

# VILLAGE OF COUTTS NEWSLETTER



JUNE 2021



## ANNOUNCEMENTS

### CANADA DAY

Although we are hopeful things will be back to normal by July 1, we did not want to chance it. We will still be having fireworks, however this year, there will be no Picnic in the Park. We encourage people to come to the ball diamonds to watch the fireworks, staying in your family bubbles, or whatever the outdoor restrictions may be at that time. Singing of O'Canada will be done just prior to the first firework going off. We Thank The Department of Canadian Heritage/Celebrate Canada Program for the Grant used to purchase fireworks for this event.

### COUTTS SUMMER CELEBRATION

**SAVE THE DATE: JULY 24, 2021.** We are working on a summer celebration for July 24, as we anticipate to be fully open and free of restrictions. Watch for details to be announced on our FB Page, as well as posters on the Post Office Bulletin Board. I am looking for volunteers to run the kids games (bouncy houses and other games). Please call the office if you would like to help. It is sure to be a fun day, Stay Tuned!



### DOGS

Please pick up after your pets. Thank you to everyone that picks up after their pets. We are hopeful that there will be a ball tournament on July 24. If you walk your dog on the outfield of the ball diamonds, you are required to pick up there as well.

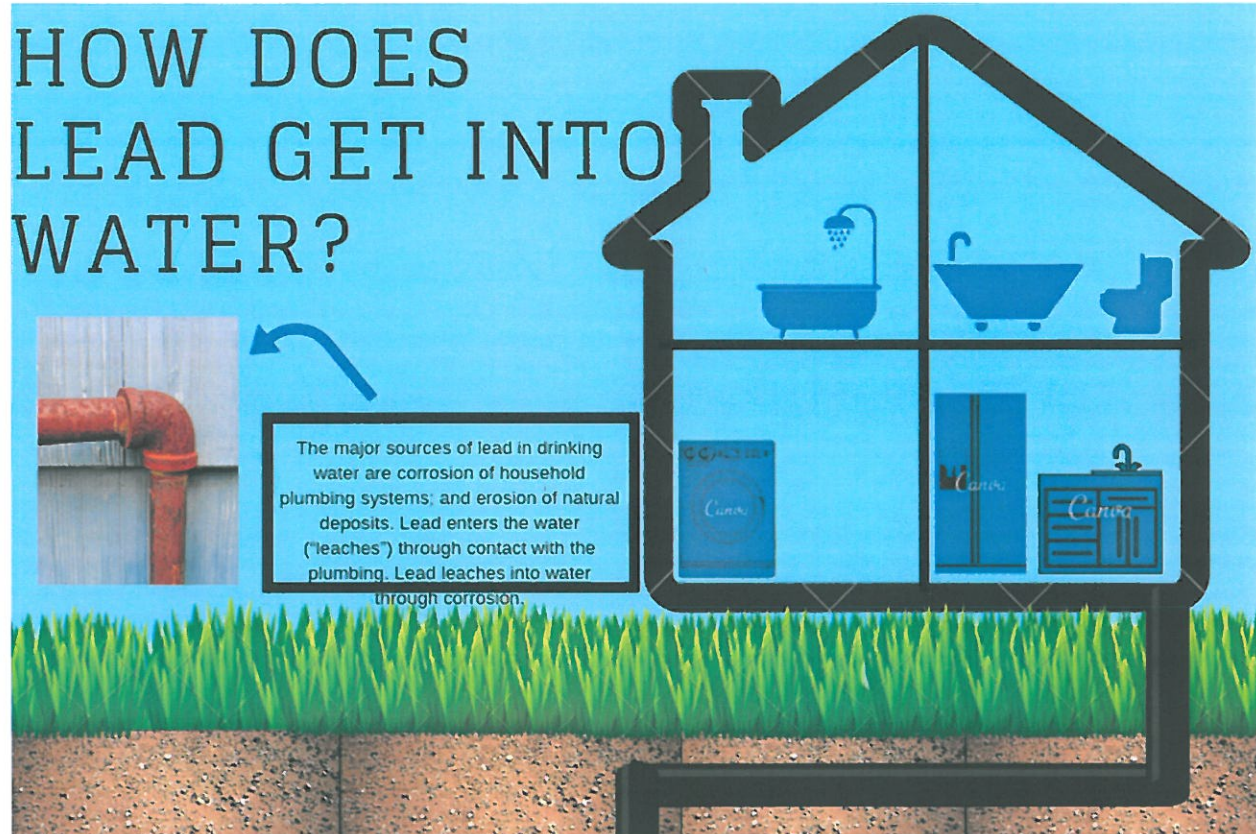
### YARD WASTE

Yard waste in brown recyclable bags will be picked up Monday mornings. If you are cutting branches etc and do not have a way to get them to the transfer station, call the office and we can arrange to have our dump trailer spotted at your residence for you to load.

### TAXES

Taxes will be either emailed or mailed on June 16, 2021. If you do not receive them within 7 days from then, please call the office.

## RESIDENTIAL DRINKING WATER LEAD TESTING PROGRAM



Ab Environment and Parks have instituted a Lead Sampling Program to monitor lead levels in drinking water in private homes. As per the program, the Village is required to test **10** homes built before 1975 this year within our community. Participating homeowners will receive a free, 5-minute water test that will be conducted by a Ridge Water Services Commission employee along with our own Public Works Staff between now and October 1, 2021.

