

THE WARBURG BUGLE



Strong Restrictions To Slow The Spread Of COVID-19

November 24, 2020 News Release

Alberta's government is declaring a state of public health emergency and putting aggressive measures in place to protect the health system and reduce the rising spread of COVID-19 cases.

New public health measures

Not following mandatory restrictions could result in fines of \$1,000 per ticketed offence and up to \$100,000 through the courts.

Public and private gatherings

Effective immediately, mandatory restrictions on social gatherings are in effect provincially. These measures will be in place until further notice and include:

No indoor social gatherings are permitted in any setting, including workplaces.

Outdoor social gatherings are limited to a maximum of 10 people.

Funeral services and wedding ceremonies must follow all public health guidance and are limited to a maximum of 10 in-person attendees. Receptions are not permitted.

Measures for regions under enhanced status

Effective immediately, mandatory restrictions on places of worship, businesses and services are in effect in areas under enhanced status. These measures will be in place until further notice.

Places of worship

Places of worship are limited to a maximum of one-third normal attendance per service.

Physical distancing between households and masking are required.

Faith-based leaders are encouraged to move services online.

In-person faith group meetings can continue, but must

maintain physical distancing and public health measures must be followed.

Businesses and services

Starting Nov. 27, business and service restrictions fall under three categories: closed for in-person business, open with restrictions, and open by appointment only. Impacts by category are available here: alberta.ca/enhanced-public-health-measures.aspx.

These measures will remain in place for three weeks, but will be extended if needed.

Albertans are encouraged to limit in-person visits to retail locations, shop local and use curbside pickup, delivery and online services, where possible.

Specific measures for Calgary, Edmonton and surrounding communities

Mandatory mask requirements

Effective immediately, a new mandatory mask requirement for indoor workplaces is in place for Edmonton, Calgary and surrounding areas. This includes any location where employees are present, and applies to visitors, including delivery personnel, and employees or contractors.

This measure will be in place until further notice.

All existing guidance and legal orders remain in place in all areas. Alberta Health, AHS and local municipalities continue to closely monitor the spread across the province.

Quick facts

A full breakdown of the new measures can be found at alberta.ca

Legally, all Albertans must physically distance and isolate when sick or with symptoms.

Good hygiene is your best protection: wash your hands regularly for at least 20 seconds, avoid touching your face, cough or sneeze into an elbow or sleeve, and dispose of tissues appropriately.

Classifieds

WANTED

HORSE WANTED: 11 year old girl wants a horse to love and spoil. Reasonably priced please.
780.360.5226 (3-4)

FOR SALE

Woodworkers Hobby Shop / Machine and Tool Sale: Asst'd Material, Wood - Everything must be sold! Asking Price - Asking Offers!! For a personal viewing appointment or list please contact 780-221-8544 (1-1)

Hay for Sale: COW & HORSE HAY: Baled dry this year - \$60/bale.

Call Tammy 780.984.0855 (2-2kr)

FOR RENT COMMERCIAL

Building for rent in Breton - \$500/mth plus utilities.

Call 780.696.3551 (1-1kr)

SERVICES

LAUNDRY SERVICE - Are you a busy individual? Could you use some extra time? Would you enjoy that extra touch to your laundry? I will "SUDS YOUR DUDS". Washed, dried, folded and a little extra care. Pick up & delivery are available.

780.938.9355 (1-2)

BUILDERS/RENOVATIONS

Custom Built Epoxy Countertops and Interior Renovations - are you looking to update your countertops, renovate your home or need home repairs - call Greg Sharman @ 780.898.3866 or visit www.gregsharman.com or www.counter.gregsharman.com (2-2kr)

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Fridays Noon - 9 pm

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yesterdaystreasuremarket.com



Lyle "LUPE" Reuben Clark

January 25, 1963 – November 5, 2020

It is with the greatest sadness that we announce the tragic passing of Lyle "LUPE" Reuben Clark on the afternoon of Thursday, November 5, 2020.

