

VILLAGE OF COUTTS NEWSLETTER DECEMBER 2024

Merry
Christmas



WATER

All restrictions have been rescinded. The storage is full for the winter and drawing from the river is continuing to keep it topped up through the winter.

PREPAYMENT OF 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. Those that have not paid their 2024 taxes, a penalty of 12% will be added on January 1, 2025.

MERRY CHRISTMAS TO EVERYONE FROM THE MAYOR AND COUNCIL AND STAFF. ENJOY FAMILY TIME AND TRAVEL SAFE! THE OFFICE WILL BE CLOSED AT NOON ON THE 24TH UNTIL THE 27TH. IT WILL BE OPEN THE 30TH AND ON THE 31ST UNTIL NOON, AND CLOSED ON JANUARY 1ST.

GREETINGS FROM YOUR LOCAL LIBRARY

Well it's that time once again, winter is here and not far behind, Christmas and the holiday season.

Book club for December will be Thursday December 12th at 2:00 pm at the library, come and join us for a cup of tea and sharing.

Please remember that we close for two weeks during this time so the last day we are open will be Thursday December 19th and we will reopen on Tuesday, January 7th, 2025. Make sure you come and get stocked up with books and movies to keep you going during that time.

A reminder of some of the things we have here at the library for you to borrow other than books and movies. We have two hot spots for wifi, memory kits for you to do with your seniors, a light therapy lamp if you are feeling the effects of the lack of sunshine, and we have recently had a cricket machine donated to us that is also available to borrow. We have lots of jigsaw puzzles to borrow and it might be nice to have some to do on these wintery days.

We look forward to seeing you and remember that a library card at our library is free.

Merry Christmas to all of you and a happy holiday season filled with lots of love and laughter!

ANGEL TREE AND CHRISTMAS FOOD HAMPER

Just wanting to send a reminder out to those that picked an angel from the Angel Tree to please return your gift to Milk River Town Hall by Friday December 13th. Please return the gift unwrapped with the tag attached ☐ If you wish to send along a gift bag that would be greatly appreciated!

Thank you to everyone who participated in picking an Angel; your kindness is greatly appreciated!!

Food donations towards the Christmas Food Hampers can be dropped off at the Town of Milk River office. Also, for anyone wanting to make a cash donation towards the Food Hampers you can make cheques payable to Town of Milk River with memo line stating it is for the Christmas Food Hamper. Taxable receipts will be issued.

Thanks to everyone who has participated in the Angel Tree and Christmas Hamper programs, your generosity is truly appreciated.

Darlene Fleming, Angel Tree Program 403-393-3223

BORDER RASCALS SOCIAL CLUB

May we extend an invitation, as we celebrate this Christmas Season. We will be decorating the Rec Center on **December 11th at 10am**, if anyone is interested in helping. Our December planning meeting is on the 12th at 10am. Help us with all your ideas. December the 19th, starting at 5pm, we welcome you to our Christmas Potluck, and gift exchange. Meat will be provided, and some main dishes have been designated. Other side dishes and desserts are welcome. Please bring a gift for a man or a woman, wrapped and marked as such, if you are participating. Gifts are a \$20 minimum. **On December 26th, Boxing Day Social**, starting at 1pm. We will provide Chili and buns and drinks. Please bring your favorite snacks. We will have games happening all afternoon. Please come join us for friendship and fun, and relax after Christmas Day. We hope we will get to spend some special time with each of you in December.

Merry Christmas to one and all.

MILK RIVER HISTORICAL SOCIETY

In keeping with us sharing with you some of the interesting artifacts we have in the museum and with it being the holiday season here is this month's highlight: We have had a lot of Christmas decorations donated over the years. We have many glass Christmas tree ornaments still in the original box and the price on one of the boxes of 12 balls is 49 cents and came from Robinson's.

We will be decorating the museum for Christmas on November 30th. The museum will be open on Customer Appreciation Day, December 6th from 10 am to 7 pm so come get your card stamped, enter to win our door prize and see the museum decorated for Christmas with all the Christmas treasures we have. We will also be the display area for the gingerbread house contest.

