



Booi

# WARBURG

OCTOBER



## FCSS/RECREATION NEWSLETTER

We acknowledge that we are on traditional territories of the many First Nations, Métis, and Inuit in Alberta and express gratitude and respect for the land we use, pledge to end systemic racism, commit to advancing reconciliation and partnering with Indigenous peoples in our work.

# Leduc County FCSS fall programs



Leduc County FCSS is hosting a number of online and in-person programs in fall 2023. Online program participation requires internet access by computer, laptop, tablet or smartphone.

Registration is required! Call 780-979-2385 or visit [leduc-county.com/community-family](http://leduc-county.com/community-family).

Thursday, October 12 6 – 7:30 pm Online

## Masculinities and healthy relationships

Centre for Sexuality

The Centre for Sexuality works to engage men and boys to promote healthy relationships and violence prevention. This interactive workshop explores how social norms about masculinity and gender roles can impact healthy relationships and safety in both personal and professional contexts. Participants will leave this workshop with practical tools to respond to sexism, homophobia, and transphobia, and better understand how norms of masculinity can impact healthy relationships.

Tuesday, October 17 6:30 – 8 pm Online

## How to preserve relationships in difficult moments

Kim Silverthorn, B.A., R.P.C., M.P.C.C., C.T., Tacit Knowledge

Sometimes the people closest to us can act in ways that seem offensive or disrespectful. These moments do not have to end in conflict and bad feelings. Join us to learn ways to manage your important relationships even when things get challenging.

Tuesday, October 24 12 – 3 pm Telford Hall

## The rural seniors wellness initiative: video screening, snacks and connection

Kris Marks, VIV Mental Health

What does it mean to age purposefully? What does retirement mean to you? Join us for a one-time-only video screening event, tailored specifically to our older adult community in Leduc County. Learn about future opportunities in how YOU can become involved and ultimately make a lasting impact on the existing stigmas and perceptions surrounding aging.

Tuesday, October 24 6:30 – 8 pm Online

## Setting boundaries

Kim Silverthorn, B.A., R.P.C., M.P.C.C., C.T., Tacit Knowledge

Many people struggle with knowing how to find a balance between caring for others and caring for themselves. Join us to learn more about how to recognize and set healthy boundaries, so you can maintain a healthy balance of time and energy in your own life (especially during the holiday season).

## Save the Date

WARBURG CURLING CLUB 70TH ANNIVERSARY CELEBRATION  
Nov 18, 2023

Warburg Curling Club is celebrating our 70th Anniversary on Sat. Nov 18th- Stirling Spiel, Banquet and commemorative program and booklet!

\*Stay tuned for ticket sale info!

70TH ANNIVERSARY CELEBRATION OF THE VILLAGE OF WARBURG

December 31, 2023

Supper & Dance- Herding Cats

\*Stay tuned for ticket and event info!

\*Celebration of the Village of Warburg being formed

WARBURG ANNUAL CHRISTMAS BAZAAR  
November 24, 2023

10-2 p.m.







## Seniors Assisted Transportation Subsidy

*Pilot project Sept. 1 to Dec. 31, 2023*

The cost of transportation can be a barrier for many rural seniors. Leduc County FCSS provides a subsidy to eligible older adults (65+) who need transportation for medical appointments. Drive Happiness is a non-profit that provides safe, reliable and affordable assisted transportation to low-resource seniors.

### Eligibility

- ▶ At least 65 years of age
- ▶ Resident of Leduc County, Town of Calmar, Town of Thorsby or Village of Warburg
- ▶ Have sufficient mobility to enter and exit vehicles independently

### Number of rides

- ▶ Seniors 65 years to 79 years are eligible for five free round trips for medical appointments.
- ▶ Seniors 80 years and older are eligible for 10 free round trips for medical, recreational, social or supportive needs.

### Memberships

All program participants are required to purchase a Drive Happiness annual membership. Membership fees are determined by Drive Happiness and are based on household income.

### How to apply

Contact Drive Happiness at **780-424-5438** or **1-888-336-4503**, or fill out an application at your local FCSS office.

Learn more at [leduc-county.com/adults-and-seniors](http://leduc-county.com/adults-and-seniors).