The youngest of four children, Lyle grew up on the family farm at Yeoford, where he still lived at the time of his passing. He loved kids, a good campfire surrounded by family, friends and a nice cold beer!

He will be lovingly remembered by siblings, Dar (Tom) Hawryluk, Deb (Ray) Devall and Len (Cathy) Clark; nieces and nephews, Jen (Chris) Sinclair, Cory Hawryluk, Steve (Karen) Clark, Jaz Clark (Erik) and Darrell Isnardy; great-nieces and nephews, Aubree, Raegan, Caitlin, Hunter, Hannah, Haydn and Haylee, as well as numerous extended family, friends and co-workers.

Lyle was predeceased by his parents,
Lorna and Norman Clark.

A Celebration of Lyle's life will take place in the spring of 2021. For those who so desire, memorial contributions in Lyle's name may be made directly to the Cross Cancer Institute.

Condolences may be sent to
www.affinityfuneralservice.ca

Arrangements in care of Joelle Valliere at:
Affinity Funeral Service
5137 50 Avenue, Drayton Valley, Alberta
780.542.3338



Warburg Recycling Expanded

Please take your electronics for recycling to the recycle facility located 1 mile West of the Arena. Items accepted are listed.

ELECTRONICS EXPANDED

Alberta
recycling
MANAGEMENT AUTHORITY



SMALL APPLIANCES

Fan
Hair dryer
Heater
Iron
Microwave
Toaster
Shaver
Vacuum
Residential Air Conditioner
PRODUCTS WITH FREON NOT ACCEPTED



AUDIO VISUAL

CD Player
Clock Radio
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DVD Player
Headphones
Satellite Dish
Satellite Radio
Speakers
Video Camera



TELECOM

Answering Machine
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Pager
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POWER AND AIR TOOLS

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Sharpener
Shop Vacuum
Skill saw
Table Saw



GAMES, TOYS AND MUSIC

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Amplifier
Guitar
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Ride-on Toy
Toy Robot
Toy Vehicle
Video Gaming Equipment

**Hours
of Operation:**
**Thursday
& Saturday**
**9:00 a.m.
- 5:00 p.m.**

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electronics not
listed or visit
ARMAepilot.com

November is Fall Prevention Month

While falls can and do happen to people of any age, contrary to popular belief, falls are NOT a normal part of aging! However, falls are the leading cause of serious injuries in older adults.

How can you help others prevent a fall?

- Lend a hand and help shovel your neighbour's driveway.
- Help an older adult complete a "walk-through" in and around their home to assess for hazards, such as edges of rugs, and remove the hazards if necessary.
- Stay active with others – go for a walk with a friend or join a community walking group once a week. Remember to adhere to social and physical distancing rules.
- Keep a watchful eye on others in your community. Has Betty not been at the restaurant for her regular breakfasts recently? Have you seen Bill stumble a few times down the hallway of his apartment building last week? It is not always about being "nosy," it's about watching out for one another, keeping each other safe, and expressing concern when necessary.
- Ensure you know your friends, family members and neighbours' emergency plan, including their emergency contacts.
- Always call 9-1-1 in the event of an emergency.

Learn more at www.leduc-county.com or call Carla at 780-955-4554.





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Community Events Page

Custom Built Homes

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ROYAL CANADIAN LEGION MULHURST #246: Regular BINGO's continue for: Dec. 1 and 8th at 7pm. **TURKEY BINGO FOR: DEC. 15TH** also 7pm, (last of the 2020). Bring your mask, bring a cohort and spend an evening with us Safely!!

Thorsby Senior's Thrift Store will be open for Christmas Shopping one Saturday! Saturday Dec. 5th from 10am - 3pm. Christmas Clearance 50 % OFF! Regular hours remain: Thursdays and Fridays from 10 am - 3 pm. All COVID-19 regulations apply when shopping.

Mulhurst Bay Farmer's Market - Christmas Market. November 28th from 11 am - 6 pm at Mulhurst Bay Community Hall. Bring your mask and way more. Call Jessie for more info 780.312. 5377.

