



WHEATLAND
COUNTY

OCTOBER 2022

CONNECTOR



GOOD FOOD BOX

Fresh Produce at a fraction of the Cost!

The Good Food Box program was established to encourage healthy eating while making it affordable for individuals and families alike. The program has been in our area since the fall of 2014 and offers fresh fruits and vegetables to its clients.

The program is available to anyone who is interested in taking part; no restrictions to numbers of boxes purchased or eligibility of participants.



Boxes can be purchased in three different sizes:

SMALL which offers 25-30 pounds of food= \$27
MEDIUM which offers 35-40 pounds of food= \$32
LARGE which offers 45-50 pounds of food= \$37

**There is a \$2 handling/shipping fee which is also added to the initial cost.*

Each box contains the basic produce staples: potatoes, carrots, onions, apples and oranges with additional seasonal fruits and vegetables rounding out the weight.

The program is made possible because the Community Kitchens Program of Calgary (with whom we partner) bypasses the retailers and goes directly to importers and produce handlers in the province.

For additional information or to order your box, please call Wheatland FCSS at Ph: 403-934-5335 or email: info@wfcss.org

Participants pre-order, pay and pick up their boxes at Wheatland FCSS, Wheatland Administrative Office at the corner of Range Road 243 and Highway 1.

Upcoming 2022 order and delivery dates:

Order before 3:00 PM on:

September 20
October 18
November 22
January 10
January 31
February 28

Pickup by 4:00PM on:

September 30
October 28
December 2
January 20
February 10
March 10

Note: payment must be received two days prior to delivery date.

Payment options: cash or cheque upon pick up
e-transfer to info@wfcss.org





Wheatland MEALS ON WHEELS Frozen Program

Wheatland FCSS has partnered with Calgary Meals on Wheels Frozen Program to provide Wheatland County residents with nutritious and affordable meals. The program is available to anyone in Wheatland County regardless of age, finances or status.

All items are prepared by a Blue Ribbon chef in the most up-to-date facility for safe food production. Recipes are reviewed by a registered dietitian prior to production to ensure meals are balanced and meet dietary standards.

Frozen meal orders are placed bi-weekly. The following week orders are retrieved, sorted and stored at our office until delivery or pick up arrangements have been made.

The menu is extensive and offers a variety of entrees, soups and baked goods for individuals and families. Renal and gluten-free options are also available and we would be glad to give further information should you be interested. E-transfer payments are accepted.

Cost varies by product. Payment is by cheque or cash and is due on pick-up/delivery day.

For more information or to place an order contact Wheatland FCSS at 403-934-5335. Order forms can be found in this pamphlet and on our website.

Order/Pick up Schedule 2022

ORDER

PICK UP

OCTOBER 17
OCTOBER 31
NOVEMBER 14
NOVEMBER 28
DECEMBER 5
JANUARY 9
JANUARY 23
FEBRUARY 6
FEBRUARY 17

OCTOBER 25
NOVEMBER 8
NOVEMBER 22
DECEMBER 6
DECEMBER 13
JANUARY 17
JANUARY 31
FEBRUARY 14
FEBRUARY 28

* Please note that those dates highlighted are alternate order days due to statutory holidays. Please have your order in by 3PM.

We look forward to hearing from you!

PH: 403-934-5335

www.wfcss.org





Environmental Stewardship AWARDS

\$250 Awarded to Environmental Stewards!

Nominate someone you know who goes above and beyond to benefit the Wheatland County landscape and environment!

Community Stewardship Award

This award recognizes a Wheatland County community member or group that has made an outstanding contribution to environmental sustainability in the municipality. All Wheatland County residents or community groups are eligible for this award.

Youth Stewardship Award

This award will be given to an individual or group of individuals under the age of eighteen who have shown leadership or strong interest in environmental stewardship. Wheatland County residents, community groups, and school groups are eligible for this award.

J. Laslo Legacy Award

This award will be given to an agricultural producer in Wheatland County who has shown leadership in the implementation of beneficial management practices. The winner is dedicated to reducing the environmental impacts of their operation, and has an interest in promoting positive efforts to others in the industry.

Award recipients will be recognized by Council at Wheatland County's Annual General Meeting, their name will be added to a plaque displayed at the County office, and they will receive a \$250 cash prize!

Nomination Information

Contact the Agriculture and Environment Department:

Ph: 403-361-2007

Email: AgandEnv@wheatlandcounty.ca

Submit nominations by **January 1st, 2023**

For more information

wheatlandcounty.ca/documents/environmentalstewardshipawards

Wheatland County WEEDUCATION

Cicer Milkvetch

Astragalus Cicer

Alberta Weed Act Designation Not regulated

Friend or foe? To some cicer milkvetch is an aggressive weed that is rapidly invading natural areas and to others it is an important high protein, non-bloating, nitrogen fixing forage species that is tolerant of a wide range of conditions. Take your pick. It is not legislated under the Alberta Weed Control Act, but is a plant of concern to watch out for in the future.

