

WARBURG FCSS/RECREATION

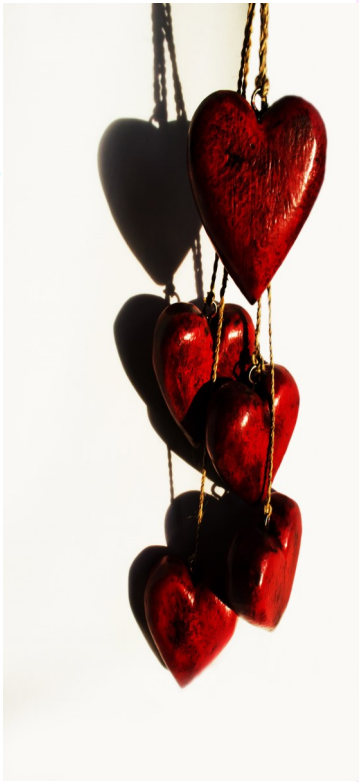


FEBRUARY 2024

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 Parks & Recreation
 Try a Trail Program
 There are several trails located throughout Leduc County that are open for families to visit and enjoy the outdoors. Learn more here:
<https://www.leduc-county.com/en/visit-and-explore/recreation-programs.aspx>

Please visit the Leduc County Website to Learn about Leduc County FCSS and FRN Upcoming Programs, Events and Workshops, Get Registration Details and to Sign Up to Receive Leduc County FCSS and FRN Email Updates
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 Leduc County FCSS
 Email: fcssinfo@leduc-county.com
 Leduc County FRN
 Email: frn@leduc-county.com



ARENA SCHEDULE

23/24

MON SHINNY 3:45-5:15

FAMILY SKATE 3:45-5:15
 helmets mandatory for anyone under age of 18

FRI PARENT & TOT SKATE 10-12
 helmets mandatory for anyone under age of 18

SENIORS CENTRE



NEWS



Everyone welcome to join any event/lunch!

Lunch on Feb 21st is being catered by the CLOVER LEAF MANOR! \$10.00

CARDS
 1 PM EVERY WED.

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

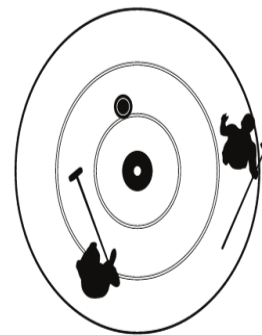
SENIORS CLUB MEETING
 EVERY 3RD WEDNESDAY OF THE MONTH

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

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



FLOOR CURLING AT PIONEER REC CENTER (WARBURG HALL)



Warburg Floor Curling is starting up again for the season! Everyone from all over is welcome to join!

Date: will run every Thursday
 Time: 1pm
 \$2.00 to come and join!

10 affordable ways to celebrate Family Day together.

Here are some great activities to enjoy with your family that won't break the bank:

- Have a picnic in the park
- Plan a movie marathon at home
- Take a nature hike or walk
- Host a board game night
- Try out a cooking or baking challenge
- Visit a local museum or art gallery
- Have a DIY craft day
- Attend community events-
Warburg Family Skate Day!
- Schedule a family photo shoot
- Spend a day at the library



Community Gym Night at the Warburg School

- December 16th
- January 20th
- February 17th
- All nights start at 5:30pm and go to 8:30pm.
People are welcome to come and go as they like and it's free



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)



Hot Dog

HAPPY
family
DAY



**Please join us on Family Day for Family
Skate!**

Monday February 19th

1-3 pm

Warburg Arena

**Hot Chocolate & Hot Dogs will be
provided**

Shiny start 3:45



**Helmets are mandatory!
no sticks or pucks during family skate**



Happiness Basics

Happiness Basics is a course that helps you boost your overall happiness. Learn how to make lifestyle changes and add new habits into your everyday life to create more joy.

Happiness Basics is based on the practice of positive psychology and has shown to improve participant's mood and energy levels, boost mental health and promote happiness in all aspects of life.

In this creative and fun group, you will learn mindfulness techniques, ways to identify joy and how to incorporate pleasure into day-to-day activities. Learn how you can choose to have more positive experiences in your life and be more engaged with those you care about.

