Inisfree Informer

PRAY FOR UKRAINE

МОЛИСЯ ЗА УКРАЇНУ

Canadian Ukrainian Foundation: www.cufoundation.ca

Deb's Message in a Minute

March is the time we all wish we were Irish as St. Patrick's Day approaches and I wish to send everyone an Irish Blessing:



"May the road rise to meet you, May the wind be always at your back. May the sun shine warm upon your face, The rains fall soft upon your fields. And until we meet again, May God hold you in the palm of his hand."

Days are growing and it pleases me to see the sun a little longer every day. It also pleases me that our lives are slowing moving back to the way things were two years ago.

Congratulations to Evan Raycraft and we welcome him to Village Council.

As we watch the news of the invasion of the Ukraine, I pray for those caught in this conflict.

Check for updates as they are posted on the Village web site, www.innisfree.ca and Facebook page, Village of Innisfree.

Also see the new Facebook page for Innisfree Prairie Bank of Commerce Museum. Watch for coming events.

Check out the Mannville-Minburn-Innisfree FCSS Facebook page for all the up-to-date information available.

Respectfully submitted by Deb McMann





Why do leprechauns love to garden? They have green thumbs!

When does a leprechaun cross the road? When it turns green!

What do you call a leprechaun prank? A saint pat-trick!

Innisfree-Minburn 4-H Beef Club Report

Submitted by Madeline Nott, Club Reporter

We had our monthly meeting on February 9 at Innisfree Millennium Building. We have a very busy month ahead.

Our public speaking is set for Feb 18 at Minburn. Members have been busy preparing and prepping for it. Our leader tour to check up on calves and just give any tips leading into the second half of our year is scheduled for Feb 13.

Some members are attending Oil Kings game on Feb 21 at Rogers Place for 4H night. We are going to Quarter Cuts to see their great facility and learn about processing beef, pork and wild game on Feb 25 at 7pm.

We are still selling bear tracks ice melt if anyone needs. \$25 a pail. Check out our facebook page, for updates as well.

Next meeting is scheduled for March 9, 2022 in Minburn at 7pm.

Library News

Don't forget to get your Winter Reading Program logs into the Library by Friday, March 4 at 3:00pm! If you can't make it to the library, contact us to find out how you can enter your hours. There are a lot of great prizes to be won system wide and at our library!

Thank you to Alicia with the Family Resource Network for teaming up with us to make the Family Fort Kits! These bags were filled with everything you needed to make a great fort at home, including sheets, clips, flashlights, snacks and instructions on different forts

SHAMROCK HUNT!

There are clovers and shamrocks hidden throughout the March Informer how many can you find? and shadow play. We also added in a book to read once your fort was built. I hope you all had fun with them, and don't forget to share your pictures on our Facebook Page.

Early Literacy kits are available for pickup! This month's theme is Leprechauns. Filled with fun activities, crafts, book and snack suggestions, you are sure to have a great time while helping build literacy and numeracy skills in your kiddos!

Congratulations again to the winner of our Valentine's Day Basket Raffle – Christine Gizowski. Our next raffle basket will be for Mother's Day, so watch for those details, coming soon. Moms of Boys! We will be pairing with Alicia and Kerri for a fun mystery filled program on March 17th in the library for moms and boys. This will be a program for pre-teen/teen boys. Details will be coming soon!

We are also in the works of organizing both adult and teen paint nights, as well as a local kid's author visit. We will soon have her book in the library available to check out.

We held our AGM on Wednesday, March 2. We discussed our highlights of 2021 and plans for 2022 and would love to hear your input. We are still looking for Board Members to join our team! If you are interested or would like more information, please contact us.

Marilyn Newton, Library Manager 780-592-2122, librarian@innisfreelibrary.ca



Fun Fact: No number before 1,000 contains the letter A

Tax

Business Solutions Ph: 780-763-0070 itaxbusiness@hmsinet.ca



Welcoming New Clients for the 2022 tax season and looking forward to serving my returning clients

Our address is 5040 - Main Street, Mannville, AB

"One day, you will wake up and there won't be any more time to do the things you've always wanted. Do it now." CELERY: WHEN YOU HAVE THAT SUDDEN URGE TO BITE INTO WATER WITH HAIR IN IT

February 15, 2022 Village of Innisfree Regular Council Meeting Highlights

Mayor and Council met on February 15th, for a Regular Council meeting.

