

# **Mind Your Mental Health**



### Mental Health Week, May 5-11 2025

Mental Health Week is an annual event dedicated to raising awareness about the importance of mental health. Try these daily activities during the month of May to support your own mental wellness. Small habits can make big impacts!

Take a walk outside

Write down 3 things you are grateful for

Cook your favorite comfort meal

4 Call a friend you haven't spoken to in a while 5 Watch or read something that makes you laugh 6 Take 10 deep breaths and notice how you feel

Think of 3 things you are looking forward to Spend 10 minutes coloring or doodling

8

Give yourself a compliment

Take a social media break

Plan a meal for the week 12 Spend time on a hobby you enjoy Spend time in nature- notice what you see, hear and smell

Read a good book Tell someone you are grateful for them and why 16 Spend 3 minutes breathing deeply 17 Declutter and organize one space in your home

18

Do an activity with a friend

Send a note to someone you appreciate 20 Create a relaxing bedtime routine

Find time to stretch your body

21

Make a list of things that worry you

Talk with a friend about a funny memor you shared 24

Try a new recipe

25 Be creative. Write, draw, dance or make music

Listen to a favorite song and think of what it means to you

Try a new relaxation practice

28
Talk to a loved
one about a
challenge you
are facing

29 Spend an evening without screentime

Celebrate a small

31
Try a new
hobby that
you've always
wanted to try



# There's more to me.



Open and honest conversations connect us all.

#Unmasking**MentalHealth** 



# GET CHECKED.

PROSTATE CANCER
OFTEN HAS NO WARNING SIGNS
EARLY DETECTION SAVES LIVES

### THE VISIT IS FAST, FREE AND NO APPOINTMENT IS NECESSARY.

The MAN VAN® will be on-site offering free baseline PSA (Prostate Specific Antigen) blood testing for men ages 40-70°, which can help with the early detection of prostate cancer, Additionally, all men over 18 can receive a mental wellness check.

PLACE: Omniplex in Drayton Valley ADDRESS: 5737-45 Avenue DATE: Saturday, May 3, 2025 TIME: 1pm to 5pm



THIS MAN VAN® CLINIC IS PROUDLY SPONSORED BY:

\*Conditions apply







Join us May 9, 2025 to celebrate all the ladies in your life. Local vendors will be set up to do some shopping. You Fancy Huh? will be set up for permanent jewelry. Snacks and drinks provided while you shop. Pre register by May 2 by calling Warburg FCSS 780-848-2828, google forms or paper copy and send etransfer to office@warburg.ca with mothers day in comments and event attending.

\$10/person entry fee for sip & shop. Entry fee included in paint option. Proceeds go to Warburg Ag Society https://forms.gle/yJgbCcVVCgzoAkhlA



WARBURG AG SOCIETY & WARBURG FCSS PRESENT



PAINTING & SIP 'N SHOP

EVENING

Starting at 4:30 - 6pm Parent and child painting (2 canvasses) \$50, each additional painter \$20/person \*\*include juice and dessert

MAY 9, 2025

Then starting at 7pm- 9pm. Ladies night painting \$40/person \*\*includes snacks and drinks

Door prizes | Book with "You Fancy Jewelry | Shopping Vendors | A Gift for Mom

Deadline: May 2, 2025
Payment: Visit Village Office OR Etransfer
office@warburg.ca

For more info: 780-848-2828





LETS SHOW OUR LOVE AND APPRECIATION TO ALL THE LADIES IN OUR LIVES.



This FREE series is funded by:

Registration Required!

LEDUC COUNTY

**Limited Spots Available** 

Located in Thorsby, AB

3 Week Program - 1 Day/Week

Program Dates

May 24, 31 & June 14 2025

Saturday **Mornings** 10am-12pm

**Social** Thinking

Problem Solving

Emotional Regulation

Ages 5-13

Collaborative Work & Play

**Connection** 

Conversation Skills

Areas of Focus

E-Prep

**Emergency Preparedness Workshop** 



What is E-Prep? E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

The intent of this workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan.



▶ Date: Monday, May 5, 2025

► Time: noon - 1 p.m.