- ▶ **Date:** Thursdays: Feb 1, 8, 15, 22, 2024
- ▶ **Time:** 1 to 3 p.m.
- ▶ **Location:** online
- ▶ **Register:** contact Lucille at **780-941-2382** or lucille@leduc-county.com or online at leduc-county.com/happiness-basics
- ▶ **Spaces available:** minimum five registrants; maximum 50

Susan Malek

Susan is a Behavioural Health Consultant and has been at the PCN (Primary Care Network) for 5 years. Susan has a Bachelor of Social Work Degree and is a Registered Social Worker. Susan is currently working to complete her Masters in Counselling from Yorkville University and she is very happy when spending time with her animals.

Melissa Jordan

Melissa is a Registered Nurse at the PCN and has been there for one year. Melissa has a Bachelor of Science in Nursing from the University of Alberta and was born and raised in Leduc County. Melissa is happy doing outdoor activities, but prefers the warmer weather when it is here.

Both Susan and Melissa see patients at the PCN Office in Leduc and work within some member clinics; as well as facilitating group classes there.





HAPPY
TAX SEASON

VOLUNTEER TAX CLINIC OPENS MARCH 1, 2024

COMMUNITY VOLUNTEER INCOME TAX PROGRAM—OPENING MARCH 1, 2024

WARBURG FCSS IS ONCE AGAIN HOSTING THE CVITP THROUGH OUR OFFICES. WE ARE ABLE TO SUPPORT ALL INDIVIDUALS AND FAMILIES WHO QUALIFY AS LOW INCOME, AND REQUIRE A BASIC RETURN (NO CAPITAL GAINS, FISHING INCOME, FARMING INCOME, BANKRUPTCY, RENTAL INCOME, DECEASED PERSONS, SELF EMPLOYED INCOME, INTEREST OVER \$1000 OR OTHER COMPLEX RETURNS). INCOME TAX RETURNS CAN BE PREPARED EITHER BY APPOINTMENT OR BY DROPPING OFF ALL RELEVANT INFORMATION AND SIGNING AN AUTHORIZATION FORM. PLEASE CONTACT SHAUNA AT 780-848-2828 WITH ANY QUESTIONS OR TO BOOK AN APPOINTMENT.



**BUSY BRUSHES
@ THE CULTURAL CENTRE**

**RUNS EVERY WEDNESDAY
FROM 10-2 PM
\$5 / CLASS**

*Save the
Date*



*Volunteer Appreciation Friday April
19th
Stay tuned for more details closer to
the date!*

**"GALENTINES"
THEMED PAINT NIGHT**

WITH MARY ANN CYGAN

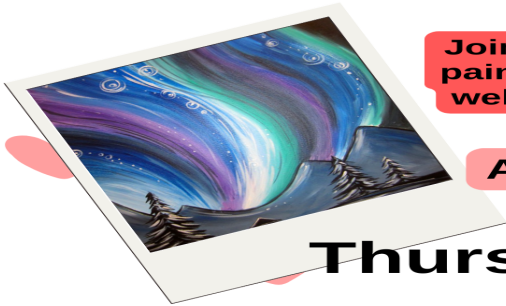
**\$25.00/ person
all items included and
take home their
project!**

Paint Party



**Join your friends as we enjoy a night out
painting (either beginner or seasoned) as
well enjoy terrific appetizers & delicious
drinks.**

**All Supplies, Food & Drinks
Included**



**Thursday February 8th
7PM - 9 PM**

Warburg Village Office Basement

Call or Email Shauna @ 780-848-2828/ fcss@warburg.ca

SAVE THE DATE

March

ANDREW BOITCHENKO WILL BE STOPPING
IN AT THE WARBURG MUSEUM PIE &
COFFEE SATURDAY MARCH
2ND -2PM



Warburg Community Volunteer Nominations!

We are looking for nominations
for the three categories:

- Community Volunteer
- Youth Volunteer
- Senior Volunteer

*Please submit nominations in to
fcss@warburg.ca, or in person at
the Village Office*



Warburg Curling Club

Curling 2023/2024

Monday & Thursday 7pm

Tuesday (Stirling Night) 6:30 p.m.

Men's Morning Curling Thursday 10 a.m.

New Curlers always welcome!

