

VILLAGE OF COUTTS NEWSLETTER



FEBRUARY 2021



ANNOUNCEMENTS

TAX PREPAYMENTS

Tax prepayments will still be accepted throughout February. A 4% discount will be given in February.

DOGS

Please pick up after your pets. I'm once again getting complaints of residents not picking up after pets. Also, the yearly dog licenses are due. \$5 for neutered or spade, and \$30 for intact. Please always walk your dogs with a leash.

2021 MILITARY SERVICE RECOGNITION BOOK

This annual publication helps identify and recognize many military service members and Veterans who serve or have served our country. Stories are now being collected for the 2021 submission. Anyone may submit Veterans stories, pictures, clean jokes or a poem. Submission stories have a maximum of 500 words and should include a photo of the identified veteran. Photographs and other information will NOT be returned, so please scan and email or copy and mail it with your submission. Submission deadline for the 2021 book is January 31, 2021. No exceptions. These books are free and are delivered to the Foremost Legion later on in the year.

Call (403) 666-2260 if you'd like to receive a copy. There will be a charge if I have to mail them.

Email submissions to: vetbook@fenety.com, or mail too: Military Service Recognition Book P.O. Box 1266 Station "M" Calgary, Alta. T2P 2L2

Forms are available through the Village Office. If you would like one please call and it will be emailed to you, or you can pick up.

Let's Draw: Characters

Learn how to design & draw characters from a pro artist!

SATURDAY, FEB. 6TH
2:00 TO 4:30 PM

ONLINE EVENT
YOUTH 13 TO 18

Register by contacting Jamie Lewis at
403-795-2963 or jamie.lewis@fcss.ca



KALEIDOSCOPE
INCLUSIVE YOUTH PROGRAMMING



Are your teens bored and looking for something fun to do?

Check out the virtual classes offered by FCSS. You can find the options on the Village of Coutts Facebook Page, or the FCSS website at www.fcss.ca

Register with Jamie Lewis at 403-795-2963 or jamie.lewis@fcss.ca

COUNCIL HIGHLIGHTS

Councillor Scott MacCumber

I have not had any meetings in the last month, but I can give you some updates on the doctor situation in Milk River. Dr. Ovvasa is back and working at the clinic along with Physician's Assistant Mark Simon. You can call (403) 647-3599 for an appointment. During the month of February, the clinic will be open Mondays, Tuesdays, Thursdays and Fridays, and on Wednesday, the 17th. The phones will be on from 9 to 4.

The recruitment continues for a second doctor. There have been two applicants so far that are still under consideration. They have been interviewed and AHS is currently doing background and reference checks.

Councillor Megan Payne

We had no meeting for FCSS in January, next meeting is February 3rd.

January 21st we had a short **Ridge Country Housing** meeting via zoom. Where we discussed COVID measures, and some maintenance issues, everything is running smoothly.

Milk River Elementary – February 2021 News



Elementary Extra-Curricular Sports—It is very difficult to do any kind of planning for school sports at this time. We are definitely living in the unknown as far as what the 2021 regulations may look like! We hope to get back to extra-curricular sports at some point and look forward to offering the Elementary (Gr. 3–5) extra-curricular programs when we have the permission to do so.

Water Bottle—donation. Many thanks to Nicole Dolan from Warner who was instrumental in collecting funds to purchase extra water bottles for the school. Thank you also to Trudy Niggli, Rey Richards, Val Miller, Charlotte Swanson, and all other donators that helped make this possible!

Lost & Found – We have a couple of items that were found on our playground and do not belong to anyone here. First of all, we have a pair of glasses (they look like they may belong to an older elementary or middle school student). They are made by Equinox and have black frames with blue arms.

On Wednesday, January 13 (extremely windy day) we had an insulated car blanket with carrying pouch blow onto our playground. If either of these items belong to you, please call the school at 403-647-3747!

Upcoming Events –

Tuesday, February 2 – Groundhog Day

Wednesday, February 3, 10 & 24 – Hot Lunch Days!

