



306097 192 St W, Millarville, AB TOL 1K0



office@mras-track.com



(403) 931-3411



www.millarvilleracetrack.com





#### **OFFICE HOURS**

Tuesday to Friday 9am-3pm
CLOSED FOR THE HOLIDAYS: DEC 16-JAN 1

#### **OUR VISION**

Millarville Racing and Agricultural Society is dedicated to building community spirit.

#### **OUR MISSION**

Millarville Racing and Agricultural Society provides authentic family experiences and exceptional facilities which celebrate our agricultural heritage, inspiring a sense of belonging for the community.



# Melonie's Message



As 2023 comes to a close and we have wrapped up the largest event of the season we can collectively take a moment to reflect on the successes of November.

The Millarville Christmas Market was an enormous success for the MRAS and the vendors, in part to the unnaturally above seasonal temperatures we were blessed with, but also to the dozens of volunteers, MRAS staff, MRAS Board of directors, and many local youth groups that all had a hand in the success of this event. This year records were set, congratulations!

This year we welcomed 28758 adults through the gates along with approximately 5000 children, this was a huge increase over last year. We were also able to raise \$7248.11 in general donations for the MRAS through the ticketing platform.

A new upgrade to the market was one large, heated tent replacing the 3 smaller versions in the infield. This was not only more cost effective but a step up for both vendors and visitors alike.

Horsepowered adventures made a return offering free hayrides on the track for the weekend days in conjunction with the reindeer viewing and the now super famous Kids Only Shoppe.

The Kids only Shoppe had the best year in the KOS books, 5700 items were sold to over 1200 children. I'd say it was a great year to have an overstock, but now what? KOS is actively seeking new crafters and volunteers in preparation for the 2024 season. If you or someone you know is interested in getting involved with the KOS, please email Suzanne Sills at <a href="mailto:suzlousills@gmail.co">suzlousills@gmail.co</a> mas work bees will restart in the new year. Thank you to all the KOS crew for your year long dedication to this favorite attraction and in supporting the 6 Foothills School Hot Lunch Programs.

We need to also give thanks to the vendors that participate as well, without them, this wouldn't even be a thing! Fun fact: after a recent poll of the vendors, nearly 40% of them had an all-time record-breaking sales year for their small business, thanks to all of you supporting local! WOW!

In closing, another BIG thank you to everyone that gave their valuable time to contribute to the Millarville Christmas Market and to the amazing staff that endured this really crazy time of year, I appreciate you all!

Thank you for your support not only for this particular event but at all the MRAS events hosted here throughout 2023. We are all looking forward to next season and giving it our all to make these events and our facilities top notch in 2024.

Wishing you all Happy holidays and all the best in the New Year.

Melonie McKee Farmers' Market & Events Manager

# 2023 MRAS BOARD OF DIRECTORS

Anna De Paoli President

Barb Parker Vice President

> Lai Chen Treasurer

Sylvia Checkley
Director

Shelley Pym
Director

Janice Tranberg

Director

lan Hathaway Director

Roy Mathis

Director

# Building the MRAS Playground Legacy: A Brick for Christmas

Our agriculturally themed playground is much loved by children and adults alike. Many stories have been shared about delighted children and their families enjoying our playground so much that the children don't want to leave! From the barn play structure to the tractor, farm animals and every other piece of equipment, our playground is a hit. It is a credit to all the volunteers who worked to make it a reality and to everyone who donated funds.

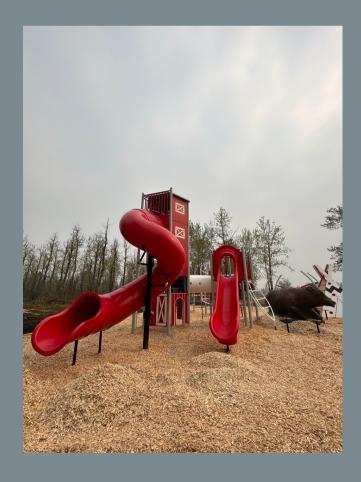
Is there someone on your Christmas list that is hard to buy for? The MRAS may have the perfect solution for you! For \$200 a brick, you can not only give a long-lasting and meaningful gift but also help MRAS continue to build our playground legacy. Please consider buying a brick and having your choice of a name or names engraved as your individual or family legacy.

