

February 2019

# Delburne Village Voice

Welcome

On behalf of the Delburne Village and County residents, Councils, and Staff we would like to say an enormous *Thank You* to Dr Kauchali for bringing his vision of a true “medical home” to Delburne and quickly making it a reality! We also want to say huge *Thank You's* to Mr Soni and Mr Amrutiya for bringing us the Pharmasave, and Dr Reddy and Dr Ellis for coming on board and helping provide the comprehensive range of services that undoubtedly will help fill the needs of our community. *Thank you* also to the professional and compassionate medical staff who have been so kind in welcoming all of us in your new facility as patients.

We look forward to seeing Dr Kauchali’s full vision of this family orientated medical centre come to fruition in the coming months as more professional services continue to be included!



## Delburne Medical Centre Now Open

The Delburne Medical Centre is happy to announce we are now open and accepting new patients. Dr. Kauchali and Dr. Reddy are booking appointments right away, please call the clinic at (403) 749-3939 for more information and to book an appointment. Dr. Kauchali and Dr. Reddy are specialized in family medicine and will provide general medical services to all clinic patients. The best way to register as a patient is to call the clinic and ask for a new patient appointment. This



is also called a ‘meet and greet’ and we look forward to showing you our new space and having you meet the team. There are forms that need to be completed and signed so that we can add you as a patient of the clinic and then you will meet with our nursing team to ensure that we have up to date records on your health. The Delburne Medical Centre operates with the philosophy of the patient-centred medical home. A patient’s medical home (PMH) is the place they feel

most comfortable to discuss their personal and family health concerns. The goal is to have the patient’s family physician, the most responsible provider of their medical care, work collaboratively with a team of health professionals, which may include nurses, pharmacists, nutritionists and others as required, to coordinate comprehensive healthcare services and ensure continuity of patient care. **We look forward to welcoming you at the Delburne Medical Centre.**



**THE PHARMASAVE IS OPEN AND HOURS ARE:  
Monday - Friday 9 - 6 PM, and Saturdays 10 - 4 PM.**



### Contact Us:

Box 341, 2111-20 St., Delburne, AB T0M 0V0

Phone: 403-749-3606

CAO: Karen Fegan

karen.fegan@delburne.ca Phone: ext.102

Helen Overwater- Assistant Administrator: ext. 103

Susan Nielsen- Village Voice: ext. 104

**WATER EMERGENCY's** Please call 403-749-3607

### COUNCIL MEEINGS:

Tuesday, February 10th & 26th at 6:00 pm in the Village Office.

*\*Appointments are necessary to speak or bring up an issue at a council meeting: 403-749-3606*

### GARBAGE PICK UP is on MONDAYS!

Please have your garbage & recycling set out by 7:00 AM on pick-up days.

### CURBSIDE RECYCLING BOX

Pick-up this month is: Friday, Feb 1st & 15th.

*If you need a recycling box, please contact the Village Office. A \$10 charge may apply.*

### DRY DUMP WINTER HOURS: Oct 1 to April 30:

Tuesday 2 to 5 pm & Saturday 9 am to 1 pm.

Available for use by BOTH Village & County residents.

The **VILLAGE VOICE** is a not-for-profit publication intended for the promotion of events & information submitted by NON-PROFIT ORGANIZATIONS at no cost, and BUSINESSES for a nominal fee.

EVENT SUBMISSION DEADLINE is the 3rd MONDAY of each month and WILL BE PUBLISHED ONLY ONCE..

INSERTS from non-profit organizations are accepted by the 3rd MONDAY of each month. Please provide 1335 copies on 8.5" x 11" paper to the Village Office.

BUSINESS AD DEADLINE is the 3rd MONDAY of each month with a cost of \$25/month or \$250/year for a business card size ad (2" high by 3.5" wide) .