The Council Agenda, approved Policies and Draft Minutes can be found at: <u>www.innisfree.ca</u>

Councillor Raycraft was sworn into office by Mayor Johnson and signed the Councillor Code of Conduct Oath.

Policies/Bylaws:

- Council endorsed Payment Acceptance Policy 1200-03
- Council tabled proposed Procurement & Expenditures
- Policy 1200-04 to the March Council meeting.

• Council tabled Traffic Bylaw 670-22 to a Committee of the Whole meeting scheduled for February 28, 2022 @ 4 pm.

New Business:

• **Signing Authorities** were amended to include Councillor Raycraft as one of the Elected members to sign the financial instruments and to add Administrative Assistant T. Rogers as an alternative Appointed member.

• Committee Appointments – Councillor Raycraft was appointed to the Alberta Central East Regional Water Corporation (ACE,) replacing Councillor McMann; to the Innisfree Prairie Bank of Commerce Historical Society, replacing Mayor Johnson; to the Parents Advisory Council of the Innisfree Delnorte School, replacing Councillor McMann and as an alternate representative with Councillor McMann to the Northeast Alberta Information Hub.

• North Lights Library System – Council endorsed the 2022 requisition for regional library services resulting in a zero increase from the 2021 requisition.

• Joint Fire QMP – Council endorsed the County of Minburn, Village of Mannville and Village of Innisfree Joint Quality Management Plan.

• **Strategic Plan** – Council endorsed the 4th quarter update to the Village 2021 Strategic Plan.

• Driver Feedback Sign – Upon Alberta Transportation notification of approval, Council directed Administration to secure quotes for the purchase and installation of a Driver Feedback sign.

• LGAA – Council endorsed the attendance of the CAO to the annual Local Government Administration Association of Alberta Conference from April 6 – 8, 2022 in Red Deer.

• 2022 Spring Municipal Leaders Caucus Convention – Council endorsed Council's attendance to the Spring Convention to be held March 9th and 10th in Edmonton.

The meeting was then adjourned.



Fun Fact: Tigers have striped skin, not just striped fur. A crocodile cannot stick its tongue out.

Kids helpline # 1-800-668-6868 Mental Health Helpline # 1-877-303-2642



innisfreeinformer@gmail.com

Save the Date! The Innisfree Delnorte School Council would like to invite you to JOIN US for an evening with: The Prairie Principal!



April 14 , 2022 @ 7:00pm at Innisfree Delnorte School

The PRAIRIE PRINCIPAL, Kevin Van Lagen, is the principle of Altario & Consort schools.

Kevin is an educational leader and speaker emphasizing the need to re-imagine rural education in Canada. Rural education has the opportunity to flourish with leadership, community connections, and a vision that challenges the status quo and disrupts complacency. With the help of the school & community, Altario has formed the Altario Agricultural Academy, which is a student led farm on the school grounds, students raise & sell beef, pork, eggs, honey, turkeys & chickens.

Students learn hands on about agriculture & run a store front that sells good produced on the farm.

Altario's model is just one of many ways Delnorte School could pivot from a small rural school to a thriving rural school community.

Kevin is coming to talk to us about how important rural education is to the community, ways to revitalize the school & community, the importance of rural schools and turning learning into fun.

The Sustainability Committee recently toured New Myrnam School & the CTEC building on Friday Feb 25. It was a great tour & we learned a lot about their programs & struggles. They have a lot of the same struggles we have as a rural school. We got to see some of the projects the students are working on including a Net zero tiny home, solar powered golf carts, chicken coops, hydroponics.

Follow Kevin on facebook: @prairieprincipal. Please stay tuned for more details in the April issue of the Innisfree Informer.



book your eye exam!

New patients welcome

VEGREVILLE 4934 50 Avenue 780.632.3474 Dr. Virji, Optometrist

Taking bookings for the week of March 14th

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind her ear, he asked "Can you hear me now honey?" His wife said "For the fourth time, yes, I can hear you!"

Serendipitous Adventures Massage and Energy Healing/ 780-292-1089

Located in the "Barber" building in Innisfree, AB!

Advanced Orthopaedic Massage Therapist, Manual Osteopath, Meditation, Access Bars, Energetic Facelift, Deep Tissue Massage, Cupping, Myofascia Remodelling, Rapid NeuroFascial Release, Karuna Reiki, Energetic Body Processes, Personal Yoga-YT500 And so much more ...

