
Voices of the Village

JUNE 2021 NEWSLETTER



Phase 2 of the Walking Trail Project is Complete!

The Village of Marwayne is pleased to announce that Phase 2 of the Walking Trail Project is now complete. The extension of the trail system connects to Phase 1 via 6th Street N and continues North East, adjacent to Railway Avenue. From there, the trail will guide you to the West, in and around the vacant lands that are zoned for future residential development, before heading South towards the back alley behind 5th Street Close.

Being that summer is on the horizon, the Village of Marwayne encourages residents to get outdoors and check out the walking trail system for themselves. Given that public health restrictions remain in effect until further notice, the Village saw an opportunity to provide the community with alternative ways to pass the time while remaining safe, healthy and socially distanced.



Upcoming Meetings, Events & Due Dates

Council Meetings

Horton Agencies Boardroom/Zoom Video Conferencing

June 7 & 21

Go East Road Trip Adventure Game

May—Aug

Blue Bag Recycling

June 3 & 17

First Day of Summer

June 20

Senior Week

June 7—13

Lea Park Truck Draw

July 25

Tax Payment Deadline

June 30

Tax Penalty (12%)

July 1

Operating Hours & Contacts

Office Hours: Monday through Friday
8:00am—12:00pm
1:00pm– 4:30pm
closed for lunch between 12:00pm—1:00pm
OPEN BY APPOINTMENT ONLY FOR IN PERSON SERVICE DUE TO COVID-19

After Hours Water/Sewer Emergencies: Wilson Curtis 780-205-2993
Carry Grant 780-214-7933

Health and Safety Emergencies: Kitscoty RCMP 780-846-2870
RCMP, EMS, FIRE 911

For all non-emergency inquiries, or to file a complaint, please contact the Kitscoty RCMP at 780-846-2897

Transfer Station Hours: Wednesday 2:00pm—5:00pm
Saturday 10:00am—2:00pm
Summer Hours Starting May 01, 2021 Wednesday 2:00pm—7:00pm
Saturday 10:00am—2:00pm

Residential garbage pickup: Thursdays 7:00am

During inclement weather, please call the Vermilion River Regional Waste Management Services Commission at 780-853-5561 to get updates as to whether or not transfer stations are open.

go east of Edmonton

ROADTRIP ADVENTURE GAME!

JOIN THE 2021 ROADTRIP ADVENTURE GAME!

Facebook Instagram Twitter

May to August 2021 at www.GoEastofEdmonton.com

DID YOU KNOW...

...The Lea Park Rodeo has changed it's date this year! The rodeo is scheduled to be held July 23,24 and 25 with the truck draw being held on the 25 regardless if the event can be held or not. Please contact a rodeo committee member for your ticket or stop in and see Ron or Judy at Marwayne Home Hardware.

Last June, what would have been the 67th rodeo, held where the North Saskatchewan and Vermilion rivers meet, was cancelled for the first time since it's inception. The committee, sponsors and participants have all went the extra mile this year to make sure they are doing everything they can to make this year's show possible

Did you know...that Lea Park was one of the first rodeos to play chute music?
Then please put the rest of the Lea Park info in if that's possible.



2021 POLARIS RANGER

570 MID-SIZE



ATV Raffle Returns!

Plus 2 Draws for \$500

Supplied By:



Draw Date – **July 25, 2021**
Lea Park Rodeo

*Tickets available at Tannas
Bros Home Hardware!*

*Marwayne Ag Society/Marwayne Curling Club
Lottery License #570792*

Calling all Volunteers for our Lead Testing Program!

The Village of Marwayne is seeking volunteers to have the water from their homes tested for lead. Typically, lead levels in source water are very low and the finished drinking water produced at water treatment plants is virtually lead-free. However, lead can leach into drinking water from tin-lead solder, brass fittings and some water meters. Lead-containing materials were more commonly used in the past, and consequently occur more frequently in older homes. That being said, recent construction does not eliminate the risk of lead leaching into drinking water. As such, the Village of Marwayne is pleased to advise that we will be randomly sampling homes within the Village boundary for lead in order to comply with our mandate from Alberta Environment. If you would like to volunteer your home for sampling, and your residence meets the eligibility criteria, please email admin@marwayne.ca.

Volunteers who meet the eligibility criteria will be contacted and forwarded the applicable paperwork and consent form to participate in the program. We thank all those interested however only twenty (20) homes will be selected for testing over the next two (2) year period.

The Village is in search of homes who meet the following criteria:

- Twelve (12) Single Family Units built before 1960
- Four (4) Single Family Units built between 1960 and 1975
- Two (2) Single Family Units built after 1975
- Two (2) Multi Family Units



FIRE PITS



Before setting up a fire pit please review our fire pit bylaw available on our website:

Marwayne.ca ⇨ Village ⇨
Bylaws ⇨ Bylaw 430-2000
Fire Pit

FIRE BANS

You can check County of Vermilion River's website on current updates regarding fire bans:

Vermilion-river.com

VERMILION RIVER REGIONAL WASTE MANAGEMENT SERVICES COMMISSION

We are presenting an update to what is acceptable and what is not acceptable waste at our transfer sites in the region. For your information, summer opening hours are being observed at the transfer sites as of May 1, 2021.

