

VILLAGE OF COUTTS NEWSLETTER JAN 2024



WATER UPDATE

We would like to thank everyone for being so conscientious about using water during our recent mainline break. We never hit a dangerously low level because of your conservation measures. The line was fixed in good time and we are back to running as normal. Thank you!

TAXES AND UTILITIES

We will once again be offering discounts in January (5%) and February (4%) for prepayment of taxes. Please contact the office in January to find out the amount needed to pay for you specifically. Utility prepayments will also be taken for residential properties. The payment amount is \$412.50, which results in one month free of water distribution, sewer and garbage fees. Utility prepayment is only available in January.

FRIENDS OF THE LIBRARY—CASINO

The **Friends of the Library** are looking for volunteers to fill the below casino positions. If you are able to help, it would be appreciated. These funds help purchase items for the library that they would normally do without such as, new chairs, projector, screen, certain programming, puzzles, and many more items. If you are hesitant filling a night shift because you do not feel comfortable driving home after the long night, a hotel will be provided for you to get some sleep before driving. Please contact Lorelei or Tracy at the Post Office to sign up. Thank you to everyone who volunteers in our small community. The money earned from working these casinos is what keeps our societies afloat, and programs running in our community.

Monday February 26– 8 pm-4 am (1 position)

Tuesday February 27- 8pm-4am (1 position)

As a reminder the library re-opens on Jan 9th.

With Thanks to the Community Foundation of Lethbridge and Southwest Alberta we have received a grant to install LED lighting in the library. The work will be started on Jan 5th. This will be excellent for all the library patrons and staff.

FRIENDS OF COUTTS LIBRARY—AGM

The Friends of the Coutts Library Society will be having their AGM on January 18th at 6pm in the Library. Anyone interested in joining the society is more than welcome to come to the meeting.

BORDER RASCALS SOCIAL CLUB

Happy New Year to all, from the Border Rascals. Looking forward to all the wonderful memories to share for 2024. Executive meeting is January 11th at 10am. Anyone welcome. Next potluck is January 25th, this will also be our AGM meeting, when Mardell will give a financial report. Also membership fees are due, of \$5.00. Deana, Jacquelyn are providing the entertainment for this evening. We are looking forward to their fun. Come join us.

HERITAGE HANDIBUS ASSOCIATION JAN 2024 NEWSLETTER

The Toyota Handibus is scheduled to travel to Lethbridge on Jan 3, 2024. The cost is \$40.00 per person with a minimum of 3 riders prepaid. Riders are required to book their ride 24 hours in advance with payment due at that time. If 3 riders are not prepaid, the bus does not travel.

The both buses are available for charters.

Please call the Town of Milk River Office Staff to arrange booking, payment and more information.

Happy New Year to all!!

COUTTS RECREATION & ART SOCIETY

MEMBERSHIP FEES

Individual Membership—\$60 per year
Couples Membership—\$100 per year
Family Membership—\$130 per year

Equipment is available to play floor hockey, badminton, cornhole, volleyball, pickleball, basketball, dodgeball, and kickball. The workout room has treadmills, a stationary bike, weight machines, weight benches, and an elliptical.

Kitchen is AHS Approved for Commercial Use.

Rental Rates

Members—Gym or Classroom or Kitchen —2 hours no charge, 3 hours—\$10, 4 hours—\$20, 5-8 hours—\$50

Non-Members—Gym or Classroom or Kitchen—Non-Members—\$20 per hour up to 4 hours, 5-8 hours—\$100

Non Profit Groups—Meetings—No charge

Business Groups—Meetings—\$20 per hour up to 4 hours, 4-8 hours- \$100

Funerals—Donation

Membership applications are available at the Village Office.

All bookings are done at the Village Office.

All other rental situations—discretionary.

All rates subject to change without notice.

MILK RIVER HISTORICAL SOCIETY

We are now on Facebook! Please like and share our page to keep up with any news on the museum. <https://www.facebook.com/milkriverhistoricalsociety>

There will not be a meeting in January, our next meeting will be on February 15. But as always if you would like a tour of the museum call William King 403-647-3428.

We would like to wish everyone a very Happy New Year and thank everyone for all the support during the past year.