Thursday, February 4 – “Jersey Day” 2:45 – Virtual Assembly

Thursday, February 11 – Report Card #2

Friday, February 12 – classroom Valentine activities

Sunday, February 14 – Happy Valentine's Day

Monday, February 15 to Friday, February 19 – Family Week – NO School

Wednesday, February 24 – “Kindness Day” – We will support kindness by wearing a “PINK” shirt to school on

Wednesday, February 24 to take part in the “Lift Each Other Up” campaign. A simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique. When we lift each other up, we see beyond the things that separate us and see instead the things that unite us as people; we can see how our differences are beautiful. In a world of people tearing each other down, it is more important than ever to focus on being kind to one another. This Pink Shirt Day and every day, let's lift each other up.

THANK YOU NOTE:

The Brownlee and Lemay families have donated to the residents of the Prairie Rose Lodge, three iPads for the residents to be able to facetime their families now during the COVID restrictions and thereafter, in memory their parents Virginia and Elmer Brownlee. This will be a huge boost and a wonderful gesture to our resident community since all activities are done in-house.

February News from Erle Rivers High School



OFFICE NOTES:

We want to congratulate all students on a successful completion of Semester 1. Although there were aspects of this semester that were challenging with a move to at-home learning for the month of December, overall, students kept up to date with their studies and have worked to make the best of the restrictions that were put into place. While we still have to follow AHS restrictions and protocols, we are glad that our students are back in the building! We will be recognizing our high school honour roll students in early February.

The ERHS & MRES School Councils have set forth a motion to look at having a 4-day school week beginning in 2021-2022. Information has been emailed home to families. **There will be an informational meeting hosted by Horizon Superintendent, Wilco Tymensen, on Wednesday, February 3rd @ 6:30 pm on Zoom.** Families are encouraged to contact the school if you need the link to join this meeting sent to you once again. **After the online Q & A session, a digital vote will be sent out to families.** We encourage you to attend this meeting if you have any questions about how a 4-day school week would affect your children and participate in the vote afterwards if you would like to have your input.

UPCOMING DATES:



Semester 2 begins Monday, February 1, 2021. Report cards were made available electronically on January 28th. To celebrate the start of a new semester we are having a Pancake Breakfast catered by Sandstone on that Monday around 9:30 am!

A reminder that there is no school February 15-19, the Family Day Week & Teacher's Convention. Classes will resume Monday, February 22, 2021.

STUDENTS UNION: Our Student's Union organized some welcome back treats for our first day of back to school in January & they hosted a "Western Day". They have done a great job of trying to find ways to maintain school spirit even with limitations in place.



STUDENT SUCCESS: In December, we announced the awarding of our Fortis Alberta 2020 Ambassador Award for growing our own snacks. The tower garden arrived in January ready for student re-entry and seeds have been planted.



Once our seedlings are tall enough they will go into the garden. We are going to be planting peppers, cucumbers, lettuce, tomatoes and even watermelon! We can't wait until we see how our garden will grow!

Our Biology 30 students were given the opportunity to do some dissecting before the end of the semester. This hands-on learning experience is always one of the highlights of this course.



MILK RIVER & DISTRICT SENIOR CITIZENS' SOCIETY

ALL SENIORS' FUNCTIONS AT THE HERITAGE HALL REMAIN CANCELLED UNTIL COVID-19 RESTRICTIONS ARE CHANGED

Functions will resume once the current lockdown regulations are lifted. Firm date for that is unknown. Please watch the Seniors' Facebook page for updates on when the Heritage Hall can be reopened or contact any Executive Member for updates.

Monthly Meetings:

At this time, the Executive has cancelled the Seniors' February 2021 Meeting due to the present COVID-19 lockdown regulations. If the Government changes rules and allows inside social gathering by February 11th a Notice about the meeting will be updated on the Seniors' FB Page and posters hung in the Heritage Hall windows.

Seniors Membership:

Members, please note that if we can hold our March 2021 Annual General Meeting that your 2021 Membership must be paid, or you cannot make Motions, Vote on Motions, or run for an Executive position. Please contact an Executive Member to pay your membership. Annual Memberships cost \$5.00.

Bingo: CANCELLED AT THIS TIME

Seniors Coffee: CANCELLED AT THIS TIME

Heritage Hall Rental: ALL RENTALS UNAVAILABLE AT THIS TIME

Hall Rental – contact Joni Johnson – 403-860-8552 - \$60.00 for Rental. Kitchen available to renters.