Participating businesses must have a current Village of Delburne business licence , Email electronic ad copy to: [villagevoice@delburne.ca](mailto:villagevoice@delburne.ca)

### NEWSLETTER via EMAIL

If you wish to be added to our Newsletter Email List, please email us at [VillageVoice@delburne.ca](mailto:VillageVoice@delburne.ca)

## A Message From The Village



- ◆ **Snow Removal:** Property owners are to keep their sidewalks clear of ice and Snow within 24 hours of a snowfall.
- ◆ **Welcome Packages** are available to NEW RESIDENTS in our community. Please call the Village Office at 403-749-3606.
- ◆ **Please note the electronic recycling bin** at the Dry Dump belongs to Shanked Computer Recycling Inc. and the items that are inside this bin are not to be removed.
- ◆ **The Delburne Community Hall Board Annual General Meeting** is Thursday March 7 at 7:00 PM at the Hall.
- ◆ **The Delburne Community Support Grant** applications are now being accepted for the Spring intake. Applications are available at the Village Office or online at [www.Delburne.ca](http://www.Delburne.ca) The deadline for submission is March 15, 2019.

## The Delburne Food Bank



Please leave a message at  
**403-598-3588**

**Please be aware that flushing Swiffer wipes, baby wipes, feminine hygiene products, diapers, and other items that do not break-up in the sewer system is not only environmentally irresponsible, but costly on our sewer system. Due to people flushing these items the Village has a potential repair bill of almost \$10,000. Please pass the message on!**

### It's a Toilet, Not a Trash Can!

Never flush the following items (or put them down the garbage disposal or drain). Toss them in the trash instead.

- Baby/Facial/Cleaning Wipes
- Tampons
- Sanitary Napkins
- Medication
- Hair
- Dental Floss
- Cotton Swabs/Balls
- Bandages
- Rags and Towels
- Rubber Items (like latex gloves)
- Fat, Cooking Oil, Grease
- Clothing Labels
- Candy/Food Wrappers
- Syringes
- Cigarette Butts
- Disposable Toilet Brushes
- Kitty Litter
- Aquarium Gravel
- Plastic Items
- Diapers
- Fruit Stickers
- Paper Towels





## Family & Community Support Services

"People Helping People"  
Community Worker: Carol Kihn

Phone: 403-749-3654 Email: delbfcss@delburne.ca



Delburne Family and Community Support Services is a non-profit organization dedicated to the strengthening and enhancing of family and community life by offering locally based preventative and supportive services, promoting volunteerism and coordinating partnerships within the community.



### Sunday, Feb 17/19

Too often we underestimate the power of touch, a smile, a kind word, a listening ear, a compliment, or the smallest act of caring.



## PROTECT SENIORS

Take a stand against **ELDER ABUSE**.

Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult. Elder abuse can take several forms including financial, emotional, physical, sexual, neglect and medication. Often more than one type of abuse occurs at the same time.

Common signs of elder abuse include: confusion; depression or anxiety; unexplained injuries; changes in hygiene; seeming fearful around certain people; and fear or worry when talking about money.

What should I do if I think I am being abused? If you are in immediate danger leave the situation. Go to a safe place immediately, such as a neighbour, friend or relative. Go into a business or ask to be taken to a shelter. If you are unable to leave your home, call 911 immediately. Confide in someone you trust. Talk to someone you trust about what is happening, such as friend or family member; public health nurse; social worker; home care worker; someone at your place of worship; or a doctor.

DON'T BLAME YOURSELF. Know that it is not your fault and help is available. Please ask for help because you do not deserve to be abused.

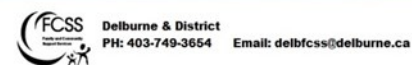
For more information on Elder Abuse [www.seniors-housing.alberta.ca](http://www.seniors-housing.alberta.ca)



By taking the time to connect with others, you can improve your own health and happiness.

*Small acts matter.*

For additional information, visit [www.reddeer.ca/fcss](http://www.reddeer.ca/fcss).



## Family & Community Support Services

"People Helping People"  
Community Worker: Carol Kihn

Phone: 403-749-3654 Email: delbfcss@delburne.ca



(formerly called Delburne Interagency)

*Having a connected community means working together as a whole.*

**Wednesday,  
February 20<sup>th</sup>/19**

**12noon—1:30pm**

**Delburne Drop In Centre  
Free Lunch Provided**

**Guest Speaker:**  
Bredin Centre for Learning  
**Topic:**  
Life Skills Program for  
Single Parents

Please RSVP by Feb 19, 2019

Carol, FCSS at 403-749-3654

or Email: [delbfcss@delburne.ca](mailto:delbfcss@delburne.ca)



*Our goal is to facilitate connections in the community to encourage collaboration by discussing social issues, programs, activities and events.*

*Anyone wishing to participate in these discussions is welcome to attend.*

## Healthy Cooking



- \* Do you find it difficult to make healthy meals while sticking on a budget?
- \* Are rising food costs making it harder to make tasty affordable meals?
- \* Join ATCO Blue Flame Kitchen for a demonstration and discussion on planning and creating healthy and flavourful meals that are affordable!
- \* Creating vegetarian meals to using less expensive cuts of meat, we will provide easy, nutritious ideas that will leave you feeling enthusiastic about healthy eating and excited about saving money!
- \* Food samples and recipes will be provided.

