

# VILLAGE OF COUTTS NEWSLETTER MARCH 2024

Happy Easter



## **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.

There are still a few people walking their dogs with no leash. Leashes are required when walking your dogs in the Village. Also, please be considerate and pick up your dog's waste.

## **NEWS FROM YOUR LOCAL LIBRARY**

It's March already and spring is quickly approaching! Daylight saving time begins on March 10 so don't forget to set your clocks, I think all of us look forward to longer days.

Our March foot traffic promotion is taking place on March 7<sup>th</sup>. It is squishmallow day so come to the library and colour a Squishmallow sheet for your chance to win a Squishmallow.

For this month only we need to move our book club day to Thursday March 21<sup>st</sup> instead of the 14<sup>th</sup> at 2:00 pm at the library, come join us to share your love of books and reading!

The last session of the digital programs will take place on Tuesday, March 26<sup>th</sup> at 5:00 pm here in the library. Cassidy from Chinook Arch will be here to help you with any questions you may have about your phone, tablets, laptops, photos etc. She is a wealth of information and can assist with anything you want to learn and know. Please register with the library by Thursday March 21<sup>st</sup> if you want to attend. Cassidy comes from Lethbridge so we don't want her to drive here if nobody will be in attendance.

Don't forget that there is **NO CHARGE** for a library card at our facility and we have so many great things to offer, books, movies, jigsaw puzzles, hot spots, memory kits, CO2 monitor, radon monitor, therapy lamp and more. As well we have two brand new community use computers and a new printer provided to us from our Friends of the Coutts Library group. They are just finishing up their second casino and we send our thanks to all those who worked a shift for them, especially those who did more than one shift, they are such a great support to us and we appreciate their support.

**HAPPY EASTER!**

## **BORDER RASCALS SOCIAL CLUB**

Hello from the Border Rascals Social Group. We would like to invite all adults to come and share fun, games, and fellowship. Our afternoon of cards is on March 13<sup>th</sup>, 1.30 pm, at the Rec Center. Also at the Rec Center on the 14<sup>th</sup> at 10am, we will have a guest, South Zone Rep, for healthy aging, AB. Lauren Slavik. Help us welcome Spring, at our Easter Theme Potluck. Doors open, 5pm, supper, at 5.30pm. Entertainment to follow. Hope to see you all.

## THANK YOU

The ERHS Grad Class of 2024 would like to thank the community of Coutts and Area for your support of our recent Bottle Drive. Money raised will go towards our Grad Ceremony on June 7th. Thank you for your great generosity.

## CRAS (Coutts Recreation and Arts)

### AGM

March 6, 2024—7PM

Historic Coutts School

Everyone is Welcome!




**FARM SUCCESSION**  
**Workshop**

 **Friday, March 15**  
**9 a.m.-3:30 p.m.**

 **Seven Persons**  
**Community Hall**

**FREE EVENT**  
(lunch provided)

Register by emailing  
[ag@cypress.ab.ca](mailto:ag@cypress.ab.ca) or call  
the county: 403-526-2888

This project was developed with the financial support of:  
Ce projet a été financé avec l'appui financier de:

 **Environment and**  
**Climate Change Canada**  **Environnement et**  
**Changement climatique Canada**



## *Meet and Greet*



Come on down to the Milk River Heritage Hall on Wednesday, March 20th to say hi to **Dr. Pieter Meyer** and **Dr. Theresa Akewe** anytime between 7:00 and 8:00 p.m.

Snacks and refreshments will be available. Everybody is welcome.

*Welcome to the community !!*

Sponsored by the Milk River Health Professionals Attraction & Retention Committee

### **TRI-COMMUNITY PANTRY AND THRIFT SHOP**

We are a volunteer group working with St. Paul's United Church Milk River. We have operated a Thrift Shop and Food Pantry since 2015, providing monthly food hampers to Milk River, Coutts, and Warner residents. As members of Food Banks Alberta we work to ensure food security in our communities.

We have seen a steady increase in need- number of hampers and food prices. Costs have increased 35% in the last year. We currently provide 45-48 hampers monthly, serving over 120 individuals.

Thrift Shop sales provide funds for food hampers. Donations > sales > food hampers. The Thrift Shop is open Tuesdays and Thursdays from 12:00 to 4:00pm. Household goods, clothing, etc. can be donated at the shed behind St. Paul's United Church- Milk River. Call Linda C. And 403-647-3931.

#### **Charitable Donations**

Charitable donations made to: St. Paul's United Church

Memo: Tri-Comm Food Pantry

Will receive tax receipts on request.

Contact Barb Hoytos at 403-647-2447.

Cash donations made to: Tri-Community Pantry

Contact: Linda Cavanaugh at 403-647-3931 or St. Paul's Thrift Shop at 403-647-3983

We rely on community and corporate donations. We are grateful for your ongoing support.

### **MILK RIVER HISTORICAL SOCIETY**

Why don't you plan to come and tour our wonderful museum that is filled with local, historical artifacts? Plan on a visit this spring. William King is available for tours, just give him a call at 403-647-3428.

Our next meeting will be 7 pm on March 21, 2024, at the museum. Everyone welcome to attend. Come out and see what we are all about.

Please remember to like us and share on Facebook to keep up to date with any news.

<https://www.facebook.com/milkriverhistoricalsociety>

# 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](mailto:leisapaltiel@gmail.com)

## 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!



# NEWSLETTER

COUNTY OF WARNER  
ADULT LEARNING & LITERACY

MARCH 2024

## **BABYSITTERS COURSE**

One day course builds the basic skills needed for delivering quality childcare. Learn safety procedures first aid and more. Participants 11 years or older. Bring your lunch and a water bottle.

