

**VILLAGE OF COUTTS
NEWSLETTER
FEBRUARY 2024**

*Happy
Valentine's
Day*



TAXES

Tax payers that would like to prepay for the 2024 year, still have a chance to get a discount in February. If you are considering prepaying, please call the office to get the amount. Paying in February, results in a 4% discount.

DOG LICENSES

Dog license fees were due in January. Spayed or neutered are \$5 and non-altered are \$30. Please pay and register your dog at the Village office.

NEWS FROM YOUR LOCAL LIBRARY

It's hard to believe that another month has already passed us by but it was nice to say goodbye to the frigid weather! There's not too much to report for this month. Book club will be on Thursday, February 8th at 2:00 pm here at the library. Anyone is welcome to join in and participate in our discussions, we have some good ones and sometimes we even have treats. There are lots of books on the red shelves that are free for the taking as well as all the good stuff we have in the library. Our puzzle collection keeps on growing and we always have one set up on a table for anyone to stop in and work on. If you are new to town we encourage you to stop and see us for a library card, they are free and look forward to meeting you.

The Friends of the Coutts Library are running their second casino on February 26 and 27 and we would like to thank all those who have volunteered to work a shift for this venture. The Friends group is very important to the library and library board and the support they give us is nothing short of amazing and we are very appreciative of all they do for us. If you enjoy using the library and all the resources that we have please tell them thank you.

BORDER RASCALS SOCIAL CLUB

Hello from the Border Rascals. We have our planning meeting on the 8th at 10am. Lots of conversations happen to plan activities. We welcome all input. Come and play cards at the Rec Centre at 2pm on the 14th, to celebrate Valentine's Day. February's potluck is on the 22nd. The theme will be Valentines. There will be games after. Members are free, \$5 for non-members. Catch up on membership if you missed it. Hope to see everyone there.



SOUTHERN ALBERTA OUTDOORSMEN
UPCOMING EVENTS



Outdoorsmen 10th Annual Swap Meet & Gun Show - March 9, 2024, Milk River Civic Center, 10:00 a.m. – 4:00 p.m.
Guns, Hunting, Optics, Re-loading and Fishing Gear. \$500.00 door prize, Admittance \$5.00

****Vendor tables \$25.00. Call: Rodger King 403-344-2124 Scott Tollestrup 403-642-7728
Craig Blackmer 403-344-2146 R Clayton Taylor 403-634-7258**

Awards Evening - Saturday, March 17, 2024– Coutts Civic Center, AB. – 4:30 p.m. This year we will be doing a
POT-LUCK SUPPER If you plan to attend, please bring a supper or desert dish. SAO will provide coffee, water and
juice. You are welcome to bring your own refreshments as well.

The evening will begin with socializing, silent auction, raffles and cocktails. Supper at 6:00 pm
Come on out for a fun night!

Gopher Hunt – Saturday, May 4 2024 – Meet at the Heritage Hall, Milk River, AB - for refreshments after
an ethical day of hunting and disposal of the gophers. Bring tails only, for count, by 5:00 p.m.
SAO will supply hot dog supper

Family Fishing Weekend and Camp Out –May 31, June 1 and 2 at Goldsprings Park. Please book your own
reservations if you plan to camp! Saturday, as usual, will be the main event with SAO supplying dogs and
drinks

This year, we are raffling another **e-bike!** The draw will be made on October 8 2024 at our regular 7:30 meeting in
the Town Hall. If you win, this bike can be traded back to our supplier for our purchase price on any other e-bike
they sell. Check our facebook page or contact any SAO board member for ticket sales details. Some of the raffle
proceeds in 2023 were sent to ACA to provide some 12-14 inch stockers for Gold Springs Park.



MILK RIVER HISTORICAL SOCIETY

**SATURDAY, FEBRUARY 10th from 2:00 pm to 4:00 pm at the Town
Hall Council Chambers, we will be showing slides from Myron
Verburg's extensive collection. We would appreciate any help in
identifying where many of the pictures were taken since they are not
recorded. Please stop in and see if you recognize anything.**

Our next meeting is February 15th at 7pm at the museum, everyone
welcome.

For tours of the museum please call William King 403-647-3428.