# WOMEN'S SELF DEFENSE COURSE

TAUGHT BY DAVE @ KRAV MAGA SOLUTIONS

**\$25.00**

INCL. COURSE-  
LUNCH

**EMPOWERING WOMEN  
THROUGH SELF-DEFENSE  
EDUCATION**

**SATURDAY NOV 4TH 9-5**

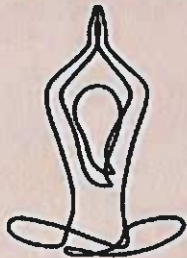
**WHERE: WARBURG COMMUNITY HALL  
DATE: SATURDAY NOV 4TH  
TIME: 9 AM-5 PM-  
LUNCH IS INCLUDED!**



**REGISTER WITH SHAUNA -  
FCSS@WARBURG.CA OR 780-  
848-2828 . MIN 10, MAX 30  
PARTICIPANTS**



# THORSBY WELLNESS FAIR



*“Home Run to Health”*

**October 14, 2023**

**9:30 am – 3:00 pm**

**Thorsby Field House at Arctic Spa Recreational Complex  
Invitation to Men, Women, and Youth 12+**

## **FREE EVENT**

**Lunch and refreshments included**

**Must pre register in person at the Arctic Spa Recreation Complex  
or online at [www.thorsby.ca/recreation](http://www.thorsby.ca/recreation)  
(No Drop in's at the door, sessions & seating limited)**

## **GUEST SPEAKERS**

**Tiffany Dowhan “High Heels and Spurs”**

**Country recording artist, Entertainer, Speaker, Entrepreneur & Philanthropist**  
*Tiffany's passion is to empower others with the truth of who they have been created to be; through the power of music, the High Heels & Spurs Self Esteem Program and building strong, community orientated businesses & relationships.*

**Mindful Breath Practice and Chair Yoga with Heidi Hough (wear comfy clothes)**

**Create your own Wellness Toolkit– Kristin Gitzel**

**Local Comedian – Giselle Messer**

## **BREAK OUT SESSIONS**

*Pick 1st, 2nd, or 3rd choice*

- 1. Exercise Machines Demonstration in our gym with Melinda Pharis**
- 2. Jin Shin Jyutsu Demonstration – Robin McKay (not handicapped accessible)**
- 3. “Finding Your Happiness” - Kim Silverthorn**

**Children's Activities – MUST PRE-REGISTER - ages 4-11 from 1-3 pm in  
the Craft room - call Mikayla Leibel at 780-789-4004 (Limited room)**

**Event Sponsored through the RMH Grant Projects**





# WARBURG PLAYSCHOOL'S FAMILY HALLOWEEN DANCE

**Friday, October 27th  
7:00 PM - 12:00 AM  
Warburg Community Hall**

**Cash Concession / Cash Bar  
Raffle Table / 50/50  
Pumpkin Carving Contest  
Costume Contest / Haunted House  
Free goodie bags for the first  
150 children!**



**ADMISSION:  
0-3 : FREE  
4+: \$5.00**



# Girl Guides

Warburg Girl Guides  
Thursdays 5:30-7:00pm  
Warburg Community Hall  
Contact # 780-999-3913

**WARBURG MUSEUM**  
COFFEE AND PIE  
RUNS THE FIRST SATURDAY OF EACH MONTH!

TOURS CAN STILL BE ARRANGED THROUGH  
SUSIE (780-848-2507) OR JOAN (780-621-7174)



FREE Online Workshop (Fall 2023)

# SENIORS CENTRE



## NEWS



Everyone  
welcome to  
join any  
event/lunch!



CARDS  
1 PM EVERY WED.

SOUP & SANDWICH  
EVERY 3RD WEDNESDAY OF THE MONTH  
(\$10.00)

SENIORS CLUB MEETING  
EVERY 3RD WEDNESDAY OF THE MONTH

TAI CHI (10-11 AM)  
CLASSES EVERY WEDNESDAY (\$2.00)

QUILTING TUES & THURS @ 9:30 (\$2.00)

## Home Safety



for Infants & Toddlers

This interactive workshop will explore the common causes of childhood injury, including falls, poisoning, burns, and breathing emergencies.

Parents and caregivers will have the opportunity to ask questions and learn simple strategies for building a safe home for the whole family.

Time: 1 Hour  
Location: Online (Zoom)  
Upcoming Dates:

- Sept. 12 @ 10:30am
- Nov. 7 @ 6:30pm
- Oct. 12 @ 1:30pm
- Dec. 7 @ 10:30am

Please review the Eventbrite page to register and view other available workshops.



