

# THE TOWN OF BASSANO NEWSLETTER

THE BEST IN THE WEST BY A DAM SITE!

## Breathe Bassano a Community Challenge

The Town, FCSS, the RCMP and the Bassano Fire Department initiated **Breathe Bassano, a Community Challenge** to start on **May 4**. The Community Challenge will run indefinitely.

Visit our Facebook page:  
[Bassano – Connect the Community](#)



### The Plan

Each day at 9:00 a.m. we invite every resident in Bassano to go outside and do a physical activity on their driveway or front lawn for 5 to 10 minutes. If you are in quarantine, or self isolation, please participate indoors to protect everyone's health and wellness.

### The Activity

A calendar of suggested ideas will be available to follow. The activity may include, 10 deep breaths, 10 arm circles, march on the spot, waive to the neighbor and more. If the suggested activity does not interest you, we encourage you to make up an activity that does. The only condition is that you have fun doing it!

### The Why

The outdoors keeps our minds happy and our hearts healthy. Seeing people also brings happiness and helps mitigate the impacts of social isolation.

### Keep Us Updated

Engagement looks different today. Snap a picture of you/family/friends participating the community challenge and share it on our Facebook page. **Text your ideas to 403-501-8540** Let us make social distancing fun, turn up the music, put on your favourite outfit and Breathe Bassano.

- Temperatures contributing to the fire risk.
- Wind speeds exceeding safe burning conditions at times.
- Lack of sufficient moisture levels.

Fires are allowed, but public warning advising extreme caution is issued. The level is a warning and may be upgraded to a Fire Restriction of a Fire Ban if conditions do not improve. The Fire Advisory remains in effect until further notice.

Residents may still enjoy backyard fires in approved fire pits. Remember, you must stay in your own yard and practice social distancing.

### Best Practices

- Spray water around the perimeter of the fire pit to mitigate fire spread.
- Make sure piles of wood or other easily flammable materials are far from the fire.
- Always keep water near by.
- Always make sure your fire is out, stir it, soak it, stir it, soak it.



## Fire Advisory

Effective April 28, 2020 a **Fire Advisory** has been issued in Bassano due to the following conditions:

## Volunteer Appreciation

Volunteer appreciation was celebrated differently this year. Mayor Wickson, town employees, FCSS and the RCMP decorated the Homecoming Campground. Calls were made to residents in the community, inviting people to get out for a walk, bike ride or drive by and take in the celebration from a distance. There were lots of horns, waves, smiles and even a few pictures. A few special thank-you to our all our volunteers, past, present and future. In the words of Aesop, "No act of kindness no matter how small, is ever wasted."

## Beautification

Spring is a time for renewal.

A huge shout out to everyone in Bassano, renewal efforts are clear in our community. Things we have noticed in the past few weeks:

- Yard clean-ups
- Tree trimming
- Prepping flower beds
- Garbage disposal
- Exterior painting and small renovations
- Building raised gardens, and more.



### Annual Spring Clean-up

We respect the effort each person in the community has made to beautify Bassano. The Town will complete the annual spring clean-up on May 19 to pick up small stacks of branches, leaves and lawn clippings. Leaves and lawn clippings must be in clear bags and left at the rear of the property (with back alley's) or along the front boulevard.

If you need assistance disposing of larger items in your yards, please fill out the PLEASE HELP - Yard Waste Debris Removal form on the municipal website and we will do our best to help.

### Transfer Station Hours

The transfer station is open Tuesday, Friday and Saturday from 9:00 a.m. to 5:00 p.m.

## Women's Wellness 2020

Our bi-annual Women's Wellness Conference has come and gone for another year and we just want to thank you for making this possible in our community. Thank you to everyone who braved the snowy weather to come out and Celebrate in honor of international Women's Day with us! Despite the snowy weather we had over 95 women attend to share this day with us; it was an exciting day with great speakers!

A huge shout out to our local Bassano Subway for all of their assistance with catering our event, and a thank you to the Bassano 4-H Club for coming out to help with all of the clean-up at the event.

We had some great door prizes to give away today thanks to wonderful people from local businesses! Thank you to our sponsors Emme's Esso, Juanita Peirson - RMT, Pioneer Gas Co-op Limited, Ric's Electric, Kona Enterprise and our Platinum sponsor Chinook Financial. Without the support of our community we could not make great things like this happen in Bassano!

Lastly, but definitely not least, thank you to the FCSS Bassano Board of Directors, this event was the result of a year's worth of hard work and planning from the committee; without their effort this event would not have happened.

This is another example of what truly makes Bassano great - all of you who live here! Thank you for your continued support; we look forward to finding new ways to serve the community during this time.

## Business Vitality Survey

Our business community matters to us! Bassano has partnered with Community Future Wild Rose to conduct a regional business survey to assess the needs and current state of business operations. We need your input to assist us in sourcing the services and programs you need to recover and rebuild as a result of the changing economic environment. The data collected from this survey will help all levels of government develop the economic recovery plans. This survey is for all sectors of businesses

including home-base ones.