You will be notified if lead is found within your drinking water. If lead is found within your drinking water, you are not obligated to incur any personal costs to remedy the situation at this time. You can plan to replace your internal plumbing when your personal finances allow. Adding a filter to your drinking water taps will also be effective.

To be part of this program, please call the office at 403-344-3848, or email to [vilcouth@telus.net](mailto:vilcouth@telus.net).

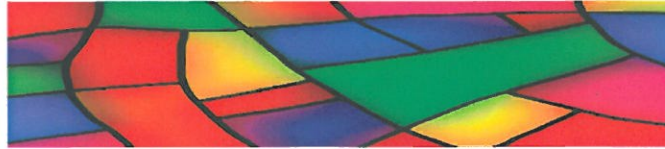


## PAINT NIGHT – MILK RIVER



Friday June 4<sup>th</sup> 6:30 – 9:30 pm  
River of Life Church – Milk River

## STAINED GLASS FOR BEGINNERS



Saturday June 12<sup>th</sup> 1:00 – 3:00 pm  
River of Life Church – Milk River

## HOMEMADE CHOCOLATES



June 14<sup>th</sup>, Warner 6:00 – 9:00 pm

Call 403-421-0036 or email [warner@taberadultlearning.com](mailto:warner@taberadultlearning.com)  
for more information or to register.

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## COUNCIL UPDATE

### Councillor Scott MacCumber

**Quad Municipality Healthcare Support Committee** – We had regular meetings on April 6<sup>th</sup> and May 4<sup>th</sup>. AHS continues to recruit a second doctor but currently they do not have any applications under review. However, the Clinic is running well, and they are accepting new patients. Dr. Ovwasa is encouraging anyone who has not met him to book an appointment to get to know him and discuss their medical needs (403-647-3599). The Clinic is supporting three students during their practicums: Bailey, a 2<sup>nd</sup> year Nurse Practitioner; Alana, a Physician Assistant doing her final clinical rotation; and Leanne, a Medical Office Administration student. The Committee will be awarding two graduating students from ERHS and/or Warner who are pursuing a post-secondary education in the healthcare field, with \$250.00 each, based on their completion of an essay entitled, “What does rural health mean to me and why is it important”. Essays and applications are due by June 18, 2021. The month of May was a busy one for recognizing our local healthcare workers. May 1<sup>st</sup> was National Physicians Day, May 10 to 16, was National Nursing Week, and May 25 to 28 was Alberta Rural Health Week. Our next meeting is scheduled for Tuesday, June 1<sup>st</sup>.

