Stay and Plays\
- \* All in-person Summer Programming

As you are all aware, the situation is ever evolving, and we will make best efforts to inform you of any further cancellations or rescheduled events as they become available.

**\*\*\* the Village of Warburg Office is currently closed to the public\*\*\***

Please go to the Village website at [www.warburg.ca](http://www.warburg.ca) for more information on the crisis.

All essential Village services will be covered.

For Emergencies or should you have any questions, please contact the Office at 780-848-2841 or by email at [village@warburg.ca](mailto:village@warburg.ca). Staff will still be available during regular business hours.

Payments to the Village can be made via e-transfer, or through your bank. If paying by cheque or cash via the drop box, please include the bottom portion of your invoice.

Tami with FCSS can be reached at 780-848-2828 or [fcss@warburg.ca](mailto:fcss@warburg.ca). There are no in person sessions but she is still in the office Tues Weds Thurs to assist you.

Please also note that the Community Park , School Park and Splash Park are currently closed as well. Please do not use these Community facilities as we try to keep Warburg and it's residents healthy and safe.

We truly thank you for your compliance and understanding during this difficult time, and are sorry for any inconvenience this may cause.

On April 29th, 2020 it was discovered that the West side of the Arena was vandalized. Anyone with any information on this crime is asked to contact the Village Office at 780-848-2841 or the Thorsby RCMP Detachment at 780-789-3951.



# FROM THE WARBURG PUBLIC LIBRARY

Warburg Library is closed to the Public. Staff is at the Library Tuesdays, Wednesdays and Thursdays to take phone calls and let patrons know

which services they can still access, like resources, hoopla and overdrive, both are free to patrons with a trac card. YRL and Warburg Library can help Patrons with obtaining a TRAC card.

Warburg Library: 780-848-2391 and YRL: 1-877-962-2003 then press 0 for the main line and to talk to Someone or to leave a message. Thank you for your patience and stay safe and healthy

## COVID-19 Update

April 27, 2020, We hope this finds you and your loved ones well and safe. Here is an update on the TD Summer Reading Club and how it is impacted by the COVID-19 pandemic.

In light of the current situation across Canada, we regret to inform you that the TD Summer Reading Club (TDSRC) partners have made the decision to cancel the distribution of the physical program materials for summer 2020. The almost 4 million pieces of program materials will be stored and distributed in the spring of 2021. We feel this is for the best both in respecting the physical distancing measures currently in place and in being environmentally responsible.

The good news is that the TDRSC already has a robust [online program](#), so for this year we will shift to **online exclusively**. **The online program for kids kicks off on June 15th!**

The TDSRC team is committed to continuing to support Canadian libraries and families through these difficult times, stay safe everyone!



## **Important links for up to date information:**

<https://www.albertahealthservices.ca/>

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

<https://www.leduc-county.com/en/county-government/covid-19-coronavirus.aspx>

<https://www.leduc-county.com/en/county-government/covid-19-social-services-supports.aspx>

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

## Seniors' Centre Without Walls

A seniors' centre from the comfort of your own home! Join us for a variety of interactive telephone-based social and health programming, free of charge. Provides opportunities to socialize, learn new skills and stay connected. New series of participant-selected topics every four months. Program funded in part by the Government of Canada's New Horizons for Seniors Program.



Are you feeling stuck inside the home lately and missing that bit of social interaction? Are you interested in games, guided exercise sessions over the phone, nutrition chats, reliving memories of trips, educational sessions (i.e., grief, caregiving, etc.) - amongst many others? Maybe you just want to check in and listen to others. You can do that with us!

**Seniors Centre Without Walls** is a seniors' centre from the comfort of your own home! A variety of interactive telephone-based social and health programming is provided, free of charge. Socialize, learn new skills, and stay connected. New series of participant-selected topics every four months.