**Please complete the survey by May 8th by visiting:**

<http://wildrose.albertacf.com/business-survey>



## Planning and Preparedness

The Town of Bassano remains active although the doors are closed to the public. There have been lots of changes over the past six weeks and this will continue. Here is what we have been up to:

### **Elected Officials**

Engaging with upper levels of government to support emergency mitigation, preparedness, and recovery strategies.

Lobby efforts for access to funds to complete capital projects (e.g. the lagoon upgrade and the Bassano Project).

Adopting new protocols to tend to municipal business, moving operations online.

Online and telephone engagement with residents, businesses and stakeholders.

Supporting emergency management efforts.

### **Emergency Management**

#### **Emergency Operations Centre (Community Division)**

This is the central point of communication for emergency management in Bassano. Key stakeholders (Fire, RCMP, Health Care, Seniors Care, School, Utility Providers, and more) provide status updates regarding their operations to the DEM. These reports allow us to better plan for emergency response needs.

#### **Plan Development**

- Continuity Plan (ensuring essential services continue without interruption)
- Pandemic Plan
- Evacuation Plan with Pandemic Plan Overlay

#### **Social Asset Management Taskforce (SAMT)**

A SAMT was appointed to support social programs and services for the residents of Bassano. SAMT is working on:

- Ensuring food security and delivery
- Ensuring pharmaceutical security and delivery
- Operating community support call centre 403-501-8540
- Supports for vulnerable citizens

- Working with faith-based organizations to support residents.
- Supports for the Meals on Wheels program.
- Education and support for volunteers.
- Community and event programming.

#### **Physical Asset Management Taskforce (PAMT)**

A PAMT was appointed to support business and asset management in Bassano. PAMT is working on:

- Business calls – checking in to see how our local industries are doing and to provide resources/share information.
- Contact for recreation and culture user groups regarding facilities and operations.
- Surge capacity plan – facility availability to deal with an influx of people, or to set up a non-traditional hospital if required by Alberta Health Services.

#### **Administration & Social Services**

Day-to-day operations.

Providing administrative supports to the Director of Emergency Management, SAMT, PAMT, residents and volunteers.

Updating operating procedures to transition more to online.

#### **Public Works**

Ensuring operations of essential services (water, sewer, garbage, roads).

Supporting capital project development.

The Town of Bassano adheres to all Public Health Orders issued by the Chief Medical Officer of Health. Additional measures are taken to support the safety of town employees through remote work, staggered start times, daily pre-screening tests, sanitization procedures and more.

Stay up to date on important local facts and resources: LIKE us on FACEBOOK, on the website [www.bassano.ca](http://www.bassano.ca) or call the office 403-641-3788. We are here any ready to assist you.