EXECUTIVE MEMBERS:

David Hawco, President 403-647-7503

Joni Johnson, Vice-President 403-860-8552

Bev Fleming, Secretary 403-647-7323

Elaine McCoy, Treasurer 403-421-0053

February Newsletter Submission from Milk River Historical Society

We were sorry to have to cancel our meeting on January 21st due to Alberta Covid restrictions of no indoor group gatherings. We are going to try again for a meeting on February 18th at 7:00 pm. All meetings are at the museum located at 113 - 1st Avenue NW in Milk River. Everyone is welcome to attend!

Resident & Family Council News- January 2021

Upcoming events for the Long Term Care Residents

Sakamoto Agency: *Is providing the residents of long term Care with another virtual concert on January 28, 2021. The entertainers this time are called the "Washboard Union"; they are one of Canada's preeminent Country Bands. Their 2018 Album "What We're Made Of", won them their 1st JUNO award.*

We hope everyone enjoys the concert.

THANKYOU

THANKYOU

THANKYOU

To UFA Milk River for their large donation to the Long Term Care Residents.

To Town of Milk River and the Alberta Government for their donation of monies from the (MOST) Municipal Operating Support Transfer grant.

Lana Proctor - Treasurer

PRAIRIE ROSE LODGE BITS & PIECES - FEBRUARY-2021

The month of January 2021 has passed and I must say - not too badly if we leave out the wind. The bright side is - there is one month less of real cold weather - I hope. I wonder how many funny stories could be told due to "mistaken identity" due to the masks. I was told of a young fella and his gal walking down the mall only to be met with a loud, cheery "Congratulations, I'm so happy for you", upon which both had a surprised look. "Oh, you haven't told him about the baby yet?" This was followed by "I'm sorry - I thought you were someone else". The couple were gracious enough to overlook the error and then did buy a Corvette ticket. Now folks - you guess who would make an error such as that. Obviously a very friendly soul.

During the month of February, we have 3 birthdays. Gene Hester - Feb 2; Julia Racz - Feb 13; Mabel Stirling - Feb. 16. We are unable to come in and celebrate with you but we can wish you a very HAPPY BIRTHDAY. All of us are looking forward to the end of this pandemic.

The theme for the month of February is "sharing trips" that were taken by the residents. There will be many wonderful memories shared. Movies are shown during the afternoons for anyone interested. Also, story reading takes place twice a week and the puzzle corner still has a lot of activity happening.

For physical activity, game days are held with bean bag toss, badminton, and Wii bowling. The long hallways are really great for people wishing to get in their daily walking. Of course, any afternoon you will find a game of crib or tile rummy being enjoyed by those who wish to play.

Can you believe - the residents are baking bread then have toast with their afternoon tea. How great is that?

With February being Valentine's Day, there will be a suitable craft for the month. A Valentine party is in the planning stages so there will be chocolate.

Three iPads have been "Donated by the Brownlee and Lemay families in memory of their parents Virginia and Elmer Brownlee" to the Prairie Rose Lodge for the residents to be able to facetime their families. This is an honor to receive on behalf of the residents. Thank you very much.

I find that being confined to our homes, not being able to go for coffee, console a friend or visit has affected some in a very negative way. We have to be diligent in keeping our minds active; make phone calls, write a letter or send cards. It would be so easy for depression to creep into our lives. These are the times we depend on a greater power to see us through these troubling events of our lives. God Bless
- Emma Hulit.

Heritage Handibus February 2021 News

The Executive and Board members of the Heritage Bus Association are patiently awaiting the end of the Covid-19 restrictions in Alberta and everywhere else. We need to get our vehicles in service again. Our meetings have been "on hold" as well. Exciting news and highlights at the first meeting of 2021 will include a review and update of HHB mandate and bylaws of the Society. New members are invited to join our group and previous members are thanked for their interest and assistance. After a long period of time, I am sure our first meeting of 2021 will be a welcome break for all residents of our area. Please watch for posters announcing the meeting date.