Our next meeting won't be until February 20, 2025 at 7pm at the museum. In the meantime, to visit the museum and see what is available call William King at 403-647-3428.

All of us at the Milk River Historical Society would like to wish all of you a very Merry Christmas and a happy, healthy 2025.

HERITAGE COMMUNITY PASSENGER VAN

(Heritage Handi-Bus)

Focus Group - Seniors 55+ and Disabled (as per our grant guidelines)

Monthly Unlimited Senior Ride Pass \$30

6 Senior Ride Pass ticket (no expiry) \$42

Clients may take a guest/companion simply by booking and applying the extra rider against their ticket

Tuesday & Thursday Community Service

Simply book in a time slot and destination within or amongst Coutts, Milk River or Warner

Lethbridge service on Wednesday

Limited Local service possible on Wednesday

Lethbridge service on Friday dependent on driver availability

Passenger registration, tickets and payment at Coutts, Milk River and Warner Town Offices

Advance Bookings through Milk River Town Office (403-647-3773). Rides must be booked by Thursday for the following week

Office hours are Monday through Thursday, 9 am - 12 and 1 - 4 pm

Special Requests/Questions: call/text Steve @ 403-603-8578

Other info: **Next meeting** of the HandiBus committee is Dec 11, 2024, 6:30 PM at the MR Town Chambers.

Charters are still available and unchanged using the Bus and or (on availability) the Van.

Please enjoy our new service, we thank all who have supported the service.

CANDLELIGHT CHRISTMAS EVE SERVICE

DECEMBER 24TH AT 7PM
ST. PAUL'S UNITED CHURCH
MILK RIVER
EVERYONE WELCOME



*Christmas
Carol Festival*



*Sunday, Dec. 8
3:00 PM*

*St. Paul's United Church
Milk River*

*Donations accepted at the door for
Tri-Community Food Pantry*

*Lunch & Fellowship to follow
At Heritage Hall*

*Come share the Joy!
Everyone Welcome*



Merry Christmas

&

Happy New Year

from

Coutts ATB Financial Agency

**We thank you for your patronage! We look
forward to serving you in 2025!**



www.couttsatb.com

Milk River School – December 2024 News

We held an Academic Awards night for the grades 7 – 12 students on *Thursday, November 14* – Congratulations to all recipients – great job!! Thank you to all the donors that make these awards possible and encourage our students to reach academic honor roll standards.

The Tier 2 Girls' Volleyball team took part in the Horizon Junior Athletic Divisionals in Vauxhall. Congratulations on finishing in first place and for the great representation of our school!

Congratulations to our Senior Girls' Volleyball team. These girls had an awesome season, and we are very proud of their accomplishments this year! Many thanks to all our volleyball coaches for your guidance and leadership and all the support you have given these players. Your time and effort is greatly appreciated!

We also have an active E-sports program that meets at lunch every Tuesday (Grades 3 – 6) & Thursday (Grades 7 – 12). We would like to thank Mr. Grinton and all the volunteers for their time and effort in supporting this program and our players.

Basketball is well underway for Grades 5 – 12 students. We have a Tier 2 Girls Team, Tier 1 Boys Team, and a Senior Girls team. We also have 5 boys that are playing for the Warner Senior Boys Team. We are looking forward to the basketball season and are excited for the games to start. Thank you to all the volunteer coaches – we appreciate your time and dedication to the school teams. Please watch for the basketball game schedules and come out and cheer on our players.

Upcoming Events: Mark the dates!

Tuesday, December 3 – 10:30 – 11:30 – Grade 3/4 Readers to Long Term Care

Wednesday, December 4 – 5:00 P.M. – SAC Meeting followed by Booster Club Meeting at 6:00 P.M.

Thursday, December 5 – 2:45 P.M. – Elementary Assembly

Monday, December 9 – NO SCHOOL – Grade 7 – 9

Friday & Saturday, December 13 & 14 – Senior Girls' Basketball Tournament at Vauxhall & Tier 2 Girls' Tournament at Taber Christian School

Milk River Ridge School is selling advertisement space in the 2024/2025 yearbook. Please contact kayla.mcphillips@horizon.ab.ca for more information.

