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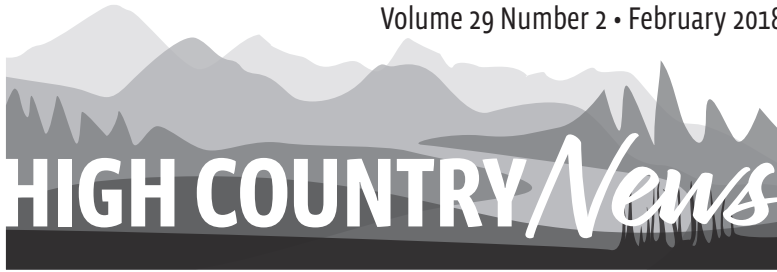


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From The **EDITOR**

Here at High Country News, we have a couple of exciting announcements for February.

1. We have a new regular contributor. Roché Herbst is a registered psychologist with over 14 years of experience in providing psycho-educational, career counseling and psychological assessments for children, adolescents and adults. She will be discussing these subjects in her articles.

2. We are finally launching our newly updated website www.highcountrynews.ca

The website is a blog style where it will feature the articles in the paper, as well as a more dynamic classified section. The website has been designed to enhance the print experience and vice versa.

I want to thank Marilyn Ledingham from Boden/Ledingham Web Design for her hard work and creative thought, as well as Anna's work in making this project happen.

As we look forward into the next couple of years it seems to me that we are living in critical times. There are many important decisions that are being made in our personal lives, workplaces, and communities that will have significant long term impact.

These decisions have consequences.

Development, flood and fire protection, infrastructure changes, legislation, to name but a few. How we debate and vote on these items will have consequences for our lives, and the schools, businesses, and services that we have come to enjoy.

May I suggest that simply viewing things through the lens of our own personal needs and preferences may not always be what is best for society as a whole? Our society will not be healthy if it is simply the sum of all our own selfish desires.

I trust that whatever particular challenge your community faces, you will continue to have constructive dialogue surrounding these challenges and that you will approach the issues with a global perspective, and not just how it may impact you personally.

May the qualities of preference and humility guide our discussions.

I will leave you with one of my favourite sayings:

"Seek the welfare of the city that you live in, for in its welfare, will be your welfare..."

*From our family to yours,
Lowell Harder*

For more from the Editor, visit highcountrynews.ca



Artist PROFILE

Win Niebler is an elk rancher who has resided in the Priddis area for over 30 years. The beauty of the local landscapes and wildlife provides inspiration for his drawings.



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OOOPS!
WRONG ARROWS

HIGH COUNTRY LIFE by MARK

ATTENTION DEFICIT HYPERACTIVITY DISORDER

WHAT IS ADHD / ADD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurobiological disorder that varies in its degree of severity. According to the DSM-5, each subgroup has specific diagnostic criteria and depends on which symptoms stand out the most.

Predominantly Inattentive Presentation - the person basically has difficulty with organizing or finishing a task. They find it hard to pay attention to details and find it difficult to follow instructions or conversations.

Predominantly Hyperactive-Impulsive Presentation - the person finds it hard to keep still. They fidget or talk a lot. The person is restless, impulsive and could interrupt others at inappropriate times. They have difficulty waiting their turn and find it hard to listen to directions.

Combined Presentation - a person whose symptoms include all those of listed above and whose symptoms stand out as equally predominant.

HOW DOES A PERSON KNOW IF THEY HAVE ADHD / ADD?

Even though the above signs may be observed in people frequently, it does not necessarily mean the person has ADHD / ADD. It is when these symptoms become significantly more pronounced in one person, compared to another person of the same age and when their behavior starts to have a significant impact on their functioning. In other words, it begins to impair and undermine the quality of their school, social and work life.

A registered, trained professional helps determine to what extent a person formally meets the diagnostic criteria or not. This evaluation process involves screening and formal testing (interview, testing, computerized simulation assessment, questionnaires, checklists) and other assessments depending on the nature and complexity of the issue.

Assessments tend to be standardized, but sometimes customized assessments are needed as many disorders or issues are not clear-cut. This happens mostly with underlying anxiety, depression, perceptual, neurological or personality disorders.

WHAT CAUSES ADHD / ADD?

The etiology is complex and can involve multiple causes. About two thirds of cases are caused by genetics and are largely hereditary. In other words, it runs in families. The remaining cases are likely due to neurologically compromising events such as infections, brain traumas, maternal tobacco and alcohol use during pregnancy, maternal malnutrition, toxins (mercury, lead) and other things that can effect ongoing brain development.

MYTH vs. FACT

Myth: Everyone with ADHD is hyperactive.

Fact: Although hyperactivity can be an important indicator when diagnosing ADHD, it can be the symptom that causes the least problems. Some individuals diagnosed with ADHD (especially girls and women) experience difficulties with inattention and have fewer problems with hyperactivity.

Roché Herbst, M.A. R. Psych.

Sources:

Barkley, Russell. A., ADHD Handbook for Diagnosis and Treatment, 2015. New York: Guilford Press.

Diagnostic and Statistical Manual of Mental Disorders, 5th Ed., 2013. Arlington: American Psychiatric Association.

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MLA Update
Chestermere/Rockyview
 By Leela Sharon Aheer, MLA

Hello High Country News readers! You are probably familiar with Russell The Bear and have seen news reports about Russell. He is a young black bear in the Springbank area that suffered an injury to his leg. Many people have contacted us about Russell. The Cochrane Ecological Institute (“CEI”), a very well-respected organization that has been rehabilitating wildlife for about 50 years offered to rehabilitate Russell but was turned down by Alberta Environment as their policy is to leave injured large wildlife such as bears alone for fear they may become habituated to humans and ultimately become a danger to the public. We have spoken to people on both sides of this issue, it is not a simple one, and I am by no means an expert.

Organizations such as CEI are issued permits to rehabilitate injured wild animals. These permits have “Schedule A” attached to them. Basically, Schedule A forbids the rehabilitation of many large animals. Russell has not been seen for a while and we are all hoping that he is now hibernating and will make a full recovery. He has, however, served as a proxy for a robust discussion about the whole issue of wildlife rehabilitation in Alberta. Currently, Alberta Environment policy as set out in Schedule A is to euthanize orphaned young bears, cougars, elk, and other large wildlife. I have been looking into this and there is a good deal of published research that indicates that rehabilitation conducted by experts such as CEI can care for these orphaned young and successfully return them to their natural habitat without any danger to the public. This is an obvious win-win situation. We recently attended a panel in Redwood Meadows at the invitation of Lisa Dahlseide, a biologist who is passionate about preserving our wild animals. Other presenters included Anna-Marie Ferguson, a great advocate for wolves. There was research presented from places like Idaho that documents successful rehabilitation

and reintroduction. I must state for the record that it is imperative that people do not try and capture large wild animals like Russell. We heard reports that some well-intentioned animal lovers tried to put a collar and a leash on Russell to capture him. This is very dangerous and could ultimately hurt both humans and animals alike. These interventions must be conducted by experts. There are several species where euthanization of orphaned young is the rule, including bears, wolves, coyotes, cougars and mule deer. Privately funded organizations like CEI are willing to take on rehabilitation but cannot do so at present as they would lose their permits and thus the many other species they care for would suffer. Is this right? I don’t think so. We will be meeting with stakeholders in the near future to discuss changes in policy to better reflect a balance between legitimate public safety concerns and the preservation of the magnificent wildlife that we share our province with. Let’s get this right. Please contact me at chestermere.rockyview@assembly.ab.ca and share your thoughts. We are happy to share links to the literature on this issue and the people who are pushing this forward. Bear (no pun



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 CHESTERMERE – ROCKY VIEW**
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intended) in mind that as Lisa said at the meeting, the vast majority of our provincial wildlife officials genuinely care about our wild animals and preservation of their habitat. They are duty bound to follow policy so let's make sure our policy becomes the high standard that other jurisdictions will try to emulate.

While we are out in the woods so to speak, I would like to say a few words about Lyme disease. There seems to be a collective blindness about Lyme in Alberta. It is not generally tested for because the ticks that carry it "are not in Alberta". They are, however, in surrounding provinces and states. Who knew ticks could read maps? Even if this were true, a lot of us like to vacation or have friends in these places. A friend of mine recently returned from the USA where he received treatment for Lyme

disease that was denied him in Alberta. From this time last year to now, he has gained over 40 pounds, can work again, and has his life back. He looks great. His wife has her husband back and his children have their father back. Imagine having your family literally watch you gradually waste away. That is the situation he was in. He was helped a lot by the generosity of many of his neighbours as travelling to the US for these treatments costs thousands of dollars. People with Lyme should be diagnosed and treated right here in Alberta. Did you know that recent research has shown that the so-called "bull's-eye" rash only occurs in about 30 per cent of tick bite infections? I am planning to advocate for better education, testing, and treatment options in Alberta for Lyme disease and you can help me by sharing your stories.

Please contact my office at chestermere.rockyview@assembly.ab.ca.

Finally, I would like to thank some very special people. These are my husband and my children who give up their mom/wife on a regular basis for public service. I want to thank Pat Shaw, Peter Tindall's wonderful wife for giving him up to events and long hours as he tries to keep up with my schedule and keep me on track. Thank you Peter for the tremendous work you do for all of us, and for making sure that I am on time and with the appropriate information so that I am briefed for meetings and the wonderful people I get to meet and work with. I am so grateful for these people, and for their dedication to this province. As always we love to hear from you.



The government is taking action to protect Albertans and the environment by ensuring consequences for those who try to skirt around the 'polluter-pays' principle with respect to orphan wells. The government worked with the Alberta Energy Regulator (AER) on amending a key requirement, known as Directive 67, to close a loophole.

Closing this loophole helps ensure Albertans are protected from financial and environmental liabilities, and that the vast majority of companies that behave responsibly are protected from those who attempt to offload their

obligations onto others. Officials from companies that walk away from wells or other oil and gas infrastructure without cleaning up will now be subject to greater scrutiny and AER discretion if they apply to start new companies.

Additionally, changes made to Directive 67 will support companies that behave responsibly and help shield them from potential further increases in the number of orphan wells, which are reclaimed through a fund which industry pays into under the polluter-pays principle.

Additional action the government has taken to protect Albertans includes:

A \$235-million loan to the Orphan Well Association to accelerate the cleanup of old wells across the province over the next three years.