> Saturday & Sunday dates available

Joanne Windsor MOT, RMT-AO, BFF 780-292-1089 1HotJava@gmail.com Visit me on Facebook - Serendipitous Adventures Innisfree walking club walks at the Innisfree Rec Centre. Please join us for a walk.

News from the Innisfree Walking Club

Well it has been pretty hard to wake up these very cold mornings and head to the hall for a walk but we are still giving it a go! It may not seem like much to walk 30 mins per day but it does pay off, gets you up in the morning and even sets you up for the day!

We thought we'd try one more cold weather recipe. So this month we are giving you Layered Lamb Casserole. With the high cost of meat these days you will find a small amount seems to go a long way in this dish.

For April we will be looking forward to Spring and will have 2 recipes to inspire you.

Love to hear from you with any recipes you'd like to share and you can email them to:

gaylefoyster@gmail.com

or text to me at 587-280-0211.

We would love to see you come to walk with us Mon to Fri 9 to 9:30 am and we often carry on till almost 10 am. Cost is only \$1.00/drop in or \$10 for a month.

Layered Lamb Casserole

Ingredients:

6 Yellow Potatoes 2 to 4 Large Carrots

1 Large or 2 Small Onions

1 cup Pot Barley (soak in cold water overnight) Cooked Lamb (or leftover beef or pork would work) Lamb or Beef Stock- approx 2 cups

Salt & Pepper to taste

This recipe is a good one for using leftover roast or cook up some cheap cuts of lamb (CHEAP-that's a joke!) and debone.

These amounts can be altered to suit how ever many you are feeding, but it is delicious so make lots as excellent as leftovers!

Directions:

-Peel potatoes, carrots and onion. Slice everything thick 1/4 inch at least. Drain and rinse barley.

-In a large casserole dish layer potato, onion, carrot, barley and meat. Try for 3 layers and pour stock over it. It will not cover it all but its ok.

-Cover with tin foil or good fitting lid and bake at 350 degrees for an hour or longer until potatoes and carrots are done.

-Open and add more stock if it starts to dry out.

Happy Birthday! Mar I: Cole Nott Mar I: Maria Sen Mar 3: Kevin Zaplachinski Mar 5: Betty Saik Mar 6: Bobbi Bouchier Mar 6: Teresa Porter Mar 7: Diana Bown Mar 7: Wendy Cannan Mar 7: Jennifer Johnson Mar 7: Lillie Petrowski Mar 8: Dylan Cannan Mar 8: Bobbi Jo Jackson Mar 9: Susan Cannan Mar 8: Ken Newton

Mar 13: Yvonne Parasynchuk Mar 14: Ollie Cannan Mar 16: Abby Tarapaski Mar 24: Jaxen Nott Mar 24: Evan Raycraft Mar 25: Cameron Gizowski Mar 25: Cara Gizowski Mar 30: Lorraine (Wink) Fowler Mar 31: Maryann Fortier Mar 31: Cecil Paranych

Happy Anniversary! Mar 10: Tom & Shirley Nott Mar 14: Bobbi & Ryan Bouchier

Mannville – Minburn – Innisfree Family & Community Support Services And Yellowhead Community Support Society Location: 5004-49 Street Suite # 4 Mannville FOR DETAILED INFORMATION:

Email: mmifcss@mannville.com Phone: 780-763-3005 Website: https://mmifcss.wixsite.com/mmifcss

Facebook: Mannville-Minburn-Innisfree Family & Community Support Services Instagram: @mmifcss

Check out the Community Bulletin Boards & Newsletter

Did You Know?

FCSS is enhancing our PUBLIC INFORMATION & EDUCATION program. Let us know what other supports you may need.

PROGRAM TITLE: Information & Referral & Resource Program OUTCOME: People have access to resources & supports to meet their social needs WHAT WE DO: assist with forms/applications for financial supports for seniors; connect people to advocates for: Elder Abuse; Woman's/Men's Shelters; Guardianship; Alberta Supports; Service Canada; Alberta Health Services; Wills & Estates; Alberta Seniors Benefits; Funeral planning; Congratulatory Messages for Seniors; Seniors Adaptation & Repair Program

Income Tax for Seniors: Friday April 1 & Monday April 4 Call to book your appointment

Coffee Connections: Wednesday, March 16 Mannville @ 10:00 and Innisfree @ 1:00

Endeavour To Be Different: Monthly by take home project; virtual; in person.