► Location: Zoom (online)

▶ Registration: contact Sara at 780-955-6424, by email at Sara@leduc-county.com or online at www.leduc-county.com/e-prep

▶ Deadline to register: Friday, May 2, 2025

For more information, contact Sara at 780-955-6424 or sara@leduc-county.com This is a Recover Alberta program that will be facilitated by Leduc County FCSS.



CALMAR









### **D-Stress: Stress Management in Challenging Times**

Join us for an interactive workshop that focuses on stress and how we can recognize when it becomes a problem for our health. Participants will learn ways to identify and manage stress and come away with a personal action plan, which may include various stress management techniques.

This is a Recovery Alberta program and will be facilitated by Leduc County Family and Community Support Services (FCSS) in partnership with City of Leduc FCSS.

- Date: Tuesdays, May 27 and June 3, 2025
- Time: noon to 1 p.m.
- Location: Zoom online
- Register: contact Kristin at 780-955-6421 or kristin@leduc-county.com or register online at www.leduc-county.com/d-stress When registering, please note you are registering for both sessions.

















SCAN THE QR CODE TO REGISTER OR CONTACT US

780.612.8577 Ext 11



DATES: May 1, 8, 15, 22, 29 (caregiver session), and June 5

5:30PM - 6:15PM (Ages 7-9) TIME: 6:30PM - 7:15PM (Ages 10-12)

\$420 - Direct billing available to participating

insurance providers

LOCATION: Leduc Public Library 2 Alexandra Park, Leduc, AB T9E 4C4

Join Registered Provisional Psychologist Gillian Turner, and Intern Therapists Laura Ellis and Jessica Piastka for a 6-week interactive social skills group. This group is designed to help children develop social and emotional skills through engaging activities. Participants will enhance their social communication and problem-solving skills while building confidence as they explore different communication styles, build social awareness, and navigate peer influence. This group offers children the opportunity to strengthen their social skills, learn tools, and connect with others in a supportive environment!

familycounsellingcentres.com









## GARDENING EXCHANGE

### SATURDAY MAY 10TH 2025 FROM 10AM TO 2PM

WE ARE LOOKING FOR LOCAL GARDENERS AND SMALL BUSINESSES TO JOIN US FOR OUR FIRST ANNUAL WARBURG LIBRARY - GARDENING EXCHANGE.

YOU MAY CHOOSE TO SET UP A TABLE AND SELL YOUR PRODUCTS OR DONATE THEM TO THE LIBRARY TO SHARE WITH THE COMMUNITY.

### PLANTS AND SEEDS

- VEGETABLE SEEDS
- · FLOWER/HERB SEEDS
- SEEDLINGS
- PERENNIAL DIVISIONS SUCH
   AS IRIS OR DAYLILY
- · RHUBARB
- RASPBERRIES
- COMEREY
- PERENNIAL GRASSES
- HOUSEPLANTS

### **GARDENING EQUIPMENT**

- POTS AND TRAYS
- · TOOLS (RAKES/SHOVELS)
- HOSES/SPRINKLERS/WATERING
- DDI INIEDO
- . BASKETS/TUBS
- . BAGGED SOIL/MANURE/COMPOST
- TOMATO CAGES
- WHEELBARROW
- · LANDSCAPE FABRIC

### GARDENING SUPPORT

- · BOOKS
- MAGAZINES

\*If you are a senior who would need assistance digging or moving plants or equipment, please contact Gail at the Library for assistance.

IF YOU ARE A SMALL BUSINESS WITH A FOCUS ON GROWING FOOD, FLOWERS, CSA'S OR OTHER NATURAL PRODUCTS WE WILL HAVE A SMALL MARKET AREA AVAILABLE.

PLEASE CONTACT GAIL AT THE LIBRARY TO ARRANGE DONATIONS OR MARKET TABLES

\*Donations of seeds can be made at the library any time before the event all other donations of equipment or live plant materials can be accepted the morning of the event only

WARBURG PUBLIC LIBRARY 5212 50TH AVENUE

# Warburg Public Library

### **HOURS**

MONDAY - THURSDAY 10AM - 5PM



Cooking on a budget can be a challenge these days. Please join Leduc County, Leduc and District Foodbank and the Village of Warburg at this free event to learn some ways to cook for family on a budget.