Launching a broader review of oil and gas liabilities to determine long-term, made-in-Alberta solutions.

Lobbying the federal government for changes to bankruptcy laws that would hold companies accountable for their environmental cleanup.

Supporting municipalities provincewide with a credit for uncollectable taxes on disowned oil and gas properties.

This most recent action stems from the 2016 Redwater decision by the Alberta Court of Appeal and other receivership cases that have been undermining the AER's ability to ensure companies

and operators are held accountable for their actions. This case is currently being appealed to the Supreme Court of Canada by the AER. Many other receivership cases within Alberta have used the precedent from the Redwater decision in disclaiming assets, raising Alberta's orphan well inventory dramatically. The OWA's inventory increased to 1,861 wells that were in need of reclamation in November of this year, up from 705 wells in March 2015.

Albertans are proud of our energy sector, and we also care about our environment. We know that the environment and the economy go hand in hand. Living in this special place in the foothills of the majestic Rocky Mountains and the headwaters of Southern Alberta's most important water sources gives us the responsibility to be stewards of these lands--a responsibility I know we all take seriously. The farmers and ranchers who've called this place home for generations know this intimately, and are role models for us all.

Let's keep working together to protect and preserve our environment from those small few who try to shirk their responsibilities, and support the many who take their obligations seriously.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

Speaking of Photography

Photographers, more than any other profession, have to MacGyver stuff all the time. We use light to create lasting memories. Light unfortunately isn't always where we want it. So we have to first create reflectors, lighting props, brackets, stands, etc. Once the light is where we want it to be and of the right quality, then we can proceed to create history.

The gadget that I rely on more than any other one available to us is the Studio Clamp. Over the years I have acquired about a dozen Studio Clamps. Like a security blanket, as long as I have my Studio Clamps, I can handle any assignment that might show up.

Let me explain why you also need to own some for your own peace of mind. As you can see in the attached photograph, the clamp is rather simple. The jaws spread quite wide; able to grab hold of any flat surface or bar. The round spigot that is attached has 1/4" threads on one side and 3/8" threads on the other. The 1/4" threads fits the bottom of the camera. So if you are in a situation where you need to lock your camera down but you have no room for

a tripod, you can secure the clamp onto the edge of a table, door, chair, tree, etc and it will not move. If you flip the spigot around, the 3/8" screw threads will allow you to mount any tripod head to it so that you can also correct any tilt that results if you clamp onto an uneven surface.

This configuration of the Studio Clamp with the head attached works great if



you want to mount your camera to the handlebars of your cycle, boat, car, etc. The jaws will not loosen up regardless how much road vibration you generate.

If you need a quick background stand kit but you already have 2 stands, you can remove the spigots from two clamps, turn them over and fit the clamps securely over the tops of the stands. Find an appropriate length broom stick, pipe, etc. for your background, and suspend the bar between both clamps. Lock it down and you are done.

One year when I needed to create a unique trade show booth, I used 4 stands, 8 Studio Clamps, and 3 rods to create the 3 walls of the booth. Then I hung backgrounds to create the room.

I used 4 Studio Clamps to create 2 Double Clamps by using the spigots as connectors. This allows you to clamp the end of one bar going in one direction and rotate the second clamp to receive a second bar at another angle.

If you want to permanently mount a light in your studio, this clamp is perfect. It doesn't take up any floor space, and will not move over time. You can also pull out the spigot and replace it with an 18" heavy duty flex arm if you want to direct the light at a specific angle.

To add weight to the bottom of a stand or tripod for extra stability, attach the clamp to the leg and hang a camera bag or a bag of rocks on it.

I'm sure I haven't run out of uses for these versatile clamps. Stay tuned...

*Peter Gold
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2020

Happy New Year from all of us here at Rocky View 2020 and thanks for your support over the last year.

It has been a busy and productive year for us, and we can be proud of all we've accomplished.

We are impacting positive change on several fronts, and our advocacy on behalf of landowners is having an immediate and measurable effect.

We are saving you \$\$\$\$.

Case in point is the County's proposed off-site transportation levy which would have cost landowners (big and small) hundreds of millions of dollars in extra fees if not for the work of Rocky View 2020. Whether subdividing ten acres or pitching a 500-acre project, a proposed increase from roughly \$5,000 per acre to nearly \$25,000 per acre was and is unacceptable, and we lead the charge in opposing this hike. We assembled a committee of our members and were able to show RV County administration the flaws in their proposal and using our expertise have helped send a second proposal back to the drawing board.

At Rocky View 2020 we firmly believe landowners should pay their fair share for growth and development, but excessive fees and levies slow the economy, limit investment, and are always passed on to the consumer. We stand against this form of governance.

On protecting local autonomy and ensuring property rights are respected, Rocky View 2020 has been the strongest voice in the region.

When the Provincial Government announced it would be updating the Municipal Government Act (MGA) and establishing Growth Management Boards (GMB's) for the region, it was 2020 who got into the ring on behalf

of Rocky View County residents and landowners. Here is a link to one of several articles written and published to help inform the public on these complex issues and let governments at all levels take note that somebody is watching them: calgaryherald.com/opinion/columnists/mcallister-understanding-the-money-and-the-motive-behind-regional-planning

Our communications work is having a positive impact on the way local stories are reported. Our writing in the Rocky View Weekly has helped ensure a more balanced approach to the often misleading and misconstrued interpretations presented by the activists of the region. We are frequent guests on Newstalk 770 talk radio and have taken a leading role in not only opposing the Springbank Dry Dam, but also starting the commentary on finding better solutions for flood and drought mitigation.

Our monthly landowner meetings in Balzac have been very well attended, and we continue to offer good information on regional issues.

Our guests have included the Canadian Federation of Independent Business (CFIB), the Canadian Tax Federation (CTF), and the Fraser Institute just to name a few.

We have had Calgary Economic Development join us to discuss attracting and supporting good investment to the region. The Municipal Affairs critics from the former Wildrose and PC parties both attended to present and take questions on the MGA and property rights.

We consistently have a regular presence from Rocky View Council including Reeve Boehlke who openly adds to discussions and provides context on important issues from a County level.

We are establishing working committees in agriculture, business and policy development.

On the agriculture front, we believe farmers and ranchers are in the best position to determine what happens on their land and their expertise and experience should be valued.

On the business front, we have made visits to the Bragg Creek and Langdon Chambers of Commerce as well as the Balzac Business Community Association. We are working with these area stakeholders so we can go to

Rocky View County with suggestions and solutions on how the County might be more business-friendly and help those willing to invest and set up shop here succeed.

On the policy front, we are active both locally and provincially.

In Rocky View, we find too often that documents like the County Plan are used as a deterrent to discourage sound investment instead of as a guide as they are intended to be. We are doing great work to influence some common sense change here so projects, big and small, can be judged on their own merit.

At a provincial level, we are working on policy that will protect property rights and ensure local decision making is protected. We intend to move these good ideas forward in UCP circles and constituency associations, so the government in waiting has sound policy in place that reflects the values of Albertans like you.

We believe in less government regulation and more common sense. We believe in free enterprise and investment. We believe choice and competition benefit the consumer and make for a healthy economy and more vibrant region.

2017 was a great year for us, and 2018 promises to be even more impactful. Can we count on your financial support for our work?

We encourage you to become a monthly contributor as many of our members have. Just visit the link below and fill in the details.

rockyview2020.com/recurring-donations

Or, if you prefer to write us a cheque, please mail to Bruce McAllister at Rocky View 2020, 390 Cove Road, Chestermere AB T1X 1J6.

At Rocky View 2020: "We exist to make your voice heard."

We look forward to seeing you at our monthly meetings which resume this month. Feel free to drop me a line anytime if you have comments, questions, or concerns.

Sincerely,

Bruce McAllister

Executive Director

Rocky View 2020

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What's the BUZZ About Injections?

What happens when you are diligent in your rehabilitation program, seeing your physiotherapist, chiropractor, and massage therapist and you still have PAIN?! There are many factors to consider here, such as your general health, diet, sleep status, underlying disease process, mechanism of injury and co-morbidities. However, many of our patients inquire about injections for pain relief. They have a friend that it worked wonders for, they read about it in the news or their dog or horse recently had an injection that seemed to help!

The most common injections for joint pain are corticosteroids, hyaluronic acid (HA), and platelet-rich plasma (PRP). Let's explore what these are and how and when they may be appropriate for you.

First of all, the healthy joints in our body are normally well lubricated with synovial fluid. Synovial fluid acts as a shock absorber and provides lubrication for the bones to glide against one another. In people with osteoarthritis, a critical part of this synovial fluid, the hyaluronic acid, breaks down. This loss of hyaluronic acid appears to contribute to joint pain and stiffness.

Corticosteroids (ie. Cortisone), which have been around for decades, are the most commonly used injections for osteoarthritis and tenosynovitis (tendon

inflammation) in the shoulders, knees and hips. This can offer pain relief within a few days and may last for 2-3 months. The main aim is to reduce inflammatory cell activity in the joint. With repeated use, corticosteroids have been shown to cause cartilage breakdown and weakening of the soft tissue structures such as ligaments and tendons. As such, doctors often recommend no more than 3 injections. Cortisone costs are typically covered by the Alberta Health Care Plan (AHC).

Hyaluronic acid injections (ie. Synvisc, Orthovisc), also known as viscosupplements, are used for the treatment of knee, hip, shoulder, elbow and ankle osteoarthritis. Hyaluronic acid is a naturally occurring molecule that is normally present in healthy cartilage. The levels of hyaluronic acid have been shown to be lower in arthritic joints.

HA injections may be a better option if corticosteroids or NSAIDs (non-steroidal anti-inflammatory drugs) have been unhelpful or if you have diabetes, as corticosteroids can raise blood sugar. This injection has properties chemically similar to your natural joint fluid. To this regard, studies have shown that injecting supplemental hyaluronic acid has been shown to stimulate the joint to increase its own production of this important substance. This may in turn help preserve the cartilage. HA forms a viscous coating over the cartilage lining, acting as a mechanical barrier over pain receptors and inflammatory cells. It may last longer

than cortisone, some studies showing pain relief for up to 6 months. It also has not shown the detrimental effects on surrounding soft tissue structures, such as tendons and ligaments, compared to cortisone. The costs vary, but these injections are typically an uninsured service (not covered by AHC). Private insurance companies vary on their coverage.