To access:

- 1) Dial the toll free number: 1-855-703-8985**
- 2) You will hear an automated voice with the following message: *Welcome to Zoom. Please enter your Meeting ID # followed by the # : 225.573.6467 \*\*\* if you hear that this meeting does not exist, please check that you have entered the correct number and try again***
- 3) The next message will be the following: *"Please enter the participant ID or press the pound key" Just press #.***
- 4) The next message will ask you to state your name and press the # key. Please state your first name only.**

**\*\*\*For our current full schedule of programs please visit [edmontonsouthsidepcn.ca/scww](http://edmontonsouthsidepcn.ca/scww) or call 780-395-2626\*\*\***

Here are just a few of the programs offered:

**Exercise Classes:** All exercise classes have varying levels of difficulty and exercises can be modified to suit your needs! Home, seated & Strengthening exercises available.

**Games:** BINGO, Family Feud, Jeopardy, Memory Practice, Trivial Pursuit, Super Sleuths and more!

**Nutrition for Health:** Get up-to-date healthy eating information from registered dieticians and share tips and cooking ideas.

**\*\*\* check the latest schedule for full offerings - these programs are all FREE!!!\*\*\***

# RV Park

## 5307—48 Street



# May 2020

With strict control measures to prevent COVID spread.



- 50 Amp Power, Water & Sewer \$30.00/day
- Weekly \$150.00/week
- RV Dump \$5.00/use



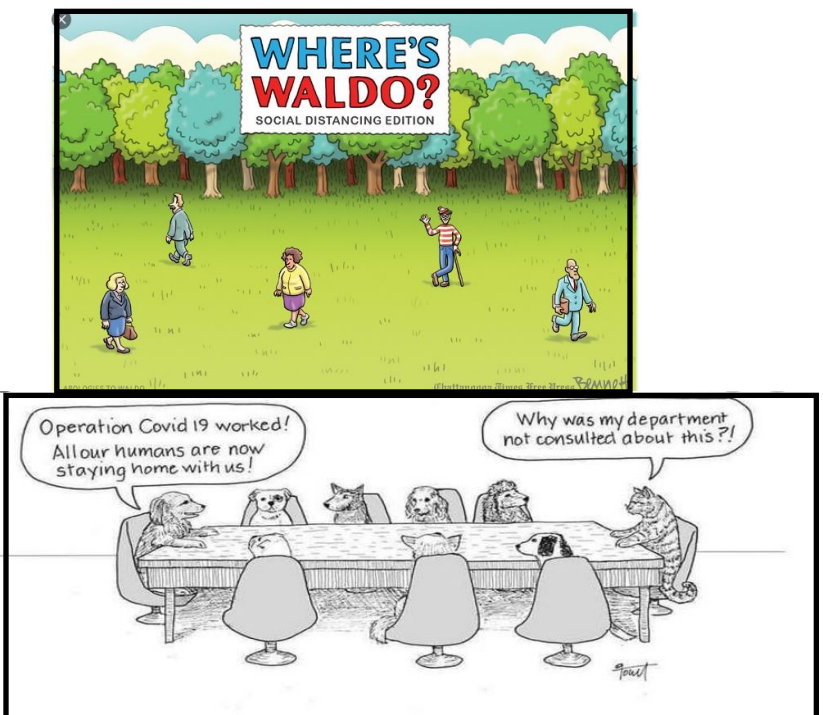
780-848-2841  
cao@warburg.ca



# Scavenger Hunt

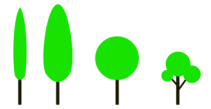


Are you ready for an adventure?? We have compiled a "Physical Distancing" friendly Scavenger hunt, open to all of our wonderful community members! On the following page is a list of things to either find, or do. As we need to be inventive with our contests, we are asking that you snap photos or quick videos of each of the items/tasks that you've completed and send them to The Village of Warburg's Facebook Page, via Private Messenger. When you do, please let us know if it is alright if we share your images publicly. Try and complete the list, and have some FUN with it!!!! This is the perfect activity to get the whole family involved in! All participants who submit proof of at least ten of the completed items/tasks will be randomly entered into a draw for a fabulous Warburg Prize!!!!