Thank you for your consideration of a brick for Christmas.

The purchase forms are on the MRAS website under Facilities/Playground and also available at the office. For more information, please contact the MRAS office at 403-931-3411.

Thank you for your kind consideration of continuing to build our playground legacy one engraved brick at a time. Here is the link to buy a brick: <a href="https://www.millarvilleracetrack.com/MRAS-Name-a-Brick-Donation/">https://www.millarvilleracetrack.com/MRAS-Name-a-Brick-Donation/</a>





## BOARD MEMBER BIOS

### Dr. Chit Lutchman

Chit Lutchman is an experienced business leader with >30 years experience in the international energy and oil and gas industries. Chit has lived in Calgary since 2005 and considers Calgary as his home. He also considers Dallas TX. his other home. Chit is a consummate learner and dedicated father and provider. He regards himself as fortunate to have benefitted from the generosity of Canada and a career that provided him tremendous learning opportunities in Leadership, Governance, Health and Safety Management, Education and many other business disciplines. In his early career, Chit worked on cocoa, nutmegs, sugar, citrus and coffee estates in Trinidad and Tobago. He was also involved in developing and implementing the first commercial integrate beef production system in Trinidad and Tobago. He was tasked with flying 3000 Simbrah and Brangus performance tested heifers to establish a cow-calf operation to be integrated with a sugar biproduct livestock feed mill, a feedlot operation and a slaughter facility. Chit's education profile includes the following:

- Doctor of Business Administration (DBA)
- MBA, B.Sc. Agriculture Sc.,
- Certified Safety Professional (CSP)
- Canadian Registered Safety Professional (CRSP)
- 1st Class Power Engineer
- Canadian Health and Safety Management System Auditor (CHSMSA)
- ICD (GEP)

He also serves as an associate professor at Texas A&M Commerce Campus. Chit offers himself as a suitable candidate to serve as a member of the BOD of MRAS and humbly seeks your support.

## Brent Foster

Brent, Charlene, and their 2 teenage children moved to Calgary from BC 10 years ago and started looking for opportunities to connect with the community and the agricultural spirit of Alberta. Brent has been involved with MRAS for the last 9 years, most recently as board Treasurer and before that as President. Brent also Chaired the races in 2022 and volunteered to perform the MRAS bookkeeping during the COVID period. Brent brings a wealth of accounting, leadership and governance experience to the MRAS board.

Professionally Brent is a CPA working in the Oil and Gas sector in Calgary. Along with supporting the board, Brent, Charlene, and the kids have been involved in supporting many of the events over the last number of years. In addition to volunteering with MRAS, Brent is on the board of the CPA Calgary Chapter and the Emergency Medical Services (EMS) Foundation.



Sylvia has had the pleasure to serve on the Board of Directors of MRAS since 2019. She moved to the County of Foothills in 2009 to join the new Faculty of Veterinary Medicine at the University of Calgary where she teaches and does research. She was a 4-H Leader with the Millarville Saddle Sores Light Horse Club and has spent a lot of time at MRAS events. Previously, Sylvia worked in veterinary practice in the Edmonton area.

## Roy Mathis

Roy has been associated with MRAS for the past four years as a Director on the Board as well serving on committees for the Heritage Rodeo, Golf Tournament and Chucks & Chariots events. Roy has a degree in Civil Engineering from Queen's University in Kingston and for the present is essentially retired. In his working career he participated in many major industrial projects both domestically and internationally.

### **Barb Parker**

Barb is a retired Human Resources professional who worked in the oil and gas industry for 36 years. She has been an active member of our local community since retirement. Barb began volunteering in the MRAS office in 2016 and joined the Board of Directors in December 2019. She was elected vice president in 2021. Barb is an active member of many committees including the fair, Kids Only Shoppe, historical and the campground committee to name a few. She also volunteers with the Foothills Magic of Christmas assisting in wrapping gifts for families in the Foothills community and, in July, volunteered for the Alberta Summer Games. Barb's experience and skills include:

- human resources and contract administration background
- strong organizational skills
- strong verbal and written communication skills
- active listening skills

Barb very much enjoys being involved at MRAS and giving back to the community. Barb has met amazing people, has had many incredible experiences and has made many lasting friendships from volunteering at MRAS.