As an aside, an interesting article I came across touted the benefits of the "poor man's joint supplement", in the form of bone broth! Dr. David Williams discusses how many HA oral supplements and injections are made from rooster combs, which contain the same compounds found in bovine (cattle). He recommends preparing broths from the bones from cattle, chickens and fish and incorporating them into your daily diet. This supplies an increased intake of hyaluronic acid, minerals, proteins and other compounds necessary for proper joint health. A good little tidbit if you're into making your own soup broth!

Platelet-rich plasma injections (PRP) are an emerging therapeutic procedure used for the treatment of both acute and chronic soft tissue injuries. It involves collecting a blood sample from the patient, separating the platelets via centrifuge and injecting it back into the patient's injured tissue area. The U. of A. Sports Medicine Centre describes how "platelets are cells that clot blood and contain over 300 active growth factors to help improve healing by stimulating normal tissue repair instead of scar

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tissue.” PRP has been shown to enhance the growth of stem cells and fibroblasts, which stimulate the body’s normal healing process. PRP encourages cartilage cells to produce more type 2 collagen, the building blocks of normal cartilage. Furthermore, the joint lining cells are stimulated to produce more hyaluronic acid, which we now know is a great joint lubricant. It has commonly been used to reduce pain levels in patients with osteoarthritis, tennis elbow, rotator cuff injuries and tendinopathies. Currently PRP injections are an uninsured service, typically costing \$450 per injection.

Results of any injections will vary from weeks to months depending on the joint or body part involved, the severity of the disease and the cause of the pain. Some patients get complete relief that is permanent, while others have no significant effect. Large studies, like the Cochrane review, reflect on how the average individual responds to therapy. About 30% of people who undergo HA injections became virtually pain free and had symptom relief up to 2 years. Yet another 20% of patients experienced no benefit at all. All treatments require a referral from your family physician. Some general practitioners will do cortisone injections in office, depending on if they require guided ultrasound or not. HA and PRP injections are performed at certain clinics and hospitals and use guided ultrasound to direct the injection into the proper site.

Injections may be your first line of defense for an injury or at the end of a long journey of rehabilitation. Wherever you are in your healing process, it is important to identify and restore joint mechanics, muscle imbalances and possible movement compensations that may have gotten you in trouble in the first place! Proper joint motion and exercise are integral to stimulating joint health and joint lubrication. An individualized assessment,

treatment and exercise plan will help you to maintain and prevent future issues. We are here to answer your questions and help get you on the road to recovery.

Jennifer Gordon (BSc.PT, APCI)
 Physiotherapist
 Bragg Creek Physiotherapy
www.braggcreekphysio.com

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The Magic Number!

The conversation with clients about retirement income planning is much different from those conversations that occur over the years while they are building retirement assets. Often, their focus is on being “conservative” because their understanding from public sources suggests that this is the appropriate approach to managing their money during retirement.

This “motherhood” approach to retirement investment planning suggests that once someone turns 65 for example, that they need to increase their use of fixed income or bond funds at the expense of the growth opportunities inherent in the use of equity funds. But this ignores the risk of outliving your money as Canadians are increasingly living beyond age 90.

A desire to be “conservative” and protect one’s capital from market corrections and other risks is a natural and understandable tendency amongst retirees. So they tend to look at lowering the risk in their portfolios while also reducing the actual and potential returns over time as a trade-off they are willing to live with.

However, when you ask them what income they need, you often find that they need a higher rate of return than they expect in order to achieve their lifestyle goals as well as to offset the longevity risk of outliving their capital.

The other challenge is that if your portfolio return is below the minimum amount needed to be withdrawn from registered assets, such as RIFs, then your capital starts to decline from Day One. Assuredly, the rate of decline increases over time as the income needs often do not change but the percentage of assets to be redeemed as a percentage of the remaining capital increases, raising the risk of completely depleting your savings in a few years.

As speaker and financial author of many books, Moshe Mievsky noted there are currently 7500 Canadians over the age

of 100 and 80% of them are female. There are also 280,000 Canadians over the age of 90 with 75% of them being female. **A retired couple, both age 65, today have a 50% chance that one of them will live past the age of 90.** Therefore, outliving your money is a very real risk and a major factor in your retirement income planning.

Here is the “Catch 22.” The conclusion was that avoiding risk in your investment management strategy creates the very risk of outliving your money that you are trying to avoid in the first place!

So what is the correct financial planning rate of return assumption to use when discussing retirement planning with clients? Some advisors pointed to 4% as the magic number for planning one’s retirement over 30 years (yes your retirement may last as long as your working career). Others advisors

suggested 3% as a more conservative number to use, arguing that investment returns may be lower over the next decade or more than what we have seen.

To generate a pension of \$50,000 at 4% you will need capital of \$1,251,000. If you use 3% as your long-term planning assumption then that capital figure jumps to \$1,666,668. So the planning assumption you use will make a big difference to your retirement income planning as well as to the risk of outliving your capital.

While there was no real agreement on what the “magic number” is, there was agreement on a number of strategies you can use to match your income needs, portfolio and longevity risk to your specific situation.

Call us today for a review of your current or expected retirement income planning strategy!

Also, visit myfinancialsolutions.ca for additional financial information on insurance, retirement, estate planning, investments and whole host of other financial topics.

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Poor Estate Planning

A few of the prior columns have addressed the need for business owners to take the steps necessary to fully plan and document their estates. This column is an example of how not to plan an estate.

The Supreme Court of Canada, in a case referred to as *Cowper-Smith v. Morgan*, 2017 SCC 61 dated December 14, 2017, was required to resolve a family estate fight concerning one sibling's claim that he had been given the family home in Victoria AND the investments of his mother to the exclusion of his brother and sister.

Here's how a family was so messed up that it took the 9 justices of the Supreme Court to sort out their problems:

In 1992, the parents of the 3 siblings advised their children that their estate would be divided equally among them. The father then passed away, and to address some estate planning issues, the mother, Elizabeth, elected to add the daughter (Gloria) to the title of the house and as the joint holder of the investment portfolio (and it's my guess that this was done to minimize the BC probate fees). Elizabeth, however, took the planning one step further by preparing a trust declaration that Gloria would be 'absolutely entitled to those assets upon her death', which essentially caused the two sons to be written out of Elizabeth's will.

In 2005, Elizabeth became ill and could no longer live at home on her own. At that time, her son (Max) agreed to move back to Victoria to care for her and in doing so he gave up his job, his cottage lease, his contact with his children and any social life that he had. Max was smart, however, and said he would only do that if he was provided

a one-third interest in the house and the investments (reducing Gloria's claim to two-thirds of the estate) which Elizabeth agreed to but she didn't revise her will again. Elizabeth then passed away, Gloria, being the sole owner of the house, decided to sell it even though Max was still living in it. Max and the other brother decided to sue their sister to either stop the sale and to reclaim their two-thirds interest in their mother's estate with their claim based (mostly) on Gloria's 'undue influence' over her mother.

The brothers were successful in their original claim as the BC Supreme Court ruled in their favour. Gloria was not happy with the result and appealed to the BC Court of Appeal (and she lost there too). Still not satisfied, she again appealed to the Supreme Court of Canada and she got the result she wanted.

In introducing this legal decision, readers have to understand what happens in estate litigation. While the disputes in these cases are usually between the beneficiaries, ALL of the legal costs and expenses are borne by the estate (with the only exceptions being when the trustee (Gloria in this case) takes steps that are essentially fraudulent). In arguing a position to the Supreme Court, the legal fees would have bankrupted most estates. My guess in this case was that the estate was very sizable; otherwise the issues would have been sorted out much earlier.

While Gloria may have won the battle, she also lost the financial war.

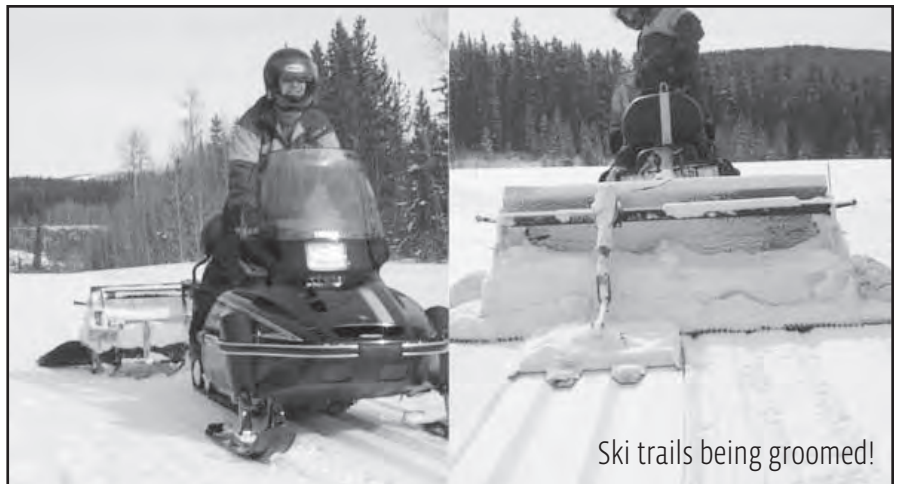
Think, however, how this matter could have been addressed by Elizabeth by meeting with Gloria, Max and their brother to understand their wants and needs of her estate. While that meeting could have brought on fireworks in the family, those issues could have been managed by Elizabeth having the family meeting facilitated by a Family Enterprise Advisor. In using an FEA, the parties probably could have created a succession plan that was agreeable to all of them.

By not discussing the issues with her children, Elizabeth's estate was spent on legal fees and her family probably will never speak to each other again (and at least two of them are not happy with the early Christmas present they received from the Supreme Court).

For more information about FEAs, or to find a FEA to work with your family, go to family-enterprise-xchange.com.

If you have a question or issue that you would like to read about in future columns, please feel free to email me at reid@2020law.ca. If you want to revisit past columns, they are all online at www.yourfamilybusiness.ca.

*Until next time.
Reid*



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Redwood Meadows Update

Happy New Year!

In January council met twice, January 9th and January 23rd. The new year brings new initiatives, the continuation of some directions set by the previous council, and the exploration of how council can serve our community.

One of the exciting projects that the Townsite is working on in the new year is the addition of Fiber Optic Internet Service with AXIA. Our infrastructure and communication team are working on the implementation and final pieces of securing this opportunity for our Townsite.

As of the end of January, the townsite was incredibly close to finalizing the required numbers to achieve AXIA's initial expectations.

