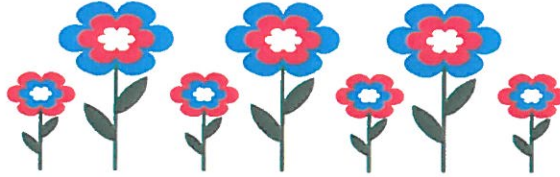


VILLAGE OF COUTTS NEWSLETTER



AUGUST 2021



ANNOUNCEMENTS

COUTTS SUMMER CELEBRATION

A big THANK YOU to everyone involved in the planning of the Coutts Summer Celebration. It was an awesome day. Volunteers make these events successful as they are, and we are lucky to have the volunteers we do. Next year, we will return to Coutts Days at the regular time of the year, June 18, 2022.

TAXES

Taxes have been either emailed or mailed on June 16, 2021. If you did not receive yours, please call the Village Office. Taxes are due August 31. If you have a credit (amount will be in brackets), call the office to have it moved to your utilities if you wish.

YARDS

Thank you to all that have spruced up their yards this summer. We are seeing a much needed change in our Village. The dump trailer will still be available for large amounts of yard waste. Please call the Village Office to arrange a time for it to be parked on your property.

CENTRE AVE

The cracks and pot holes will be filled towards the end of August. Sand sealing is an affordable option compared to putting another layer of pavement on the street. This project cost \$50,000 and funded through a grant. We will look at doing more streets in the future.

Milk River Historical Society

Our annual general meeting was held on July 17th, the following people were elected to office: President: William King, Vice President: Linda Robotka, Secretary: Christa Reich, Treasurer: Brian Young, Directors: Herb Joyce, Margaret O'Hara, and George Russell.

Our next meeting will be August 19, 2021, at 7:00 pm at the museum. Everyone welcome to attend!

Be sure to check out the new signs that have been installed on our museum building and also on the signpost out front 113 - 1st Avenue NW. The sign on the building lights up at night. We would like to thank Colynn Kerr for designing and making the signs and also Herb Joyce, William King and George Russell for installing them. We think they look great, don't you?

NEWS FROM THE BORDER RASCALS SOCIAL CLUB

Calling all Border Rascals and want-to-be Rascals!! The Border Rascals Social Club (for those age 55+) resumes our "bare-faced" monthly open executive meetings on the first Thursday of each month beginning on September 2nd at 10:00 am at the Rec' centre. After nearly two years of recess and social isolation, it is high time to get together again! We are looking forward to seeing you all at the tasty potluck this month. Come out and enjoy it on September 16th at 5:30 pm at the Rec' Hall west of the school grounds.

We hope you all have adapted to the new realities of living with a virus. It has not been pleasant or easy; at best it has been confusing. Guidelines and rules continue to change the game that seems to never end! And will the Canada/U.S. Border ever be open to all of us?

Looking around the Village, we can be proud of our public spaces and neighborhood. Many of us have put time and effort into our properties this summer and it hasn't gone unnoticed. We have new residents to welcome and old friends to greet.

The summer drought has not been kind to the crops or the forests. The smoky skies are evidence of that although it has made for some beautiful sunrises and sunsets. One must always look for silver linings, right?

Since 2020 came and went with no club activities, our membership dues paid at Christmas 2019 should be good until Christmas of this year. That's the way I have it figured anyway!

The village celebration of "Coutts Days" was great fun. It was nice to welcome all the ball players and young folks home for the weekend. The hot dogs were tasty and the fire works were outstanding! Summer isn't summer without Coutts days!

If you are new to Coutts, the Rascals welcome you to the village. Coutts is peacefully quiet and safe and friendly and full of opportunities to volunteer on local boards. What we lack in public amenities we make up in community spirit! From your executive;

Jim Willett, president

Kris Rollins, secretary

Betty Ostby, vice-president

Mardell Pederson, treasurer

2021 General Municipal Elections



The Nomination Period for The General Municipal Elections Is Now Open!

Positions available to be filled;

Councillors – Five (5) vacancies

Nomination Forms are available at the Village office or online.