I'm a lifelong horse lover and rider, primarily in the hunter/jumper ring. I currently own 3 horses and have been known to pick up the odd young or green one to see what they can do. By day, I use my professional training as an engineer to perform assurance and advisory assessments of various business operational functions as a member of an Internal Audit group. I love opportunities to use my problem-solving skills to find unique solutions for anything from acing math homework to adding value for an organization!

#### **EXTRAPROFESSIONAL INVOLVEMENT**

#### Volunteer Grade School Tutor - Community Hub (2022-2023 school year)

- Provided support with assignments and review of fundamentals for all grade school subjects
- Assisted with exam preparation and developing strategies to ease test anxiety and boost confidence

#### Board Member - Red Deer Lake United Church (March 2020 - December 2021)

- Attended board meetings to deliberate church functions including pandemic response, budget and funding, staffing, prioritization of activities and resources, community engagement, and congregational care
- Participated in task group to determine how to integrate post-pandemic virtual and in-person services

#### **EMPLOYMENT**

#### Operational Auditor - Internal Audit, ATCO (May 2023 - present)

- Lead auditor for a variety of engineering-related areas including asset, project, and integrity management
- Providing assurance to the Audit and Risk Committee and the Board of Directors
- Participating in management reviews and advisory services to find efficiencies or recommendations for groups within various business units

#### Engineer - Pipeline Integrity and System Planning, ATCO Natural Gas (May 2016 - May 2023)

- Program manager for: pipeline life cycle assessments, gas distribution integrity inspections
- Team lead for pipeline Purchase and Sales Agreements with third parties
- Technical expert in distribution pipeline external corrosion mitigation and cathodic protection

## **EQUINE NEWS**

Questions about the MRAS Equine Facilities and memberships, email: mras.equine@gmail.com

The MRAS riding rules, and sign-up sheet have been developed to help our members to have a safe and enjoyable time riding while also maintaining our building in good condition.

The maintenance and riding committee volunteers are still facing regular issues with:

- Cleanup of manure both inside the arena and outside beside trailers, etc.,
- Dogs in the arena Dogs are NOT Allowed, and
- Booking sheet misuse i.e., booking and not cancelling if you are not going to use the time, booking more riders than are actually riding, booking more than two one-hour slots in a day.

Help us take pride in our arena and its use by following the rules that we have in place,





# UPCOMING EQUINE ACTIVITIES:

#### **Upcoming Activities**

#### **JUNIOR RODEO**

The MRAS JR Rodeo Series is off to a great start with 34 enthusiastic young riders registered. We look forward to the year ahead watching these youngsters improve on their rodeo, gymkhana and riding skills.

If you are interested in learning more about this MRAS program or spectating, please contact <u>JRrodeo@mras-track.com</u>.

Additional information about the series can also be found at <u>EQUINE</u> - <u>Millarville Racing and Agricultural Society (millarvilleracetrack.com)</u>

#### **JANUARY DRESSAGE LESSON SERIES**

Work on the fundamentals of Dressage:

- Fine tuning of aids
- Rhythm, balance through suppleness
- Connection and softness through transitions

Lessons are open to both western and English riders. Participants will be divided into groups base on their riding ability and training needs.

Pre-registration required. Must choose Tuesday OR Thursday NO combinations. If interested in both dates, you must pay two registrations fees, no discounts.

Tuesdays evenings: Jan. 16, 23 & 30

Thursday mornings: Jan. 18, 25 & Feb. 1

Current MRAS riding members - \$160.00 Non-Members - \$190.00 (Prices include GST) To register contact <a href="mailto:mras.equine@gmail.com">mras.equine@gmail.com</a>.

Please, no outside auditing or spectating during these lessons.

Additional details available on the MRAS website under Equine.

#### **RANCH RIDING EQUITATION AND PATTERNS**

MRAS Ranch Riding program is a great way to work on your equitation skills with the goal of riding a pattern at the end of the day. Skills will include riding transitions, walk, trot, lope, speed control as well as an exercise that will enhance you and your horse's performance in the pattern. The patterns sometimes include obstacles.