Saturday March 23, 2024 Milk River

9:00 - 4:00

\$90.00 fee for registration



## **2 CAN COOK**

Register with a friend or partner and see what fun it can be to cook up delicious recipes for 2. This 5 week course is interactive (you get to cook). Cost of Supplies included with registration. \$50.00 for all five classes or \$20.00 per individual class. Thursday Mar 7 - April 4, 2024. Stirling FCSS Bldg. 6:00-9:00 pm

## **CONVERSATIONAL CAFE**

Come join us in learning to speak English. We will be doing activities that will help you develop your English speaking skills while learning new crafts and having lots of fun.

Tuesdays February 27 - April 2 at the FCSS Building in Stirling. 9:00 - 12:00

Fee \$25.00



**For more information or to register  
call 403-421-0036 or email:  
[terry.hirsche@taberadultlearning.com](mailto:terry.hirsche@taberadultlearning.com)**

# Tax Return Assistance



This service is available to all eligible residents in the FCSS service area. Individuals who have basic, non-complex returns can access free help to complete and file their taxes.

**TO BOOK AN APPOINTMENT: 403.915.7063**

**SUPPORT IN SPANISH AND LOW GERMAN**



**403.394.8983**

*Te ayudamos en Español.*

*Wie kjen die op Plautdietsch halpen.*

**FREE**

The chart below determines income threshold eligibility for residents in the FCSS service area.

<b>FAMILY SIZE</b>	<b>TOTAL FAMILY INCOME</b>
1 person .....	\$35,000
2 persons .....	\$45,000
3 persons .....	\$47,500
4 persons .....	\$50,000
5 persons .....	\$52,500
More than 5 persons.....	\$52,500 plus \$2,500 for each additional person




Please scan the QR code for online bookings



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

[www.fcss.ca](http://www.fcss.ca)




## STAY & PLAY

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

**WHEN**  
Wednesday, January 10 - June 19  
9:30-11:00 am

**WHERE**  
Milk River Civic Centre  
521 S Ave NE - Agora Room

**FOR MORE INFORMATION**  
Penny  
405-915-4017 (text/call)  
Penny.Pittman@fcss.ca



## RAISING EMOTIONALLY RESILIENT CHILDREN

**WHAT**  
In this presentation, Tamara Binning, Child Development Specialist with Alberta Health Services, will explore how to understand some of our behaviors as adults, but not permit some reflexively positive, practical strategies for building our children's resilience in ways that help them to manage their emotions, interact well with others, and be ready for the challenges of school.

**WHEN**  
Wednesday, March 20  
9:30-11:00 am

**WHERE**  
Online  
A link will be emailed to you.

**REGISTRATION REQUIRED**  
Penny  
405-915-4017  
Penny.Pittman@fcss.ca


## SENIOR COFFEE CHATS

**WHAT**  
In this program, FCSS volunteers promote, help, assist, facilitate, encourage seniors and offer tangible and non-tangible support. Activities that help them deal with life's challenges. There drinks and snacks are provided.

**WHEN**  
Thursdays, January 11, February 8, March 14,  
April 11, May 9, June 13  
9:00-10:00 am

**WHERE**  
Warner Senior Centre  
521 S Ave, Warner

**FOR MORE INFORMATION**  
Lemona  
547-379-6214 (text/call)  
Lemona.Campbell@fcss.ca





## OPEN PLAY

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

**WHEN**  
Mondays, January 15 - June 10  
9:30-11:30 am

**WHERE**  
Warner FCSS  
Village Office - 210 S Ave (east entrance)

**FOR MORE INFORMATION**  
Penny  
405-915-4017 (text/call)  
Penny.Pittman@fcss.ca

## CAREGIVER CAFÉ


**WHAT**  
In this class, participants will meet new friends and be part of meaningful conversations about parenting and child development.

**WHEN**  
Tuesdays, February 20 - March 26  
9:30-11:00am

**WHERE**  
Milk River Civic Centre  
521 S Ave NE - Agora Room

**REGISTRATION REQUIRED**  
Children available for 0-5 years olds, maximum of 10 children.

**FOR MORE INFORMATION**  
Penny  
405-915-4017 (text/call)  
Penny.Pittman@fcss.ca





## AUTISM SUPPORT GROUP

**WHAT**  
In this group, parents of children with autism of all ages, gather to discuss and seek support from families with similar issues.

**WHEN**  
Last Monday of each Month  
7:30-8:30 pm

**WHERE**  
Online  
A meeting link will be sent after registration.

**REGISTRATION REQUIRED**  
Jockie


## DOWN SYNDROME SUPPORT GROUP

**WHAT**  
In this group, parents of children with Down Syndrome, of all ages, gather to discuss and seek support from families with similar issues.

**WHEN**  
Second Monday of each Month  
7:30-8:30 pm

**WHERE**  
Online  
A meeting link will be sent after registration.

**REGISTRATION REQUIRED**  
Jockie  
405-713-5470  
Jockie.Patterson@fcss.ca



**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**

SEASON TO SEASON



MARKET EVENTS

# *Spring Fling 2024*

**Saturday, March 30**

**Milk River Civic Center (321 3<sup>rd</sup> Ave)**

**10am – 4pm**

**Over 40 vendors**

**Concession  
(Beef-on-a-Bun Special)**

**Kid's Craft Corner**

**Kinettes Easter Egg Hunt @10:30**

**Contact 403-642-7500 for information**

# **Everyone Welcome**