# Scavenger Hunt

- ★ Learn a TikTik Dance! (you can YouTube one!)
- ★ Invent a new Yoga Pose - Name it and take a photo!
- ★ Find something outdoors that's Prickly
- ★ Find something outdoors that's Smooth
- ★ Find a non domesticated animal
- ★ Show us your best "Isolation" look!
- ★ Dress as your favorite Netflix Character
- ★ Capture your reflection on something other than a mirror
- ★ Make a Smore - be creative with your ingredients!
- ★ Execute a Human Pyramid
- ★ Spell "Warburg" with objects found in nature
- ★ A White Chevy Truck
- ★ A Canadian Flag flying outside
- ★ A painted rock (if you can't find one, make one!)
- ★ Wear one article of clothing in a way other than it's intended



# 2020 Grassroutes

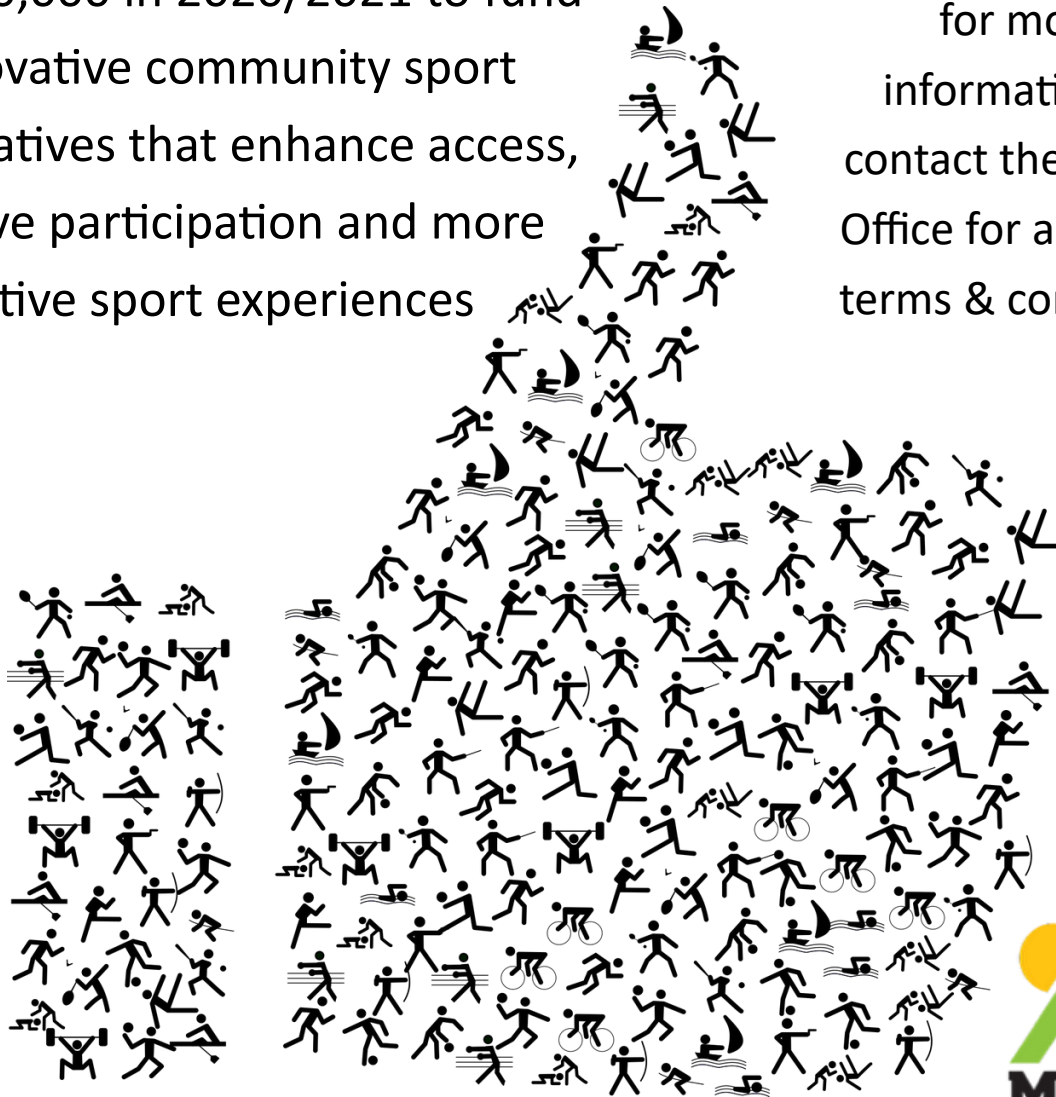
## Community Sport Innovation Challenge

Visit

[makadiffsports.org](http://makadiffsports.org)