- ▶ Date: Wednesday, May 21, 2025
- ▶ Time: 6:30 to 8:30 p.m.
- ► Location: Warburg Community Hall 5355 50 Avenue, Warburg, AB
- Registration: Reach out to Katlynn at Warburg FCSS at 780-848-2828 or email fcss@warburg.ca to register.







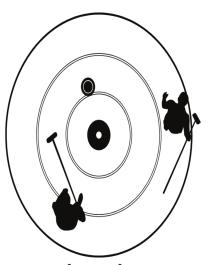




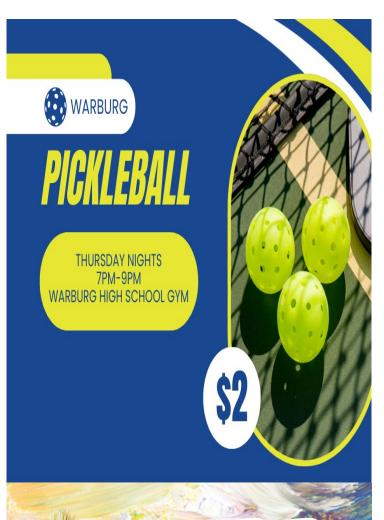
TUESDAY QUILTING 9AM-2PM @ SENIOR CENTRE \$5

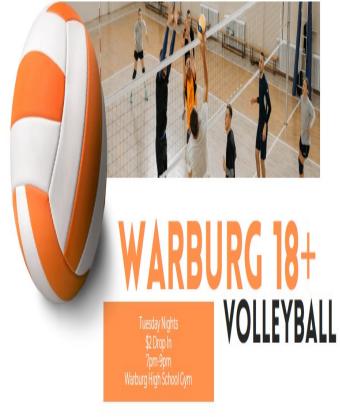
THURSDAY QUILTING IOAM-3PM @ CULTURAL CENTRE \$10

# Floor Curling



Thursdays 1pm Warburg Hall \$2









# **Aqua Gentle**

Valley for Aqua Gentle Monday Mornings.

Please register the Thursday prior to separate from the bus fee. Please call the Ricochet Aquatic Centre with any questions regarding the class 780-515-7946



\$10

# Don't forget to register!

- ✓ Stay Active
- ✓ Meet New Friends
- ✓ Have Fun

# Early Childhood Resources Fair

Coming to Warburg

Calling all parents with children 0-6 years of age

May 21 1pm-3pm Warburg Hall



Stay tuned for more information











May 3 & May 17 1pm-4pm **Warburg Museum** 

**WARBURG** BBC



After School

3pm-430pm



May 8

Under the Sea Crafts/Slime Library

May 15

Sidewalk Chalk

Community Park

Mini Sticks Grade 4+

May 22

More Information





# Apiary HAND DIPPED TAPER CANDLE CLASS \$55

Saturday May 24, 2025 2pm-4pm Warburg Hall

Learn to craft hand-dipped tapers and roll beeswax candles. Each participant will leave with 3 sets of hand-dipped tapers and 1 set of 2 rolled beeswax tapers.

Pre register with Warburg FCSS at 780-848-2828 or using the link by May 15.