**Recreation Board** – We had a regular meeting on April 14<sup>th</sup>. Our two ball diamond infields have been levelled and reconditioned with a product called Turface. Turface helps to control moisture and resists compaction making the infields safer to play on. We also installed new home plates and batter’s mats. The playground project is complete as the pea gravel has been replaced around the play structure. If you have any other recreation ideas, please let us know.

## Milk River Elementary School – June 2021 News

Here we are – nearing the end of another school year!! The last day of school for Milk River Elementary students will be **Thursday, June 17.**

### Upcoming Events include:

- Tuesday, June 1** – 10:30 A.M. – Grade 5 Grandpals Zoom Meeting
- The Hot Lunch dates for this month are **Wednesday, June 2, 9 & 16**
- Thursday, June 3** – School Spirit – **“Tropical Day”**



- Friday, June 4** – Erle Rivers Graduation – **Congratulations Graduates!!**
- Wednesday, June 9** - last day! – **Early Learning**
- Thursday, June 10** – 10:00 A.M. – All students – **“Virtual Magic Show”** by Scott Dietrich
- Friday, June 11** – Grade 4 – 1800’s Day
- Tuesday, June 15** – 11:30 A.M. – Grade 5 Awards & Farewell Celebration
- Wednesday, June 16** – Grade 5 Orientation at ERHS
- Thursday, June 17** – last day of school! Awards, Year Books & Report Cards

We would like to thank our students, staff, parents, and the community for supporting us through this very trying COVID school year! As they say, **“It Takes a Village to Raise a Child”** and we are truly grateful for ours.

**We wish everyone a safe and happy summer with lots of sunshine!**

**On behalf of all the staff and students at Milk River Elementary School, we would like to wish all the “DADS” a “Happy Father’s Day” on Sunday, June 20.**



# June News from Erle Rivers High School



## OFFICE NOTES:

We are into the final 3 weeks of classes, while we are sad to see another year end, we truly hope that next year we can resume with a better sense of "normality". The last official day of classes for high school is Tuesday, **June 15th** and for middle school, Thursday, **June 17th**. An exam schedule will be shared for high school students although teachers have made some adjustments to final assessments given the unique circumstances of this year. Experience Days has also been moved to **June 14th & 15th** with lunches provided for students on those days with support from the Erle Rivers Booster Club. The ERHS Booster Club will also be providing the students with a treat on **June 11th** as a reward to the awesome response with last year's accountability pillar survey!

## STAFF CHANGES:

We will be saying goodbye to some staff at the end of this month and we wish them well on their new journeys. After 21 years as a valued educator at ERHS, Mr. Monti Toly has decided that it is time to try something new. He has loved his time at Erle Rivers and the support of the community. We look forward to hearing about where his new adventures take him. Ms. Adara Morrow has been hired as the new middle school teacher at Erle Rivers, and we know she brings some new experience to our building that we believe students will enjoy. Ms. Zoe Kawalilak, who has been filling in for Mrs. Rachelle Miller's maternity leave, has purchased a new home in central Alberta where she can regularly ride her beloved horse, and she has accepted a position with Lindsay Thurber High School in Red Deer, we wish her the best of luck in her new position. Erle Rivers will be welcoming back Mr. Tyson Niwa as the new middle school and high school humanities teacher next year. His enthusiasm and experience will be a great addition to the staff. As Mrs. Barb Arend begins her administrative position at Barnwell School, Mrs. Rachelle Miller will be returning to ERHS in the role of principal and Sandi Hughes from MRES will join as the new vice principal and learning support teacher for the school. There are some exciting changes happening for Erle Rivers as the transition to one community school slowly begins next year.

## YEARBOOK ORDERS:

Yearbooks went on pre-order at the end of May and will be available to pre-order until the last day of school on Friday, June 18th. We hope that everyone will take this opportunity to purchase this book of memories which captures some of the highlights in another unique year of school. There is the opportunity for students to also personalize their books and add 4 extra pages of their choice for no extra charge. Hardcover books are \$40 and Softcover books are \$30. To order visit: <https://store.shopyearbook.com/erhs-2021-yearbook>

## MISSING YEARBOOKS:

Erle Rivers would like to complete their collection of yearbooks. Following is a list of missing yearbooks starting from 1965. We have no yearbooks prior to 1964-1965 and would like to add them to our collection too.