BOOK YOUR CLASS 5 BASIC EXAM with Garber Registries in Milk River or online at albertadrivere Examiner.ca, for testing in Milk River. Dates are Monday February 22nd and Monday March 29th.



**FCSS AND WARNER ADULT
LEARNING PRESENT**

NOTES BETWEEN FRIENDS

All writing supplies will be provided, including
postage, paper, and envelopes for
7 letters - written biweekly

**WE ARE LOOKING FOR SENIORS
TO JOIN OUR PEN PAL PROGRAM
AND CONNECT WITH STUDENTS
IN THE COMMUNITY**

Please register with Renee at FCSS

Before February 1st

Phone: 587-370-8518

texts and messages accepted

Email: renee.white@fcss.ca



Warner Adult Learning
and Literacy



Clearing Away the Clutter



The spontaneous tendency of our culture is to add more and more to our lives: one more option, one more problem, one more commitment, one more expectation, one more purchase, one more debt, one more change, one more job, one more decision. We now have more “things per person” than at any time in history. Yet, one can only comfortably handle so much stuff! Exceeding this threshold is called *overloading*. Overloading occurs whenever the requirements upon us exceed what we can handle.

As a new year begins it might be important to ask yourself “What I am going to do about the overload in my life? Some of our confusion comes from not learning and respecting physical, emotional, spiritual and mental limits. We justify “overloading” by telling ourselves that we can do everything. Can you? Can you fly? Can you go six months without eating? Can you swim the Pacific Ocean? The truth is, you cannot live a healthy life while living chronically overloaded.

Tips for setting your limits:

- **Setting Limits to Your Schedule:** You must accept the non-negotiability of the 24-hour day. As you know, everybody else has a plan for your life, and it is draining to give and give and give. To stay within our limits, it is important to discipline ourselves to say “NO” to the good, so that we may say “Yes” to the best.
- **Setting Limits to Your Responsibilities:** Learning the difference between what is important vs. what is urgent. Not everything that presents itself as urgent is important. Many times, the urgent distracts us by holding us captive from engaging in what is important.
- **Setting Limits to Your Emotional Capacities:** There is no value in worrying, and it won’t change anything. However, if you are determined to worry, then at least worry about the important things and not the minor issues. When you worry about the important things the secondary things fall into place. Remember there are two rules for managing worry and stress - #1 Don’t sweat the small stuff & #2 It’s all small stuff.

In summary clearing away the clutter in your life involves identifying an area of overload and selecting one specific thing to be removed.

Then, ‘Just Do It!

FCSS offers workshops as well as individual counselling to help you learn more.

For more information call 587-370-3728

or email counsellingservices@fcss.ca.

Visit www.fcss.ca for more information.

Submitted by:
Mike Fedunec
FCSS Counsellor



SERVING: Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County
County of Warner | Coutts | Milk River | M.D. of Taber | Nobleford
Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner

MILK RIVER CABLE CLUB

WHAT'S HAPPENING?

The Milk River Cable Club office will be closed Monday, February 15th for Family Day.

Our office is open to the public and operating under normal business hours:

Monday – Friday
8:30am – 4:30pm

As per current COVID regulations, we ask that any member stopping by the office please wear a mask, maintain 6ft social distancing and use the automatic hand sanitizer on the wall by the entrance.

We are happy to announce that we now have a fully functional conference room available for bookings. Contact the office for booking and pricing details.

With the recent break-ins at our internet towers, we have invested in a security monitoring system which is now fully operational. We ask that you please contact the RCMP if you have any information about these ongoing thefts.

In happier news, we have a new tower online! This new tower can service areas from Warner to the outskirts of Raymond, including Stirling and Ridge Park! For more information on whether we can service your area, please contact the office 403-647-2115.

TECH TALK

594 - Book TV

&

571 - Fashion TV

Are both leaving our lineup this month. Unfortunately, the network has dropped the channels and they are no longer available to us.

Channel 345 CHCH is a new channel we are working to get on-air. This channel will be included in our Digital Starter package.

Please note, it will show "One Moment please" until we get it on-air.