In relation to our Fire Department, an agreement was reached to continue the contractual relationship with Rockyview County regarding providing fire/rescue services. Council is pleased that such a cooperative and mutually agreeable working relationship is in place between the townsite and the County of Rockyview.


One of the signature amenities of the townsite continues to be our outdoor rink. In cooperation with the Redwood Meadows Community Association, the rink provides several opportunities for resident and visitors of all ages to enjoy the facility. We ask that you look to the Townsite webpage for hours of operation and rink schedule. The Townsite Council would like to express our thanks to the volunteer members who spend countless late night/early morning hours ensuring the skating surface is fantastic. The rink is available for private bookings please contact the townsite office if you wish to inquire.

Redwood House is also the home for some fantastic indoor opportunities throughout the winter months. Various activities take place for residents of all ages during the weekday and evening hours. Some examples include Tuesday morning parent group, Tae kwon Do, Bridge Club, an indoor acrobatics group, community café, and various art/craft nights throughout the winter. Please contact the townsite office for details.

The townsite is pleased to let people know that the track set cross-country ski trail along the berm and into the golf course continue to be fantastic opportunity to get out and enjoy the winter weather. We ask that you abide by the right of way and direction on the set tracks and refrain from going "off track" at the golf course.

The townsite no longer has in-town recycling. Residents are encouraged to make proper use of the Bragg Creek Transfer Station.

Mike Decore
Redwood Meadows Councilor



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Adults Can Learn to Ski With XC Bragg Creek

Would you like to be able to keep up to your children on the local cross country ski trails? Have you had the same ski equipment since 1985 but never really learned

how to use it? Maybe it's time you took a ski lesson!

XC Bragg Creek ski coaches would love to help you feel more comfortable on skis and have more fun on the trails. The club can offer lessons in classic and skate skiing, from beginner to advanced, midweek or on the weekend, depending on coach availability and skier demand.

More information about XC Bragg Creek can be found on their website: www.xcbraggcreek.ca or email programdirector@xcbraggcreek.ca to be added to email lists for future programs.

Weekly classes and workshops are held on the West Bragg Creek Ski Trails which consist of a network of 50kms of groomed & track set ski

trails and now include a small trails centre (warming hut) to enjoy a warm drink and snack after your ski. A list of the locally groomed trails can be viewed on the Greater Bragg Creek Trails website:

www.braggcreektrails.org

Please consider making a donation toward the grooming costs and efforts of this fantastic group who dedicates their time to make West Bragg Creek a wonderful place to enjoy the outdoors for all enthusiasts – cross country skiing, snow shoeing, mountain biking, fat biking, horseback riding, and hiking. Looking forward to seeing you on the trails,

Your XC Bragg Creek Ski Family



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Hello Community!

We hope you have been enjoying the beautiful winter here in our neck of the woods! It has been a great (if cold) season to get out there and play with our friends and neighbours. Thanks to the Trail Fairies with the Greater Bragg Creek Trails Association, there is so much winter fun to be had out in West Bragg Creek! And thanks to the Bragg Creek Rink Committee, outdoor skating is up and running at the BCCA! Community volunteers make winter so much more awesome!

If you are looking for some indoor activities this February, check out the

Winter Programs at the Bragg Creek Community Centre! There's not just stuff for the kids – there is also adult Drop In Pickleball on Tuesday at 7:30pm, and Drop In Badminton on Wednesdays at 7:45pm! Supplies are provided for you to come and try it out. Only \$2 for members, \$5 for non-members. Also, if there's a youth in your household looking to get out and try something new, they can drop in for the Youth Activity Night on the 1st Friday of every month!

The BCCA has been busy studying all of our options to serve the community during the summer months. We have discovered that our best option moving forward is to assist community partners in running camps out of the Bragg Creek Centre, and promoting other activities around the Hamlet, instead of running our own camps. With the timing and uncertainty of grant funding, we are unable to continue offering camps in the

traditional sense, but plan on offering great rates and partnerships for any community members who would like to use the space to run summer camps!

There are a couple big thank you's that we would like to share this month: thank you to the Bragg Creek Artisans for the very thoughtful donation of much-needed equipment to the Centre including a projector screen, a wireless microphone, and new tables – these items will greatly serve all the various community groups that utilize our shared space! Also, thank you to Family and Community Support Services (FCSS) for the awesome new equipment for Rumble & Roar – these new toys will be so beneficial for our kids' development!

We hope your winter continues to be full of indoor and outdoor adventures, and lots of time doing what you love. See you around the Hamlet!

Shaye and the BCCA Board

Bragg Creek Artisans

At our first meeting in January we were happy to welcome some new members to the group. We are excited that they have joined us and we are looking forward to getting to know them better. If you live in the Bragg Creek area, you are welcome to join us, we meet the first Wednesday of each month, 7pm, at the Community Centre, membership is \$20.00 per year.

A HUGE thank you goes out to Vera Green for helping us create some amazing works from clay. With Vera's expert teaching, we were able to pattern and form some pretty unique items. We can't wait till you have them fired and glazed to see what our finished products will look like.

Hopefully we can share some pictures with you here in an upcoming issue.

The February meeting is Wednesday Feb 7th and we will be working with Sculptey. Sculptey can be used as stand alone work or can be added to

different mediums to add dimensions or character. For our March 7th meeting we are excited to have Jeri Kerluke teaching us how to do some beginner felting. Felting is an amazing technique that once mastered you can not only use to make cute little figurines, but beautiful purses, scarves, shawls... the possibilities are endless. It all starts with a little bit of wool and your imagination.

We feel it's important to warn you that unleashing your inner artist can become an addictive habit and learning new techniques can start you onto a lifelong path of creating. We also feel that there is no better group to join on that creative journey than The Bragg Creek Artisans. We are local, we are friendly and we are your neighbors.



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Dec 1 • Jan 5 • Feb 2 • Mar 2 • Apr 6

Snacks and refreshments will be provided with each evening wrapping up with a short life talk



Contact Timothy Harder for more info:

403.477.1166

tim.braggcreekcommunitychurch@gmail.com

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FEBRUARY IS HEART MONTH

Even though February is Heart Month, the physicians and staff at Care in the Creek Medical Centre would like to inform you of another very important issue that everyone should know about – RADON.

Radon is an odorless naturally occurring gas resulting from the breakdown of uranium and emitted from the ground into your household. Alberta is one of the provinces with the highest levels of this harmful agent. And did you know that radon is the second leading cause of lung cancer?

There are inexpensive kits available for purchase from the Radiation Safety Institute of Canada to test if your home is at risk. There are also many resources available for more information.

Come and talk with your physician at Care in the Creek in Bragg Creek about this important issue. If you do not have a family physician call today to book your meet and greet appointment.

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Due to the significant change as a Chamber board, we have taken some time to re-look at our vision, mission, and values as a chamber. Our first strategy session was held on the 22nd of January, and was facilitated by Justin Salamilo of Alberta Culture & Tourism. We are looking forward to another session Feb 5th.

We are excited at how well the new board of directors are working together in a cohesive manner. To hear firsthand what we have been up to please join us on the 21st of February at the Countrywood for 7:00 pm and afterward for some refreshments.

Chamber members will be electing the executive from the already elected board.

Candidates for President – Lowell Harder or Neil MacLaine

Vice President will be filled by whomever does not become President

Secretary – Kathleen LaPlante

Treasurer – Gord McDonald



Our business community faces a number of challenges:

Legislative changes to employment standards, increased governmental regulation, environmental threats of natural disaster, negative population growth (yes – our community is shrinking in population), to name but a few. But there are also opportunities.

We look forward to the business community continuing to work together to discover and capitalize on these new opportunities. We also trust that the local residents will continue to support our service businesses, stores, and restaurants during these leaner times.

Looking to the future, we look forward to strengthening all of our relationships that are so critical to the fabric of our community as we work toward economic growth and sustainability.

Respectfully submitted,
Suzanne Jackett
President

Bragg Creek & Area Chamber of Commerce
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Bragg Creek Community Centre
February Events

Friday, 2nd Youth Activity Night (FREE)
Monday, 12th Lego Club (FREE)
Friday, 9th Family Valentines Party & Movie
Thursday, 15th Women's Group
Friday, 23rd Soup & Pie (Ladies Auxiliary)
Monday, 26th S.T.E.A.M Club (FREE)

FAMILY VALENTINE'S PARTY!
Feb. 9th | 5-9pm | BCCA Members \$5/family
Non-Members: \$20.00/family

CRAFTS, COOKIE DECORATIONING, BOUNCY HOUSE, AND MOVIE!!

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David Jacobs

In earlier times, ranchers and storekeepers in Bragg Creek and surrounding areas relied on trade with the First Nation peoples, particularly with the Stoney Nakoda and Tsuut'ina because of proximity. Although David (Dave) Jacobs came from Six Nations, he was a familiar and notable figure in our history who provided goods and services to the community starting in 1931.

Dave Jacobs was born in 1914 at Ohsweken, near Brampton, Ontario. He was the second youngest of ten children and a member of the Cayuga Nation, one of the six tribes that make the The Haudenosaunee Confederacy (Iroquois) or "people of the longhouse". The confederacy dates back to the early 1100's and was founded by Peacemaker, with the help of Hiawatha. It unites the nations by peaceful means of decision making and history credits the Haudenosaunee to have influenced the model for the American Confederation.

Dave's family name was Gayasota (Jacobs is the anglicized version) and he was required to attend a residential

school away from traditional "tribal influences". When he entered school, he spoke six different tongues of the Six Nation languages; only one when he left. At 15 years old, he decided to leave and observed the air was no longer clear, the waters were becoming dirty. He needed more space and rode the rails west. After working and visiting many reserves in Alberta, he found the Tsuut'ina were most friendly and hospitable. There was good hunting and fishing on the west end of their land and he transferred his rights.

The storekeepers in Bragg Creek, as many others, were struggling through the tough times of the depression and Dave conducted amiable trading with his neighbours. His activities were largely centred around timber operations and he cut power poles for Calgary Power, wood for Elbow Oil, car stakes for the railroad and thousands of rails for ranchers and farmers. He also built numerous

fences, hay sheds, barns, and log cabins in the area. Dave (and sons) was the "go to" man for almost any job and some of his structures still stand.