Thorsby Bingo CANCELLED due to rise in COVID.

St. Matthew's Lutheran Church Thorsby is holding in-Church Worship on Dec. 6th at 10:30 a.m. Following COVID protocols. Our weekly worship with Pastor Ron can still be found on You Tube.

Winfield Public Market is back for the last 3 markets of the year! Next markets: Nov 15 & Dec 13. 11 am-2 pm. Call or text Carla for info 780-621-1285.

Community United Church – 5112 – 53 St., Warburg. Join us for Sunday morning worship on the 2nd and 4th Sundays of each month at 10:30 AM. For information please phone the church office 780-848-2227.

Warburg Alliance Church is open. 11 a.m. worship service. For more information please phone 780-848-7577, check out our Facebook page or email us warburgalliance@gmail.com.

Warburg Seventh Day Adventist Church, Sat. Sabbath School 10 am, Main Service 11:30 am, Pastor Jason Williams 780-848-2271

Treasures Thrift Shop –IS NOW OPEN! (With restrictions) Please see signs at the store for everyone's safety. Wednesdays from 10 am - 4 pm. Donations will only be accepted during store hours, please ensure your donations are clean. 5112 - 53 Street Warburg.

TOPS (Take Off Pounds Sensibly) at Thorsby Seniors Centre - Mondays, weigh in at 9:00 to 9:15 am, meetings 9:15 - 9:45 am, for more info call Jane 780-789-37891 or Elaine 780-221-3939

Night In Italy - Event postponed until further notice. Raffle Draw new date is July 1, 2020. Tickets are still available. Contact Rhonda at 780.514.5200 or Trent at 780.202.0140

Warburg Museum - CLOSED due to COVID-19.

Does drinking affect your personal life in any way? Have friends or family expressed concerns towards your drinking habits? Have you ever tried to quit drinking, but could not manage to do so? AA can help! 5203 -54th Avenue Thorsby New Life Christian Church (every) Monday 8:00 pm 780-270-7903

Sunnybrook Community Hall Rentals: Contact Name: Mikayla, Phone Number: 306-307-2599, Email Address: sunnybrookcommunityhall@gmail.com

Lindale Hall Jam Sessions are held the 4th Friday of every month (excl. Dec.) at 7 p.m. Everyone welcome!

Mulhurst Legion #246 Rentals Call: Marie 780-361-7350

CANCELLED - Thorsby Senior's Soup & Sandwich Day at the Senior's Centre is on the second Wednesday of every month. Five dollars will buy you a bowl of soup, a sandwich, a coffee, tea, or juice. Enjoy all this between 11:30-1:30 pm. Birthday Party follows at 1:30 pm. Everyone Welcome!

Winfield Legion is available to rent. Rental Inquiries - Gordon 780-542-1243 or Mona 780-361-9558

"Sew Heavenly Quilters" meet every Thursday at the Warburg Cultural Centre, from 10:00 to 4:00. Everyone welcome to join. Call Peggy Lunde @ 780.789.2545 for more info.

Parent Link – Stay 'n Play held every Thursday from 9:30 am – Noon at the Warburg Village Office.

BRED COW / HEIFER SALES

- ONLINE BIDDING AVAILABLE FOR THESE SALES -



Vold, Jones & Vold Auction Co. Ltd.
Rimbey AB

FRIDAY, DEC 4 – 12 NOON

Midpoint Farms

- 100 red Angus based cows with their 2nd & 3rd calves
- Exposed to Charolais bulls for April 20 calving.