Native to Europe, established cicer milkvetch is a very hardy, long lived legume. This plant will grow in all soil textures from clay to sand but does best on moderately coarse textured soils. Because of its growth form, spreading horizontally up to 120cm in diameter it can out compete native plants reducing biodiversity in natural areas. Invasive plants such as

this one are often included in wildflower seed mixes so always check the label to make sure your not getting more than you bargained for.



1. Leaf

Leaves are pinnately compound with 10-13 pairs of leaflets plus one leaflet at the tip. Leaflets range from 1.5-4 cm long

2. Flower

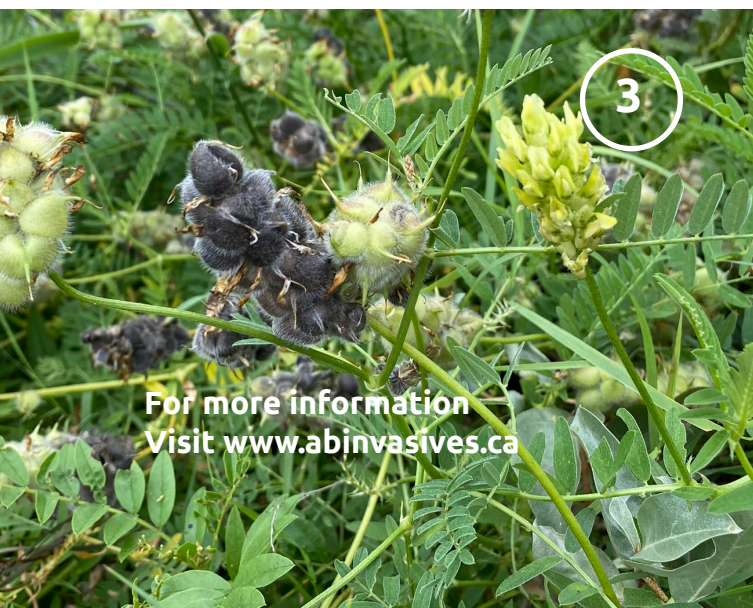
Composed of 15-60 pale yellow to white flowers growing in a compact raceme.

3. Stem

Stems are hollow and grow upright early in the season, becoming decumbent or prostrate and trailing with growth, and grows 70 to 120cm in one season.

4. Root and Seed

Seed pods contain 8-10 seeds, and turn black at maturity. It reproduces both by seed and vegetatively from rhizomes. Roots are not as deep as Alfalfa.



For more information
Visit www.abinvasives.ca



Contact the Agricultural Services Officer for information about invasive species management in Wheatland County at Ph: 403-934-4949 or Email: agandenv@wheatlandcounty.ca

ag.ducks.ca

FARM LESS. MAKE MORE.

Ducks Unlimited Canada's new **Marginal Areas Program** increases your profits while farming fewer acres. It provides a financial solution to unproductive land within annually cropped fields by seeding perennial forages.

Forages improve profitability, increase pollinator habitat and biodiversity, reduce herbicide-resistant weeds, act as buffer zones to meet product label guidelines and manage clubroot issues. This program is just one way DUC is partnering with Alberta growers to increase the profitability of their land.

***Receive \$125/acre on eligible land and
get a pollinator-friendly seed pack!***



Let's make every acre count. Call us today.

Janine Paly

Agricultural Programs and Extension Specialist

j_paly@ducks.ca

825-987-0607



good luck!
Russel



Russel Muenchrath served the ratepayers of Wheatland County for 35 years and will be retiring at the end of the year. Russ played a keystone role in the county and has been the driving force of the Agriculture Service Board program for many years.

He started as a Seasonal Weed Controller and then went on to hold numerous other positions from Assistant Agricultural Fieldman, Soil Conservation Coordinator, Land Agent, Agricultural Fieldman and finished in the role of Manager of the Agriculture and Environment Department.

He was dedicated to helping residents with soil erosion and conservation, weed and pest identification and management, agricultural plastic recycling, tree health, watershed health, livestock emergencies and rental equipment (the list goes on). He has driven every road in the County spraying roads, seeding and reclamation of roadsides, inspecting gravel pits, and pest surveys, you name it, Russ was a great resource for those who live in the County and for those of us lucky enough to worked with him.

Best wishes Russ on a very well deserved retirement!

Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource
on fire, electrical and related hazards



COUNTY COATS



2022 Exchange Program

This FREE program runs from September to January

**We are accepting donations of gently used coats,
boots and winter accessories!**

**Please book an
appointment to:
Swap or Shop**

Donations can be dropped
off at the WFCSS office
located in the Wheatland
County Municipal Operations
Building on HWY 1 (242006
Range Road 243)

Ph: 403-934-5335

www.wfcss.org

DONATE OR TRADE-IN !

Looking for a gently used coat?
Check out our website for
current inventory www.wfcss.org



WHAT DO YOU NEED HELP WITH?

Whether you're just starting out, trying to expand your business, or looking for some guidance on how to sell your company, Community Futures is here for you every step of the way.



Starting a Business

Let our team of experienced advisors help you get started.



Growing a Business

Our team is here to ensure you have the resources & financing you need to succeed.



Buying a Business

We can help with business planning, strategy, or securing financing.



Digital Economy Program

The Digital Economy Program (DEP) is designed to help entrepreneurs take their businesses online. Our Digital Service Squads will guide businesses through:

- digital transformation and/or
- launching and managing their online stores.

Small business can apply to participate in one or both programs, free of charge.



Get one-on-one support with our experienced local business specialists

OUR SERVICES

1. Small business support and guidance.
2. Flexible financial support to start and grow your business.
3. Small business skills and training for rural entrepreneurs.

Building our region, One Idea at a Time

Whether you need help writing your business plan, securing financing, or exploring your online marketing opportunities, our business specialists can help.

We've been helping small business owners in the Wild Rose region for over 30 years. We're business owners too - and we know what it takes - so call and book an appointment today!



ABOUT US

Staffed by seasoned business professionals, and guided by a volunteer Board of Directors, we're more than just a business lender.

With over 30 years of experience helping rural entrepreneurs grow and thrive as small business owners, we understand where you are now, and where you want to go in the future.



Ready for the next steps? Let's chat.

Phone
403.934.8888

Website
www.wildrose.albertacf.com

Email
wildroseinfo@albertacf.com

Office
101, 331 3rd Ave.
Strathmore, Alberta

Community Futures Wild Rose

www.wildrose.albertacf.com



Prairies Economic
Development Canada

Développement économique
Canada pour les Prairies



ALBERTA EFP

ALBERTA ENVIRONMENTAL FARM PLAN

Demonstrate your commitment to environmental Stewardship by completing an Environmental Farm Plan!

ALBERTA EFP FALL & WINTER ONLINE WORKSHOP SERIES

Are you wanting to start or complete your existing EFP?

Alberta EFP will be hosting workshops to assist producers who want to start their EFP, or work on their existing EFP. Workshops will be hosted on-line every 3rd Thursday of the month from October through March from 1:00pm to 3:30pm.

For more information on the EFP program visit our website www.albertaefp.com

If you don't have an EFP account, please register for one prior to attending the workshop. You can register for an EFP account here:

<https://webbook.albertaefp.com/register/>

To register for a workshop please visit our events calendar here:

www.albertaefp.com/efp-program/event-calendar/ or contact us below

Email: info@albertaEFP.com

Phone: 587-200-2552

Workshop Dates

October 20, 2022 - 1:00pm-3:30pm

November 17, 2022 - 1:00pm-3:30pm

December 15, 2022 - 1:00pm-3:30pm

January 19, 2023- 1:00pm-3:30pm

February 16, 2023- 1:00pm-3:30pm

March 16, 2023- 1:00pm-3:30pm

We're here to help!

Wheatland County offers one-on-one virtual or in-person sessions to help you complete your EFP. Register at AlbertaEFP.com and then book an appointment.

Contact:

Sarah Schumacher, Wheatland County

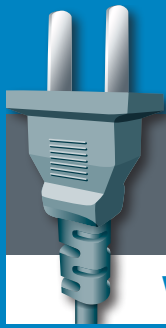
Ph: 403-333-6943

sarah.schumacher@wheatlandcounty.ca

Privacy

- AEFP is committed to protecting and respecting the personal information of you and your farm.
- Your EFP workbook and action plan belong to you, and are private and confidential.



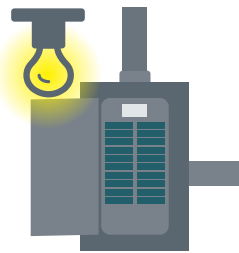


Be fire smart

with electricity in your home.

45, 

There are approximately **45,000** home electrical fires each year.



Half of all home electrical fires involve home wiring or lighting equipment.



