

# VILLAGE OF COUTTS NEWSLETTER



**JULY 2021**



## **ANNOUNCEMENTS**

### **CANADA DAY**

The Village will be setting off fireworks at the ball diamonds at 11 pm. Please join Tanya Smith in singing O'Canada. Thank you to Canadian Heritage for funding that allows us to purchase Fireworks, and to Derek Smith for setting them off.

### **COUTTS SUMMER CELEBRATION**

***JULY 24, 2021.***

11 am Parade. Lineup at Ross' by 10:30am

Noon: Free Hot Dog BBQ in the old school yard—Donations accepted for future events.

Noon: Kids Games in the old school yard

1:00: Family Friendly Drama Production produced by Rob Berezay "Oh, What a Tangled Web".

To be held in the Old School gym

11:00 PM Fireworks

All Weekend: Ball Tournament.

### **TAXES**

Taxes have been either emailed or mailed on June 16, 2021. If you did not receive yours, please call the Village Office.

### **CENTRE AVENUE**

The road work will not be finished until next week. The sealant is still tacky and needs extra time to dry before removing the loose sand. Thank you for your patience.

## **Milk River Historical Society**

Annual General Meeting will be held on July 17<sup>th</sup> at 10:00 am at the museum, 113 – 1<sup>st</sup> Ave NW. Meeting should be allowed to be held indoors due to the Alberta Government's lifting of the restrictions due to Covid. Everyone is welcome to attend.

If anyone would like a tour of the museum, please call William King at 403-647-3428 and he will be happy to accommodate you.

## PRAIRIE ROSE LODGE BITS & PIECES –JULY 2021

The month of July is going to be witness to many changes in all our lives. With farming/ranching being my family's heritage, weather is always important. The outlook presently for 2021 is not very good. What moisture we did have is gone with the wind. Then we have the politicians with their words of wisdom telling us how to live for the last 18 months which also adds to the wind. We have promises of the border opening so families can once again be together. However, the greatest impact on our immediate communities is Dorothy Fraser, Prairie Rose Lodge manager, will be leaving that position. She has accomplished so much in the housing portfolio for the south. The upgrade/ addition to the Lodge was smoothly guided, with the help of staff, cooperation of resident families and support of Alberta Health. When lockdown due to the Covid 19 virus was imposed by Alberta Health, the residents found isolation from the community very difficult. She was under much pressure and criticism. Dorothy has ably cared for our residents for 9 years with their safety and well-being always priority. Families and the communities thank you for your years of dedication - the Auxiliary will miss you.

Life goes on. On July 12<sup>th</sup>, the Good Timers will be entertaining on the patio at 2 PM. This event is open to the public - please bring a lawn chair, your water bottle and have a seat under the trees for shade. The Ladies Auxiliary will serve cheesecake and juice so come out and make this a great gathering.

Currently, we are unable to have birthday parties, however we can name them as follows; Ev Eagleson - Jul 13<sup>th</sup>, Aurelia McKenzie - Jul 21<sup>st</sup>, Gloria Stendall - Jul 23<sup>rd</sup>, Cec Minion -Jul 24<sup>th</sup> and Wray Swanson - Jul 28<sup>th</sup>. Happy Birthday to these fine residents and be sure to celebrate your birthday.

Well ladies, break open that bank. Personal Touch Fashions are able to be open to the public. The residents will shop from 10 AM till noon and the public from noon to 2 PM. Come out and get a new outfit or two on July 15<sup>th</sup>.

The residents have been enjoying a virtual concert series. There has been a great variety of entertainers. As we have not been able to have entertainment at the Lodge, this has filled the gap.

There will also be another bus tour however, Terra and the residents have not decided as to where to go. When the weather is more stable, there is a planned tour of the town on golf carts. If you have a golf cart and are willing to take some residents on the tour, please contact Terra.

When you can't control what is happening, challenge yourself to control how you will respond to what's happening. That's where your power is. God Bless All. Emma Hulit.

PS: All visits including new Social Visits are **by appointment** only and at the resident's request and must be in the resident's room. Social visits mean more cleaning (clean every spot/thing the visitor touched while in the room) to be done by each visitor in the room they are visiting. Risk assessments to be done with the social visitors before they can come in (Designated persons have already been done). This is a nutshell of protocol, but it is the one we need help from public to satisfy our governing licensing body. Thank you, Dorothy Fraser.

# “ Painting in the Park ”



Join us for an afternoon of summer fun!

Sandra Kabatoff

Your instructor from “Paint Night” is taking it to the park...Entertaining, relaxing, creative!  
No experience necessary. All supplies included in the registration fee.

Saturday, July 24, 2021, 2 to 5 pm The Gazebo at Gold Springs Campground

Tell a friend, register a friend, bring a friend! Cost \$ 40.00

Call Terry @ 403 421 0036 For Registration & Payment

Thank you to all our students! It was a great learning year!

Looking forward to the new learning season for Fall 2021.

Warner Adult Learning

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## Riverside Golf News

-Just a quick reminder that golf carts are not allowed to be driven around town! We are to drive them from home to the course and back with no side trips. Also we are only allowed to cross Hwy 501 and not drive down it. All rules of the road are to be followed which includes stop signs and yield signs etc.