**Presented by:**  
Edmonton Zone  
Population Health Promotion  
Injury.PreventionEdmonton@ahs.ca







# 16+ RECREATION VOLLEYBALL

- Recreation Volleyball starts back up every Tuesday (Unless school is closed)
- 7pm-9pm
- \$2.00 drop in and a great attitude, we have all levels of skill so come down and enjoy a great way to get out!
- Don't forget to sign your waiver!
- Warburg School (South west community access entrance)

## CONTACT

Shauna WARBURG FCSS/REC

780-848-2828

[fcss@warburg.ca](mailto:fcss@warburg.ca)



# PICKLEBALL RECREATION NIGHTS

RUNS EVERY THURSDAY UNLESS SCHOOL CLOSED

Calling all pickleball players! It's time to gear up and get ready for our Pickleball season. Whether you're an experienced player or new to the game, this recreation night is for you!

- \$2.00 drop in
- 7pm-9pm
- runs every Thursday Night at the Warburg School (SOUTH WEST DOORS-HIGH SCHOOL GYM ENTRANCE)

For Call :  
**780-848-2828**

Email  
[fcss@warburg.ca](mailto:fcss@warburg.ca)

**Bus to Leduc!**  
**Leaving from Cloverleaf**  
**Manor at 9:00 am**  
**October 19th, 2023**



Trip Cost=\$8.00  
Must call Cloverleaf to register prior to leaving  
780-848-7717



**FOOT CARE SERVICES**  
**CLOVERLEAF MANOR**

Footcare services are back at the Cloverleaf manor  
She will be coming monthly to the Manor and the service is  
also open to Village residents  
Spots are available by calling and booking your appointment  
with Kim @780-848-7717  
Please also call prior to appointment date to confirm

Cost is \$50.00- Village  
residents

## **Prevent It!**

A little warriors program

18+

protect children  
from perpetrators,  
**help prevent**  
and respond to  
child sexual abuse.

**limited seating!**

**Thursday, October 12th, 2023**

(doors open 8:40am)

**09:00am sharp to 12:00pm**

**Lede Room, Civic Centre**

Workshop participants will be gathering in  
person and view our live facilitator,

**Liz Cacchioni**

**Address: #1 Alexandra Park, Leduc. AB.**

**little.**  
**warriors**

To register: <https://www.leduc.ca/community-events/webinars-workshops-information-sessions>



FREE Online Workshop (Fall 2023)

## Child Safety Seats for Families



Confused about child safety seats?

This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts for children ages 0 -13 years.

**Time:** 1 Hour  
**Location:** Online (Zoom)  
**Dates:**

- Sept. 7 @ 1:30 pm
- Sept. 20 @ 6:30pm
- Oct. 4 @ 10:30am
- Oct. 17 @ 1:30pm
- Nov. 2 @ 10:30am
- Nov. 14 @ 1:30pm
- Nov. 30 @ 6:30pm
- Dec. 12 @ 10:30am

Please review the Eventbrite page to register and view other available workshops.



Presented by:  
Edmonton Zone  
Population Health Promotion  
InjuryPreventionEdmonton@ahs.ca



# BUSY BRUSHES

AT THE WARBURG CULTURAL CENTER

EVERY WEDNESDAY

10AM-2 PM

BRING YOUR OWN ART SUPPLIES

\$5/CLASS



Senior Road  
Trips  
Coming your  
Way!

October 24-Jubilations "Old Time Rock N Roll" (\$25).  
Matinee (11-2:30)  
Bus leaves @ 9:45 from VO

Nov 21 - Cow Patty Theatre  
"Danny & Delilah"  
bus leaves @ 9:30  
lunch @ 11:30/show @1pm

Nov 3- Drayton Valley  
Theatre "George Jones"  
(\$25)  
dinner 6:30/show 8pm  
Bus leaves at 5:30

Dec- Castrol Christmas  
Lights  
Date to be determined

March 2024-  
Mayfield "One Night With  
the King" (\$25)

\*Priority will go to those who have not yet been on a trip yet. Cash/cheque only  
Sign up and payment details at the Village Office





PEOPLES CHOICE  
WINNER WAS  
#2 CODY  
HENDERSON  
THANK YOU TO KRIS  
S, BARRY R. & KAYLA  
S FOR ENTERING THE  
CHILI COOKOFF!



2023 WARBURG  
CHILI COOK OFF  
& COMMUNITY BBQ



THANK YOU TO  
CROSSROADS FARM &  
GREEN HOUSE  
WILD HIVE  
  
FOR THEIR GENEROUS  
DONATIONS TO OUR  
DOOR PRIZE RAFFLES







**The Rural Seniors Wellness Initiative**  
*Video screening, snacks and connection*



*Kris Marks, Owner/  
 Founder of VIV Mental  
 Health*



*Tom Crerar, past  
 Ambassador with Leduc  
 and District Economic  
 Development Association,  
 past President/current  
 member with Leduc Lions  
 Club and active community  
 member/volunteer*

What does it mean to age purposefully? What does retirement mean to you? What does it look like to live and age in Leduc County?