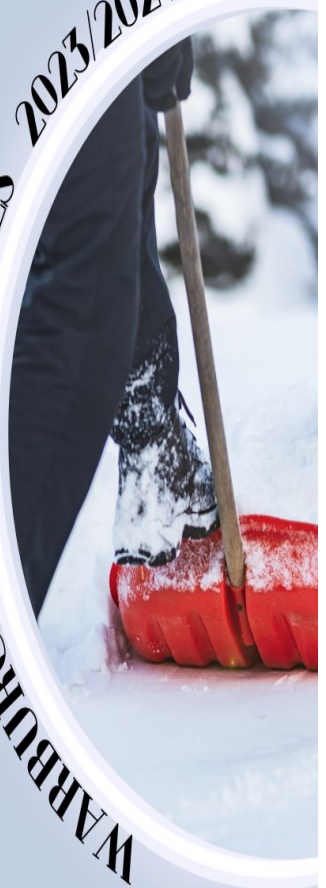
Questions call Rob Tessier-780-789-3723

Men's Curling call Les N. 780-848-2661

Embrace the spirit of
giving, Snow Angels!

As winter's magic unfolds,
let's rally together to
lend a helping hand. If
you're keen to volunteer
or are in need of some
snowy support, reach out
to our Snow Angel
coordinator, Shauna, at
FCSS: 780-848-2828 or
email fcss@warburg.ca.
Let kindness blanket our
community!

WARBURG SNOW ANGELS 2023/2024





Save
THE
Date

Breton & Warburg
Women's Wellness Day

SATURDAY APRIL 13, 2024

Breton Community Centre

- Speakers
- Breakout Sessions
- Entertainment
- Vendor Market



**Toboggans/
Hockey Sticks/ Snow Shoes**
All available at the library now

All of these items are available on loan at the Warburg Library! Just bring your library card during library hours to loan a sled out.

Library Hours: Tuesdays, Wednesdays, Thursdays 10 am – 6 pm and Saturdays Noon – 4 pm (closed long weekends)

Mastering the Art of Simplicity:

Decluttering Your Way to Happiness and Peace of Mind



MICHELLE KUNY
PROFESSIONAL ORGANIZER



PRESENTS:



Let's face it: clutter and disorganization often negatively impact a person's physical and emotional well-being and it takes a toll on us and our loved ones.

Join Michelle Kuny, Owner/ Professional Organizer of MK Organizing, as she teaches her "GDP Method of Organization" and guides us through the five simple foundational principles of organization. These principles can be applied to everything from decluttering to downsizing to time management – and when followed can transform lives.



Anyone can do it! Join us for snacks, conversation and some potentially life-changing learning!

- ▶ **Date:** Feb 29, 2024
- ▶ **Time:** 2:15 to 3:30 p.m. (doors open at 2 p.m.)
- ▶ **Location:** Council Chambers, County Centre, 1101-5 Street, Nisku AB
- ▶ **Register:** contact Carla at **780-955-4554** or carla@leduc-county.com or online at leduc-county.com/Mastering-the-Art-of-Simplicity
- ▶ **Spaces available:** minimum eight registrants; maximum 40



WARBURG SOCCER 2024 OUTDOOR SEASON



WINTER TRY IT FESTIVAL

Feb. 10, 2024

WIZARD LAKE DAY USE AREA

11 A.M. to 3 P.M

FREE



ICE SKATING | SNOWSHOEING | X-COUNTRY SKIING
CURLING | ICE FISHING | BROOMBALL | SLEIGH RIDES
LIVE MUSIC | FACEPAINTING | CAMPFIRE | DOOR PRIZES

MAPLE SYRUP SNOW TAFFY AND MORE

FREE HOTDOGS | HOT CHOCOLATE | COFFEE

WHILE QUANTITIES LAST

FOR MORE INFORMATION VISIT

WWW.LEDUC-COUNTY.COM/RECREATION

Registration is open February 1st!

First 25 registered players will have a chance to win a free season.

Registration links will be on the Warburg Soccer Facebook page. If you require a paper copy or would like emailed please email warburgsoccer2022@hotmail.com



Wizard Lake Watershed
&
Lake Stewardship Association





HEART & STROKE MONTH



Experiencing signs of a heart attack?