Anything before 1964-1965	1968 - 1969	1971 - 1972	1977 - 1978	1981 - 1982	1983 - 1984
1965 - 1966	1969 - 1970	1975 - 1976	1978 - 1979	1982 - 1983	1993 - 1994

## GRAD 2021:

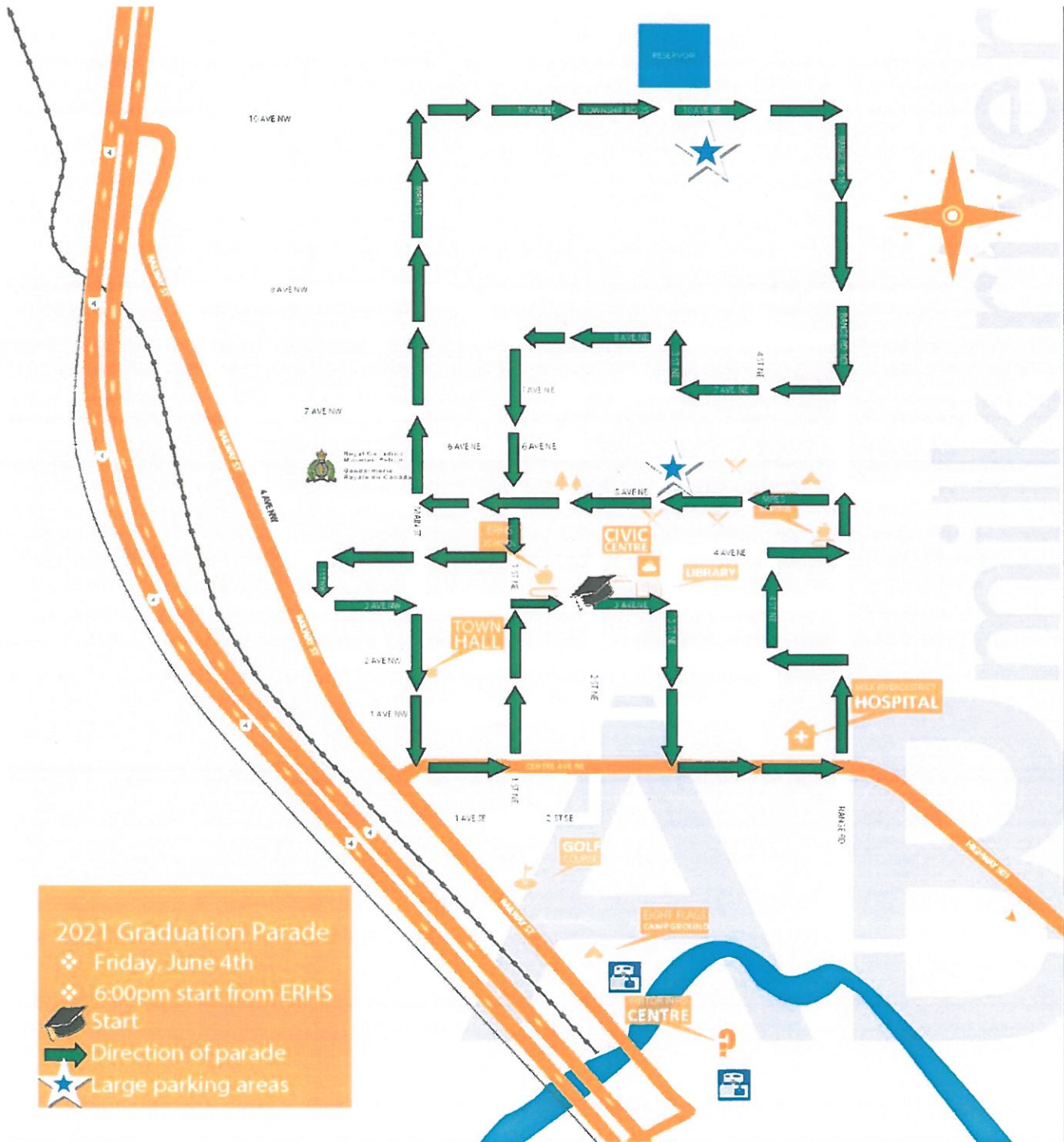
Once again, COVID has prevented us from having our traditional community celebration and convocation. In order to get more of the community involved, the Class of 2021 will be participating in a parade and driving the streets of Milk River to celebrate their grad day. We want to encourage every family to go onto their doorsteps and give a shout-out to the grads as they drive by. If you have signs that you want to create and put on your lawns to congratulate them, that would be wonderful! We ask that all families adhere to social distancing guidelines as the grads pass. More information will be posted to our social media page as we get closer to the date. Please follow us on Facebook or Instagram @erlerivers.