Sundays: January 7th and 21st Register for one or both.

#### **Maximum 10 Riders**

MRAS Current Riding Members - \$22 Non-Members - \$32 (Prices are per ride and include GST)

#### Registration open January 4th

Any questions or to register please contact Lynn Brunton <u>lynnbrunton@gmail.com</u> 403-651-4301.

Once you have registered payment instructions will be sent to you. Payment then confirms your spot.

#### **COWBOY CHALLENGE PRACTICE**

Keep an eye on the website and your email for upcoming dates in the New Year.

Once available registration details can be found on the MRAS website under Equine tab, then Upcoming Events

#### **OTHER ACTIVITIES, CLINICS, EQUINE EVENTS**

The MRAS Riding Committee is working on a variety of clinics to offer our riding membership and equine community. See below. Check the website regularly to see what is available at: <a href="https://www.millarvilleracetrack.com">www.millarvilleracetrack.com</a> Facilities > Equine > Upcoming Events.

If you have ideas or suggestions for any clinics or activities that you would like us to explore, please send us the information to mras.equine@gmail.com. One of our goals is to incorporate activities that our members are interested in.

## Memories of Christmas - A Special Time

## By Joan Merryfield and Submitted by Marie Nylund (her daughter) – Millarville Historical Society

Christmas time holds vivid memories for me of visiting our neighbours, and of our neighbours coming to visit us. There was excitement in the air as we prepared for our family festivities. We had all pitched in to help clean our log home from top to bottom in the expectation of visitors arriving over the holidays.

It was great relief for my parents knowing that the Christmas concert was a success. The concert was held in the little one-room called Two Pine School. It was a two-mile trip by horse-drawn sleigh to the school for the concert so we bundled up well; our excitement masked any worry about the cold.

Every year, my Dad's older brother, Uncle Charles Burby, arrived a few days before Christmas, and if anyone could get into the spirit of things it was our Uncle Charles. The Christmas Tree had to be chosen from the forest and so with great excitement we accompanied Uncle Charles and our Father who cut the tree down and hauled it on the horse-drawn sleigh back to the house. The tree was put up on December 24th – this added greatly to our excitement. Decorations were simple, some were homemade and very few were store bought. It is amazing what you can hand craft with a bit of resourcefulness.

On Christmas Day there was the fragrance the turkey roasting in the oven of the wood cook stove. Mother had been up very early to prepare the dressing, stuff the turkey and start it roasting for our afternoon dinner. We kids had to ensure that the wood box was always full of chopped wood to fuel the stove.

Memories of Mother's Christmas cake still linger in my mind. This was one of the few Christmas preparations that had to be done well ahead of time. The cake was left to mellow in the crock for a few weeks before the decorations and frosting were put in place. How delicious it was when it was sliced on that special day! A plum pudding was always prepared well ahead of time as well – not carrot puddings in those days!

Since this was the Great Depression years, we were always short of wrapping paper so very little paper or Christmas seals were purchased. We were experts at recycling last year's wrapping paper. We carefully wrapped our little hand-made Christmas gifts for our brothers and sisters. Christmas gifts consisted of knitted sox, mittens, sweaters, and vests. My brothers were talented at making toys out of wood and it was a surprise each year to see what they had fashioned.

## Millarville Community Library

December greetings from your Millarville Community Library. We have a new program beginning this month. On Friday mornings in December you will hear the busy sound of children and parents at our newly scheduled Parents and Tots Story time. It will meet December 1, 8 and 22 beginning at 10:00 a.m. A great time to connect with other parents and watch your little ones enjoy their first time in a library.

