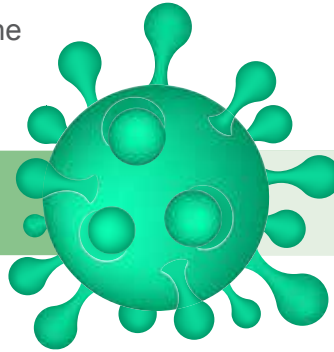


Annual General Meeting Postponed

In light of the current environment and cautions relating to COVID-19, the West Wetaskiwin REA March 26th Annual General Meeting has been postponed.

The Board of Directors will continue to monitor the situation, in partnership with Rural Utilities, and will communicate information regarding rescheduling of the AGM as soon as prudently possible.

Our auditor has completed their review of our accounting records and provided a clean audit opinion. For members, a copy of our 2019 financial statement can be obtained from one of our directors or the secretary/treasurer.



Coping with COVID-19

COVID-19 is giving us some new life lessons. Together, we should be following government directives designed to stop the spread of the virus and keep people healthy. Following are some basic steps to help you cope.

Look after yourself. The best way to remain healthy and able to assist friends and family is to make time for self-care. This means basics like getting enough rest, eating well, and exercising.

Talk to your children. Remember children get stressed and worried and by giving them reassurance, you may find you are also reassuring yourself. Share accurate information at a level appropriate to the child's age and engage in normal activities like playing games, doing household chores, and schoolwork.

Get your information from reliable sources. The Alberta Government and the Canadian Government have websites devoted to COVID-19, both updated regularly. Alberta's Chief Medical Officer, Dr. Deena Hinshaw, and Canada's Chief Public Health Officer,

Dr. Theresa Tam, are both providing regular updates to media.

Look out for scammers. Once again, this situation has introduced a new line of scams. Be cautious about false claims of cures or requests for money to obtain tests. Currently there is no cure for COVID-19 and tests are administered free of charge by Alberta Health Services.

Think of others. Everyone is coping with the pandemic so be courteous and patient whether you are shopping for groceries or banking over the phone. Remember that social distancing need not be social isolation. Stay in touch with friends and family by phone, text, or email and in particular, ensure that vulnerable seniors in your circle have the support they need during this difficult time.

If you suspect you have been exposed to COVID-19, or have symptoms, use the Self-Assessment Tool from Alberta Health Services and/or phone 811.

For power troubles or service requests, contact: FortisAlberta (the distribution system operator for West Wetaskiwin REA): Toll-free: 1-855-333-9473 or 780-310-9473

For REA inquiries contact:
West Wetaskiwin REA
R.R. #1 Station Main,
Wetaskiwin, Alberta T9A 1W8
Phone: 780-335-9378 (WEST)
E-mail: westwet@telus.net
www.westwetaskiwinrea.com

For billing or account inquiries contact:
Battle River Power Coop
Box 1420
Camrose, Alberta T4V 1X3
Toll-free: 1-877-428-3972
E-mail: brpc@brpower.coop
www.brpower.coop

Building Wellness *on the Farm*



Ag Safety Week took place March 15 - 21, 2020 and Building Wellness on the Farm is this year's theme. The theme recognizes that safety goes beyond equipment maintenance, safe use of materials and appropriate personal protective equipment.

The opening statement on the Ag Safety Week webpage reads, "A healthy farmer is a safe farmer and a safe farmer is a strong farmer. Look after your health and wellness. It's one of the best investments you can make for the future of your farm."

Health and wellness, in farming and in other sectors, has in recent years embraced a more inclusive definition. There is a growing realization that health is a single topic, not divisible into categories of physical, mental, psychological or any other, because, simply put, health problems of any type cause the person to be unwell. The old concept of health, as a state of being free from illness or injury, is being replaced by the World Health Organization definition, "a state of complete physical, mental and social well-being".

Applied to work and safety, this definition of health fosters better productivity, strong personal relations, and the ability to cope with day to day stressors. For farmers whose home and workplace are the same, Building Health and Wellness becomes an inclusive topic that affects both the business and the farm family.

The Canadian Agricultural Safety Association (CASA) has assembled a comprehensive set of materials for Ag

Safety Week, written by experts in their fields. Topics include:

- Dealing with Conflict
- Making Transitions
- Living with Stress
- Maintaining Healthy Relationships
- Confidential Personal Wellness Assessment

These articles are accessible on the Ag Safety Week webpage: www.agsafetyweek.ca/building-wellness-on-the-farm.html

The Canadian Agricultural Safety Association reminds us to always remember:

1. You're worth it
2. Your family, friends, and community will benefit
3. Your farm will benefit
4. Your life will benefit

**Regulated
Rate
Option**



The Regulated Rate Option (RRO) may increase or decrease from month to month as it is priced on the open market and subject to many factors relating to supply and demand. It is not a 'regulated' rate, rather is a default rate. If you do not have a contract with an electricity retailer, then you are on the RRO. For March 2020, the RRO is priced at \$0.06685 per kWh, reflected on your enclosed orange bill. For April 2020, the Battle River Power Coop monthly RRO billing rate is \$0.07185.

Members are free to purchase electricity services from a retailer of their choice. For a list of retailers, visit ucahelps.alberta.ca or call 310-4822 (toll free in Alberta).

Information on West Wetaskiwin REA's Code of Conduct Regulation Compliance Plan can be found on our website: www.westwetaskiwinrea.com