Kevin Jeffrey

- 200 red & black Angus based cows, with their 2nd & 3rd calves, Exposed Charolais bulls, April calving
- 125 Red Angus Simmental X heifers exposed to black Angus bulls for April calving
- 125 Black Angus Hereford X heifers exposed to red Angus bulls for April calving

Monte & Sherry Cave

- Dispersal 25 home raised French Charolais & Charolais/Angus X females under 6 yrs old

- Exposed in mid-march for 8 weeks to French Charolais bulls
- 4 bulls - 1 - 4 yr old French bull; 1 - 3 yr old 3/4 Charolais 1/4 red Angus; 2 - 2 yr old French bulls

Stan Skeels

- 20 red Angus/Simmental X or red Angus/Limousin X heifers Exposed to black Limousin bulls for March calving
- 10 black Angus/Limousin cross heifers Exposed to red Limousin bulls for March calving
- 30 Angus based cows • Exposed to Limousin or Charolais bulls to calve April 20, 2021

Mike Rallison

- COMPLETE HERD DISPERSAL!
- 25, 4 year old black brockle face bred

- cows (black Angus / Herford cross).
- Bought from Rock Solid Bred Heifer sale December 2017 as F1 top cut bred heifers from a reputation breeder.
- Bred to Registered, Low Birth Weight, Black Angus Bulls.
- Exposed June 1 for March calving.
- Spring 2020BoviShield Gold FP5, Covexin Plus, Ivomec.
- Fall 2020. Ivomec
- Beautiful quiet calm herd with zero issues, fantastic mothers, no calving issues.
- Also on offer 2 Registered Black Angus Bulls. 4 year old and 5 year old

DEC 18 RIMBEY

Final Sale of 2020

Bred Cow Sale



Vold, Jones & Vold Auction Co. Ltd.
Ponoka AB

FRIDAY, NOV 27 – 12 NOON

Gerald Zimmerman

- 80 Simmental Red Angus Cross 2nd calvers
- 60 Red RBF 2nd calvers
- 15 Black 2nd calvers
- 5 Tan 2nd calvers
- Bred to Charolais bulls, March calving
- Also selling 70 Red and Red Blaze hfrs
- Bulls in April 22 for 60 days
- Exposed to Low birthweight Red Angus bulls

Ray Grinde Dispersal

- 60-65 Red Simmental Cross cows
- Coming with there 2nd – 4th calf
- All home raised
- Exposed to red factored Simmental bulls to start calving March 10th
- Got Scour boss 9, 8-way & Ivomec annually (need it this fall)
- Top sort out of 105 head (keeping hfrs & anything calving late)
- Nice quiet cows.

The Estate of Ron McDowell

- 32 home raised cows
- Exposed to black Angus bulls on June 17th
- Spring vaccinations – Bovi shield gold FP5
- Fall – 8-Way & Ivomec
- Preg checked on Nov 9 by Ponoka Vet Clinic

FRIDAY, DEC 11 – 12 NOON

Taylor Family Farms Bred Cow/Heifer Dispersal

- *Pre-sale viewing due to Covid welcome at the farm
- contact Dave 403-396-7142
- 27 home raised Simmental Angus cross cows & Heifers
- 12 – 1st calf heifers
- 11 – 2 year old cows
- 6 – 3 year old cows
- Heifers bred to a 66lb Atlasta

- Angus Black Angus bull exposed from May 1 – July 5
- Cows exposed to Black Angus bull May 1 – Aug 1
- Heifers will have scour boss shot
- Quiet cow herd, sold calves Oct 14 strs avg 650 lbs & heifers avg 600 lbs

Dale H & Joan Martinson

- 100 home raised Simmental Simmental/Angus X cows
- Simmental bulls out May 1st
- 8-way, Scour Guard 4 – Yearly
- Bovishield 5 in April, Ivomec in April 2020

Find pictures & videos
Vold Jones & Vold Auction Co. Ltd.
www.vjvauction.com
Rimbey 403-843-2439
Ponoka 403-788-5561



Community Events Page

Join us for some play time with your child!

Ashland Dam Park - For reservations call Bruce @ (780) 898-9636.

Breton Community Center- To rent the community center please visit our website www.bretonagsociety.com, call 780-696-3561 and leave a message or email us at bretonagsociety@gmail.com

Camp Barvnok - For bookings, call Walter 7807172432, or Jason 7809904043, or email bookings@barvnok.com

Leduc Public Market runs every Thursday 10-3 in the City Center Mall (Ken's Furniture) 5201 50 Street. Lots of vendors with a wide variety of items. For tables or info call Jenna 780-868-7616.