The convocation ceremony will begin at 7:00 pm after the parade and will be open to those with tickets only. The grads have requested a drive-in style ceremony in order to involve more of their family members within the restrictions that we have been given. The celebration will be streamed live on our Facebook Page. Community members are invited to watch online.

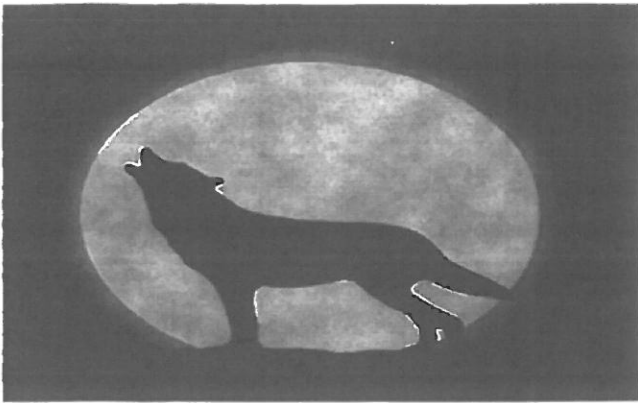




# Erle Rivers High School Class of 2021 Graduation Parade Route



Friday, June 4th - start time 6:00pm  
Ceremony 7:00pm - live stream on Facebook  
Come out & cheer for our Grads!



**LONEWOLF  
HANDYMAN  
SERVICES  
INC.**

**SPECIALIZING IN:  
DECKS, LANDINGS, FENCING,  
AND OTHER CARPENTRY  
PAINTING, ROOFING,  
PROPERTY CLEAN UPS, DUMP  
RUNS, PROPERTY  
MAINTENANCE, MOWING  
AND MORE  
INQUIRE PHONE CELL**

*call*

**CELL: 403-635-2013**

*Healthy - Covid19 Free*

## PRAIRIE ROSE LODGE BITS & PIECES- JUNE-2021

I cannot say how many times over the years people have questioned how I could live way out there with all those rattlesnakes. My comment was always that at least we do not have bears. I have yet to hear of anyone being mauled by a rattlesnake plus they have a warning system and cannot run very fast. I have just been advised there are BEARS in our beautiful countryside. Families are trying to console me by saying they are just passing through. Well, for sure there will be no more coulee walks, strolls to the gardens or working in trees at dusk. Also, to my "chicken loving daughter"- you drive down to close those hens in at night. I will now be very careful where Abbey and I will be taking our walks in town.

We have a number of birthdays in the month of June. Dolly Cox & Dee Brown celebrate together on June 1<sup>st</sup>. Norma King has June 7<sup>th</sup> and Dorothy Ainscough celebrates on June 26<sup>th</sup>. The Auxiliary sends Birthday wishes to all you lovely ladies.

Leave it to Terra to come up with something unique for Father's Day. With the support a few gentlemen from Warner, there will be an antique car and truck parade on June 17<sup>th</sup>. With sincere appreciation - we thank you.

June 22<sup>nd</sup> there will be another Country & Western Concert series called Washboard Union. This is the 3<sup>rd</sup> of the concert series for the residents.