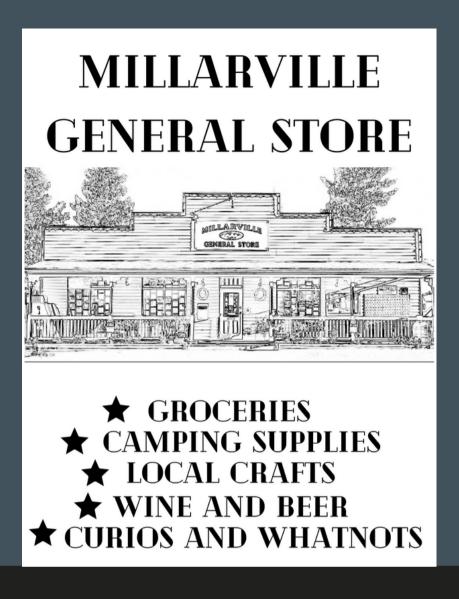
We will have regular hours Monday, Tuesday, and Thursday 9 - 3, and Wednesdays 9 - 7:30 until December 22 when our staff and volunteers will take a well deserved break. Through the holiday we will be open Jan. 2 from 9-12 and Jan. 3 from 10-7 so you can refresh your selections and pick up your holds. Regular hours will resume Jan 8th.

Big announcement: Splisherbocker Books in Diamond Valley is doing a fundraising drive for the Library during the month of December! Add \$5-10 or more to your purchase and we will then buy books through Splisherbocker to add to our library. We are so very grateful to them for helping us to buy a larger selection of new books for all ages! Tax receipts are available as well for your donation.

Do check out our facebook and newly renewed instagram pages, or call us for dates and information on our winter/spring workshop line-up: Slow Stitching, Gardening in our Foothills Climate, Photography, Massage, Preserving Food, Cyber Security, and Cake Decorating. There are classes for everyone, so don't miss out.

We want to acknowledge with thanks the donation of class fees from Sheila Woolner's amazing Christmas Cracker Workshop held earlier in November to avoid the Christmas rush.

There has been a lot of hype anticipating the release of Abraham Verghese's 14 years of writing "The Covenant of Water." A long read that only comes together in the weaving together of 3 generations in the final chapters. A deep, layered, multi generational story that touches on arranged marriage, caste differences, inherited diseases, love, faith and medicine set in Kerala, India. A humbling testament to the difficulties undergone by past generations for the sake of those alive today. A masterful literary novel, certain to keep you reading through the long winter nights.









Cell: 403.540.0486
Office: 403.278.2900
Toll Free: 1.800.896.4361

#115 8820 - BLACKFOOT TRAIL SE CALGARY, AB T2J 3J1

DURING THE CHRISTMAS SEASON MORE THAN EVER, OUR THOUGHTS TURN GRATEFULLY TO THOSE WHO HAVE MADE OUR PROGRESS POSSIBLE. THIS INCLUDES OUR FAMILIES, FRIENDS AND VALUED CLIENTS WHO HAVE KEPT OUR SPIRITS HIGH AND OUR DIRECTION FORWARD.

# THE RACE COMMITTEE IS LOOKING FOR VOLUNTEERS!

We need people to lead and co lead the 2024 July 1st Races!

If this is something you are interested in please don't hesitate to contact the office at office@mras-track.com or the races email at races@mras-track.com for more details.



## **Memory Cafe Christmas Gathering**

Diamond Valley Memory cafe will be holding a Christmas gathering on Friday December 8th (instead of the usual 4th Friday of the month) at the Griffith Centre in Black Diamond from 1:00 pm to 2:30 pm.

Bring your loved one and enjoy Christmas music and treats.

Memory Cafe is an opportunity for caregivers to bring their loved ones with memory loss for connection, compassion and resources. Call

Jennifer for more details at (403)-969-6040

### **MILLARVILLE RACING & AGRICULTURAL SOCIETY**

#### NOTICE OF ANNUAL GENERAL MEETING

Monday, December 4, 2023, at 6:30 pm at the MRAS Hall 306097 192<sup>nd</sup> St West, Millarville:

Memberships for the 2023/24 year are available to purchase at the AGM. Current membership is required to vote. We encourage you to purchase your membership in advance of attending the AGM to reduce the backlog at the door.

Items for discussion include:

Fiscal year end review, election of Directors & proposed bylaw changes.

For more details, please email us at <a href="mailto:office@mras-track.com">office@mras-track.com</a> or call 403-931-3411 Purchase your membership online at:

https://mras.getcommunal.com/memberships

We would encourage you to pre-purchase your membership online <a href="https://mras.getcommunal.com/memberships">https://mras.getcommunal.com/memberships</a> in advance of attending to avoid lineups the night of the AGM.