Warburg Bloomin' Buddies Meetings - Please contact Linda McLaughlin @ 780 848 2916 for information re meeting dates and times.

Warburg Legion Hall is available for rent at \$75.00/full day and \$50.00/half day with a deposit of \$50.00 that is refundable upon inspection. For Hall rental, please contact Deb/Max 780 848 2923 or (780) 264 9217 or Nancy/Allan 780 848 7756.

Warburg Cultural Centre - For rentals of facility, wine glasses and/or tablecloths, phone Linda McLaughlin at 780.848.2916. Meetings held quarterly.

Warburg Senior's Centre rentals. Call Nancy/Allan Gruninger 780-848-7756. \$75 per rental, \$50.00 damage deposit refundable after inspection - no exceptions!

Warburg Pioneer Ag Society & Hall- hall rental \$300, phone 780-848-2841 (non-smoking, 350 capacity), Meetings 2nd Wednesday of each month.

Royal Canadian Legion #246 Mulhurst hall rental: Call Marie @ 780-362-7350

Thorsby Senior's Centre rentals. Call Cathy Kuzio 780-789-2423 / 780-719-7124.

Thorsby & District Fish & Game Regular Meetings are held on the third Monday of each month @ 7:00 pm at Warburg Village Office Basement (entrance through the back). Please join us. Contact Bruce at 780-848-2242 for more information.

Breton Golden Age Centre Rentals - \$10 / hour with \$25.00 for use of kitchen or \$15/day. Deposit of \$50 required. **Call Pat at 780.696.2056**

Breton Crib Tournaments will be held every Saturday at the **Breton Golden Age Centre** - Starting January 5th at 12:30 p.m. except July & August.

Weekly Bingo at Mulhurst Legion - Every Tuesday, 7:15 pm. Family Bingo! Everyone Welcome! 780-935-6281

Centrelodge Community Centre - For bookings call Caroline 780-789-3089.

Morrowdale Community Hall - For bookings call Elaine at 780-789-2104.

Mulhurst Legion Hall: For Hall Bookings call Marie: 780-362-7350

Telfordville Hall - For bookings call Tracy at 780-718-9549.

Strawberry Community Hall - Call Ollie at 780-789-2180.

Genesee Community Hall - Rentals call Joanne Liba at 780-940-7229.

Funnell Community Hall - Christine Burton @ 780-898-6598 for bookings Hall Rent - \$50/day.

Calmar Bingo - Every Wednesday from 7 to 9 pm at the Calmar Legion (4815-47 Street). Wheel Chair Accessible. Concession Available.

Community Bible Church - Alder Flats. Pastor Samuel Hayford 780-388-3926. Sunday Service & Sunday School at 11 am. 780-388-0018.

Our Lady of Victory Catholic Church Thorsby Mass Every Sunday 9:00 am, Father Arun Rodrigues. For more information call 780-987-2858 or visit www.olvthorsby.wordpress.com.

Join Us In Worshipping the Lord - Faith Evangelical Covenant Church Breton- Worship Service 11:00 am, Mid Week Adult Bible Study & Youth Groups. Please Call 780-696-3669.

This Holiday Season SHOP LOCAL

Businesses have faced an extremely difficult year as a result of COVID. This holiday season let's help them out by shopping local.

#SHOPLOCAL



Gerald Soroka, MP
Yellowhead

NOW MORE THAN EVER, WE ALL NEED TO GET IMMUNIZED AGAINST INFLUENZA

WE ARE ALL IN THIS TOGETHER.

AHS is offering influenza immunization to those under five years of age and their immediate families or household members only. There will be no drop-in immunizations at AHS locations.

If you meet the criteria above, you can visit **ahs.ca/flu** to book an appointment.

Albertans not in this age group are asked to call a pharmacy or doctor's office to arrange a flu shot.