YARD WASTE: Leaves and grass must be taken out of the bags before being placed in the burn pit. Bags can be disposed of in regular household waste.

RECYCLING: All items that are to be recycled must be cleaned and rinsed. The transfer sites will accept corrugated cardboard that is flattened before it is placed in the bin. We accept boxboard, tin cans, plastics labelled as #1, #2, #4, and #5, as well as newspapers, magazines, books and other paper. Plastics labelled #3, #6 and #7 are not accepted. Do not recycle the following:

#3 (PVC) - Plastic Polyvinyl Chloride - plastic building materials, shower curtains, cooking oil bottles, clear food wrap.

#6 Plastic Polystyrene (PS) — disposable drinking cups, egg cartons, take-out food containers, CD/DVD cases, building insulation, etc.

#7 - Other (Items with BPA) — sport bottles and equipment, car parts, baby bottles, electrical wiring, etc.

LARGE ITEMS: Large items such as fiberglass tubs, showers, hot tubs, must be cut in pieces no bigger than 2 feet x 4 feet. Vinyl siding, plastic pipe and hoses must be cut into 4 ft. lengths.

ELECTRONIC RECYCLING: Televisions, computers, computer components (monitors, printers, scanners).

USED PAINT: Paint, varnish, stain, paint thinner and stripper, and aerosol paint cans are recyclable. Empty paint cans should be placed in the metal pile.

HAZARDOUS WASTE: Approved transfer sites will continue to offer household hazardous waste recycling. There are hazardous waste bins on site to hold acceptable items. Small household-sized containers such as glue, cleaners, insecticides, rechargeable batteries, etc., are considered hazardous waste. Common household cleaners such as oven cleaner, bleach and soaps are not considered hazardous waste and can be put in the household waste bins. If the word "Contains no PCBs" appears on an item, it can also be put in household waste. Fluorescent ballasts, fluorescent tubes, halogen lights or curly bulb lights are to be placed in household waste bins. If there are containers which have solidified, they can be placed in the household waste bins. Small propane tanks that power lights or stoves can be disposed in the metal pile if they are empty. Larger propane bottles (20#) are collected in cages or pallets, and are not to be placed in the metal pile.

USED OIL: All sites have a location on site for disposal of used oil, and empty oil jugs or pails and oil filters are to be disposed of in the used oil compound.

MIXED WASTE: If you wish to dispose of wood or metal upholstered chairs, the cushions must be removed whenever possible. Sofas, mattresses and other upholstered furniture can be disposed in the furniture compound.

TIRES: All types of tires are acceptable, but the rims must be removed before they are placed in the tire compound.

CONCRETE AND SOD: These will not be accepted.

LEA PARK GOLF CLUB



Lea Park Golf Club is pleased to announce that we are running a Raffle draw throughout the summer. Proceeds will go towards golf club expenses such as, upgrading equipment, clubhouse renos, and golf course/bridge maintenance. We appreciate all your support!

Lea Park Golf Club Raffle

1st prize - \$2,500

2nd prize - 2 Memberships for 2022 Season

3rd prize - 5, 9-hole rounds of golf for 2 people
(including cart) for 2022 season

\$20.00 per ticket

(400 tickets printed)

Tickets can be purchased at the Clubhouse, or from one of the Lea Park Board Members. You can reach us through Facebook Messenger or by calling the Clubhouse @ 1-780-847-2651.

We accept e-transfer, cash or cheque (debit/credit at clubhouse only)

Draw date: October 15, 2021





DECLARATION

In honour of the past, present and future contributions of the seniors of this community and throughout Alberta, I hereby declare June 7 – 13, 2021 to be Seniors' Week in

Village of Marwayne
Community

Marwayne
Official Title

Cheryl Cikeland
Official Signature


The Honourable Josephine Poon, Minister of Seniors and Housing

ATTENTION COMMUNITY GROUPS

The Village of Marwayne is asking that all community group members (soccer, baseball, hockey, non profit, etc.) please contact the Village office to give us an updated name and phone number that we can advertise on our website. Advertising our community contacts is beneficial to ensuring people who live, work, or play in Marwayne are able to get in touch with the right person when it comes to both business and leisure activities.

We can be reached by phone at 780-847-3962 or by email at admin@marwayne.ca.



BETHEL LUTHERAN CHURCH LEA PARK

JUNE 10, 2021 at 8am

McCaws will be there to help with removal of cement covers. The ground will be levelled, filled and seeded to grass. Any extra help would be greatly appreciated. Please bring shovels, rakes and a wheelbarrow if you can.

***Bring your own drinks and snacks.**

For info call Pat at 780-214-1014

LEA PARK GOLF CLUB



Father's Day Promotion

Calling all Dad's!

Please check out our Facebook page, *Lea Park Golf Club*, for an upcoming Father's Day promotion.

We hope to see you at the golf course!

A PASTORS GLEANINGS

Here it is June. The days are long. The summer is short. In just six months comes December.

The days will be short and the winter will be long. Seasons change our perspective of time.