\$250,000 in 2020/2021 to fund innovative community sport initiatives that enhance access, active participation and more positive sport experiences

for more information or contact the Village Office for a copy of terms & conditions



### PLEASE NOTE:

The Makadiff Sports Board of Directors has recently decided to extend the Challenge program grant submission deadline date from June 1, 2020 to

**Friday, July 31, 2020 - 5:00pm MST.**





# Council Notes

**Council Notes:** *Complete Minutes are available on our Website once approved at the next month's council meeting.*

## **April 14, 2020 Minutes**

### **Donnelly & Co. LLP**

On behalf of Donnelly & Co LLP, Pei San Chan presented to Council.

Council resolved that the Consolidated Financial Statements for the Year Ended December 31, 2019, the Report of the Auditor, Letter of Representation, the Municipal Financial Information Return and the Parks, Recreation and Cultural Services Areas of Mutual Benefit to Rural and Urban Residents for the Year Ended December 31, 2019 be approved as presented and that the Capital Assets be amended on the Financial Statements to reflect the Arena Addition.

### **LRHF—Nancy Laing**

Nancy Laing, on behalf of the Leduc Regional Housing Foundation presented to Council via telephone.

### **Tax Sale Date Deferred**

Council resolved that the date for the Village of Warburg Tax Sale be deferred from June 30th to September 30th, 2020.

### **Development Permit Application**

Council resolved that existing truck parking permit #VOW10 be extended for an additional 6 months.

Council resolved that Development and Building permit #01/20 be refused as the application for a mobile home is not included as a permitted or discretionary use in the residential zone stated.

### **Dog Request**

Council denied the request to have 3 dogs as per Bylaw #99/10.

### **Leduc & Area VTRA Protocol**

Council resolved that the Village sign the updated Leduc & Area Regional Collaborative Service Delivery Violence Threat Risk Assessment Community Protocol.

### **Grassroots Community Sport Grant**

Council resolved to forward the information in regards to the Grassroots Community Sport Innovation Challenge Grant to the school and broadcast it via social media.

### **Policy #8/91**

Council approved Policy #8/91 titled Sewage Disposal.

### **AUMA Electricity Aggregation**

Council approved and resolved to sign the Electrical Aggregation Authorization Form under the AMSC Energy Program.

### **Policy #46/06**

Council approved Village of Warburg Policy #46/06 and #46/06B being the Advertising for Committee/Board Members Policy as amended

### **GFL Contract**

Council resolved to work with the 39/20 Alliance to renegotiate the Village's waste disposal contract.

### **Grant**

Council resolved to apply for a grant offered through the Provincial Government for the Arena Project and Paving Project.

### **Roads**

Council resolved to restrict heavy trucks access to 51st Avenue from 51st Street to 53rd Street.

\*\*\*\*\*

### **Council Meetings**

Upcoming Regular meetings of Council will be held on Monday, May 11, 2020 @ 7:00 pm. Please note: All documents and notice of delegation intended to be submitted to the Council must be received by the CAO not later than 4:30 p.m. on the **Monday** of the week prior to the meeting. Meetings are open to the Public.

THE GREATNESS OF A COMMUNITY  
IS MOST ACCURATELY MEASURED  
BY THE COMPASSIONATE ACTIONS  
OF ITS MEMBERS.

# MAY 2020

| Sun                | Mon                          | Tue | Wed | Thu | Fri | Sat |
|--------------------|------------------------------|-----|-----|-----|-----|-----|
|                    |                              |     |     |     | 1   | 2   |
| 3                  | 4                            | 5   | 6   | 7   | 8   | 9   |
| 10<br>Mother's Day | 11<br>Council Meeting<br>7pm | 12  | 13  | 14  | 15  | 16  |
| 17                 | 18<br>Victoria Day           | 19  | 20  | 21  | 22  | 23  |
| 24                 | 25                           | 26  | 27  | 28  | 29  | 30  |
| 31                 |                              |     |     |     |     |     |

Pick up your free dump card!