But it is not only his contribution to the development of Bragg Creek that made Dave notable. He had great physical strength and was a well-known wrestler, working for promoters such as Stu Hart. As a light heavyweight, he travelled Western Canada and into the US. During the Depression, he wrestled in Montana at carnivals where anyone from the audience could challenge him. If the challenger won, Dave got \$5, if Dave won, he got \$2. (Sadly, this mirrors the story of runner Deerfoot's (Api-kai-ees) professional racing experience.) He averaged seven matches per day, and won most of them. Dave became known in our area as one of the strongest men in the woods. "Stand back, and let me lift it," was his characteristic response, when others tried and failed.



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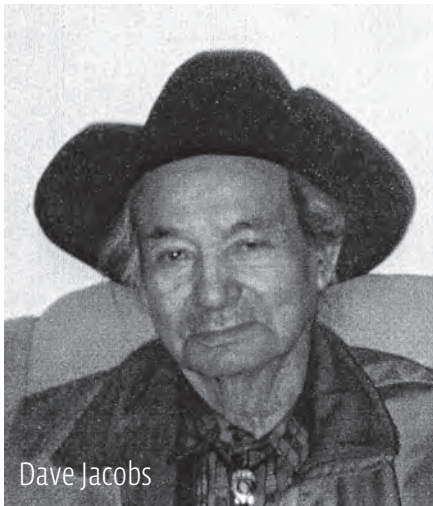
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Dave Jacobs

was 80 when he died in April 1994 and may have had one regret. The Iroquois have a matrilineal kinship system, with descent and inheritance passing through the maternal line. David's mother was a clan mother, a position that provides a role model to the members, selects the chief and is entitled to be "the keeper of the beads". The beads represent a story or event in tribal affairs since the beginning of time and he travelled with his mother as she taught the legends of the tribal elders. He was committed to publishing these stories, yet passed suddenly before this accomplishment.

In Barbara Teghtmeyer's words, "likely because the Great Maker was in urgent need of some heavy lifting."

Sources:

Teghtmeyer, Barbara, High Country News, February 1991, May 1994; Brennan, Brian, Calgary Herald, April 28, 1994; Jacobs, Virgil 2018; www.haudenosauneeconfederacy.com; www.calgaryherald.com/news/Deerfoot+Revenge; www.thecanadianencyclopedia.ca/en/article/iroquois/

Dave lived in Bragg Creek up until the 1960's in what was known as "the old store", that stood across the road from the Round Hall. He then moved into a house just east of the Redwood Meadows Rodeo Grounds. True to his given name, Husqwisauko (gone after animals), Dave lived in harmony with nature, and applied natural native medicines and doctrines. He fostered the spiritual philosophy of thanking the Great Maker for what has been provided. Dave raised 16 children, 12 of his own plus four who were adopted. His first wife Elsie Bull (Tsuut'ina) died in 1974 and second Margaret Catface (Blackfoot) in 1983. He



Jack Fullerton home David Jacobs Built

The Little Schoolhouse News



The students at The Little Schoolhouse continue to inspire and amaze us with their creativity, innovation and curiosity about the world around them. The children are playing and learning with intentionality and purpose. They are also building true friendships with

classmates which is absolutely heart-warming to observe. Such an exciting time in these young lives!

We have spent time exploring snow, experimenting with melting and freezing, and creating art based on winter literature. Letter and numeral recognition has become a focal point for the preschool classes. Through engaging hands-on projects, we are identifying letters in our names and understanding the importance of literacy in our world. Counting and patterning with shapes and objects helps us build early numeracy skills throughout the days at school. Our kindergarten students are journaling, rhyming and creating stories with print and illustrations.

Registration for the 2018-19 school year started on January 16th at our Registration Night, and is now ongoing. Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 9-11:45am and afternoons from 12:30-3:15pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher

Pioneering Equestrian

Local horse trainer Jill Barron recently etched her mark in the equestrian sport of Working Equitation with her 12-year-old Quarter Horse mare 'Steveo' - winning at the Haras Cup, one of the most prestigious competitions in North America.

"It was amazing and absolutely incredible to win the event! It was tough... tough for a horse who hadn't ever seen a full course," states Barron proudly from her Turner Valley training facility.

Working equitation made its global debut in 1996 with the first European Championships hosted in Italy with competitors from Portugal, Spain, Italy and France. Today, sixteen countries are represented under the World Association of Working Equitation (WAWE).

The four-phase sport encapsulates the European style of working cattle:

Dressage: maneuvers to demonstrate the classical equitation and discipline of horse and rider.

Ease of Handling: competitors accurately navigate obstacles.

Speed - obstacle work done at speed.

Cattle work: for International advanced levels. Teams work a group of cattle to separate and pen a single member.

Throughout each phase, judges watch for balance, harmony and horsemanship.

Introduced to the sport in spring 2015 by client Jacquie McArthur, Barron got her first-hand glimpse into working equitation competing McArthur's Australian Stock Horse in Katy, Texas. In the pair's inaugural competition, Barron narrowly missed the win. "The coolest part is that the horse that I rode and myself had never done obstacles before," recounts Barron.

"I was kind of hooked right away," she beams, "It was an easy fit. I came home and started teaching it right away. It was how I ride and train already," explains this committed coach, clinician, competitor and trainer who owns and operates the Barron Barn in Turner Valley, AB with husband Ryan.

"There is a lot to it... I like the details of it. A horse needs to be held to higher expectations. It pushes you to get the best out of your horse."

In early 2017, through a connection from a judges' seminar, Barron was offered an opportunity to compete for owner Robin Bond in the Fiesta of the Spanish Horse in Burbank, CA., resulting in a Reserve Championship in the Advanced division.

It was on the heels of those successes that Barron and two clients journeyed to the Haras Cup in Magnolia, TX this past October. Barron, piloting 'Steveo' in her working equitation debut, clinched the Intermediate 'A' Open division. Her clients were equally successful. Jacquie McArthur won the Novice Amateur division and Shannon Jaycock captured third.

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Banded Peak School Kindergarten Program



Kindergarten students at Banded Peak are provided an exciting, enriching, and nurturing learning experience to begin their formal schooling. Talented, qualified teachers, spacious, well-equipped classrooms, a strong focus on literacy, numeracy and citizenship, access to a rich school library, daily physical education in our gymnasium, music, buddy programs, opportunities for parent involvement, and access to on-site before and after school childcare are but a few of the wonderful aspects of kindergarten at Banded Peak.

We are now accepting registration for the 2018/19 school year. Banded Peak is located 1.5KM south of the Hamlet of Bragg Creek on Highway 22.

Please contact Banded Peak School at 403.949.2292 for further information.

“It was incredible. It was the affirmation that we could compete on a big stage. The best in the nation were there,” says Barron, at a loss for words.

‘Steveo’, often seen in the roping pen as a heading and breakaway-roping horse, rose to the challenge. “She did really well... This is what the sport portrays. If your horse is broke, you can do anything with them. It just promotes that level of training.”

The ease of handling was initially concerning for the duo. “The course was so tight, the obstacles so hard – so when she won it that was a pretty big moment.”

Success at the Haras Cup has added momentum to Barron’s coaching and training program. “I just think it adds accreditation to the program here in general. Just that we are doing the right things. For me as a trainer – I love competition. To go toe to toe with the big trainers – all those horses have shown for years - to be in the winner’s circle with them was... a proud moment.”

“It’s good affirmation. I can do this. My students can do this. Showing at the highest venue we can. I think that it was good for my students to see – it makes the goals more attainable for my riders.”

Barron’s initiatives stretch beyond the arena; from grass roots through International levels of competition. Barron has been actively involved for the past two years as one of ten directors on the Working Equitation Canada (WECAN) board and is an International Director for the Confederation for Working Equitation USA board.

This past spring, Barron became Canada’s first licensed working equitation judge – receiving her ‘r’ judging accreditation from the Confederation for Working Equitation. Credentials which allow her to judge B rated competitions from children’s through intermediate levels, unlocking future growth opportunities.

“I never thought I’d ever be able to say that I was the first of anything.” She quips. Barron’s enthusiastic leadership is fostering interest and growth in the sport. “I love it. I wanted to be on the nose of something new. I like being a pioneer. I think it’s great – it has a new energy.”

by Cyndi Rowat



CHECKMARKK.CA



Greetings Division One

I hope everyone has had their fill of the deep freeze? At least we all recently experienced what it’s like to be a popsicle, and optimistically, I hope we’ve tasted the last of it. Who am I kidding? It’s only February. July is still a few months away.

Despite the fact that we tend to move slower during cold times, things at Rocky View County (RVC) are heating up. As many of you are aware, there’s lots of conversation around the Resorts of the Canadian Rockies (RCR) proposal to develop a four-season resort on Wintergreen. Well, at this reading, there would now be a decision in place regarding the latest development at RCR: is the resort happening or not, or are we still in the early stages of defining what the resort will look like, or are we back to the drawing table? Please feel free to connect with me and I can fill you in on the details as I receive them. As your councillor, I will find answers or solutions for you to the best of my ability while working together with my fellow councillors and administration.

For those of you who know me or are getting to know me, and remember my platform, I certainly, as I always will, strive for a community that’s based on ‘sensible’ growth. We cannot afford to lose our grip on our collective vision: one where we are not burdened by growth but are enhanced by it – making our community even more desirable. I truly appreciate the folks who have given me their trust and respect, whether we’re on the same page or not, to help me do the best job I can for Division one. I thank you.

Onto other hot topics: our flood mitigation, SR1 and Emergency Egress Road. I have no new updates other than to inform

you that talks are continuing with some locally affected residents, our neighbours in Redwood Meadows/Tsuut’ina and Rocky View Administration with regards to the latest state of berm construction for the hamlet. As for the SR1 proposal, talks continue between GoA, affected land owners, developers, user groups and environmental agencies. Let’s hope things get settled before the unthinkable.

The egress situation is key to anything that happens in our area. We are held hostage in terms of sensible growth until we resolve our safety concerns for our community. Again, having had a chat with our RVC Fire Chief, there’s good news in the wind according to him. Stay tuned.

As we move into the new year, we will have to continue to help each other as RVC ratepayers and as neighbours. Division One is all but one part of RVC. I’m enjoying the spirit of the newly elected Council. We are all working hard and learning fast while trying our best to make good on promises made during our campaigns. Your patience is welcomed.

On another note, our economy continues to struggle but there’s always a light at the end of the tunnel. To help each other in the meantime, just give some of these options a try: shop local as much as possible and support our local businesses, artisans and other establishments, volunteer for a local event, join a community board, and finally, introduce yourself to an unfamiliar local and get to know them.