On the Business Association Customer Appreciation Day, we were happy to have so many people stop in and have their card stamped and see our museum. We also enjoyed being the venue where the gingerbread houses were displayed.

Here are some pictures of the day, the first picture of when our mayor Larry Liebelt stopped in and had his picture taken with William King and our eldest board member George Russell. And also, a picture of the excellent gingerbread house entries.



CouttsGrass Rodeo Association
AGM – January 25th, 2024
COUTTS CIVIC CENTRE
105 centre ave
Coutts, Ab
OPEN TO EVERYONE – NEW MEMBERS
WELCOME

CHRISTMAS FOOD HAMPER AND ANGEL TREE PROGRAM

Every year I sit down to thank people for their support of the Christmas Hamper and Angel Tree programs. I am so overwhelmed with how supportive our community is. A “thank you” never seems enough... I wish I had better words to express how thankful I truly am! Because of the support we received, 30 Christmases will be a little brighter.

First off, I would like to thank Linda Cavanaugh who does such an amazing job organizing the food and getting the hampers ready to go. Thank you also to her helpers this year: Paula Jack and Jane and Naomi Reese. Daria Snow was a great helper with the Angel Tree gifts and I send a huge thank you to her!

Thank you to everyone who bought for an angel, donated food and purchased packages at Riverside Market and everyone who donated food at the Christmas concert, that support is the heart of these programs.

Also sending huge thanks to the Town of Milk River for their amazing support of us with providing space and a spot for the tree and gifts (without Kim and Trudi none of this would be possible), Riverside Market for their kind and generous support, The Village of Coutts and the wonderful employees at Coutts CBSA for their continued support of donating breakfast items for each family.

We would like to thank all the wonderful people that helped to deliver the hampers. This year we had help delivering from The Peace Officers, Jeff Austin with the Sheriffs, and David Munn from the RCMP. Having your help was greatly appreciated. A special note of Thanks to Tanya and Monti Smith for being such a great help with Coutts deliveries! You guys are truly impressive!!!

Finally, we have had some amazing community donations to be thankful for. Kind and generous people donated care packages for families and that was extremely thoughtful. We also had thoughtful donations of a little treat for each family, gift bags for the Angel gifts, and lots of extras. How generous!!!

We may be a small community, but we certainly have a huge heart! So many of you donated food, money, and gifts and that is really what makes them happen each year! Each person in our community that helped gets a sincere thank you from the very bottom of my heart!!!!

Darlene Fleming
Angel Tree Program

The Poppy Campaign is a Dominion wide project that all Royal Canadian Legion's get involved with. The monies raised through wreath sales, donations, and poppy sales goes directly into a separate bank account. No cheques can be written out of this account except for legitimate expenses or Command approved Donations. When I was out and about during the Poppy Campaign season the information on the "For Your Information" sheet wasn't quite complete but I wasn't able to reveal any other information After approval from Command Office Calgary the donations have been made. The parties involved receiving the 2022 donations were thrilled to receive the donation cheque for items needed. The updated information is as follows: Thank you, Raylene

2021	Bow Island Health Centre	\$2,094.53
	Patient Monitoring Equipment & Stand with basket	
	Foremost Medical Clinic	\$1,302.10
	2 Blood pressure machines, 2 adult pulse oximeters, weigh scale, wheel chair, 2 digital no touch forehead thermometers	
2022	Milk River Health Centre	\$2,071.69
	Amenities cart, 2 sets wicker furniture	
	Milk River Health Centre	\$1,133.97
	CPR meter 2	
	*\$500 of this donation was received from Gas Alberta Give Back Program (nominated to 2022 Poppy fund by Chinook Gas Co-op Ltd)	
	Coutts Fire and Rescue	\$1,367.59
	7305 Series Homecare Suction unit with internal filter, Water Jet Burn Kit, Tactical gunshot trauma kit, 2-emergency obstetrical kits, touchless thermometer, Combustible gas leak detector	
2023	Foremost & Area	

The Royal Canadian Legion, Foremost Branch representative Raylene Hobbs presented Doug, Mark and Jan of the Coutts Fire & Rescue Department with a cheque in the amount of \$1367.59. The donation will be used to purchase a Series Homecare Suction Unit w/Internal filter, waterjet burn kit, tactical gunshot trauma kit, 2 emergency obstetrical kits, touchless thermometer, and a combustible gas leak detector. The department is very thankful for the ongoing donations received from the poppy fund. These monies were raised from the 2022 Poppy Campaign.