There will possibly be another Personal Touch visit on June 24<sup>th</sup>. At this time, it will depend on health restrictions if it will be open to the public.

Next week, residents will be planting their gardens and doing the flower planters. They have their usual variety of games played throughout the week. Something to look forward to in June is another trip to Raymond to the DQ, then on to Ridge Park to view the developments there.

During this time of uncertainty, those who say a thing cannot be done should not stand in the way of those who are doing it.

Stay safe and God Bless all - Emma Hulit.

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## NEWS FROM YOUR LOCAL LIBRARY

We continue to get new materials in for your enjoyment. Let us know if there is anything we can help you with, we are happy to order in for you if you're not comfortable doing it yourself.

**A heads up that for the months of July and August our open hours will change slightly, we will be open on Tuesday and Thursday only from 2:00 – 7:00 pm and back to our regular hours in September.**

Seniors Week is June 7-13<sup>th</sup>.

### **Kaleidoscope FCSS June 2021 Events**

Free Online Events for Youth 13 to 18 Register by contacting Jamie Lewis at 403-795-2963 or [jamie.lewis@fcss.ca](mailto:jamie.lewis@fcss.ca)

Friday June 4 – KYWC: Dialogue & Conflict 6:00-8:00 pm

Saturday June 12 – Zine Making (mini magazines) 2:00-4:30 pm

Friday June 18 – KYWC: Habits & Challenge Prep 6:00-8:00 pm

Wednesday June 23 – Artist Talk: Graphic Design 5:30-7:00 pm

Hope to see you soon, in the meantime, enjoy a good book out in the sunshine!



**Dr. Brad Cornish, D.M.D and Dr. Brett Holt, D.M.D**

At

## **Milk River Dental Centre**

403-647-2273

#2-240 Main Street Milk River

**Would love to welcome new patients!!**

Services offered include:

Routine Exams

Dental Hygiene

IV Sedation

Crowns and Bridges

Cosmetic Dentistry

Orthodontics

Wisdom Teeth Extraction

Dentures & Implants

At this time we would also like to introduce you all to Dr. Brett Holt who joined Milk River Dental in the summer of 2020

Dr. Holt earned his Doctor of Dental Medicine degree from the College of Dental Medicine at Midwestern University in Arizona in 2015. Dr. Holt was drawn to the profession of dentistry for its unique blend of science, art, and patient care. He is passionate about helping people feel better about themselves and providing the confidence that comes when you feel good about your smile. Dr. Holt loves spending time with his wife and two children. He is also looking forward to baby #3 in July. Outside of the office you can find him playing basketball, snowboarding, spending time on the lake, playing softball, training his dog, or in the middle of a Nerf gun war with his kids! Dr. Holt is happy to be at Milk River Dental one day a week and looks forward to getting to know you better.

**Call us today to book an appointment with our friendly staff ☺**

**403-647-2273**



# NOW HIRING - RETURNING OFFICERS

Do you like helping others and enjoy giving back to your community?  
We're looking for someone like you to help us run the next provincial election.

We also provide complete training and support.

- Returning Officers plan, prepare, and conduct election-related events in their electoral division.
- Returning Officers are familiar with their community and work to establish polling places and to provide electors with appropriate voting opportunities.
- Returning Officers hire, train, and manage elections staff to ensure both the returning office and polling places operate efficiently.
- Returning Officers assist candidates, official agents, and electors to understand the voting process, and meet with different community groups to communicate voting information, give presentations, or to respond to media inquiries.

**For more details or to apply, visit [elections.ab.ca/jobs](https://elections.ab.ca/jobs)**

*Elections Alberta is a non-partisan Office of the Legislative Assembly of Alberta*





## MENTAL HEALTH and AGRICULTURE



Farmers and ranchers take great pride in continuing the tradition and task of growing the world's food. This pride, love for the land, and life in the country are often what get farm and ranch families through the long hours, financial pressures, little separation between work and home life, and isolation that often come as part of the package.