Immunization Clinics in Your Area:

Thorsby Public Health Centre
Leduc Public Health Centre
Devon Public Health Centre

To learn more,
visit **ahs.ca/flu**
Have Questions? **Call 811**



Moving To At-Home Learning Only During The State Of Public Health Emergency

From Black Gold Regional Schools

Nisku, Alberta (November 26, 2020) - Due to rising record numbers of daily new COVID-19 cases and hospitalizations, the Government of Alberta has declared a state of public health emergency in Alberta, effective November 24, 2020, through to January 10, 2021.

Students and parents/guardians are advised that starting Monday, November 30, 2020:

- Grades 7 - 12 students will be learning from home.
- Kindergarten - Grade 6 students (including ECS) will be in school as usual until the Christmas break (December 19, 2020 - January 3, 2021).
- After the Christmas break, all Kindergarten – Grade 12 students will be learning remotely for the week of January 4 – 8, 2021.
- In-person classes resume on January 11, 2021.

The above measures are mandatory, and apply province-wide.

Please note that there will be no changes to the schedule and operation of the Black Gold Distance Learning Program.

At-home learning includes regular live online teacher instruction, as well as directed activities and assignments that students will complete independently. Grades 7 - 12 students in at-home learning will remain connected to their assigned teachers.

Unlike the emergency remote learning that occurred in the spring, at-home learning will include all the required areas of the provincial curriculum in the courses that students are enrolled in. We maintain high expectations that students will complete assigned coursework within allotted timeframes.

Schools will continue to provide students with complex needs the services and supports they require. Parents are asked to work with their teachers and school principals to discuss appropriate arrangements and scheduling.

All extracurricular activities, field trips and other activities requiring transportation are cancelled until further notice.

All parent/guardian and staff meetings, including school council meetings, will be done virtually or by phone.

Diploma exams are optional for the rest of the school year. Students and their families can choose whether to write the exam or receive an exemption for the January, April, June, and August 2021 exam sessions. If students choose to write the exam, the exam will represent 30 per cent of the student's final grade.

"Black Gold School Division remains steadfast in its commitment to the health and safety of students and staff in schools and at the worksite," said Board of Trustees Chair Devonna Klaassen. "We have been preparing since September for this eventuality, and I have full confidence in our teachers and staff to deliver the best learning opportunities for our students as we navigate this critical period."

"I want to thank our students and their families for their ongoing diligence and patience as we work to overcome this temporary challenge," said Superintendent of Schools Bill Romanchuk. "Our teachers will need more understanding and support from our school community than they have had at any time this school year."

From the outset of this public health crisis, the Division has been diligent in implementing health and safety measures to protect our schools. And they appear to be working! To date, there has been no evidence of in-school transmission.

For more information on the temporary move to at-home learning, please refer to the Black Gold School Division 2020-2021 At-Home Learning Plan .



ARE YOU READY TO ANSWER THE CALL?

**BECOME A PAID ON-CALL FIREFIGHTER IN THE CALMAR,
NEW SAREPTA, NISKU OR THORSBY FIRE DISTRICT.**

**APPLY ONLINE BY JAN. 3, 2021 AT [LEDUC-COUNTY.COM/
RECRUITMENT](https://leduc-county.com/recruitment) OR CALL 780-955-7099.**



**THE VILLAGE OF WARBURG IS RECRUITING PAID ON-CALL
FIREFIGHTERS FOR THE WARBURG FIRE DISTRICT. CONTACT THE
VILLAGE AT 780-848-2841 OR [VILLAGE@WARBURG.CA](mailto:village@warburg.ca)**

Warburg Village Market

These are challenging times. How are you? Our staff are working hard to provide a safe comfortable environment for all your grocery shopping. Offer a smile and thanks next time your in.

Due to all the fuss this year and changes to the way we do things Warburg Village Market and Warburg FCSS are working together to ensure those in need can celebrate the season.

Warburg Village Market is offering the opportunity to purchase "food baskets" which will be distributed to community members in need of a little extra Christmas help this year.