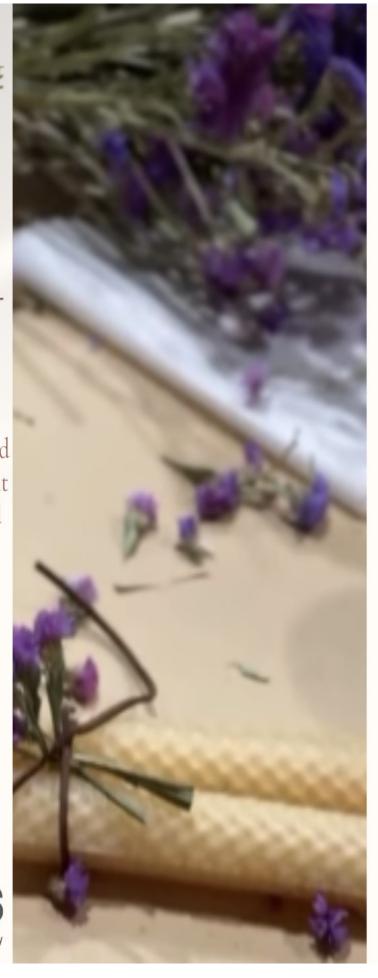
https://forms.gle/V9BmcvKE7ntHaZs4A

Please etransfer to office@warburg.ca

Minimum 6 Maximum 12







### NATIONAL PUBLIC WORKS WEEK

# MAY 18-24

Public works professionals focus on facilities and services, infrastructure that are of vital importance to sustainable and resilient communities and to the public health, quality of life and well being of the community of Warburg. Without the dedication from our public works professionals our community would not be provided with the amazing services they offer. Big thank you to our Public Works! If you see them around stop to say hi and tell them thanks

Warburg

AUTHENTIC LIVING

SINCE 1953

# UPCOMING JUNE Events



### Seniors Week

Stay tuned for events happening through out the week to celebrate all the seniors in our community and surrounding communities





### World Elder Abuse Day

This week-long event is sponsored by the Small Business Administration and includes events across the country. June 15



### Heritage Days

Put on by the Warburg Ag Society come out and enjoy a fun filled day. More information to come.



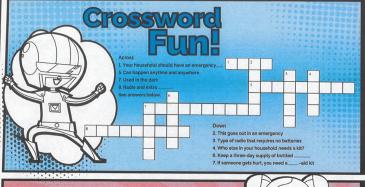


### Emergency Preparedness Week May 4-10, 2025









Pet Emergency Kits
Pets are part of our familles. Your pet emergency kit should include the following items: food, water, bowls, paper towels, and a can opener blanket and small toy sturdy leash and harness colour

cat litter/pan (if required) and plastic bags carrier for transporting your pet medicine and medical records (including vaccination information) up-to-date ID tag with your phone number and name/phone

number of your veterinarian current photo of your pet in case your pet gets lost how-to guide for how to care for your pet

copy of license (if required)

muzzle (if required)

### **Preparing an** emergency plan

2. Establish a meeting place away from your ho

3. Build and customize an emergency kit to meet the unique needs of your household For more information on how to be prepared visit: ontario.ca/BePrepared

Answers

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### Other important tips

- Use the change in seasons as a reminder to update your kit for the weather and to check expiration dates on food and medications.
- Add bug spray and sunscreen in spring and warm clothing, mittens, and toques in fall.
- Make sure water is fresh, clothing still fits, documents are up-to-date and batteries are charged.
- Group items into sealable, clear plastic bags to organize and protect your kit's contents from possible leaks.
- Add to your kit a little at a time and use items you may already have to lessen the strain on your schedule and wallet.

### Know when to stay or go

Depending on the situation, you may be instructed by authorities to shelter in place or to evacuate

- If authorities direct you to shelter, follow all instructions and tune into your news source for updates. These situations can last a few hours or a few days. If possible, it is a good idea to keep enough supplies on hand to last a minimum of 14 days.
- When an Evacuation Order is issued, you must leave immediately. Authorities will not direct you to leave unless they have reason to believe that you are in danger.

### Will you be ready in an emergency

When dangerous situations arise, it's important to act quickly. Having an emergency kit can help reduce the stress of making important decisions in urgent situations.

Get ready by building a kit. Choose bins, backpacks or rolling suitcases and fill them with supplies to last several days. Store them in a place where you can grab them quickly and easily.

### Here's what to pack

### Food and water

- · Water (4L per person per day)
- . Non-perishable food with high protein
- Trail mix/dried fruit
- · Crackers and cereals
- · Canned meat, fish and beans
- Canned/boxed juice

### Clothing and bedding

- · Change(s) of clothing appropriate for the season
- Extra undergaments and socks
- Raincoat, poncho, jacket
- · Spare shoes
- · Sleeping bag, blanket or emergency heat blanket

### Light and fuel

- · Battery-powered or crank flashlights/lamps
- · Candles with candleholder
- Lighter
- Waterproof matches

### Be ready. Stay informed.

To learn about the risks in your community, contact your local emergency management office, or visit alberta.ca/GetSupplies

For official disaster warnings and updates, download the Alberta Emergency Alert App from the app store.