Season to Season Markets Presents



Spring Fling Market 2024

Saturday, March 30

10:00am – 3:00pm

Milk River Civic Center

321 3rd Ave. N

Contact Laurie Balog for information

403-642-7500

Everyone Welcome

DONATION REQUEST

Ridge Country Housing (the Management body) would like you to consider making a donation to the Wheatland Manor in Coutts, to help with purchasing new furniture for their common room, as well as a few pieces for their outdoor area. The furniture at the Manor is in need of replacing as it is very old, and worn out.

Tax Receipts are available if your make your donation through The Village of Coutts office, or the Town of Milk River office. Please consider this worthy cause if you are considering making any donations to our local organizations. If you would like further information, please contact Karen at the Prairie Rose Lodge in Milk River, or Megan at the Coutts ATB Branch. Thank you!



Prairie Rose Lodge



The Staff & Management of PRL would like to extend an enormous Thank You to our community for the overwhelming support we received with our first ever Annual Angel Tree project this past Christmas! The response from you, the Community was nothing short of amazing, & you brought so much love & Holiday Spirit to our Residents. From the bottom of our hearts, THANK YOU! We appreciate you all so much!

This month Terra has plans to keep our Residents very busy! We have a Movie Date Day planned in Lethbridge, we will be Bowling at the Milk River Bowling Alley, & heading over to the High School to take in some Senior basketball games... just to name a few of the fun activities on our calendar.

As a special treat, one of our Staff members will be bringing in her chocolate making supplies & we will have an afternoon of creating delicious tidbits with the residents.

We will also be holding our regular Community Coffee every Tuesday morning at 10:00am. We'd like to remind our Community that everyone is welcome, & we'd love to see you all! Please join us if you can.

On February 14th, at 6:30pm, we'd also like to extend an invite to everyone for a special Valentines Day Event. Mike & Noreen Blacklmer will be our entertainment, & we will be serving a variety of special desserts for all to enjoy. We'd love to see you there!

As always, we'd like to extend a special thank you to our Ladies Auxiliary for all they do! Especially over the Holiday Season - they were all so willing to lend a hand whenever we were in need. Their generous donations also allowed for us to purchase some new Christmas décor, which brought so much joy to our residents'.

COMMUNITY CHRISTMAS CARD

Thank you to everyone who signed or donated to the Community Christmas card. It is a great way to send greetings to our neighbours and help an organization in the community. All the money donated was given to assist our Coutts Fire and Rescue members this year. We do appreciate all the work they do. Thank you to Tracy Johnson for continuing to have the Community Christmas card to be displayed at the Post Office.

International Wild Rose Women's Institutes

thank you!

Funky Fab

Waxing and Nails

New business in Warner

Special Start-Up Prices Below

WAXING

Eyebrows - \$20

Lips - \$20

Armpits- \$40

Legs- Full \$50 Half- \$35

NAILS

Full Set - New Gels - \$60

Fills - \$45

Nail Repair - \$5/nail

Pedicure w/ Gels - \$50

Paraffin Wax - \$5 extra

*embellishments extra

For appointments please contact Leisa Paltiel at the below numbers/email

Please text (403)-393-8886 or (403)642-2520

Email: leisapaltiel@gmail.com

The Milk River 4-H Beef Club
Invites you to attend our
Pancake Supper



Tuesday February 13, 2024
At the Milk River Civic Center
5 to 7pm

12 years old and up- \$10

6 to 12 years old- \$8

Under 6 years old- FREE

Traeger Raffle tickets will be available for
purchase

FAMILY OPEN PLAY

Families with children, 0-10 years of age, come celebrate **Global Play Day!**

A day celebrated around the world for kids to use their imagination and 'play their way,' which means all play is unstructured.

February 7th
6:00-7:00 pm
Warner FCSS
210 3rd Ave.

For more information contact:
Penny
403-915-4017
penny.pittman@fcss.ca




LEGO / duplo CLUB

In this program, kids, ages 1-10, will build Lego /duplo to improve creativity, problem solving and social skills.

TUESDAYS
Feb 6th - Mar 26th
3:30 - 4:30 pm
Warner Memorial
Library

For more information or to register, contact
Penny
403-915-4017 text/call
penny.pittman@fcss.ca
Or at the Library

Children 1-4 attend with a parent or caregiver
School children, aged 5-10, attend independently




Senior Coffee Chats

Regular connection with other seniors in a casual setting with warm drinks and snacks, while promoting help-seeking behaviours and offering coping strategies to move through life's challenges.