We are excited to show you what Leduc County and VIV Mental Health have been working on with help from our residents here in Leduc County! Join us for a one-time-only video screening event featuring local community members tailored specifically to our older adult population in Leduc County. Learn about future opportunities for how YOU can become involved and ultimately make a lasting impact on the existing stigmas and perceptions surrounding aging.

You don't want to miss out on this opportunity to connect with others, get information from our all-local vendor fair, and enjoy a fun-filled afternoon with treats! Registration is limited and closes Oct. 10.

- ▶ **Date:** Tuesday, Oct. 24
- ▶ **Time:** noon to 3 p.m.
- ▶ **Location:** Telford Hall
- ▶ **Register:** contact Carla at **780-955-4554** or [caria@leduc-county.com](mailto:caria@leduc-county.com) or register online at [www.leduc-county.com/rural-seniors-wellness](http://www.leduc-county.com/rural-seniors-wellness)
- ▶ **Spaces available:** minimum of 20 registrants; maximum of 60



**WARBURG LEGION OCTOBER  
 EVENTS**

**October 15th: Sunday Legion BREAKFAST**  
**8:30-11:30 a.m. \$10.00 adults/ 6& under FREE**

**Tickets for  
 Oktoberfest  
 \$25.00**



**Oktoberfest**

**Featuring local Brewery  
 Familia**

**Friday October 20th**

**Inc. 28oz. Sampling Tray \* 4 Assortments\***

**Appy Tray: Chicken Wings, Mozza Sticks, Tater Tots, Veggies and dip**  
**More Appy trays and beer for purchase during the evening**

**DOORS OPEN: 6:30  
 SAMPLING STARTS: 7:00**

**Warburg Legion  
 Branch 205**

**Members & Invited Guests**

# ● MOM & TOTS ●

Every Monday Morning From 10am - 11am At The FRN Site (Modular next to the Rec) Once A Month We Have Specialized Program

## INFANT MASSAGE

OCT. 2ND  
9:15 - 10AM

INFANT MASSAGE PROVIDES PARENTS OF YOUNG BABIES WITH THE OPPORTUNITY TO COMMUNICATE LOVE, COMFORT, CARE AND SUPPORT FOR THEIR BABY THROUGH THE POWER OF TOUCH. COME LEARN ABOUT THE BENEFITS & MANIPULATIONS THAT EASE COMMON CHILDHOOD DISCOMFORTS SUCH INDIGESTION OR TEETHING!

## KID KITS

OCT. 23TH  
10AM - 11AM

WHAT IS A KID KIT? - COME TO OUR PROGRAM AND RECEIVE A KIT FULL OF ACTIVITIES AND TOOLS TO INSPIRE PLAY AND PROMOTE CHILD DEVELOPMENT SUPPORTING EMOTIONAL REGULATION, COMMUNICATION SKILLS, LITERACY, AND MOTOR SKILLS

## FINE MOTOR ACTIVITIES

DEC. 18TH  
10AM - 11AM

FINE MOTOR SKILLS ARE THE MOVEMENTS WE MAKE WITH OUR SMALL MUSCLES. LIKE IN OUR HANDS AND WRIST. LETS HAVE SOME CHRISTMAS FUN WHILE STRENGTHENING OUR MUSCLES



## PROCLAMATION Conflict Resolution Day Proclamation October 19<sup>th</sup>, 2023

**WHEREAS**, communities around Alberta join together to celebrate Conflict Resolution Day;

**WHEREAS**, we recognize that conflict is a part of life, and that it is not the conflict but how we handle it that matters;

**WHEREAS**, Conflict Resolution Day is an opportunity to educate ourselves about how to prevent and manage disputes effectively and to raise awareness about all the conflict resolution services available to citizens across the province;

**NOW, THEREFORE, BE IT RESOLVED** that I, Mayor Dwayne Mayr does hereby recognize October 19<sup>th</sup>, 2023, as "Conflict Resolution Day" in the Village of Warburg and remind individuals of the importance of this day which recognizes conflict exists and address it in a positive way.

Dated this 10<sup>th</sup> day of October 2023.



Mayor Dwayne Mayr





# Council Notes

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

## **September 11th, 2023 Council Meeting**

### **ATCO Franchise Agreement**

Council approved that the ATCO Gas Franchise Fee percentage for 2024 remain at 10%.