### For more information

Check out our other checklists on:

- · Vehicle emergency kit
- · Pet emergency kit

You can find more information about preparedness through alberta.ca, or by contacting your community's Director of Emergency Management.

### Equipment

- · Manual can opener
- · Dishes and utensils
- · Battery-powered or crank radio
- Extra batteries
- Pen and paper
- Pocket knife
   Duct tape
- Whistle
- Cell phone
- · Extra charging cables and batteries
- Multi-tool and work gloves

### Personal Supplies and Medication

- · First-aid kit
- · Personal hygiene supplies
- · Tissue paper, toilet paper, and paper towels
- · Over-the-counter medications and prescription
- · Copies of prescriptions
- · Back-up pair(s) of prescription glasses
- · Pet food and supplies (including toys)
- · Liquid detergent and soap
- · Plastic wrap, aluminum foil, re-sealable bags
- Garbage and recycle bags
- · Hand sanitizer and wipes
- Disposable dust and non-medical masks
- · Sunscreen and bug spray

### Documents and identification

- Personal identification
- Copies of birth and marriage certificate, will, passports, citizenship papers
- Insurance policies
- Cash (small bills and change)
- · Credit card information
- · Copy of your emergency plan



Emergency kit checklist



- Contact list
- Personal items, if time allows (photos, computers, hard drive, heirlooms, etc.)

### Distraction and comfort items

- . Small toys and stuffed animals
- Playing cards and games
- Reading material
- · Activity books and crossword puzzles
- Colouring books and markers
- · Charging cords for electronic devices
- · Notebook and pen
- · Family photos

### When you build your kit, consider additional needs such as:

- Pregnant or breastfeeding
- · Infants and small children
- Mobility
- · Cultural, religious, spiritual
- Severe allergies or dietary restrictions
- Chronic medical conditions and medical equipment with back up power (talk to your healthcare professional for advice)

### Make a mini kit

Being prepared can take the inconvenience out of unexpected situations. A mini kit that goes where you go can help to keep you prepared for whatever comes your way. Items to consider including:

- · Small amount of cash
- Hand sanitizer and extra non-medical mask
- Bus tickets
- Phone charger
- · Package of wipes/tissues
- Painkillers and back up medication





### Council Notes

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

### April 14th, 2025 Council Meeting

### Pei San Chan — Donelly & Co. LLP

Council approved the Consolidated Financial Statements year ended December 31, 2024 as presented from Auditor Pei San Chan from Donelly & Co. LLP. The Parks, Recreation and Cultural Service Areas of Mutual Benefit to Rural and Urban Residents for the year ended December 31, 2024 be approved and forwarded to Leduc County for their approval.

### Volunteer Appreciation Night

Council moved that Volunteer Appreciation tickets be available for any member of Council wishing to attend on May 2nd, 2025.

### FCSS Multi-Municipal Funding Agreement

Council moved that the Village of Warburg approve and sign the FCSS Multi-Municipal Funding Agreement between Leduc County, Town of Calmar, Town of Thorsby and Village of Warburg.

### Quote for S no wblo wer

Council accepted the quote from Horizon Ag & Turf Ltd. for the snow blower in the amount of \$10,000.00

### Amend Byla w #196/24 Fees

Council approved the amendments to Bylaw #196/24 regarding item #18 being the fees to the Warburg RV Campground. The new daily rate is \$35+GST and the weekly rate is \$210+GST.

### Thorsby May Long Weekend Parade

Council accepted the invite to join the Town of Thorsby at their annual May Long Weekend Parade with the Old Fire Truck, and that any maintenance be completed on the truck as required.

### Alberta Municipal Affairs — Town Hall Meeting

Council moved that anyone wishing to attend the Minister's Town Hall on Bill 50 on April 16th be authorized to do so.

### Leduc Regional Housing Foundation Fundraising Breakfast

Council moved that any member of Council available to attend the LR HF Fundraising Breakfast on May 8th be authorized to do so.

### April 28th, 2025 Council Meeting

### Select Engineering

Council moved that the Village of Warburg authorize Select Engineering to send tender packages out for the 2025 Road Improvements for 49th Street from 50th Avenue to 52nd Avenue, 51st Avenue from 49th Street to 50th Street, 51st Street from 50th Avenue to 51st Avenue, 51st Avenue to 52nd Avenue and 52nd Street from 50th Avenue to 51st Avenue as proposed by Mr. Jarrad Elliott from Select Engineering.