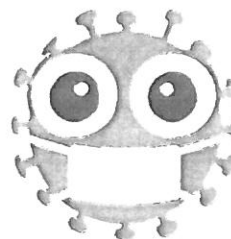
Please visit [A Candidate's Guide: Running for Municipal Office in Alberta](#) for more information about running for municipal office in Alberta.

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.



PRAIRIE ROSE LODGE BITS & PIECES - AUGUST 2021

I just can't believe it! I'm at a loss for words. Moving into town has really presented challenges Husband and I never faced in the country. I look around and realize not only am I expected to keep the front yard beautiful but also the back alley and boulevard; Husband's view? waste of time. We do not need green grass (Husband is color blind). Then there is the task of laundry (including ironing and mending), cooking (still 3 meals a day), oh-and don't forget the vacuuming, mopping, dusting, and the windows that need to be cleaned. Husband's view - well you know how to do that, after all you have 62 years experience. Ladies - I'm just sharing with you that as Husband enjoys watching baseball, the rodeo and going to coffee - your life will not change. However, I have enjoyed walking my little Abbey, gardening, picking raspberries and not having to worry about rattlesnakes. All considered, life is great and we are so blessed.

As you can see, Terra is away for a few days and Dorothy will be leaving the end of July so I have very little to report this month. I have met the new manager of Prairie Rose Lodge - Mr. Collin Beazer. During the summer months, staff are taking their holidays so there are few changes. We are looking forward to when we will be free to visit the residents and have events again.

Our birthday celebrities for August are Bonnie Taylor on Aug. 18th and Verna Taylor on Aug 31st. Happy birthday to these fine ladies and hope you have a great day.

I'm certain Terra has some activities planned to accompany the usual games and her reading hour. I am sure there is a country tour planned along with the golf car tours of Milk River.

As usual, my agricultural life never leaves my mind. Not only do our rural families depend on the production of their/our commodities, but our schools, medical services, retail services all rely on the success of our farmers and ranchers. They are the life blood of our small towns and economy.

In closing - Husband says, "What is one thing money cannot buy?" (Answer to be announced next month.)
God bless, Emma Hulit.

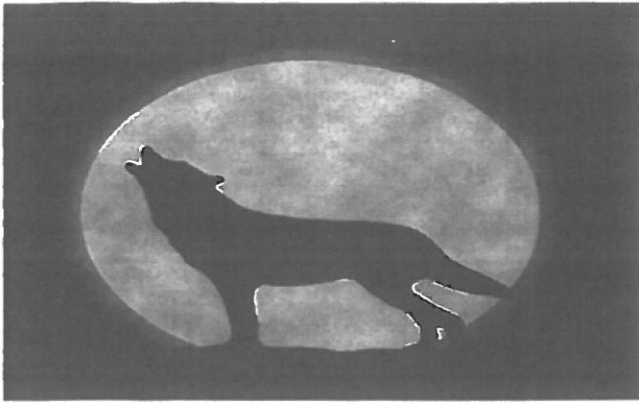


September 25, 2021

Carnival Games
Petting Zoo
Bench Show
Beer Gardens
Smoker Cook-off Competition
Silent Auction
Live Music
Food Concession

Sponsored by
Milk River Fr District Agricultural Society





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Healthy - Covid19 Free

WARNING SIGNS OF SUICIDE

As a counsellor, my most difficult challenge is working with clients who are grieving the loss of a family member or friend who has died as a result of suicide. Many times, I have heard individuals beg the question “Why?” followed with, “I didn’t see it coming. “If I only had known I could have stopped them.” Their journey of grief is riddled with unknowns fueled by guilt.

The sad reality is there isn’t really any typical pattern of behavior for someone who is suicidal. However, there are **common warning signs**. You may see one or more of these in someone contemplating suicide. These are the signs that are generally clear and easy to observe:

- Talking about dying or wanting to die, feeling empty, hopeless, not having a reason to live, that others would be better off without them, or having no way out of problems.
- Mentioning strong feelings of guilt and shame.
- Social withdrawal and isolation.
- Giving away personal items and wrapping up loose ends.
- Saying goodbye to friends and family.