# NEW BOARD MEMBERS NEEDED!

Are you looking to get more involved in the leadership of MRAS? Do you know a member who would be a great addition to the board?

The Board of Directors will be looking to fill several positions at this year's annual general meeting.

If you're curious about this role, would like to run for a position or just have questions, please reach out to an existing board member, or email the board directly at <a href="mailto:mras.feedback@gmail.com">mras.feedback@gmail.com</a>



Family - \$ 75.00 Individual - \$60.00 Senior/Student/User - \$45.00 Dependant - \$10.00

https://www.millarvilleracetrack.com/membership/

# THE KIDS ONLY SHOPPE WAS A RESOUNDING SUCCESS!

It's a wrap for the Kids Only Shoppe and the gift is large!

Over 4 shopping days at this year's Christmas Market, a record shattering 1250 children purchased 5390 gifts. These numbers are double what we've experienced any year since the inception of the KOS. It was a good year for the Shoppe to have a record inventory of about 6,000 items for our shoppers to choose from; there isn't much left.

Here are just a few highlights:

- The KOS is the reason some people chose to come to the Millarville Christmas Market we are unique and popular.
- 50 elves volunteered 870 hours over the 4 market days. This does not include setup, takedown or any of the immeasurable and priceless crafting hours.
- Special thanks to Bonnie Schultz for creating and running the Comfort Corner and for all who contributed to it.
- We sold almost 400 mugs and/or cups stuffed with hot chocolate, coffee, tea, soup or socks.
- 600 pieces of jewelry were scooped up.
- Many Christmas trees will be adorned with the 900 tree ornaments sold.

Please think of the KOS when you are sorting out after Christmas - we can always use gently used cloth or paper gift bags, cards, mugs, small ornaments or miniature figurines. A more complete list of stash needed for 2024 will be published in January.







If you or someone you know are interested in getting involved with the KOS, please email Suzanne Sills at <a href="mailto:suzlousills@gmail.com">suzlousills@gmail.com</a> or Barb Parker at <a href="mailto:purpleparker212@gmail.com">purpleparker212@gmail.com</a>. Work bees will restart in the new year.

On behalf of Mrs Claus and the KOS organizing committee, THANK YOU to our crafters, volunteers, vendors and community supporters.

We truly appreciate all of you!

## Millarville Horticultural Club

#### http://millarvillehortclub.com

Meetings are field on the second Tuesday of the month, September to May, at 2:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next event will be the Christmas arrangement workshop being held at the MRAS quonset on December 9, 2023 at 11 am. Paul Rishaug is leading us in making a festive arrangment. The deadline to sign up is December 4. There will be a list items to bring such as gloves, secateurs, personal decorations that will be given upon registration. Cost to be announced at registration.

Our next meeting is Tuesday December 12 at 6 pm. We will be having a Christmas potluck. Bring your favorite Christmas party food. A Note the earlier starting time.

Tuesday January 9, 2024 is the January meeting date. Speaker details to follow.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new president) at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well

## HALLOWEEN HOWLINEGAP

Thank you to all who volunteered and attended this years Halloween Howl. We had 310 people this year of which 167 were children! It was certainly a busy night of excitement!

There were 36 pumpkin entries in the pumpkin carving contest and our noted local artist, Crystal Solomon was the pumpkin judge this year. We had the bartending talents of Miss Leanna Bridgeman (over \$1,600 in liquor sales!) while local realtor, Monika Lokitko coordinated the kitchen candy bags and potluck. Jason Parker was the Emcee again, and we also had great support from the MRAS team including Melonie McKee and the new maintenance manager, Craig Howe (we think he enjoyed his first Howl experience!)

A big thank you for the hot buttered popcorn made by Jason and his daughter, Jinjer - they have been a hit these last two years. There were >150 bags handed out!

The budget was difficult to manage this year with soaring food and alcohol costs, but we have learned to lay lower on candy and veggie/fruit trays next year -as there was a plentiful potluck table.