This year more than ever our community needs you. Please ask your Village Market staff; if you would like to purchase a basket. We thank you for your support of our Christmas Elves program.

Stay calm and wash your hands.

WE'RE OPEN FOR YOUR CONVENIENCE
Mon thru Fri 8:30 to 7:00 Sat 9:00 to 6:00
Sunday & Holidays 10:00 am to 5:00 pm

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Impacts of vaping on youth in the Leduc region

Since the emergence of e-cigarettes and vaping over the past decade, there has been a drastic increase in youth participating in these activities. Recently, health concerns regarding vaping have been prevalent in the news and social media. The question then arises: do I have the right information about vaping?

Join us for a session on the impacts of vaping and learn about:

- an overview of e-cigarettes and vaping
- the impacts e-cigarettes and vaping can have on youth
- how we can support those we care about to make healthy choices

We invite community members to join us in this discussion. Our goal is to provide helpful and supportive information that will help you navigate these questions and discussions in your work, community and home.

Date: Monday, Nov. 30

Time: 5 p.m.

Location: online via Zoom

Register: call 780-979-2385 or email fcinfo@leduc-county.com to register and receive a Zoom link

This is a free session; everyone is welcome to attend.















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free weekly delivery service.

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometime
 Sore throat	Sometimes	Common	Sometime
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

ahs.ca/covid





SUPPORTING RURAL MENTAL HEALTH

This past year has been a challenge. A global pandemic, economic uncertainties, financial stress and changes to our everyday routines has been a lot to deal with and can result in increased stress and feeling overwhelmed. An important step in mental health is watching out for each other. Sometimes it can be hard to know what to do, and you may not be aware of the resources available that can help.

Signs that someone may need help:

- ▶ consistently expressing sadness or hopelessness
- ▶ unable to concentrate or focus
- ▶ constantly exhausted
- ▶ unusual irritability

How you can help:

- ▶ Ask the person what they need
- ▶ Ask if they have someone they can talk to, such as a friend, spouse or doctor
- ▶ Use the tips listed under *reducing stigma*
- ▶ Contact Leduc County FCSS to learn more

What is stigma?*

Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype). **information from MayoClinic.org*

How to reduce stigma:*

- ▶ Treat everyone with respect.
- ▶ Be warm, caring and non-judgmental.
- ▶ Challenge stigma when you see it.
- ▶ Watch your language.
- ▶ Learn the facts about mental health and mental illness.
- ▶ Help raise awareness about mental health.

**information from Bell Let's Talk*

Mental health resources - ALWAYS CALL 9-1-1 IN AN EMERGENCY

- ▶ Leduc County FCSS: **780-979-2385**
- ▶ 211: call **2-1-1** for information on social supports 24 hours per day, seven days a week.
- ▶ Access 24/7: **780-424-2424**: provides 24/7 telephone support, in-person assessment, crisis outreach and patient stabilization.
- ▶ Mental Health Help Line: **1-877-303-2642**
- ▶ Distress Line: **780-482-4357 (HELP)**: provides 24/7 confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. Provides support to family, friends and caregivers of people in crisis.



Banman Westerlund LLP

Chartered Professional Accountants

- Derek W. Banman CPA, CA - Partner
- Kyle Westerlund CPA, CA - Partner

Box 367, 5012 - 50 Avenue

Breton, AB T0C 0P0

E: dbanman@banwest.ca

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then South on Range Rd. 35 for 2.8 km, East side of road

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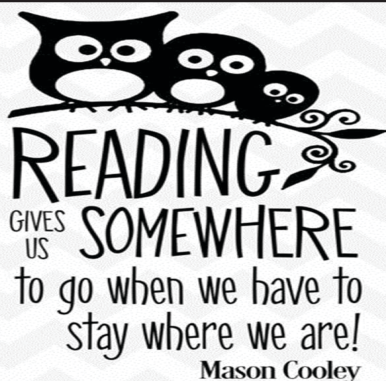
Library Chatter

From Gail O'Neil

Warburg Library is under new COVID-19 rules, masks are mandatory and only 11 Patrons in the library at a time.