Newcomer Welcome Packages available for anyone new to the area

CHILDREN & YOUTH within the Mannville & Innisfree schools Supportive & Restorative Circle Project presented by Good Life Collective

M-M-I F.C.S.S. would like to welcome Alicia Rutt as FCSS Program Coordinator. She will be presenting the "Babysitters Course" to the Grade 6 Class in Mannville in February and March. Alicia will also be organizing community projects: Endeavour To Be Different and Coffee Connections. To connect with Alicia in this FCSS role contact the office.



**Kalyna MMI Family Resource Network Call or text Alicia @ 780-581-4149 Facebook: MMI Family Resource Network

Try it?

Next time you go to a restaurant and the waiter asks how much cheese you want, just say "as much as you think I deserve," and don't you dare break eye contact in the silence that follows.









For The Love of Teachers... by Deb Barber



I am going to stick my neck out and say behind most successful people there was

a teacher who took time out of their busy schedule (you know the one they squeeze in between 9-3, kidding) and encouraged them in one way or another that gave the student the courage or inspiration to plow ahead.

I was incredibly shy, I barely remember my grade one and two teachers. If I recall correctly my grade one teacher was very nice and my grade two teacher ended up having a nervous breakdown, apparently my class must have had a few challenges for a teacher directly out of university! However, in grade three we came under the tutelage of Mrs. MacDonald, who was a tiny bundle of wonderful. I'm not sure if she taught grade 3 so that her students were still shorter than her OR if she simply loved that age group but she was the perfect fit. She instilled in me my first appreciation for the written word and the hidden world books opened up to the shy creature I was. She had a book reading contest and the prize was this tiny, gnome like red haired doll and I



"Actually, it's the Table of Contents."

Your call is very important to us.

Please enjoy this 40 minute f lute solo.

wanted it so badly that by the end of grade three I not only possessed the doll but an in-depth love of reading!

Grade four is a blur and in grade five I learned that being the teacher's 'pet' was a fate far worse than being invisible but Mrs. Budgeon was determined to make me come out of my shadow or die in the process, since I'm still here apparently I survived!

In grade seven our math teacher taught us how the mistakes of a few can effect the masses and instead of handing out what we referred to in those days as 'lines' where the punishment would be writing out something like "I will not be late for class." She determined that was insufficient and when students kept talking when her class was supposed to begin she assigned the following, "the bell that rings at five to nine and the bell that rings at ten to one are signals I should be sitting in my desk, books open and mouth shut, ready to learn." Try writing that out one thousand times!

However, it was Mr. Smith, our grade 7-9 science teacher that first opened my eyes to concepts that carried on through my adult life. One day after announcing that the world was actually flat he proceeded to dismantle every argument we put forth to prove him incorrect. It was humbling to discover we had taken everything we had ever been taught at face value and he instilled in us the desire to authentically question concepts we were being told and taught. A most important lesson that never goes out of date!

In high school chemistry Mr. Sorenson inspired his students to start label reading to gather information about the chemicals we were ingesting in our bodies and that was in the late 1970's years before it became 'the fad."

And then there was Mrs. Barnett who kept me behind in English one day, I was shaking in my boots wondering what I had done to deserve being kept after school only to have her let me know that when we handed in writing assignments she placed mine at the bottom of the pile so she had a treasure to read at the very end. She gave an awkward and introverted student the nudge to keep writing and look where that brought me!

Teachers, they helped shape us on so many levels, I hope you can look back on several that taught you with thoughts

of thankfulness knowing they played a vital role in your development as

well!



If you enjoy a "I'm just saying it could use a little pizzaz. What if there enjoy a "I'm just saying it could use a little pizzaz. What if there was also a cat? And the cat didn't like either of them. And he was secretly plotting against them! Now you have something!" of Farm Wife humour please check out my blog at https:\\farmwifediary.blog

ADVERTISING SPACE AVAILABLE Starting @ \$5.00 Please email for rates. Discounted rates for in-area non profit groups. innisfreeinformer@gmail.com



Thank you to the Village of Innisfree and the Minburn Agricultural Society for their help and support of the Innisfree Informer.

Thank you to the community for their encouragement, kind words, and submissions. March 25, 2022 is the April Informer deadline for submissions. Email to: innisfreeinformer@gmail.com or text 780-632-1585