Above all hug your family and give thanks for what you have. See you around.

Cheers, Mark

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Babysitter/Nanny to start work immediately. Pay negotiable, I will be needing his/her services for 3 days per week 4 hours per day suitable Between Monday, Wednesday and Friday for my 3 year old son. Email danaestpowell@gmail.com.

Wanted: daily dog sitter while at work, or overnight while away. We have two puppies, born Nov 27, up to date vaccinations. Looking for a local to watch our puppies when we can't. Usually during business hours during the week or overnight when away on holiday. If interested please contact me at 403-949-4336 or 403-869-4336

Highly social, 18 yr old sports fan with autism is looking for someone to support him in and around Bragg Creek after school & on weekends. \$19.58/hr. Ideal candidates are young men 18 years and over who also have a passion for sports & physical activity. Various shifts and activities are available, for example we are currently looking for someone to do some fitness with him. For more information please contact Heather at 403-949-8466.

Mature, Responsible 17 year old babysitter available. I love kids and have completed the Canada Safety Council Babysitters Certificate Program. I am available evenings and weekends, and can drive to/from you for cost of fuel. References available. Please text 403-618-7744 or call 403-949-7741 Private In-Home Tutoring

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Public Engagement on Secondary Dwelling Units, March 2018:

This topic has long been of interest to many of us. We want to explore how our residents feel about allowing secondary dwelling units and use that feedback to develop a strategy to move forward. Secondary dwelling units can take a few forms: within the interior space of the principal dwelling (AKA "Secondary Suites"), as a detached unit located on the same property, or within an accessory building (ex. above a garage). Some benefits: helps us to age in place, provides supplemental income, allows family members to live near each other, increases property value, allows downsizing of living space without moving, provides a way to increase affordable housing without subsidies, is a potential way for low impact densifying of population without subdivision and can be an efficient use of existing infrastructure. On the flipside, there are challenges to consider and

therefore this may not be appropriate for all areas: meeting building and fire safety codes, having adequate water and wastewater servicing additional to the primary dwelling use, fear of change of character in an area, lack of parking space in hamlet settings, increased traffic, increased number of buildings per lot, additional people and animals, etc. Thank you to Coreena Carr and all planning staff working to prepare for our public engagement. I look forward to hearing from you at a session that will be held in Priddis. More details soon.

Snow Plowing Explained:

My summary of snow-removal policy with thanks to Mike Gallant: When a mid-size snow event of 10 cm or more occurs, the MD's fleet of 21 pieces of equipment (9 plow trucks, 10 graders and 2 skid steers) will take a minimum of 72 hours to clear all roads (approximately 4,400 lane kilometers). Smaller equipment is engaged if less snowfall. In significant snow events, staff is instructed to make a pass in and out on all their dedicated roads to ensure all residents receive the same level of service and to accommodate emergency vehicles if required. The larger highway trucks look after all the major roads that have higher traffic volumes and speed limits, which take priority over internal subdivision roads due to higher risk. Snow plowing on private driveways is the landowner's responsibility. Landowners must NOT plow their snow across or onto a municipal road or ditch, as this creates a hazard. The MD does not maintain Provincial Highways, which are the responsibility of Alberta Transportation's maintenance contractors. De-icing salt and sand-chip materials are applied to intersections, curves, hills and any other portions

of roadways that require treatment to improve safety. MD staff will respond to localized emergency situations after regular hours, specifically limited to: Life or property in imminent danger, icy conditions on main roadways or intersections, infrastructure at risk due to washout or slide, or the environment at risk due to contaminant spills. Please use caution when approaching road maintenance equipment as the operator's visibility is restricted. Contact the MD at 403-652-2341 to report a road that requires plowing. For after-hours emergencies, call: 1-888-808-3722.

Burn Permit Policy under Review:

Our Burn Permit policy is currently under review due to the effects of a recent large-scale burn of green brush piles west of Priddis, which started on Dec. 29, 2017. I was able to understand the impacts to others because I experienced an intolerable level of smoke and fumes filling my own house and had to shut off my furnace at -35 C due to choking, burning eyes, being nauseated and worse conditions outside. I called in to our 911 dispatch to find out if there was a fire next to my house and turns out it was the continuing effects from smoldering burn piles held down on lower-lying areas by an inversion. Everything in and outside of my house smelled of smoke and I had a headache over many days. Residents even more greatly impacted in the area near the burn and in the surrounding area over many miles have contacted me about the fire, smoke, health and safety concerns related to the large burn in such cold temperatures, during an inversion and which lasted over 20 days for some. The Burn Permit was temporarily revoked and reissued



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when weather conditions appeared to have changed, with a limit imposed of 5 burn piles at a time. However, the inversion continued and then it was requested that the fires be extinguished, although piles continued to smolder for days, prolonging the effects. No one is disputing the right to burn brush and the landowners' explanation that they were doing "Fire-smart" work, but there is need to evaluate a few things that may be improved upon since we now have this learning experience. I have asked for Council's consideration and requested our staff input to review this situation and guide us in evaluating our next steps. Affected residents were invited to write letters to our Council in an effort to convey their concerns and suggestions. Some also attended Council on January 10, 2018. I hope that we will now take action around these main points regarding Burn Permits: the weather conditions of "Cold" and "Inversion", related health and safety concerns for our residents and fire responders, effects of the scale of burn (# of piles), seasoning of wood, threshold temperature affecting ability for response by our Fire Department, how permission is given and monitoring done for large-scale burns, better communication with neighbours by landowners doing large-scale burns, changes to our Burn Permit, website info and related procedures with our Fire Department and Foothills 911, etc. Our Rural Fire Board is reviewing this situation to make recommendations that will come back to Council.

For Other News & Updates:

Visit my website: suzanneoel.com
 Facebook: [CouncillorSuzanneOel](https://www.facebook.com/CouncillorSuzanneOel)

With Best Regards, Suzanne



Dreaming of THE ISLANDS?


On a cold February day, ten years ago, we sat in our kitchen at Bragg Creek—looking out at the snow, thinking how long the winter would still be, what oil prices would be next year, whether interest rates would rise or fall—and we were tired and wanted a change. At a point, our minds drifted with the snow and dreamt of the islands. No—not the Caribbean or Hawaii—but British Columbia's own Southern Gulf Islands—midway between Vancouver and Victoria. In February out that way, the daffodils were already up. There was no snow to shovel, but life there was safe, clean, neighbourly—dramatic and picturesque, as it had been in our much-loved Bragg Creek for the decades we had lived and worked and raised a family.

We needed a change—but also needed to still earn a living. A search on the internet brought up: "small well-run family-run resort just steps from the National Seashore—a profitable and turn-key operation." It was on Mayne Island, very close to its better-known neighbours Salt Spring and Pender Islands. We went out, saw it and bought it—from fellow Albertans who had been building up and improving the business over the previous decade and were also ready to try other things. Another decade has now passed. The business has proven to be all it was purported to be—a busy lucrative little business that has allowed us to both work and enjoy West Coast life whilst increasing the business revenues. We are now ready to turn over the helm to the next generation looking for a similar change.

Blue Vista Resort is open year-round with a loyal following of customers built up over its nearly five decades in business. With 9 housekeeping cottages, one originally the managers' quarter added to the rental pool when we bought a home separate from the resort along with several outbuildings, it is truly a turn-key, well-run and profitable operation—most suitable for a two-person team, family owner-operator or a similar management structure.

We are offering this as a private sale at \$1.15 million, and encourage you to visit our website for more details on its layout and operation: www.bluevistaresort.com. **Carmen and Andrew Pearson**

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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary. One of the joys of living in paradise is the chance to have horses, but that can bring problems. Okotoks RCMP say that they need help to track down a unique saddle and several bridles stolen from a local ranch in late December. Some person or persons stole a Don Rich Custom saddle, deep red in colour, with Keith Wilson custom stainless steel covered oak stirrups along with several Don Rich Customs and Jim Townshend model bridles. For further information and a photograph of one of the saddles, locate to our Facebook page by Googling "Facebook High Country Rural Crime." If you have any information regarding that incident, please phone Okotoks RCMP at 403-995-6400 or Crime Stoppers at 1-800-222-TIPS (8477).

It reminds us of a similar incident that happened at the Innisfail Auction Mart last June with a happier ending, when the RCMP recovered approximately \$19,000 in saddles stolen from a ranch near Okotoks. The owner was obviously happy to have them back. The police arrested a male and female suspect, both from Calgary and on methamphetamine.

It is hard to think about trouble intruding into our "God's Little Acre," but it sometimes happens. Are you prepared for a disaster that could come at any time? What if your home was threatened by a forest fire? Or what would you do if intruders broke into your home while you were asleep in bed? Where would you go? What would you take with you? Do you have an escape plan in case of an emergency? One thing you can do now is to have an emergency pack of what you would

want to have easily accessible if you had to abandon your home within minutes, as so often happens with wildfires. It is sort of like having fire insurance: you do not want or plan to use it, but if disaster hits, you are glad to have it. Each person will have different essential needs, but a starting point would be the following list of things to take. We welcome your suggestions for improving this list.

Things you will need to have in an emergency:

1. Water. You will need at least two litres of water per person per day. Include some small bottles that you can carry easily in case of an evacuation order.
2. Food to last a few days and that will not spoil. For example: canned food, dried food, energy bars. Don't forget food for your pets.
3. A manual can opener.
4. A flashlight with fresh batteries renewed once a year.
5. A first-aid kit.
6. Some cash in small easy-to-change bills and some change for pay phones.
7. Your credit cards.
8. Identification (to help you use the credit cards) and other important papers (legal documents, insurance and

Cindy Wilson
Chartered Accountant

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property documentation, passports, and anything else you might need but that cannot easily be reproduced if lost or destroyed).

9. A copy of your emergency plan and contact information.

10. Extra keys to your car and house.

11. If applicable, prescription medication, infant formula, equipment for people with disabilities, medication for your pets.

12. Personal items (clothing, toiletries, etc.) to tide you over for a few weeks.

13. Computers, cell phones, and cables.

14. Mementos (family photos, etc.).

Two other general pieces of advice:

- Have your car ready for travel with a full or almost full tank of gas, to get far away from the danger. When a catastrophe affects an area, gas stations run out of gas as everyone panics.