1. Call 9-1-1

Or your local emergency number immediately. Emergency personnel can start treatment enroute to the hospital.

3. Take your nitroglycerin

If you take nitroglycerin, take your normal dosage.

5. Rest and wait

Stay calm while waiting for help to arrive.

Thousands of Canadians die from heart attacks each year. Recognize the signs. Act quickly. You could save a life.

2. Stop all activity

Sit or lie down, in whatever position is most comfortable.

4. Take ASA (Aspirin)

Chew and swallow ASA (Aspirin), if you are not allergic or intolerant (either one 325 mg tablet or two 81 mg tablets).

6. Keep a list of your medications in your wallet and by the phone.

Emergency personnel will want this information.



Canadian Stroke Best Practices

Women's signs of heart attack

SOURCE: Heart and Stroke Foundation of Canada. www.heartandstroke.ca

The most common heart attack sign is chest pain or discomfort; however, women can experience a heart attack without chest pressure. They may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue.

By the numbers



Over **108,707** new stroke events take place in Canada each year. There are currently over

878,000 people living with the effects of stroke in Canada.

Learn the signs of stroke

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021

Signs of a heart attack

Signs can vary and may be different for men and **women**. If you experience any of these signs, call 9-1-1 or your local emergency number immediately.



Chest discomfort

Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort

Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness

NEW
**VILLAGE OF
WARBURG
MUNICIPAL OFFICE
HOURS**

**Effective March 1, 2024*

**MONDAY TO THURSDAY
8:30 AM - 5:00 PM**
(CLOSED 12-1 PM FOR LUNCH)

**CLOSED FRIDAYS AND
WEEKENDS**



For general inquiries, you can reach us at 780-848-2841 during office hours or email at office@warburg.ca or visit our website at www.warburg.ca
5212-50 Avenue, Warburg, AB



Alberta
Provincial Family
Resource Networks

Community Helpers Program online

The community helpers program is delivered through 27 partner organizations and serves youth and young adults ages 12 to 30, and adults who support youth or young adults.

Through this online program participants will learn about boundaries, the ethics of helping, how to help in crisis situations, community resources for referrals, suicide, mental health information and self-care.

9 Core Modules

Orientation

Ethics, Assumptions & Support

Setting the Stage for Helping

Helping as a Process

You can Help Yourself Too

Boundaries and What to Do About Them

How to Respond in a Crisis

Mental Health Awareness

Understanding Suicide

Scan code to register or visit
[www.leduc-county.com/
community-helpers-program](http://www.leduc-county.com/community-helpers-program) for
more info.



Please note that registration is
required as there is limited space.

Sessions will run virtually on Microsoft Teams
from 10:30 a.m. to 12 p.m.

- February 27
- March 12 and 26
- April 9 and 23
- May 7 and 21
- June 4 and 18

WARBURG/BRETON BUS TO SWIM



Please register with Shauna-
fcss@warburg.ca, or call 780-848-2828 for
the bus to swim/Walmart Trip (Runs Every
Monday --> MUST HAVE 8 TO RUN BUS)

Breton residents can purchase 5 or 10
card punch passes from Breton FCSS



Bus leaves Warburg Village Office @8:50 -->
then Breton @ 9:10.

You must register with Shauna the Thursday Prior to
the Monday trip. (780-848-2828)



Council Notes

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

January 8th, 2024 Public Hearing

Public Hearing in regards to the amendment of Land Use Bylaw #171/20 to rezone Lot 2 Block 3 Plan 1981 E.T. and Lot 10 Block 3 Plan 0822558 from R-2 General Residential to P- Public. Was no objections or concerns regarding the amendment.

January 8th, 2024 Council Meeting

Brownlee LLP—Emerging Trends

Council moved that any member of Council wishing to attend the Brownlee LLP Emerging Trends in Municipal Laws Seminars be authorized to do so.

Reynolds Mirth Richards & Farmer Seminar

Council moved that any member of Council wishing to attend the Reynolds Mirth Richards & Farmer Municipal Law Seminars be authorized to do so.

Treated Effluent Access Agreement

Council approved that the Village of Warburg sign the Treated Effluent Access Agreement with Baytex Energy Ltd.