2nd THURSDAY of the Month
starting January 13th
9:00 - 10:00 am
Warner Senior Centre
103 3 Ave, Warner

For more information contact
Leanne
587-370-8514 (call/text)
leanne.coquet@fcss.ca



Caregiver Café

In this class, parents/caregivers will meet new friends and be part of meaningful conversations about parenting and child development.

Tuesdays, 9:30-11:00 am
Feb 20th, 26th, Mar 5th, 12th, 19th & 26th
Milk River Civic Centre – Agora Room
321 3 Ave NE
Registration Required!
Childcare by FCSS childcare worker for 0-5 years old.
Maximum of 10 children.

FREE

For more information contact
Penny
Penny.Pittman@fcss.ca 403-915-4017 (text/call)
Register online at fcss.ca/event/caregiver-cafe-milk-river-rsvp/




From Science to Action: Understanding the Developing Brain

Presented by
Tami Buroker
Child Development Specialist
with Alberta Health Services

Wednesday
Feb 28th
9:30-11:00 am
Via ZOOM

This presentation will not only help us to understand some of our behaviors as adults, but will provide some refreshingly positive, practical strategies for building our children's brains in ways that help them to manage their emotions, interact well with others and be ready for the challenges of school.

For more information or to register please contact
Penny
penny.pittman@fcss.ca or 403-915-4017 text/call
Register Online:
fcss.ca/event



Stay & Play

In this program, parents/caregivers and their children 0-6 years, engage together in self-guided and structured play, which encourages healthy attachment and development.

WEDNESDAYS
January 10th-June 19th
9:30-11:00 am
Milk River Civic Centre
Agora Room – 321 3 Ave NE

For more information contact:
Penny
403-915-4017 call/text
Penny.Pittman@fcss.ca



FREE Online Support Group for Parents of children with Autism. (Ages 6-12 years)

Connecting with families with similar needs can often give great insight and support!

Last Monday of the Month
7:30-8:30pm

To register contact:
Jackie Marlow
Family Support Worker
jackie.marlow@fcss.ca or 403-915-4017



FREE Online Support Group for Parents of children with Down Syndrome. (Ages 13 years)

Connecting with families with similar needs can often give great insight and support!

Second Monday
7:30-8:30pm

To register contact:
Jackie Marlow
Family Support Worker
jackie.marlow@fcss.ca or 403-915-4017



With the unpredictable weather, please remember to check our website or with the facilitator before coming out to a program!

PROGRAMS ARE AVAILABLE FREE OF CHARGE TO ALL RESIDENTS OF THE COUNTY OF WARNER REGARDLESS OF LOCATION

THIS MONTH, CHOOSE KINDNESS

Did you know that the month of February includes two nationally recognized days that aim to celebrate and promote kindness? February 17th is Random Acts of Kindness Day and February 28th is Pink Shirt Day, which is an annual event against bullying. Wearing pink on Pink Shirt Day is a great way to promote kindness, but what are some other kind acts that you can do throughout the month of February and even throughout the year?

Here are a few ideas:

- Help a neighbor by shoveling their sidewalk or help them bring in their groceries. These efforts can make a difference to them, especially if they are experiencing mobility issues.
- Leave an encouraging note for someone to find (i.e., co-workers' desk or the staff kitchen).
- Tell a teacher, first responder and/or service provider that you appreciate them.
- Hold the door open for a stranger.
- Pick up litter off the ground.
- Help your sibling do a chore or with their homework.
- Include someone into the conversation if you notice they are alone at an event or school.

Resources for those that are experiencing bullying:

- FCSS Counselling Intake at 587-370-3728 (call or text)
- Kids help phone (a toll-free phone available for any youth) 1-800-668-6868
- Alberta bullying helpline 310-1818 (call or text)
- Mental Health hotline 1-877-303-2642
- Child abuse hotline 1-800-387-5437

Trinity Walker is the Youth Development Coordinator at FCSS.

To learn about FCSS programs visit our website: www.fcss.ca

Submitted by:
Trinity Walker
Youth Development Coordinator