MILK RIVER WATERSHED COUNCIL CANADA CONSERVATION TOOLS SHOWCASE



**HOT LUNCH PROVIDED AT NOON
DRAW FOR DOOR PRIZES**

The MRWCC is hosting a conservation tools workshop with a focus towards connecting producers with the tools and technology to improve conservation of native grasslands, species at risk, habitats, and their operations.

This one window approach will provide information and hands-on learning. Program managers from federal, provincial, and local NGOs will have information regarding available programming, funding assistance, and conservation incentives for producers within the watershed.

Hands-on displays and equipment demonstrations will be held as a tradeshow component to the workshop. These will include beneficial management practices for species at risk, as well as land management and drought management tools such as off stream or remote watering systems, electric fencing systems, invasive weed control, and range management tools.

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



Environment and
Climate Change Canada

Environnement et
Changement climatique Canada



LOCATION:
MILK RIVER CIVIC
CENTRE

DATE:
JANUARY 26TH, 2024

TIME:
11AM TO 3:30PM

FREE EVENT!

Agenda

Presentations: 11am

Free lunch: 12pm

Display Showcase: 1-3:30pm

Those attending presentations and staying for lunch please register by contacting Tyler by email at tyler@mrwcc.ca or 403-647-4035. Deadline for registration is January 22nd, 2024.

Please come and visit the showcase if you'd like to learn more about conservation initiatives, tools, and opportunities such as funding assistance.

BORDER COMMUNITY WELLNESS FOUNDATION

ANNUAL GENERAL MEETING

2PM. Wednesday, January 31

MILK RIVER TOWN COUNCIL CHAMBERS

REGULAR MEETING TO FOLLOW

Border Community Wellness Foundation serves Coutts, Milk River, Warner, and Warner County and we hope that we can have members from all of these communities attend to share with us what your community focus on wellness would include.

EVERYONE WELCOME!

BCWF would like to thank all community members who were able to attend the Mental Health First Aid course for their interest in maintaining and promoting the mental wellness of our communities.

For more information contact:

Robbie Wills 403-344-4312



SOUTHERN ALBERTA OUTDOORSMEN

UPCOMING EVENTS

All events subject to AHS rules



Family Fishing Dec 27 2023 at Goldsprings Park camp kitchen

Weiner roast and hot chocolate will be provided. Bring the kids out for some fresh air ice fishing and fun.

Predator Hunt – Friday, January 5, 2024 From Sunup to Sundown Friday and bring your result in to Measuring Day
at Heritage Hall the next day at noon to enter points and socialize.

Measuring Day - Saturday, January 6, 2024 – Heritage Hall, Milk River, AB.

Open at 9:00 a.m. Entry Cut Off is 12:00 noon, sharp. SAO will have soup and buns for sale

****Antlered Entries** must be accompanied by a license and tag number and all wildlife entries must be clean (no residual flesh), dry, and free of odor. (Or can be rejected)

****Photo Contest** for photographers of all ages with three categories - Wildlife, Open, and Scenery for Juniors (Under 16) and Adults.

Photos must be presented unframed and no smaller than a 5" x 7" and must be taken by the person entering them as well as being a member of SAO.

AGM – January 9, 2024, 7:30 p.m. at Milk River Town Hall Council Chambers

This will be the first ½ hour of our regular meeting. At least 2 positions will need to be filled. We would like to see as many possible attend.

Outdoorsmen 10th Annual Swap Meet & Gun Show - March 9, 2024, Milk River Civic Center, 10:00 a.m. – 4:00 p.m.

Guns, Hunting, Optics, Re-loading and Fishing Gear. \$500.00 door prize, Admittance \$5.00

****Vendor tables \$25.00.** Call: Rodger King 403-344-2124 Scott Tollestrup 403-642-7728

Craig Blackmer 403-344-2146 R Clayton Taylor 403-634-7258

Awards Evening - Saturday, March 17, 2024– Coutts Civic Center, AB. – 4:30 p.m. This year we will be doing a

POT-LUCK SUPPER If you plan to attend, please bring a supper or desert dish. SAO will provide coffee, water and juice. You are welcome to bring your own refreshments as well.