Please call Staff at 780-848-2391 and we will try and answer all questions concerning COVID-19 restrictions to the best of our knowledge.

Curbside pickup is available.



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Nobody Ever
Drowned in Their
Own Sweat
-Lou Holtz

MP REPORT

from The Office of MP Gerald Soroka,
Member of Parliament for Yellowhead



November 23, 2020

Canada Revenue Agency Opens Applications for the Canada Emergency Rent Subsidy

OTTAWA: Gerald Soroka, Member of Parliament for Yellowhead is pleased to advise that qualifying organizations can apply directly for the new Canada Emergency Rent Subsidy (CERS) through the Canada Revenue Agency (CRA) without the need to claim the assistance through their landlords. Applicants can claim the subsidy retroactively for the period that began on September 27 and ended on October 24, 2020. Applications for the second CERS period (October 25 to November 21, 2020) will open on November 30.

Organizations can include rent and other eligible amounts already paid in respect of a claim period as well as amounts that are payable for the claim period when submitting their CERS applications. Amounts that are not paid at the time of the application will have to be paid no later than 60 days after payment of the subsidy.

CRA will collect applications over the coming days and, on November 30, process applications received to date. Qualifying organizations whose claims successfully clear the CRA's automated verification system and that are registered for direct deposit should expect to begin receiving payments starting on December 4.

Link to: My Business Account portal: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-businesses/business-account.html>

Link to: Represent a Client portal: <https://www.canada.ca/en/revenue-agency/services/e-services/represent-a-client.html>

More information can be found at: <https://www.canada.ca/en/revenue-agency/services/subsidy/emergency-rent-subsidy/cers-how-apply.html>

Unsure of the Road Conditions?

You can visit
511.alberta.ca
or call 511 by phone.



THE WARBURG BUGLE

You can pick up the Warburg Bugle
at the following locations:

Warburg Corner Gas
Warburg Corner Restaurant
Warburg Village Office
Warburg Library
Warburg Agencies / ATB
Warburg Village Market
2 B's Flowers & Bistro
Warburg Hotel
Warburg Family Drug Store
Sunnybrook Post Office
Sunnybrook Hotel
Alsike Gas Station (Breton)
Teddy Bear's / Tempo (Breton)
Yesterday's Treasures (Calmar)
or read online and in color at
www.community39.com

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•References Available•



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Please call our office for help with other banking.

REGISTRIES: 8:30 AM – 3:30 PM Monday to Friday

INSURANCE: 8:30 AM – 4:30 PM Monday to Friday.
Please call our office at 780.848.2876.
If urgent, please visit our office, our staff will be happy to help you.

Thank-you, Management

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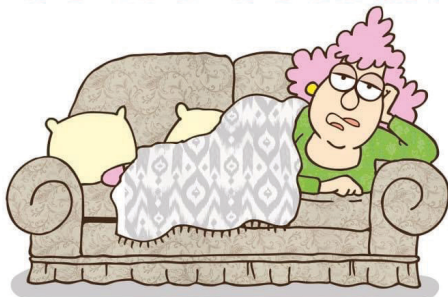


I love the colder
weather, when I
can open my
window and hear
the sound
Canadians love
to hear...

"Welcome to Tim
Horton's, can I
help you??"



**HAD A LOT OF STUFF
TO DO TODAY.**



**NOW I HAVE A LOT
OF STUFF TO DO
TOMORROW.**

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aunty acid



Taken just north of Thorsby, maybe not a pet
but most awesome wildlife.

Thanks for sharing John!

Have a funny / cute pet pic?

Email it to media@community39.com

or text to 780.887.0088

**I just ordered
a life alert
bracelet so if
I get a life, I'll
be notified
immediately.**

**Kathleen O'Meara's poem
'And People Stayed Home'
written in 1869**

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.

THE WARBURG BUGLE



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The last Warburg Bugle of 2020 will be published

December 11th, 2020.

Deadline will be December 9th at Noon.

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