- Plan where you will go if a disaster strikes. That includes knowing how to get there by alternate routes should your main route of escape be impassable.

This subject is so important we will be returning to it in a future column.

If you are not already a member of the High Country Rural Crime Watch Association, it is easy to join and gives you some extra protection against crime and other disasters. Thanks to the work of a few volunteers and a grant from Legacy Oil, **membership is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area.**

The information we publish regularly in this High Country News column is but a small fraction of the news circulated more frequently to our membership about crime in this area. To join, phone me at 403.931.2407, follow our Facebook page, or visit our web site www.hrcwa.ca for: tips, resources, and emergency phone numbers.

So that's the news from the High Country, where all the residents are law-abiding, and all the children are perfect.

John Robin ('J.R.') Allen

Membership Coordinator, H.C.R.C.W.A.



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HAPPY VALENTINE'S DAY!

What is happening in Priddis? Visit the new website for the Priddis Community Association at: www.priddisalberta.com. Here you will find information about activities and events at the Priddis Hall, membership forms, PayPal payment system, Priddis Pre-School, skating rink and Priddis Panthers Hockey League, community events, local businesses and how to make those social media connections. Check out the monthly calendar of events and mark off your social calendar!

PCA Board for 2018:

Officer/Director Position

Ed Osborne	President
Frank Brooks	Vice-President
Erling Nielsen	Treasurer
Laurie Sedgwick	Secretary
Brian Erhardt	Grants/Property & Maintenance
Lori Paladeau	Hall Rentals
Gael Dinnie	Memberships/Priddis Tennis
Kate Berkan	Priddis Early Learning Program
Joey Duzlemic	Priddis Panthers
Sue Warren	Publications
Lindsay Flynn	Young Families/ Multi-Purpose Building
Dave Urquhart	Website/Director at Large

Welcome new Board Members! Some opportunities on the Board are still available. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

Jane Morgan has stepped down as Social Media Director. The Board would like to thank Jane for her many contributions over the past two years. Jane will continue to volunteer when she can.

The next **Men's Breakfast** is Saturday, February 10th. Join your neighbours and friends at the Priddis Hall from 8:30 – 11:00am for fellowship and a hearty breakfast. The cost is \$6.00/person

Parent & Tot Coffee Morning: The next dates are Wednesday, February 21st, and March 21st to meet at 9:30 at Jane's Café in the Priddis Mall. If you are new to our

community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, priddisalberta.com. Contact Lindsay Flynn at 403-813-3263 for more information.

2018 Casino: This is the year for our next casino. Exact dates are not known at this time, but will be in August or September. Approximately 40 volunteer positions need to be filled for the two days. This event is our main fundraiser, and receiving the casino funds is crucial to the running of the Priddis Community Association. If you are interested in co-ordinating this event, please contact Ed Osborne at 403-931-2923.

Canada Post Parcel Pick-up in Priddis: Priddis parcel pick-up was initiated in November 2017 at Priddis Business Connection, Suite #6, in the Priddis Plaza. Anyone previously going to Silverado will be directed to Priddis. Stamps, prepaid envelopes and flat rate shipping boxes can be purchased. Contact connect@priddisbci.com or 403-931-7191 for more info.

Priddis Early Learning Program (PELP): 2018/2019 community preschool registration is now open for returning students and siblings of current and former PELP students. A registration and information night will be held in the spring (date TBD) for new families.

The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. Information about this program is available on the website at pelppreschool.wix.com/pelp, contact PELPPreschool@gmail.com with any inquiries about the program or to register. The new Director for 2018 is Kate Berkan. She can be reached at 403-808-3988, email: kj.berkan@icloud.com.

Priddis Panthers Hockey League is a non-contact, no slap shot league, with week night practices, and Saturday games only. The ice has been great again this year thanks to the all the hockey parent volunteers. It had been a challenge with warmer temperatures, but they don't give up easily.

Adult drop in hockey is every Tuesday at 8:30pm (providing there is ice at the rink). No equipment is required but helmets are mandatory. No fee to play, just need to have a Priddis Community Association Membership. Public skating is open to community members except for these practise times:

Monday Panthers practice 6:00-8:30
 Tuesdays Panthers practice 6:00-7:15
 Wed/Thurs Panthers practice 6:00-8:30
 For more information, contact Joey Duzlemic at priddishockey@gmail.com or 403-891-4766.

1st Priddis Scouts and Cubs meet at the Hall on Wednesdays at 6:30pm. To join or for more information contact Stan or Raelene Prokopishin at 403-201-0438.

Priddis Library: Note the new winter hours at the Priddis Library in the old-school house are on Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books and a play area. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

Booking the Hall: To view or book the Hall, call our new Hall Rental Director, Lori Paladeau at 403-975-8487. Thanks again to Irene Smith for her many years of service taking care of hall rentals. Check the website for availability and updates. Thank you for supporting local businesses.

PCA Membership: If you haven't already done so, renew your **PCA Membership** for the 2017 – 2018 season on the new website, priddisalberta.com. Payment is easy using PayPal, or a cheque can be mailed in or dropped off at the Priddis Store with the completed membership forms. Use PayPal for memberships or donations to the Multi-Purpose Building Fund. Everyone needs to have a Priddis Community Membership when participating in programs at the Hall and using PCA facilities. Thanks in advance.

Staying Connected: Did you know that along with The Priddis Community Association's webpage we have a few local Facebook pages to keep the community connected? These are great resources for seeing what is going on in the community, asking questions, finding out about local businesses and so much more. Be sure to check out the following Facebook groups:

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.PriddisCommunityAssociation

The Priddis Post is published twice yearly – Spring and Fall. Want to place an ad in the next issue? Please contact Sue Warren for rates and timelines at sue.warren@telus.net

CORES & EFFECT PILATES

Pilates and the Equestrian

It has been a delight over the past few years to become reacquainted with my formative equestrian beginnings through teaching Pilates to dedicated riders, a select group of clients who are committed to enhancing their physical capacities, overcoming injuries and improving their performance with their horses. Pilates clearly benefits both rider and horse.

To ride well requires balance, strength, flexibility, alignment and attunement. The essence of the Pilates method teaches access to, and functional command of, the deep muscles of the abdomen and back, which in turn provides core support for posture and efficient balance. Some of the exercises directly strengthen the muscles of the 'core', while others challenge the ability of these muscles to maintain alignment during movement of the legs or arms.

These approaches are both valuable to riding. The rider is able to develop sufficient muscle connection and strength to stay in good posture and balance on the horse, while the use of an arm or leg aid does not disrupt this balance.

Maintaining good posture on a moving horse requires activity of the deep muscles of the abdomen (transversus abdominals and internal and external obliques) and the deep, intricate, multifid muscles of the back. The correct functioning of these muscle groups allows preservation of correct alignment of the spine. This then allows the rider to stay in self-carriage, balanced over the middle of the horse, and moving fluidly with the horse.



Suppleness of the shoulders and minimal gripping with the legs is then possible.

Balancing one's body on a moving horse, sometimes with unpredictable trajectories, is the primary demand of the equestrian. Balance is most efficiently accomplished when the rider is in good posture, with the bones of the spine in correct alignment. If the spine is not held in good alignment, other muscles must compensate, resulting in unnecessary tension (usually in muscles of the shoulder girdle and/or the hip joint)

which will then develop into patterns of dysfunctional and even painful movement.

Many Pilate's exercises also work on developing balance in the muscles of the shoulder and hip joints to promote maximal range of motion. For example, many of us are tight in the muscles that pull the shoulder forward. This can lead to a rounded upper back and poor posture. Texting and sitting all day does not help the situation either!

Pilates exercises for the shoulder help strengthen the muscles that pull the shoulder back, and stretch the tight muscles in front of the shoulder. Similarly, some riders struggle with tension in the hip flexor muscles (muscles that pull the knee up in the saddle). This contributes to an arched posture. Pilates exercises not only help strengthen the core to support correct posture, but can also balance the muscles of the hip joint so that the hip flexor muscles do not dominate.

Sound principles of movement and balance that are so important for riding are taught in some of the simplest exercises of the Pilates system. Do not underestimate the benefits of these simple (but not easy!) exercises that support the deep postural muscles of the trunk, foster awareness of neutral alignment, and promote suppleness at the shoulder and hip joints.

To make improvements in our riding skills we need to notice the mistakes we are making to correct them. Noticing and remembering correct movements helps us replicate them. This acuity of Awareness is reliably developed with the Pilates method.

It is a commonly accepted notion that horse and rider mirror one another. How a rider moves off the horse is how they move on the horse. Increasing your capacity for optimal biomechanical function and internal body awareness of how you move while riding, intentional or not, dramatically improves your riding skill.

Many riders have a natural ability to assess their horse's movements either by watching them move or feeling them move while they ride. The rider's ability to be aware of his/her body is a major determining factor in optimizing riding ability. When riders become more aware of their body on and off the horse they see a dramatic improvement in their riding.

Increasing core strength keeps the rider strong and supple, strengthens the back and thus reduces back pain. The rider's increased core strength encourages the horse to collect and use his hind end, avoids unnecessary movement in all parts of the body and prevents collapsing, twisting, bouncing, or bobbing in the rest of the body. It enhances stability and balance in the saddle, improves communication with the horse, and strengthens the seat making it more effective and independent.

If you are interested in discussing how Pilates may help you and your riding or would like more information on the Pilates for Equestrians workshop this year. email : Info@coresandeffectpilates.ca

Visit www.coresandeffectpilates.ca for testimonials from equestrian clients.

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A Look Back & Look Ahead: Acreage Activity

It was interesting to analyze and review the actual recorded sales activity levels for 2017 in the two MD's so I could get a true understanding of sales across various categories and price ranges. We all need to be discerning when reading projections about real estate trends in the news as there is a tendency for some reporters to lump real estate statistics such as percentage historical results and predicted price gains across all real estate and one doesn't get a true sense of differing actual numbers for various sectors of the marketplace. This can affect people's attitudes and sometimes leads to unfounded pricing expectations and trends among sellers and the public.

MD Foothills Activity:

During all of 2017 there was only 1 sale in the \$1.8M to \$5M range in all of Foothills for the smaller size land parcels 2 to 20 acres! There were 2 others but they were very large land parcels (160 & 320 acres) that the homes were on. This verifies the challenge in the higher price sector that still exists for luxury style acreages, particularly in areas of Foothills.