The evening will begin with socializing, silent auction, raffles and cocktails. Supper at 6:00 pm

Come on out for a fun night!

Gopher Hunt – Saturday, May 4 2024 – Meet at the Heritage Hall, Milk River, AB - for refreshments after

an ethical day of hunting and disposal of the gophers. Bring tails only, for count, by 5:00 p.m.

SAO will supply hot dog supper

Family Fishing Weekend and Camp Out –May 31, June 1 and 2 at Goldsprings Park. Please book your own reservations if you plan to camp! Saturday, as usual, will be the main event with SAO supplying dogs and drinks

This year, we are raffling another e-bike! The draw will be made on October 8 2024 at our regular 7:30 meeting in the Town Hall. If you win, this bike can be traded back to our supplier for our purchase price on any other e-bike they sell. Check our facebook page or contact any SAO board member for ticket sales details. Some of the raffle proceeds in 2023 were sent to ACA to provide some 12-14 inch stockers for Gold Springs Park.

Merry Christmas & Happy New Year

10th Annual

Southern Alberta Outdoorsmen

Swap Meet & Gun Show



March 9, 2024

Milk River Civic Center

10am - 4pm

Breakfast & Lunch Concession!

Admission \$5 (12 & under FREE)

Tables \$25 email or transfer to
southernalbertaoutdoorsmen@gmail.com

**\$500 sport shop gift certificate door prize
donated by the Southern Alberta Outdoorsmen**

DRAW IS AT 4PM

Buy-Sell-Trade

- Sporting
- Fishing
- Hunting
- Hobbies

For more info or to reserve tables

Please contact:

Scott: 403-642-7728

Roger: 403-344-2124

Craig: 403-344-2146

R Clayton: 403-634-7258



Merry Christmas

&

Happy New Year

from

Coutts ATB Financial Agency

&

Meg's Shabby Chic & Antiques

**We thank you for your patronage and wish
you all the best for 2024!**



BUSTING MYTHS ABOUT COUNSELLING

On January 24, the Bell Let's Talk Day awareness campaign creates a global conversation about mental health to help reduce stigma around mental health and promote mental health awareness.

Year round, Family and Community Support Services (FCSS) Counsellors are available to provide free counselling support for residents. However, there may be some misconceptions about FCSS counselling services that prevent residents from reaching out. Here are just a few that have been debunked:

- 1) **MYTH:** It's too difficult to connect with a FCSS counsellor as I have a very busy schedule.
FACT: FCSS offers free, short term, and goal-based counselling services that can fit any schedule. We offer in-person, video, or phone counselling options, and there is currently no wait time to access counselling in the area.
- 2) **MYTH:** I have experienced a death in the family and there's no way someone can know what I'm going through.
FACT: All of our FCSS Counsellors are equipped with the tools and skills to help you process your emotions around grief and loss.
- 3) **MYTH:** My friends or family will find out that I am getting counselling.
FACT: Your appointment is completely confidential. Your counsellor or any FCSS staff member will never share that you are accessing services. If you are concerned about going to the FCSS office in your community, you are welcome to attend counselling in one of the other municipalities that offer counselling services or access counselling online or over the phone.
- 4) **MYTH:** I'm not depressed or anxious enough to access counselling.
FACT: You are welcome to access counselling regardless of how you're feeling or if you have a mental health diagnosis. Everyone's ability to cope with the stressors of life is different and talking to someone can help you get perspective.
- 5) **MYTH:** My income level is high. I'm not allowed to access this free service.
FACT: Everyone who lives in the FCSS service area (ages 10+) can access counselling, regardless of income. Accessing this free service can be a great way to try counselling and see if it's a good fit for you.
- 6) **MYTH:** FCSS only offers one-on-one counselling.
FACT: FCSS offers family, couples, and individual counselling. FCSS also offers group programs when relevant.

For more information about FCSS Counselling Services or to book an appointment, please visit our website at www.fcss.ca or contact the Counselling Intake Supervisor at (587) 370-3728.

Visit www.fcss.ca for more information.

Submitted by:
Michael Fedunec
Counselling Intake Supervisor



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