### **BBQ & Chili Cook Off**

Council approved that all of Council be in attendance at the BBQ and Chili Cook Off on September 22nd, 2023, if available to do so. The Chili Cook Off features live music, food and drinks and chili cook off.

### **Fortis Franchise Agreement**

Council approved that the Fortis Fee percentage for 2024 remain at 10%.

### **Power+ Agreement**

Council moved that the Village approve and sign the Power+ Amending Agreement effective as of September 5th, 2023.

### **Land Use Bylaw Fencing**

Council approved that administration prepare an amendment to the Land Use Bylaw to allow for a variance for fences on corner lots.

### **Public Works Grading Services**

Council moved that the Village approve and sign the agreement with 16011160 Alberta Ltd. (Village Green Mobile Home Park) for grading the mobile home park 6 times per year.

### **Murals on Water Treatment Plant, Pumphouse & Washrooms**

Council approved that the pumpjack, lake with bales and farming with combine be options for murals.

### **Genesee Good Neighbor Meeting**

Council moved that anyone able to attend the Good Neighbor Breakfast on November 21st, 2023 be authorized to do so.

### **Grand Opening of the LFDFB Expansion**

Council approved that the FCSS representative or alternate be authorized to attend the Grand Opening/Ribbon Cutting for Leduc & District Food Bank Expansion of their Community Kitchen Learning Centre on September 19th, 2023. The Kitchen Learning Centre program is designed to educate LFDFB clients, youth and low-income individuals on preparing easy, healthy and affordable meals using food hamper items.

### **Black Gold School Division Meet and Greet**

Council moved that anyone available to attend the Black Gold School Division Board of Trustees Meet & Greet on October 11th, 2023 be authorized to do so.

### **Next-Generation 9-1-1 Agreement**


Council approved and signed the new CRTC approved NG9-1-1 Agreement with TELUS Communications Inc. The NG9-1-1 opens the technological possibilities for enhanced information sharing for first responders in the field.

### **Council Meetings**

Upcoming Regular meetings of Council will be held on Tuesday, October 10th, 2023 and Organization Meeting on Monday, October 23rd, 2023 @ 7:00 pm in the Municipal Council Chambers. Please note: All documents and notice of delegation intended to be submitted to the Council must be received by the CAO no later than 4:30 p.m. on the **Wednesday** of the week prior to the meeting. Meetings are open to the Public.

# October 2023

Sun      Mon      Tue      Wed      Thu      Fri      Sat

1	2	3	4	5	6	7
		16+ Rec. Volleyball 7-9 pm (\$2)	*Tai Chi 10-11 (2.00) Seniors Center *Busy Brushes Warburg Cult. Cen	Rec Pickleball 7-9 pm (\$2)		Museum Pie & Coffee 1pm
8 	9 Happy Thanksgiving	10 <b>PD DAY</b> <b><u>NO VOLLEYBALL TODAY</u></b>  Council meeting 7pm	11 *Tai Chi 10-11 (2.00) Seniors Center *Busy Brushes Warburg Cult. Cen	12 Rec Pickleball 7-9 pm (\$2)	13	14
15 Legion Breakfast 8:30-11:30 (\$10 adults) 6 & under free	16	17 16+ Rec. Volleyball 7-9 pm (\$2)	18 Seniors Lunch 12-1pm (\$10) *Tai Chi 10-11 (2.00) Seniors Center *Busy Brushes Warburg Cult. Cen	19 Rec Pickleball 7-9 pm (\$2)  Bus to Leduc Leaving clover leaf at 9	20 Oktoberfest Beer Tasting & Appetizers Warburg Legion 6:30-11 pm \$25 adults	21
22 Strawberry Community hall "Fall Festival" 2-5 pm	23 Council Meeting 7 pm	24 16+ Rec. Volleyball 7-9 pm (\$2)	25 *Tai Chi 10-11 (2.00) Seniors Center *Busy Brushes Warburg Cult. Cen	26 Rec Pickleball 7-9 pm (\$2)	27 Warburg Play-school  Family Dance 7-12 Warburg Community Hall	28
29	30	31 16+ Rec. Volleyball 7-9 pm (\$2)	⇒ Pioneer Agricultural Society Meeting (October 18th) ⇒ Council meeting Tuesday October 10th & Monday October 23 ⇒ Volleyball will not run Tuesday Oct 10th. (School PD day) ⇒ TAI CHI every Wednesday 10-11 am (\$2.00) ⇒ Busy Brushes every Wednesday 10-2 (\$5)			