Home electrical fire deaths peak between **midnight and 8 a.m.**

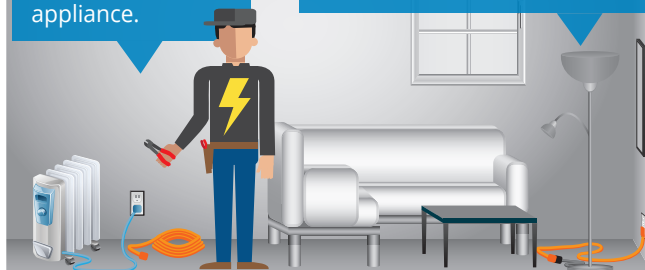


Peak months for electrical fire deaths are **November through March.**

Plug only 1 heat-producing appliance (like a coffee maker, space heater or microwave) directly into a wall outlet at a time.



Never use an extension cord with a heat-producing appliance.



Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



For more information about electrical fire safety, visit usfa.fema.gov and nfpa.org/public-education.



Rosebud Theatre & School of the Arts

Fall 2022 Program

● **The Lion, The Witch, and The Wardrobe**

by C.S. Lewis, adapted by Ron Reed

The much-loved classic story of love, faith, courage, and a Lion, set in the magical land of Narnia. The classic story of love, faith, courage and giving, set in the magical land of Narnia, where animals talk and a white witch covers the landscape with snow, unless the arrival of Aslan the Lion can usher in spring. A classic story staged in an imaginative way!

The Lion, The Witch, and the Wardrobe runs November 4th to December 23rd, 2022 on the Rosebud Opera House stage.

● **Almost, Maine**

by John Carian

Featuring RSA students on the Rosebud Studio Stage. Nine short stories set at Christmas that explore love and loss in a remote, mythical almost-town called Almost, Maine.

Almost, Maine runs November 25 to December 17, 2022 on the Studio Stage.

Rosebud Theatre

www.rosebudtheatre.com

For more information on these events
Visit www.rosebudtheatre.com or
Call 1-800-267-7553



LADIES LIVESTOCK LESSONS

**Mountain View Heritage Center
January 20, 2023**

This years event will include sessions on grassland management, nutrition, mental health, livestock first aid, and more!

**For more info visit
www.RedBowAg.com**



SAVE THE DATE!



SAVE THE DATE!

RANCHING OPPORTUNITIES

FEBRUARY 9, 2023- OLDS COLLEGE



This years event will include sessions on ranch-crop land sharing, genetic tech, animal handling, alternative forage legumes and much more!



**For more info visit
www.RedBowAg.com**

Farming Mental Health in Canada

1 in 8 jobs in Canada is in the agriculture and agri-food industry¹

In a survey of more than 1100 farmers:²

- 35%** met the criteria for depression
- 58%** met the criteria for anxiety
- 45%** were highly stressed
- 40%** were uneasy seeking professional help



Stressors many are out of farmers' control



- Weather
- Government regulations
- Debt and finances
- Commodity prices
- Isolation
- Livestock well-being
- Culture of the resilient, strong farmer
- Family conflicts
- Long hours
- Machinery breakdowns
- Public perception and stigmatization of farming



If you or someone else is in crisis, visit your local emergency department or call 911 immediately

What can be done



- Show appreciation for farmers through public awareness campaigns and strategies
- Check in with farming community members
- Tell and share personal stories to reduce stigma
- Build capacity in mental health awareness and prevention
- Promote available telephone help lines and e-mental health services for farmers



Practicing self-care

Health Effects

- Mental health disorders
- Heart disease and high blood pressure
- Back pain
- Cancer
- Substance use
- Impaired learning and memory
- Infections
- Increased passivity



Ask for help and offer to help. Reach out to your community.



Set aside time to disconnect from technology. Use that time to exercise or just relax.



Make the most of the sleep you're getting. Think about your nightly routine and your surroundings.



Talk to someone. Opening up is not a sign of weakness but takes strength. Where you can go:

<https://www.domore.ag/resources>

Created in partnership with the Canadian Agricultural Safety Association



CASA | ACSA
CANADIAN AGRICULTURAL SAFETY ASSOCIATION
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

CCOHS.ca
Canadian Centre for Occupational Health and Safety

¹ Agriculture and Agri-Food Canada, Economic impacts of Canadian agriculture and agri-food infographic
² Andria Jones Bittan et al., University of Guelph

Managing Soil Microorganisms

to improve soil nutrient availability and
plant growth

Guest Speakers



Dr. Isbelia Reyes



Dr. Yamily Zavala



Details



Tuesday, October 25, 2022



Registration 9:45am- Wrap Up 3:45pm
Lunch provided



Vulcan Lodge Hall, Vulcan AB

Register

Cost: \$40.00 | <https://www.foothillsforage.com/managingsoil-microorganisms>

Topics:

- Plant Growth Promotion with Microbial Inoculants
- Introduction to Soil Microbiome
- Soil microbiology thru the microscope.



Wheatland County
242006 Range Road 243
Wheatland County, AB T1P 2C4

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@wheatlandcounty