These plus other factors that are out of a producer's control – weather, markets, and disease, for example – put them at high risk for mental illness, depression and suicide.

We have come a long way in talking about mental health in agriculture and discerning when there may be a problem, but do we know how to recognize *good* mental health in ourselves?

The following questions we can ask ourselves to check up on our mental well-being are a great place to start, based on the excellent "My Dashboard" tool found on the FCC (Farm Credit Canada) website:

Physically – Am I sleeping well? Do I have a good amount of energy? Am I motivated to take care of myself?

Mentally – Do I feel clear and focused? Am I able to see solutions to the problems that come up on a daily basis?

Emotionally – Am I as social as I normally am? Do I look forward to events or completing goals I have set? Am I able to talk about difficult things with the people I am closest to?

Just as fields need to be checked regularly and equipment needs preventative maintenance, evaluating our mental well-being on a regular basis is crucial. If you are not able to answer yes to a lot of those questions, it may be time to talk about it with someone.

Remember,

- Daily / weekly check-ins are a great way to keep mental wellness from being out of sight, and out of mind.
- Be sure to check in with everyone – farming is a family affair, whether everyone is out in the field or not!
- Take time for fun, a hobby, and connecting with others, even if (and especially when) it's busy.
- Find ways to remind yourself of what you love about life on the farm/ranch
- Keep educating yourself! There are wonderful resources to support the agricultural community in Canada. A few great places to start:
  - The Do More Agriculture Foundation ([domore.ag](http://domore.ag))
  - Mental Health First Aid Training ([mhfa.ca](http://mhfa.ca))
  - As mentioned, Farm Credit Canada ([www.fcc-fac.ca/en/community/wellness.html](http://www.fcc-fac.ca/en/community/wellness.html))

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](mailto:counsellingservices@fcss.ca).

Visit [www.fcss.ca](http://www.fcss.ca) for more information.