*Come Join Us!*

**Saturday, February 9, 2019  
1:00pm—3:00pm  
Delburne Drop In Centre**

Free Session  
Maximum 40 participants  
**RSVP required**  
Carol Kihn, FCSS, 403-749-3654  
or email: [fcss@delburne.ca](mailto:fcss@delburne.ca)



*We need volunteers to lead each cooking team. Please call if can spare a couple of hours on cooking day.*



*Would you like to be a Snow Angel?*

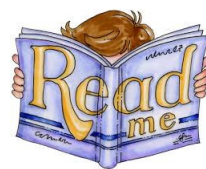
*Or*

*Do you need help of a Snow Angel?*

If you are interested in helping out or receiving assistance please contact Carol, FCSS, email: [delbfcss@delburne.ca](mailto:delbfcss@delburne.ca) or phone 403-749-3654

## Delburne Municipal Library

2210 Main St., Delburne  
http://delburnelibrary.prl.ab.ca  
403-749-3848



**We're OPEN: Tuesday, Thursday & Friday: 11—5 pm**  
**Wednesday: 2 pm—8pm**  
**Saturday : 11am— 2pm**

**Services available include:** 8 public computers, wireless internet, printing, copying, faxing, scanning to email, laminating, inter library loans, e resources, bulk printing in black and colour, sizes 8"x10", 8.5"x14" (legal) and 11"x17" (poster).

**The Meat Draw was a success!** Thank you to everyone who came out to support the event. Congratulations to our draw winners! Thank you to Anne and John (Delburne Hotel) for hosting. A very big thank you to our sponsors; Klein Farm, OOPS Fresh Market and Family Foods! Our next Meat Draw event will be held February 8, same time, same place. Hope to see everyone again.



## WANTED:

### Delburne Summer Arena Manager/Caretaker

The Delburne and District Agricultural Society is accepting bids for the position of Summer Arena Manager in Delburne. This is a term position from

April 1, 2019 to September 15, 2019.

The duties include managing the concession, caretaker duties, maintenance and bookings.

The closing date for bids on this position will be February 28, 2019. For a detailed job description and information on this position please contact Lance Cochrane at (403) 304-4047. Bids can be emailed to delburneagsociety@gmail.com.

## COMMUNITY HARVEST GYM



Within our school exists a community fitness gym. Community members may buy a gym membership for only \$60.00 a year and enjoy a wide variety of fitness equipment. DCS students 14 and older may purchase a membership for \$10.00. After school, students using the facility must be accompanied by an adult. **Hours of operation:** from September to June, Monday-Friday from 8:00am-8:30pm. Closed school holidays and weekends. For more information please call

403-749-3838. Or visit [www.DelburneShcool.ca](http://www.DelburneShcool.ca)



**February Vehicle Registration Renewal:**  
Last names that begin with:  
**M and Q**

## BUSINESS CORNER

Advertise your business [VillageVoice@delburne.ca](mailto:VillageVoice@delburne.ca)

## Rainbow Healing Hands

Access Bars Treatments now offered  
Reiki & Crystal Energy Healing Sessions  
**403-877-8433**  
[RainbowhealinghandsbyTammy@gmail.com](mailto:RainbowhealinghandsbyTammy@gmail.com)  
[Instagram@rainbowhealinghands](https://www.instagram.com/rainbowhealinghands)  
[www.FB.com/rainbowhealinghandsbyTammy/](http://www.FB.com/rainbowhealinghandsbyTammy/)



Judi Dowson 403-749-3228  
Serving Lousana & Area  
Professional Dog Training  
Classes and In-Home  
[lotsak9s@telus.net](mailto:lotsak9s@telus.net)  
[www.canineswithclass.ca](http://www.canineswithclass.ca)