We will be holding our annual Christmas Concert on *Tuesday, December 17 at 7:00 P.M.* in the Milk River School Gymnasium. This year under the leadership of Mrs. Wright, our concert theme will be “**North Pole Adventure**”. Everyone is welcome and invited to attend.

The Milk River Educational Society will once again be doing a raffle for gift baskets at the Christmas concert. There will be 7 baskets that will be drawn for and the tickets will be sold at the Christmas concert for 3 tickets/\$5. Thank you in advance for your support!!

***Please note** – we will have old yearbooks and pre-2013 various sports jerseys for sale at the concert. There will be a donation jar and any funds collected will go towards new jerseys.

Donations of a non-perishable food item would be greatly appreciated. Proceeds will go to the local food bank.

***Please note** – the last day of school before Christmas holidays is *Thursday, December 19*.

From the staff and students at Milk River Ridge School – We hope your Christmas Season is
Healthy and Happy and wish you all a Joyous New year!!

School will resume in the **NEW** building after the holidays on *Wednesday, January 8, 2025!*



It's that time of year again. The Christmas season is upon us. A time of joy, love, and cheer. And a time to show appreciation to the people we care about and the people who take care of us.

The Milk River Health Professionals Attraction & Retention Committee would like to acknowledge, recognize and say thank you to all of the wonderful health care workers in the Milk River area. Your work matters and makes a difference to every individual and family who receives health care services in our community. To those who work on the front-line, or behind the scenes, or who support the workers as family or friends, we wish you the very best during the upcoming Christmas season and in the New Year.

To show our appreciation, we have partnered with 5 local businesses and will be giving away 10 gift baskets to health care workers or those employed by health care professionals. Helping us with this Christmas give-a-way are: Smart Alice Shop, ATB Coutts/Warner, Riverside Market, J-T Wine & Spirits, and Napa.

To enter, send an email to: smaccumber24@gmail.com, with your name, place of work, and job title. Entries must be received by noon on Monday, December 16th. A random draw will be made and the winners' names will be posted on our Facebook page. Good luck and we wish you all a very Merry Christmas and a Happy New Year.





PRL 2024

Angel Tree

For the second year, we would like to invite our Community to take part in our 'Angel Tree' Project! On our tree (located in the main common area of PRL), you will find the name of each of our residents. Attached to their Angel is a short 'wish list'. We ask that once you have chosen an angel, you remove the angel from the tree & fulfill that angel's wishes. We are requesting that you make a commitment of spending a minimum of \$20.00, up to a maximum of \$50.00.

Please bring the wrapped gift(s) back to Prairie Rose Lodge, clearly labeled with the Residents' name & place them under the tree anytime before December 18th. Our goal is to have all the angels chosen from the tree, at which point we will replenish the Angels again, & together we can continue to spread the joy of Christmas to our Residents at Prairie Rose Lodge! Thank you all for making this Season special!

The Management & Staff of Prairie Rose Lodge



MERRY Christmas

We are so excited to be gearing up for Christmas here at Prairie Rose Lodge! This month we have a ton of fun activities planned for our Residents! Christmas baking days, Christmas Music with Bailey, Christmas crafts, FCSS will be here for another drumming class, & of course the Christmas Carol Festival is also on our calendar for December. Community Coffee will continue to run every Tuesday at 10:00am, with the exception of December 24th. Grand Pals has proven to a favourite event for our Residents – the next visit will be on Wednesday, December 11th. 'Rainy Day Entertainment' will also be here on December 18th. If you are able, please stop in & enjoy a few of these events with us!

Our Christmas Light Tour is scheduled for December 11th – keep your lights on, & eyes open for our Residents touring by in the Handi-Bus!! This is an outing we look forward to every year!

Our 2nd Annual Angel Tree is UP! If you are able, please help us make this Christmas a special one for our Residents. More information is available at the Lodge, & our Tree is located in the main common area just beside our dining room.

From the Management, & all the Staff of PRL, we wish you all a blessed Christmas Season!!