Submitted by:  
**Karen W. Vandenberg**  
FCSS Counselling  
Practicum Student



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p><u>BUILDING BRAINS</u> 11:00- 11:30am Jackie, Brenda</p> <p><u>CAREGIVER CAFÉ</u> 7:30-8:30pm Janet, Penny</p>	<p>1</p> <p><u>GROWING MINDS</u> 4:30- 6:00pm Ages 11-13 Amanda, Penny</p>	<p>2</p> <p><u>CIRCLE TIME ONLINE</u> 11:30- 12:00pm Jackie, Kim</p> <p><u>7 HABITS OF EFFECTIVE FAMILIES</u> 6:30-8:30pm Stacey, Myrna</p>	<p>3</p> <p><u>TRIPLE P DISCUSSION GROUP</u> 1-3pm Janet, Stacey</p> <p><u>INDIGENOUS CRAFTS &amp; CONVERSATION</u> 1:00-3:00pm Jessica, Tashina</p>	<p>4</p> <p><u>FACEBOOK LIVE CIRCLE TIME</u> 10:00am Myrna</p>
<p>7</p> <p><u>BUILDING BRAINS</u> 11:00- 11:30am Jackie, Brenda</p> <p><u>CAREGIVER CAFÉ</u> 7:30-8:30pm Janet, Penny</p>	<p>8</p> <p><u>GROWING MINDS</u> 4:30- 6:00pm Ages 11-13 Amanda, Penny</p>	<p>9</p> <p><u>WELLNESS WEDNESDAY</u> Physical Activity 1:30-3:00pm Myrna</p> <p><u>CIRCLE TIME ONLINE</u> 11:30- 12:00pm Jackie, Kim</p> <p><u>7 HABITS OF EFFECTIVE FAMILIES</u> 6:30-8:30pm Stacey, Myrna</p> <p><u>TEEN DISCUSSION GROUP: Getting Teens To Cooperate</u> 7:00-8:30pm Kim Fo, Penny</p>	<p>10</p> <p><u>INDIGENOUS CRAFTS &amp; CONVERSATION</u> 1:00-3:00pm Jessica, Tashina</p>	<p>11</p> <p><u>FACEBOOK LIVE CIRCLE TIME</u> 10:00am Myrna</p> <p><u>#FIVESTARFRIDAYS CAREGIVER CAFE</u> 1:00pm Penny, Kim Fo</p>
<p>14</p> <p><u>CAREGIVER CAFÉ</u> 7:30-8:30pm Janet, Penny</p>	<p>15</p> <p><u>RAISING EMOTIONALLY RESILIENT CHILDREN</u> 8:00pm Penny</p>	<p>16</p> <p><u>CIRCLE TIME ONLINE</u> 11:30- 12:00pm Jackie, Kim</p> <p><u>TEEN DISCUSSION GROUP: Coping with Teens Emotions</u> 7:00-8:30pm Kim Fo, Penny</p>	<p>17</p> <p><u>TRIPLE P DISCUSSION GROUP</u> 1-3pm Janet, Stacey</p>	<p>18</p> <p><u>#FIVESTARFRIDAYS CAREGIVER CAFE</u> 1:00pm Penny, Kim Fo</p>
<p>21</p> <p><u>CAREGIVER CAFÉ</u> 7:30-8:30pm Janet, Penny</p>	<p>22</p> <p><u>FOSTERING YOUR EMOTIONAL RESILIENCE</u> 8:00pm Penny</p>	<p>23</p> <p><u>CIRCLE TIME ONLINE</u> 11:30- 12:00pm Jackie, Kim</p> <p><u>TEEN DISCUSSION GROUP: Building Survival Skills</u> 7:00-8:30pm Kim Fo, Penny</p>	<p>24</p>	<p>25</p> <p><u>#FIVESTARFRIDAYS CAREGIVER CAFE</u> 1:00pm Penny, Kim Fo</p>
<p>28</p> <p><u>CAREGIVER CAFÉ</u> 7:30-8:30pm Janet, Penny</p>	<p>29</p>	<p>30</p> <p><u>CIRCLE TIME ONLINE</u> 11:30- 12:00pm Jackie, Kim</p> <p><u>TEEN DISCUSSION GROUP: Reducing Family Conflict</u> 7:00-8:30pm Kim Fo, Penny</p>		

FOR MORE INFORMATION OR TO REGISTER  
PLEASE CONTACT PENNY  
[penny.pittman@fcss](mailto:penny.pittman@fcss) call/text: 403-915-4017



# RIDGE COUNTRY HOUSING

## SOUTH REGIONAL SITE MANAGER

Ridge Country Housing requires a "South Regional Site Manager" to oversee the day-to-day operations of Senior and Community Housing in Milk River, Warner & Coutts. The position will be based at the Prairie Rose Lodge in Milk River.

Basic responsibilities of the position include:

- Staff Selection/Supervision & Scheduling
- Financial Record keeping and Expense Monitoring
- Resident Relations
- Facility Management
- Administrative Reporting

A high school diploma is required; post-secondary education in Business Management, Human Resources and/or Facility Management is considered an asset.

The ideal candidate will enjoy working with Seniors and exhibit exceptional communication skills, planning skills, and have experience in Human Resources, Employer/Union relations, time management and team building. Proficiency in Microsoft Office, especially Excel and Word are required. Previous work experience working with Seniors or a related Health Care environment would be a definite asset. Experience in Facility/Property management would also be advantageous in this position.

Ridge Country Housing offers a generous vacation package, health and dental benefits, and a compressed work week (4 days a week). Starting salary for this position is \$50,000/yr. with an increase to \$53,200 after completions of a 6-month probationary period.

**Candidates wishing to apply are invited to submit their cover letter and resume on or before June 11th, 2021 to: [chris.sopal@ridgecountry.ca](mailto:chris.sopal@ridgecountry.ca)**

For more information on this position please feel free to contact Chris Sopal, CAO – Ridge Country Housing at 403-752-3696, or email [chris.sopal@ridgecountry.ca](mailto:chris.sopal@ridgecountry.ca)

*We thank all who apply however only those selected for an interview will be contacted*