“So (Lord) teach us to number our days that we may get a heart of wisdom.” (Psalm 90:12)

The right time for seeking God is always now.

Bethel Lutheran Church, Lea Park. We are on Face Book, You Tube and Zoom, call for info:

Pastor Kevin 780 872 0070 or Ed 780 808 5026

4-H REPORT

The Marwayne 4-h beef club year is coming to an end until next year. We are glad we can finish the year with an in person achievement day on May 25th. Even though most of our planned in person activities this year were shut down due to covid, there were many online webinars and virtual events that we could participate in to make the most out of our year. We would like to thank the following for sponsoring our achievement classes:

- Marwayne Ag Services
- Ken and Elaine Bills
 - Y Coulee
- Franklin Land and Cattle
 - Blacklocks
- Saunders Repair Services
 - S-L Cattle Co
 - Bowmans
 - Sharon Crawford
 - No Need To Knock
 - P+H Marwayne
 - Lakeview Charolais
 - Double RN Ranching

We would also like to thank everyone who has taken their time to judge our speeches, record books, and achievement day. See you all next year!

MARWAYNE LIBRARY

SUMMER LIBRARY ACTIVITIES:



In conjunction with Northern Lights Library System, we will be hosting an online event. Come and join the Pokémon Go and Wizards Unite online fun. This will be available to join from beginning of July to end of August. Details will be on our website in June at: library@marwaynelibrary.ab.ca You will be competing against other libraries! Good luck! Prizes to follow.

Storywalk: We invite the community to walk around the Village of Marwayne with your children and read a story. We will have pages of the story in windows around town for the month of July and August. There will be one story during July and one story during August.

KITE FLYING EVENT:

Come out to the school field on Wednesday, August 11th. **Bring your kite.** We will have story time, fly kites and hand out freezies to enjoy. Weather permitting. Open to all ages.



ADULT BOOK CLUB WILL RETURN IN SEPTEMBER.

4 WAYS TO PRACTICE TRAUMA INFORMED HEALING DURING COVID- 19

(Originally published by Crisis and Trauma Resource Institute)

<http://www.ctrinstitute.com>

The pervasiveness of trauma and its impact on our local communities and the world has seldom been so visible. The outbreak of COVID 19 has exposed cracks in how vulnerable and fragile our global community can become. Our thoughts are taken up with concern for loved ones, uncertainty about work and our personal health and anxiety about what tomorrow will bring. We are under a new type of stress that we have never experienced before. Now more than ever, a trauma-informed approach can offer a healing way forward for ourselves and those around us. The impact of this stress can overwhelm us and show up in our everyday lives in a variety of ways. I have felt this physically in my chest after reading news stories and seeing a harmless conversation suddenly become heated for no apparent reason. Under these conditions our ability to do our job, care for our family, or simply think clearly is diminished.

Following are ways to practice trauma-informed healing.

Shift Judgement to Curiosity.

We need to reframe how we respond to other people as we process the unusual interactions that are happening because of COVID-19. Whether it registers or not, our emotions are impacted each time someone avoids us on the street or wipes down a handle after we've touched it. We understand what's going on, but so often our emotions are slow to join the party.

Pause to Breathe

Shifting the questions we use to make sense of the world is a process that requires time and effort. Essential to this is taking moments to pause and collect our thoughts. Focused breathing is a good way to improve our wellness and how we respond to others.

Before pressing send on a curt email or jumping into your next task, be mindful of feelings of anxiety. Notice any tightness in your chest and take time to loosen up your body by inhaling deeply and releasing your breath. Pause and extend these breaths, repeating the process until you are calmer. Remember that you're alive. Inhale, exhale, pause and simply enjoy the rush of air filling your lungs.

Create a safe space

We all need breaks from the world to experience comfort, safety, and rejuvenation. With limits placed on our movements this may require greater creativity. For many of us who are self-isolating, this may mean reorganizing a place in our residence to make it soothing and warm.

Our safe space can be elaborate or simply under a blanket, listening to music, or even changing the aroma or lighting of a room. Alternately, this place can be an "activity" that brings a state of calm. For me, I experience this while moving and feeling the sun on my face, so my safe space is often going for a walk or run outside.

Safe spaces give us important breaks from the constant messages of stress in our lives. Creating a space free from the pandemic news cycle and our smart phones is an important part of a meaningful self-care plan.

Seek out connection

Trauma healing. Lack of connection impacts our development and even our immune system.

During this time of social distancing, we need to be intentional, actively seeking out new forms of being present with friends, family and coworkers. This will likely require scheduling check-ins through phone and video calls with your work team and friend group. Because my daily movements have changed so much, I have noticed that there are important people in my life that I don't cross paths with anymore. A simple text to ask how they are doing has opened up new connections and sharing. While trauma-informed healing will be a challenge during this pandemic, it will pass if we act collectively. There is some small solace in knowing we are all in this together. Seldom has our world been engaged in such solidarity.

Author : Nathan Gerbrandt (MSW RSW) Managing Director for Crisis Trauma Resource Institute (<https://ca.ctrinstitute.com/organizer/nathan-gerbrandt/>)

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