MRCC Board of Directors

President LEONARD MCCULLOCH: mclen@mrcable.ca

Secretary TONY MILLER: antreen@mrcable.ca

Treasurer BOB THIELEN: bbs@mrcable.ca

KEITH LOSEY: kplfarms@mrcable.ca

DARREN OSTENBERG: sales@mrcable.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MONDAY MOURNINGS - Facebook Live M.D. of Taber FCSS 10:30am Tanie	2 BABY AND ME 12:30-1:30pm Jackie & Janet FACEBOOK – Teen/Tween Talk - Triple P Top 10 Tips 1:00pm Penny & Amanda (YouTube link posted to FB)	3 INDIGENOUS CAREGIVER CAFÉ 9:00- 11:30am Tashina & Jessica CAREGIVER CAFÉ 9:00- 10:30am Penny & Brenda CIRCLE TIME ONLINE 11:30- 12:00pm Jackie & Kim TRIPLE P DISCUSSION GROUP 7:00-9:00pm Penny & Tashina	4 TRIPLE P - PARENTING TIPS 1:30-2:00pm Jackie & Kim	5 INFANT MASSAGE 10:00-11:00am Kim CAREGIVER CAFÉ - #FiveStarFridays 1:00pm Kim & Penny (YouTube link posted to FB)
8 MONDAY MOURNINGS - Facebook Live M.D. of Taber FCSS 10:30am Tanie	9 BABY AND ME 12:30-1:30pm Jackie & Janet FACEBOOK – Teen/Tween Talk - Triple P Top 10 Tips 1:00pm Penny & Amanda (YouTube link posted to FB)	10 INDIGENOUS CAREGIVER CAFÉ 9:00- 11:30am Tashina & Jessica CAREGIVER CAFÉ 9:00- 10:30am Penny & Brenda CIRCLE TIME ONLINE 11:30- 12:00pm Jackie & Kim WELLNESS WEDNESDAYS E-Cigarettes and Vaping 1:30- 3:00pm Myrna & Janet TRIPLE P DISCUSSION GROUP 7:00-9:00pm Penny & Tashina	11 TRIPLE P - PARENTING TIPS 1:30-2:00pm Jackie & Kim TRIPLE P TEEN SEMINAR – Raising Responsible Teenagers 7:30- 8:30pm Janet & Stacey	12 INFANT MASSAGE 10:00-11:00am Kim CAREGIVER CAFÉ - #FiveStarFridays 1:00pm Kim & Penny (YouTube link posted to FB)
15 Family Day	16 BABY AND ME 12:30-1:30pm Jackie & Janet FACEBOOK – Teen/Tween Talk - Triple P Top 10 Tips 1:00pm Penny & Amanda (YouTube link posted to FB)	17 CAREGIVER CAFÉ 9:00- 10:30am Penny & Brenda TRIPLE P DISCUSSION GROUP 7:00-9:00pm Penny & Tashina	18 TRIPLE P - PARENTING TIPS 1:30-2:00pm Jackie & Kim	19 CAREGIVER CAFÉ - #FiveStarFridays 1:00pm Kim & Penny (YouTube link posted to FB)
22 MONDAY MOURNINGS - Facebook Live M.D. of Taber FCSS 10:30am Tanie CAREGIVER CAFÉ TWEENS/TEENS 6:30-7:30 PM Penny & Amanda	23 BABY AND ME 12:30-1:30pm Jackie & Janet FACEBOOK – Teen/Tween Talk - Triple P Top 10 Tips 1:00pm Penny & Amanda (YouTube link posted to FB)	24 7 HABITS OF SUCCESSFUL FAMILIES 9:30-10:30am Myrna & Amanda CIRCLE TIME ONLINE 11:30- 12:00pm Jackie & Kim WELLNESS WEDNESDAYS Being Good Digital Citizens 1:30- 3:00pm Myrna, Janet & Amanda TRIPLE P DISCUSSION GROUP 7:00-9:00pm Penny & Tashina	25 TRIPLE P - PARENTING TIPS 1:30-2:00pm Jackie & Kim INFANT MASSAGE 2:00- 3:00pm Janet TRIPLE P TEEN SEMINAR – Raising Competent Teenagers 7:30- 8:30pm Janet & Stacey	26 CAREGIVER CAFÉ - #FiveStarFridays 1:00pm Kim & Penny (YouTube link posted to FB)