Mistletoe Market



Saturday, December 14

10:00am – 4:00pm

Milk River Civic Centre - 321 3rd Ave NE

Meet many new vendors

Concession Available

*Enjoy this Festive Christmas Market spent
shopping, eating and visiting.*

For Information Contact Laura 403-642-7500



**LONEWOLF
HANDYMAN
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AND REPAIR, DECKS,
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ROOFING,
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DUMP RUNS,
PROPERTY MAINTENANCE,
CALL JAKE**

Mowing AND Hedges

CELL: 403-635-2013

Yes I do Small Jobs




**5TH ANNUAL
SANTA CLAUSE PARADE
&
FIRE WORKS**

**SAT
DEC
21ST**

PICTURES WITH
SANATA START AT
5:30PM AT THE FIRE
HALL WITH A CUP OF
HOT CHOCOLATE TO
WARM UP

PARADE STARTS AT
7:00PM SO PLEASE
PARK IN FRONT OF
THE ELEVATORS ON
OLD HIGHWAY 4

BRING A PROPANE
FIRE PIT TO STAY
WARM



RIVER OF LIFE CHURCH
INVITES YOU
TO CELEBRATE

The Most wonderful time of the Year

THE BIRTH OF JESUS

Live Nativity 1pm-3pm

**Photobooth
Indoor and outdoor**

Hay Rides 1pm-3pm

**COME WATCH OUR KIDS
CHRISTMAS PROGRAM AT 11AM**

Free hot dogs and hot chocolate

Kids Indoor Activities

Cookie decorating

ROPE A REINDEER

Make a Ornament

ENTER TO WIN PRIZES

SUNDAY

DECEMBER

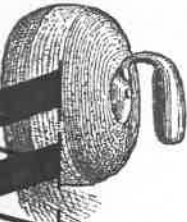
22

11AM-3PM

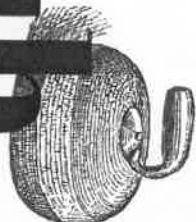
MILK RIVER CIVIC CENTER

NEW THIS YEAR: bake and share
call Marilyn for more information
403-647-2681





Warner Curling Club



2024/25 Bonspiel Dates:

Warner Curling Club Ladies Bonspiel

January 17 to 19th, 2025

Contact Nicole Akune to register ~ (403)715-2492

Warner Curling Club Mens Bonspiel

March 14 to 16th, 2025

Contact Scott Lindsay to register ~ (403)380-0574

Warner Curling Club Family-Mixed Bonspiel

March 21 to 23rd, 2025

Contact Jody Miller to register ~ (403)642-7521

SELF-CARE OVER THE HOLIDAYS

WHAT: The holiday season can be a joyful time for many, but it can also be stressful and challenging for others.

HOW: Here are some tips to help you prioritize self-care.

- **Make Time for Yourself:** While spending time with loved ones is important, don't forget to carve out moments just for you. Engage in activities that bring you joy and relaxation.
- **Set Realistic Expectations:** The holidays can be overwhelming. Use budgeting, to-do lists, and prioritize tasks to keep things manageable and reduce stress.
- **Establish Boundaries:** Not all relationships are positive. It's okay to set boundaries with family and friends to protect your mental well-being.
- **Limit Alcohol Consumption:** Alcohol can negatively affect your mood. Consider non-alcoholic alternatives like hot chocolate, cider, or mocktails.
- **Maintain Healthy Habits:** Try to eat nutritious foods, get enough sleep, and stay active to support your mental health.
- **Seek Support:** If you find the holidays particularly tough, reach out to friends, family, or community resources like counselling. Asking for help is a sign of strength.
- **Practice Mindfulness:** Focus on the present moment and accept that things may not go as planned. This can help reduce anxiety and improve your overall experience.
- **Be Kind to Yourself and Others:** Responding with kindness can ease tensions and improve interactions during stressful times.

Remember, it's normal to feel a mix of emotions during the holidays. Taking proactive steps can help you navigate this season more comfortably.

FCSS offers free counselling services to residents who live within our service area. For more information or to book an appointment, contact Michael Fedunec at (587) 370-3728 or counsellingservices@fcss.ca

Visit www.fcss.ca for more information.

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

Submitted by:
Michael Fedunec
Counselling Intake Supervisor