There were several spaces that varied in themes -such as a vampire lair, scary scarecrow scene, bloody butcher shop, creepy old lady in a rocking chair, little toy shop of horrors, a frontal lobotomy surgery in an insane asylum, a medieval dungeon, creepy clowns in a cage, and a pet cemetery. There were plenty of jump scares along the way when the lights went out. Immense gratitude goes out to those who brought out their large truck trailers on Wed night (Steve, Yvonne, Andrew and Gary) and Sunday morning to help get all those walls and props in and out of the hall in such an efficient manner!





Also, we had the return of a few families and individuals from last years haunted house which makes the set up and take down easier -these are the Williams-Nadeau family, the Clark Family, the Kouiak family, JL Parker, Kirsten King, Shelby Parker, and Bryn Maynard. New members of the haunted house were the Polivka family, Leah Ball, Brynn and Kenzie, and Zoe Griesinger. It is so much easier when people who have been involved in the past events come back! We hope we can add a few new families next year and all the past families can return!

Some of you may have also noticed the new artwork on the carnival games this year! My daughter, Shelby Parker was instrumental in helping me give all the carnival games a "Halloween" makeover. There were several weekend days in Sept/Oct when we went down to the old concession shed to prime, paint, and detail up some new fun Halloween scenes on the games. Unfortunately, the basketball game was damaged by older kids who were slam dunking, so this will need a repair before next years Howl. We have decided to add another volunteer position for an adult to oversee the carnival games next year -as this will be helpful in keeping that far area of the hall organized and safe.

Lastly, for next year to be another success, we will need more volunteers and families to help with the set up and take down of the upstairs hall and the basement haunted house. Only two mothers showed up with their kids on Friday to help (thank you Kari and Jennifer!) and 6 out of 11 zones in the haunted house were set up/decorated by one family. We need more help for future Howls, or these events will not be able to happen. Many hands make light work!

Thank you again! We look forward to Howl 2024! Kristen Parker







Solace Grief Society Provides Individual and Group Counselling Free of Charge

Group Counselling (via Zoom) – Third Thursday of each month at 6 pm Group Counselling (in person) – First Wednesday of each month at 6 pm at the Okotoks Library

Men's Group (in person) – 2nd Tuesday of each month at 6 pm—Okotoks Library; 4th Tuesday of each month at 6 pm –High River Library Individual – By arrangement between client and counsellor Clients must register prior to attending. Call or phone the following:

Intake Coordinator at 403-601-3312

Or

Email: solacegrief1@gmail.com

Solace is looking for people interested in helping. Board and Committee positions available. Please call 403-601-3312 for information or to volunteer.





# Memory Cafe



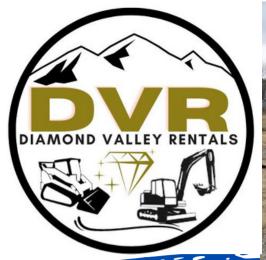
An opportunity for people with memory loss and their caregivers to meet for mutual support

Griffiths Center
122 Government Road, Black Diamond
1:00 - 2:30 pm
Fourth Friday of the month starting June 23, 2023

Contact Jennifer 403 969 6040



Compassion|Connection|Resources





## Your Local Équipment Rentals

The Right Equipment for your DIY Construction

#### TRACK LOADERS

Terex RO70T 30HP ASV RT40 40HP ASV VT70 74 HP ASV RC100 100 HP

#### **EXCAVATORS**

Mini excavator VTW12 with Bucket Thomas T25S Excavator

#### MACHINE ATTACHMENTS

Buckets, Auger Drives, Auger Bits, Tree Bit, Forks, Fork Extensions, Concrete Breaker, Post Pounder

#### **TRAILERS**

Trailer 14th Qmud Ramps Flat Deck 18ft with Ramps

7 ft  $\times$  16 ft Cargo with Ramp

#### PLATE TAMPERS

200 lb 22 " X 17 " 600 lb 32" X 19"





403-701-3013



rentalsDVR@gmail.com



109 Sunset Blvd. SE Diamond Valley, AB









## IRONWOOD

## BUILDING

## CORP

Ironwood Building Corp. is a company specializing in the design, manufacturing and construction of steel based buildings. A second generation company, our head office in Calgary has grown into a diverse team of engineers, designers, technicians, project managers, administrators and constructors working in a collaborative environment. Additionally, we maintain a dedicated network of dealers throughout Western Canada. **www.ironwood.ca** 

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