Bylaw #191/23 To Amend Land Use Bylaw #171/20

Council moved second and third readings to Bylaw #191/23 to Amend Land Use Bylaw #171/20 which would rezone Lot 2 Block 3 Plan 1981 E.T. and Lot 10 Block 3 Plan 0822558 from R-2 General Residential to P- Public.

Sale of 2004 GMC Sierra C3500 Truck

Council approved that the Village sell the 2004 GMC Sierra C3500 Truck at the next Ritchie Brothers sale in February 2024.

Cost Contribution (Arena Renovation)

Council moved that the Village sign the Arena Cost Share Contribution Agreement with Leduc County.

Air Compressor

Council approved the purchase of the Campbell Hausfeld 5 HP Air Compressor in the amount of \$1,699.00

Rogers Public Consultation

Council moved that the Village of Warburg Council respond to Rogers that the Village is against the location of the tower, due to the proximity to the residential area and the detriment to the core business area.

January 22, 2024 Council Meeting

2024 Proposed Parks & Recreation Budget

Council moved that the Village of Warburg approve the 2024 Proposed Parks & Recreation Budget and forward it onto Leduc County for their approval.

Proposal to Move Office Staff to a 4 Day Work Week

Council moved that effective March 1st, 2024, the Office Staff move to a 4-day work week, with the office being open Monday to Thursday, for a 6-month trial period.

Bylaw Services Proposal

Council approved the Bylaw Service proposal as presented to increase the 20 hours per month to 24 hours per month.

Leduc & District Food Bank

Council moved that the Village of Warburg support the Leduc & District Food Bank in the amount of \$1,000.00 for 2024.

Warburg Bloomin' Buddies

Council moved that the Village of Warburg increase the grant to Bloomin' Buddies from \$5,000 to \$7,500.

Council Meetings

Upcoming Regular meetings of Council will be held on Monday, February 12th, 2024 and February 26th, 2024 @ 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.

February 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|---|
| Arena Schedule: (Mon-Shinny 3:45-5:15, Wed-Family Skate 3:45-5:15, Fri Mom and Tot 10-12 Floor Curling : Every Thursday at the Hall 1PM TAI CHI Every Wednesday 10-11 am (\$2.00), Cards every Wed 1pm Seniors Centre Busy Brushes Wednesday 10-2-Linda 587-590-0378 Bus to Aquafit/Walmart Runs Every Monday-Register with Shauna-780-848-2828 | | | | 1 | 2 | 3 |
| | Shinny 3:45-5:15 BUS TO SWIM 8:50 | Drop in Volleyball 16+ (\$2) Warburg School | Tai Chi 10-11(\$2) Seniors Center | NO SCHOOL Floor Curling 1pm Paint Night! See ad! | Mom+ tot skate 10-12 Jam session 1pm-4 Seniors Centre Donations accepted | Warburg Museum Coffee and Pie 1-4 Everyone welcome! |
| 4 | | | | | 9 | 10 |
| | Council Meeting 7pm Shinny 3:45-5:15 BUS TO SWIM 8:50 | Drop in Volleyball 16+ (\$2) Warburg School | Happy Valentines Day! Tai Chi 10-11(\$2) Seniors Center Ag Meeting 7pm | Floor Curling 1pm | Mom+ tot skate 10-12 | Winter Try it Festival 11-3 Wizard Lake FREE! Please see ad! |
| 11 | | | | | 16 | 17 |
| | NO SCHOOL Family Day Skate 1-3 pm Warburg Arena FREE! Hot Dogs & Hot Chocolate | Drop in Volleyball 16+ (\$2) Warburg School | Soup and Sandwich Seniors 12 pm (10.00) Cards 1 pm Tai Chi 10-11(\$2) Seniors Center | Floor Curling 1pm Cloverleaf bus to Leduc 9 am | Mom+ tot skate 10-12 | Community Open Gym night Warburg School 5:30-8:30 all are welcome! |
| 18 | | | | | 23 | 24 |
| | Council Meeting 7pm Shinny 3:45-5:15 BUS TO SWIM 8:50 | Drop in Volleyball 16+ (\$2) Warburg School | Tai Chi 10-11(\$2) Seniors Center | Floor Curling 1pm | | |
| 25 | | | | | | |