## HEADQUARTERS SALON



**403.749.3033**

1833 - 22 Avenue, Delburne, AB

## DnA Gardens Feb. Happenings

**Valentines special:** Black Forest Cheesecake 2 for \$8.00  
**Lunch Special** with Black Rifle Coffee, Tea or Hot Chocolate \$10.00 Mon-Fri 11 am-2 pm  
Pop out for our **cross country ski extravaganza**. Come meet the Elnora ski club members on Sundays at 1 pm  
**Follow FB page group** - Elnora cross country ski club, to find out where we are!!! We are eager to have company! Learn about skis, waxing and technique.  
**Free skiing in our orchard Mon-Fri 8-4:30pm**  
**Contact Arden at 403-773 2489 for more information.**

## Pure Local Fresh Bottled Water

Chuck Olson  
403-307-4823  
Spring Water



Rene Rusaw  
403-877-3636  
RO Water

**SMASH H2O**

Pure water is the world's first and foremost medicine



## Delburne Neighborhood Place

**The starting point for community members looking for help.**

Coordinator: Jayne Harrison  
[dnplace@delburne.ca](mailto:dnplace@delburne.ca)  
Phone: 403-749-3380

Bringing together children and families, providers, professionals, volunteers and others to solve problems and provide services.

## Delburne Moms & Tots

Every Wednesday Delburne United Church 9:30-11:00  
Wednesday, February 6  
Wednesday, February 13  
Valentines Party, Craft and Potluck Lunch Wear Red!  
Wednesday, February 20  
Wednesday, February 27

## Pine Lake Parents & Tots

Every other Thursday Pine Lake Hub Centre 10 - Noon  
Thursday, February 7  
Valentines Party, Craft and Potluck Lunch Wear Red!  
Thursday, February 21

## SAFE Family Committee

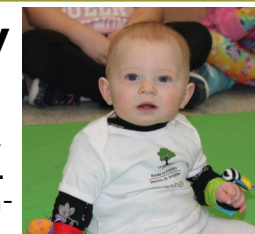
2019 Local Men for Healthy Relationship Calendars are still available from Delburne Neighborhood Place, ATB and Mane Street Salon \$10.00

Thank you to these businesses for featuring our calendars!!



## Roots of Empathy

At the heart of the program are a Roots Family – Shaylyn and Johnny Folkerts with baby Maze, who visit the Grade 1 classroom. Over the school year, Tasha Senecal, Roots of Empathy Instructor, guides the children as they observe the relationship between baby and parent, understanding the baby's intentions and emotions. Through this model of experiential learning, the baby is the "Teacher", helping children identify and reflect on their own feelings and the feelings of others. This picture was taken in the Grade One classroom at Delburne School. The themes that we focused on were "Feelings; emotions like crying, madness, sadness and happiness and how the babies expressed these emotions to the kids in the classroom. Thank you to the Folkert family and Tasha!!



## Robert (Bob) Smith - Celebration

Bob Smith and family would like to take this opportunity to thank all of you for attending Bob's celebration on Sunday, January 6<sup>th</sup> in Red Deer. The number of attendees, the reminiscing, the laughing and sharing of stories with Bob, made for a fantastic day.

Bob was so surprised and happy to see so many of you. It was clear to his family that Bob had an impact on many people's lives and was cared for dearly.

We would also like to send a huge thank you to Al Pasutto Jr., the owner of the Hideout Restaurant & Bar and all of his staff that helped make the day perfect. January 6<sup>th</sup> will always be a happy memory, thanks to all of you!!!

## Delburne Gospel Church

January held a few all-out crazy events for our Youth Group, DGC700. One of these events was Finger Blasters. This was a high energy, duck n' dodge battle of physical prowess and mental strategy using mini foam rockets propelled like a sling shot! All 29 of the kids enjoyed themselves immensely (and the adults did too). Up coming in February is the **Giant Angry Birds** event, involving sling shots, giant stuffies and destruction! Visit us at <https://dgc700.teamapp.com> or call John at 403-852-1187 if you have questions.