Unfortunately, there are also **easy to miss warning signs** of suicide. Even people close to the person feeling suicidal may not realize how deeply hopeless they feel. Here are five signs you need to know about that could indicate someone is thinking about suicide:

1. **Any unusual changes in behavior.** This is common for someone who is suicidal, but it’s easy to overlook because the changes may not seem related to depression or hopelessness. For instance, someone you know who is kind may become angry and aggressive. Or someone who has been sad and struggling with depression may suddenly become calm and seemingly happy.
2. **Changes in sleeping patterns.** Someone who is feeling suicidal may sleep more than normal, struggling to get out of bed at all. They may sleepless, experiencing insomnia and staying up until all hours and then struggling the next day from fatigue. Whether it’s a symptom of being suicidal or not, these kinds of changes in sleeping habits are cause for concern and should be addressed.
3. **Accessing/Gathering a lethal means.** Gathering lethal means is also an important warning sign that can be hidden. Someone may start stockpiling pills or purchase a firearm without anyone noticing. They are easy to hide. It’s important to be aware of any lethal means someone you are concerned about may have access to. With access the risk of suicide goes up.
4. **Emotional distance.** Someone who is feeling suicidal may become emotionally detached from life in general, from other people, and from typical activities (i.e. work, hobbies, favorite past times). It is important to note this kind of behavior and recognize it as a potential warning sign or a symptom of depression.
5. **Physical pain.** Physical pain and discomfort are often overlooked as symptoms of depression and also of suicide. If someone you know complains often of any type of pain, like headaches, digestive upset, or just general body pain, be alert to other signs of depression or suicide.

It is extremely important to remember that all signs (common & easy to miss) should be taken seriously.

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:
Michael Fedunec
FCSS Counsellor



SERVING:

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THE 3RD ANNUAL

**MILK RIVER KINETTES
PAR-TEE GOLF TOURNAMENT
CHARITY MIXED GOLF SCRAMBLE**

SATURDAY AUGUST 14/21 • 10 AM
REGISTRATION, 10:30 SHOTGUN START
RIVERSIDE GOLF COURSE, MILK RIVER

\$70 PER PERSON, REGISTER AT RIVERSIDE GOLF COURSE, (403)647-2502,
AS A TEAM OF 4, COUPLES OR INDIVIDUALS WILL BE MADE INTO TEAMS.
FOR MORE INFO CALL NANCY (403)647-4453 OR KIM (403)647-7374

Proceeds to support the Milk River Community School Enhancement Society

lots of fun!

prizes

50/50 draw



 **FamilyTies** Association

and

 **FCSS**
Family & Community
Support Services

Presents...



Fun in the Sun

Summer Day Camp

Registrations are now open.

When: Aug 9-12, 2021

Time: 10:30 AM to 2:30 PM

Where: 210-3rd Ave, Warner, Alberta

Registration Fee: \$10

(subsidies are available if cost is a barrier)

For Ages: 8-12 years old

Join us for some crafts, games and fun. All supplies provided for participation in the activities at the camp. Youth will need to bring their own lunch each day, a water bottle and must wear a COVID mask (as per AHS regulations). We also recommend youth wear sun screen and have a hat.

How to register: contact Family Ties Assoc.

at 403-320-8888 or

email d.nalder@familyties.ca

for a registration package.

Winter Fun 2021/2022

Winter Fun is now accepting registrations.

This play based preschool program is located in Warner and offered for 3-4 year old children. It is a fun and social time for little ones that includes free-play, art, stories, songs, outdoor play and more.

We are pleased to present the 2021/2022 session.

Runs September 2021 - June 2022*

NOW THURSDAYS Approx 35 days*

* The program will follow the Milk River and Warner school schedules. Full schedule will be available once session is confirmed with minimum number of registrations required.

If you are interested or would like more information,
please contact:

Becky (403) 642-7001 warnerwinterfun@gmail.com

Tracy (403) 421-0150 tracyjones74@hotmail.com