### Quotes for Level Control on Water Tank & Reservoir

Council approved the quote from Camenex Controls Systems Ltd. for level sensors in the water tank and reservoir in the amount of \$4,740.00 plus GST.

### Ouotes for Fire Pit Grill

Council approved the quote from Lanko Systems Inc. for the rotating fire pit grills for the RVP ark fire pits.

### 2025 Budget

Council approved the Village of Warburg 2025 budget in the amount of \$4,204,496.00.

### Bylaw #204/25 to Authorized the Rates of Taxation to be Levied Against Assessable Property for 2025 Taxation Year

Bylaw 204/25 regarding the 2025 Taxation Year rates received final reading.

### WSP Phase I and II Environment Site Assessment

Council moved that based on the Phase 1 Environmental Site Assessment on Lot 1 Plan 85 22414, the Village of Warburg approve the proposal to complete a Phase II Environmental Site Assessment as proposed by WSP.

We extend our heartfelt best wishes to Alice Fenton from our office administration team as she moves on to new opportunities. At the same time, we're excited to welcome Barry Rasch to our team in the

part-time Public Works position. We look forward to working with himl

Council Meetings Upcoming Regular meeting of Council will be held on Monday, May 12th, 2025 @ 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.

### BYLAW REMINDERS

Warburg

\*Be sure to stay informed about current fire ban status at www.warburg.ca or The Village of Warburg is currently under a fire advisory.

Spring has arrived — a perfect time for a fresh clean-up! We kindly ask residents to check their trees for any overhanging branches, especially those affecting sidewalks or boulevards, and trim as needed. Please also take a moment to tidy up any materials that may have accumulated. Thank you for helping keep our community clean and safe!







# Village of Warburg

AS OF MAY 1ST, 2025

The burn pile located behind the Warburg
Arena is now only accessible between

9:00 a.m. and 4:00 p.m., Monday to Friday,
due to the consistent dumping of prohibited
materials.

Please only take burnable debris to the burn pile such as tree limbs/branches, burnable garden debris, non-treated wood products and non-painted wood products.

\*Please be advised that the burn pile is for use by Village of Warburg residents only.

# May 2025

Sun Mon Tue Wed Thu Fri Sat

Volunteer Appreciation Week April 27-May 3				1	2	3
May 1-7 Youth/Mental Health Week Public Works Week May 18-24				Pickleball 7pm- 9pm \$2 Warburg High School Gym	Volunteer Appreciation Banquet 5pm  Must have tickets	Museum Pie & Cof- fee 1pm-4pm Warburg Library Mothers Day 10am Must have tickets
4	5  Mom Group 930am -11am  Village Basement	6  Volleyball 7pm- 9pm \$2 Warburg High School Gym	7	Afterschool Program 3pm-445pm Pickleball 7pm- 9pm \$2 Warburg High School Gym	9 Warburg AG Society Mothers Day Sip & Shop, Paint class 430pm-9pm Must have tickets	10 Warburg Library Seed Exchange 10am-2pm
11	12  Mom Group 930am -11am  Village Basement Council Meeting 7pm	Volleyball 7pm- 9pm \$2 Warburg High School Gym	14 Ag Meeting 7pm	15 FCSS Board meeting 6pm Pickleball 7pm- 9pm \$2 Warburg High School Gym	16	17 Museum Pie & Coffee 1pm-4pm
18	19 Office Closed	20  Volleyball 7pm- 9pm \$2 Warburg High School Gym	21 Seniors Soup & Sandwich 12pm \$10 Family Meals Class 6pm-8pm (Preregister)	22  Pickleball 7pm- 9pm \$2 Warburg High School Gym	23	24  Hand Dipped Taper Candle Class 2pm- 4pm \$55  Preregister (see ad)
25	26 Mom Group 930am -11am Village Basement	27 Volleyball 7pm- 9pm \$2 Warburg High School Gym	28	29  Pickleball 7pm- 9pm \$2 Warburg High School Gym	30	31