-We would like to send out a big Thank You to Keith and Peggy Losey for building the wall around the out houses and also to Larry Liebelt for all the work he has done on the irrigation your help is greatly appreciated.

-The Board would like to thank all of our golfers for your patience and support while we try to get the greens back in shape after the lack of water and snow basically kill them. They are filling in nicely and we hope to be putting straight and smooth shortly

Mark your calendars for upcoming tournaments. Ladies July 17/2021 and Kinettes Mixed Tournament Aug 14/2021

Thank You

Riverside Community Golf Society

Board of Directors

## SELF-COMPASSION

Having compassion for oneself is no different than having compassion for others. Think about what the experience of compassion feels like. You have likely offered kindness and compassion for others when they are going through a difficult time, or you know how it feels when others show you compassion. Self-compassion involves acting the same way towards yourself when you are having a difficult time. Instead of just ignoring your pain with a “stiff upper lip”, stop to tell yourself: “This is difficult right now, how can I comfort and care for myself in this moment?”

*Self-Compassion is:*

- **Taking responsibility in our lives.** If we make a mistake, self-compassion is recognizing that mistakes are just that – mistakes. We can look at what we can do better next time without putting ourselves down. This creates learning from experiences rather than from failures.
- **Motivating.** Believe it or not, when we are kind to ourselves, we are much more likely to try again or try something new. If we put ourselves down for making a mistake or not knowing something, we are less likely to try next time.

*Self-Compassion is not:*

- **Self-pity.** When individuals feel self-pity, they become immersed in their own problems and forget that others have similar problems. They ignore their connections with others, and instead feel that they are the only ones in the world who are suffering. Self-compassion, on the other hand, allows one to see the related experiences of others without feelings of isolation and disconnection. You are not alone!
- **Self-indulgence.** Many people say they are reluctant to be self-compassionate because they are afraid, they would let themselves get away with anything. “I’m stressed out today, so to be kind to myself I’ll just watch TV all day and eat a quart of ice cream.” Remember that being compassionate to oneself means that you want to be happy and healthy in the long-term.

*Some ways to practice Self-Compassion.*

- **Write a letter to yourself from the perspective of an unconditionally loving friend.** Think about something that you are struggling with. Then think about how you would support a friend including what you would say to them. Then write down what you would say, but from the perspective of a friend saying it to you.
- **Change harsh self-talk to compassionate self-talk.** Whenever you’re feeling bad about something, think about what you’ve just said to yourself. It was probably harsh and untrue. For example, you might say “I am such a terrible dad for yelling at my kids, I don’t deserve them.” You can change this to compassionate talk such as “I really love my kids, so it hurts that I yelled at them the way I did. I am going to put more effort into being calmer with them.”
- **Self-Compassion Journal.** Write yourself some kind and understanding words of comfort. Let yourself know that you care about yourself by adopting a gentle and reassuring tone. You could also write the things you are grateful for (including what you are grateful for about you) in this journal.

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:  
**Trevor Gilbert**  
FCSS Counsellor



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## NEWS FROM YOUR LOCAL LIBRARY

Not too much new happening around here except that you can once again come in and have a visit and pick out your own materials.

Remember that for the months of July and August our hours will change slightly. We are open on Tuesday and Thursday from 2:00 – 7:00 pm only and we will be closed on Thursday, July 1<sup>st</sup>.

Chinook Arch is sponsoring a reading contest this summer. Every time you read a book, fill in the contest form found at: <http://bit.ly/CA-Contest-Form>. For every form submitted, your name will be entered into a draw to win one of thirteen \$100 gift cards from Analog Books in Lethbridge. Contest runs from July 1 to August 31, 2021. Winners will be announced on September 3, 2021.

Lists of suggested summer reading from Chinook library staff will be shared on Chinook Arch's social media accounts. The full list can also be requested from your local library.

Happy reading and Happy Summer!

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# EXCITING NEWS!!

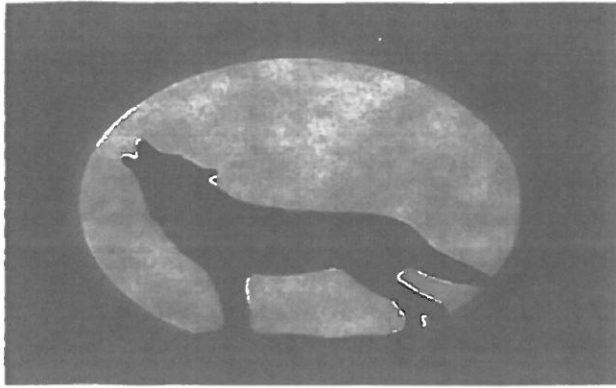
The Covid - 19 Vaccination will now be available at the

## **MILK RIVER MEDICAL CLINIC**

If you are ages 12+ for your first or second doses,  
please call 403-647-3599 and provide your name and  
phone number.

Once our list is full we will be contacting the patients  
with the clinic dates/times.

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