God calls us to care for those around us. Not to give only to select people but to provide to everyone who is in need. These days with extra taxes, poor economy and rising bills many of us feel the effects. Any little amount that one family can share, may be a grateful blessing to another family. We have available some resources to help those who need it. Whether it is food, bills, kids clothing, a broken appliance you cannot afford to replace, school supplies, or you need a handyman to fix something around the house or extra set of hands to help you move, we have folks and resources to help with it. We ask for nothing in return, there are **no strings attached!** Please call us and we will do our best to provide.

Gospel Church Sunday Morning Service begins at 11AM  
Youth & Children's Ministry begins 11:20 AM  
If you have questions concerning our ministries please, call:  
403-749-3176 or 403-443-5950

**"But whoever has the world's goods, and sees his brother in need and closes his heart against him, how does the love of God abide in him? Little children, let us not love with word or with tongue, but in deed and truth." 1 John 3:17-18**



## Coal Trail Riders

On February 1<sup>st</sup> our 4-H club is doing public speaking and presentations for the club level. The cleavers of Coal Trail Riders are going to do a poem. We have about 4 cleavers in our club so come watch them do a poem together. Two people in our 4-H club are doing presentations. The public speaking and presentations for the club level is going to be

held at Cumberland hall.

Zone public speaking will be held on February 24<sup>th</sup>. Lousana hall is where the District public speaking and presentations are going to be held on March 9<sup>th</sup>.

Our next 4-H club meeting is on February 11<sup>th</sup> Cumberland hall.

## COMMUNITY EVENTS

Contact VillageVoice@Delburne.ca to advertise your event!



### "Trenville RP Elks"

**GRAD FASHION EXCHANGE NOW OPEN!**



Trenville Elks is excited to launch Gowns4Grads, a local program grads to come get a dress. Students can make the graduation walk in style. Over 500 gowns of different sizes, styles and color.

Delburne Community Hall

February 9, 2019

Doors open at 9 am - 8 pm  
Call 403-350-1156

"Serving Our Community"

### Delburne AG Society Beef Dinner

Saturday, February 9

5pm - 7pm

Delburne Arena



### The World Day of Prayer Service



an introduction to Slovenia, will be held at the Delburne United Church at 2 PM Friday, March 1. **Everyone is very welcome.**

### Delburne Drop In Centre

## GAMES DAY

Join us for an afternoon of board games, card games, pool and much more!

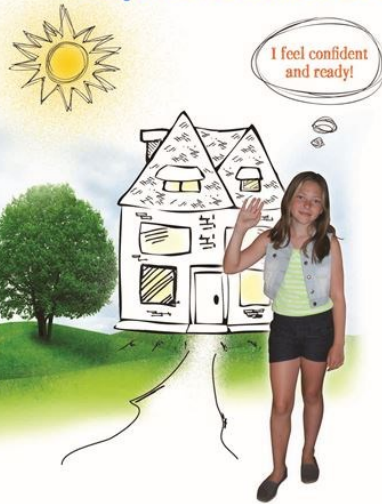


Wednesdays  
1:00pm - 4:00pm

Everyone Welcome

## Home alone SAFETY For Kids!

A Comprehensive Safety Program That Prepares Children to Stay Home Alone



**Includes:**  
Street Smarts, People Safety, Routines, Family Rules, Safe Activities & Snacking, Online Safety, Fire Safety, Basic First Aid.

**Ages:** 9-12+  
**Cost:** \$50  
**When:** February 23, 2019  
**Time:** 9am-2:30pm  
**Where:** Delburne Village Office  
**Instructor:** Randi Hogg

Register today at  
(403) 749-3380



First Aid Training  
(903) 391-6639

[www.hoggwildsafety.ca](http://www.hoggwildsafety.ca)  
[randihogg@hotmail.com](mailto:randihogg@hotmail.com)

**\$10**  
ALL PROCEEDS  
IN SUPPORT OF  
DELBURNE SAFE  
FAMILIES

# LOCAL MEN FOR HEALTHY RELATIONSHIPS 2019 CALENDAR

**HEALTHY RELATIONSHIPS**  
are the foundation of safe and caring communities. Children who grow up with adults in a healthy relationship are more likely to thrive and flourish. People in healthy relationships live longer and are happier.

A community collaboration from  
S.A.F.E. Families  
Delburne Neighbourhood Place  
& Elnora Neighbourhood Place