# BREATHE BASSANO a Community Challenge

Endorsed by the Town of Bassano, Bassano Fire Department and the Bassano RCMP



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	10 deep breaths (wave to your neighbor) 10 raise your hands to the sky x 3 sets 10 arm circles x 3 sets 20 jumping jacks (modify by walking in place) x 3 sets 10 deep breaths (waive to your neighbor)	<b>Education day</b> 10 raise your hands to the sky x 3 sets Sing the alphabet and make the letters with your arms x 2 Balance on one foot and count to 10 x 2 Waive to your neighbor	5 deep breaths (wave to your neighbor) 10 slow neck circles x 2 sets 10 arms straight, close your eyes touch nose (each side) x 3 sets 15 heel taps x 3 sets 10 knee raises x 3 sets	<b>Dress in your fav superhero costume.</b> 10 superhero poses 10 hip circles (hula hoop) x 3 sets 30 second march x 3 sets 10 arm curls x 3 sets 30 second march	Celebrate a Volunteer 10 self-body hugs 10 reach for the stars x 3 sets 30 second dance solo x 3 sets 15 heel taps x 3 sets Wave to your neighbor	10 deep breaths (wave to your neighbor) 15 jumping jacks x 1 set 30 second march on the spot x 2 sets Driveway tag x 3 minutes (modify by walking lengths your driveway/front yard) 5 deep breaths (waive to
10	11	12	13	14	15	16
<b>Mother's Day Special</b> 3 deep breaths, think or say out loud one thing you are grateful for. 5 air hug and 5 air kisses 30 second free style happy dance x 3 sets 10 arm curls x 3 sets	5 deep breaths (wave to your neighbor) 15 body twists x 3 sets 20 step to the side step to the front, step to the back, step to the side (make a cross) x 3 sets 10 squats (modify by bending you knees up and down) x 3 sets	Raise your arms to the sky and stretch your body. Reach for your toes hold for 15 sec. x 3 sets 10 x disco arms (each side) x 3 sets 10 hip circles (hula hoop) x 3 sets Waive to your neighbor	<b>Sports Day</b> 5 deep breaths (wave to your neighbor) 10 air punches per arm x 2 sets 10 air baseball swings x 2 sets 5 soccer ball air kicks/ per side x 3 sets Do your favorite sports	30 second march in place x 2 sets 10 arm circles x 2 sets 10 high knees x 2 sets 10 air punches (each side) x 2 sets 1 round of hopscotch (draw it with chalk or use your imagination)	10 neck rolls (each side) 10 butt kicks x 3 sets 15 knee raises (each side) x 2 sets 10 disco arms (each side) x 3 sets 10 cord pulls (each side) x 3 sets 30 second free style happy dance x 3 sets	10 raise your hands to the sky x 2 sets Balance on one foot for 10 seconds (each side) x 2 sets 10 butt kicks x 3 sets 10 bicep curls x 3 sets Spell your name using your arms x 2 sets
17	18	19	20	21	22	23
Dress in your favourite color 30 Second march in place 10 toe taps per side x 2 sets 10 heel taps per side x 2 sets 10 bicep curls per arm x 2 sets Point to four things you can see that are your favourite	30 second march in place 10 neck rolls switch direction and repeat 15 body twists x 3 sets 15 step to the side while reaching to the sky with your hand (each side) side x 2 sets 10 deep breaths (wave to your neighbor)	<b>Gardening Day</b> 10 deep breaths and say out loud or to yourself your favourite flower. 15 Imaginary bucket pickups x 2 sets 10 lawn mower pulls (each side) x 2 sets 10 steps pushing the lawn mower x 3 sets	10 shoulder rolls x 2 sets 10 raise your hands to the sky x3 sets 10 disco arms (each side) x 2 sets 10 toe touches x 2 sets 10 heel touches x 2 sets 30 second free style happy dance x 2 sets	15 ankle rolls (each side) x 2 sets 10 karate kicks (each side) x 2 sets Find a straight line on the ground (or imagine one) and take 10 steps like you're on a balance beam x 3 sets 15 knee raises x 3 sets	Fishing Day 10 rock the boat stretched 15 line casts x 2 sets 10 "scuba" squats x 3 sets Strike 5 poses you would do for your picture with a great catch	10 deep breaths (wave to your neighbor) 15 body twists x 3 sets 10 cord pulls (each side) x 2 sets 15 toe taps x 3 sets 10 cowboy lassos x 3 sets 15 steps to the side while reaching to the sky with your hand (each side) side x
24	25	26	27	28	29	30
15 good morning stretches 20 jumping jacks (modify by walking in place) x 3 sets 10 toe taps (each side) x 3 sets 10 self-hugs x 2 sets	<b>Wear a crazy hat or your favourite hat</b> 10 raise your hands to the sky x 3 sets 15 disco arms (each side) x 2 sets Strike 10 crazy poses 5 star jumps (modify by raising your arms in the air) x 3 sets 30 second dance party x 2	10 deep breaths (wave to your neighbor) 10 good morning stretches 10 butt kicks x 2 sets 15 squats (modify by bending your knees up and down) x 2 sets 30 second march on the spot	<b>Dress in your beach attire.</b> 10 shoulder rolls x 2 sets 15 front stroke swims x 3 sets 10 "scuba" squats x 3 sets 10 sun screen sprays on the back x 2 sets 10 air frisbee throws x 2 sets	15 raise your hands to the sky x 3 sets 10 hip circles (hula hoops) x 2 sets 15 ankle roles (each side) x 2 sets 10 arms straight, close your eyes touch nose (each side) x 3 sets 10 deep breaths (wave to your neighbor)	10 neck rolls (switch directions and repeat) 10 side steps (each side) x 3 sets 15 cord pulls x 2 sets 10 butt kicks x 3 sets 10 knee ups x 3 sets 30 second free style dance party	<b>Dress in anything blue.</b> 10 deep breaths (wave to your neighbor) 15 bicep curls x 3 sets Spell out the word blue with your arms x 3 sets 10 body twists x 3 sets Point to 3 blue things you can see
31	Daily Activities with videos will be posted on Facebook ( <b>Bassano – Connect the Community</b> ). Join us for some daily fun and laughter. All these movements can be modified to fit your skill level and ability. If you are not comfortable with one of the movements, choose something different. Just keep moving and smiling. Keep an eye out for Town employees, the RCMP or our Firefighters, they will be out to catch us in action! <b>We look forward to seeing everyone out on their driveways/front yards at 9:00 a.m. participating in the BREATHE BASSANO Community Challenge. Have a great month of MAY!!</b>					
15 good morning stretches x 2 sets 10 karate kicks x 3 sets 15 arm circles x 2 sets 30 second march x 2 sets 5 self-hugs x 3 sets						

## Bassano Family and Community Support Services

We are excited to announce our Craft Kit Program in partnership with the Bassano RCMP Story Time.

Craft Kits activities are designed to match the weekly themes your children may hear about during RCMP Story Time on Tuesdays at noon. The activities will help parents and children spend time with one another while having fun!

Each kit contains all of the supplies needed to complete the listed crafts, all you need are markers, pencil crayons and creativity!

You can access a craft kit by contacting **Bassano FCSS 403-501-8540** and we will arrange pick up or delivery of the kits locally! Limited quantities are available. Suggested Ages 4 - 10