There were only 4 sales in the \$1.5M to \$1.8M and once again 2 of these were larger land parcels (40 acre range) with 2 sales for smaller sized acreages. 14 sales in the \$1.2M to \$1.5M range and 22 sales in the \$1M to \$1.2M range. So clearly if you were in the \$1.5M and above price category it was a slow year again for product sales. With the new tougher mortgage rules now in place I suspect it may likely be another challenging year for some high priced product. But we need to be hopeful that a seemingly improving business environment in Alberta could change some of that.

Of note is that there were 72 sales in the \$750K to \$1M range so that was encouraging to some extent regarding overall sales. If you acreage is slightly over \$1M, being just under \$1M improves selling chances.

MD Rockyview Activity:

Looking at the MD Rockyview reflected a different picture, which is usually the case. There are many more executive style smaller acreages and very 'high end' homes. In many areas of Rockyview there is more acreage development that is more of a 'very large city lot' type environment.

Throughout 2017 there were 22 sales in the \$1.8M to 5M range in Rockyview! Quite a different picture from Foothills! There were 30 sales in the \$1.5M to \$1.8M, a whopping 44 sales in the \$1.2 - \$1.5M and 42 sales in the \$1M to \$1.2 M. Under \$1M there were well over 130 sales.

So a total of 278 acreage sales in the Rockyview county and a total of 156 throughout the Foothills. As I said, there are many more acreages throughout Rockyview including Springbank, Bears paw with their numerous 2 acre developments etc. so hard to compare to Foothills. I would say that in total across both MD's it is encouraging to see a substantial total of acreage sales overall indicating an improving or at least a fairly active environment it seems.

Looking Forward:

One of the key factors that will affect some purchasers in 2018 is the higher standards for stress tests on uninsured mortgages, affecting buyers with more than 20 per cent down.


The incoming Office of the Superintendent of Financial Institutions (OSFI) mortgage financing stress test took effect on January 1, 2018. It targets existing and prospective homeowners applying for a mortgage, requiring them to meet stricter criteria when seeking new financing. Even if one puts in more than 20% one still has to qualify for the posted rate +2% for a mortgage.

Royal LePage and other industry groups weighing in on this say that could impact sales confidence in the early part of the year as consumers adjust. There are people that potentially could have qualified for a higher purchase price before this stress test, before these new OSFI rules, that now will find that they qualify for a lower purchase price.

There is industry optimism that sales will pick up later in 2018, driven by Alberta's recovering economy, especially in the energy sector. Royal LePage is calling for the aggregate price of homes in Calgary to rise about 2.3% in 2018 to just over \$494,000, with single family homes under the \$500,000 mark seeing the biggest bump.

Bear in mind this prediction is for city properties. It is yet to be seen if that sort of percentage increase will be realized for country properties as acreage price movement does not necessarily correlate with city trends. Whether in the city or country, once you get into the high price brackets trends vary given the wide range of pricing and sometimes complex acreage environment. Also for high priced acreages many of the buyers often have larger equity contributions and buying power for purchases and mortgage testing is not as critical to a purchase. My prediction is that pricing in the country will likely remain similar to 2017 as there are still large pools of inventory in most price brackets in the country.

Currently there are 68 acreage listings in the Foothills above \$1M and 207 in Rockyview above \$1M so plenty of



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inventory to absorb before sellers can get too demanding on pricing and expecting offers to match list price.

My advice to sellers is that when you get an offer 'work it' to a negotiated end even if you get a lower than desired opening offer as they are often hard to get in some price sectors with a limited buyer choice & somewhat shrinking country buyer pool.

A Few Signs That Our Alberta Environment Is Looking Up:

Oil Still Going Up:

As I write this, oil is closing in on \$65 per barrel, closing on Friday Jan 12 at \$64.45.

Oil has been on a high in the last quarter and is starting off 2018 with momentum.

Canada Oil Rig Count Up Last Week:

Winter is the busy season for drilling and last week there were 87 new rigs started in Canada. This is a 10 month high for drilling firms.

Both of these trends will hopefully lead to more jobs and greater stability and more positive attitude in the oil and gas sector.

On a more pessimistic note, however, Bill Morneau, Canada's Finance Minister, is predicting that the Canadian economy

will slow in 2018. With the NAFTA agreements negotiations and other export markets in limbo due to NAFTA, he expects reduced business investment and hiring in 2018.

No-one has a crystal ball, however, including yours truly, but as we move into 2018 let's choose to do so with thankfulness for the wonderful part of the world in which we live and to work hard to make this area even more prosperous, cared for and enjoyable for us all.

by Wayne Chaulk

We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong

Mondays at 9:30am and Wednesdays at 7pm

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness! More info, Darlene Abraham dhabraham@shaw.ca.

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Craft Day

Saturday, February 17 at 10am

Location: Midlands Link

Please join us for a day of fellowship and a potluck lunch while working on those uncompleted projects you would like to get finished. Door is open by 10am and we would love to have you come and share all or part of the day with us.

Playtime

Saturday, February 17 at 10:30am

Location: Lower Hall

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small bouncy castle and

some ride-on toys for the children available. Sandwiches will be served and you are welcome to bring a kid-friendly snack to share. It is a great way to have a laidback conversation while the kids burn off that extra energy! If you have any questions please call or text Judit Pothier at 403-998-6879.

Pub Night

Monday, February 26 at 7pm

Location: Hudson's Canada Pub in Shawnessy

Join us at the pub for a night of good people and good conversations. It's a chance to meet some other people, ask big questions, and explore our faith, life, & spirituality.

For more information about our programs and events please call the church office or check out our website.

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Sunday Worship: 10:30am



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church House. Our next meeting is February 13, 2018 at 7:30pm. Bring your favorite garden catalogue to inspire others. We get a good selection of bulbs, vegetable and flower seeds and potatoes to choose from. Spring is right around the corner! Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989

ANN & SANDY CROSS



CONSERVATION AREA

Your Friendly "Neighbourhood" Day Camp

What is a neighbour? Is it someone who lives beside you? Is it a friendly face in your community? The old English from which it is derived roughly translates to "near inhabitant".

Some neighbours we may know by sight or name; others might be so familiar that we even know every one of their extended family's names. Still others pass us everyday, knowing our scent and face better than our siblings, and yet many of these neighbours go unnoticed. I am speaking, of course, of the non-human neighbours among us.

Does not everyone share their community with a local bird or critter? For example, when I was in elementary school I was repeatedly followed home from school by a

magpie. On dark nights I frequently find myself listening to the squabbles and excited reports that the coyotes give about the day's happenings and I often question the location in which some of my smaller neighbours choose to build their hives and hills. It stands to reason that I have no idea what these neighbours are actually thinking or saying, but occasionally their feelings seem to be ones we share. How often have I sat basking in the morning sunshine with an insect companion while we both wait for the sun's warmth to launch us into our daily routine?

At the ASCCA Nature Safari Day Camps, we go out of our way to introduce our campers to their non-human neighbours and to teach them how we all work together to keep our community in great form. Whether it is a trip to the teaching pond to see who is living beneath the surface or a walk in the woods to discover whose footprints are hidden there, campers and leaders are always discovering new secrets about our neighbours. All these discoveries make us better neighbours at



home because who knew the storm ditch or local swimming hole held such life? Or that the footprint in our school yard was left by a coyote or deer?

But, the cultural exchange doesn't stop there. At snack and craft time, we also immerse the campers in their non-human neighbours' lives. Some past favourites include trying to eat



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a fruit salad with beetle mandibles or overcoming the powers of gravity with pinecone birds. Every game and activity is related to something found in nature.

If you have a child between the ages of 6 and 12 who would love to spend a week immersed in nature, then

this camp is for them. Camps run in July and August from 9am until 4pm Monday to Friday. Free pre and post care is offered 30 minutes before and after camp. Our goal is to spend as much time outside as possible, sending the campers back to their own communities with a little more

knowledge of the wild critters who frequent their neighbourhoods, whether in the country or the city. For more information on registration or camp activities please contact Laura at 403-931-2042 or email lgriffin@crossconservation.org.

Millarville-Stockland 4-H Beef Club News

We have been busy having fun for the last couple months. Starting with our first guest speaker Cameron Olson, who spoke to us on Feed, and appropriate rations and how to properly finish each animal. Christmas brought us another great Christmas party at laser tag and the giving and receiving of secret Santa gifts. In the Christmas spirit, we were also involved in the regional hamper packing, that benefited around 20 local families in need. We have been working with our animals and it sure shows, this years' bunch of steers are pretty evenly matched so far, as we saw in our rather chilly farm tour during the Christmas break. Keep up the good work Millarville-Stockland!

Club reporter: Clay Jardie



Cameron Olson and Tait Ackermann

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Mortgage Matters

By Candace Perko, Mortgage Broker

Difference Between Purchase, Transfer and Refinance Mortgages

Purchase mortgages, transfer/switch mortgages and refinance mortgages are all home loans, so what's the difference and why does it matter?

Mainly, the difference is in the purpose of the three mortgages:

- Purchase mortgages enable you to become a homeowner and create a "new" mortgage.
- Transfer/Switch mortgages allow you to "transfer" an existing mortgage for a property you already own to a new lender; without changing the terms of your original mortgage.

• Refinance mortgages "modify" an existing mortgage for a property you already own; allowing you to change the terms of your original mortgage, which you may want to do for a variety of reasons.

The difference between the three is important when we make the application for a mortgage; largely owing to the multiple changes the government has made in recent years with mortgage underwriting criteria. I won't go into all the ins & outs of those changes in this article; this is to address the interest rate difference between an "Insurable" mortgage (a new purchase or transfer may be insured) and "Un-Insurable" (a refinance may not be insured).

Purchases and Transfer/Switch - Insurable Mortgages

Insurable Mortgages include: acceptable credit score minimums, 3rd party verified income, the property being a new purchase or a transfer/switch, owner occupied, and


with a property value of less than \$1 million. The maximum amortization is 25 years. Mortgages are insured by one of 3 Default Insurance Companies available in Canada: CMHC, Genworth, or Canada Guaranty. Because insured mortgages are insurance against default (protection and less risk to lender), the borrowing rates are discounted from un-insurable mortgages.

Refinances - Un-Insurable Mortgages

These mortgages cannot be "Insured" (insurance as above to protect the lender); therefore the risk may be higher for the lender. Un-Insurable mortgages include all refinance applications (plus rental/investment property purchases, lower credit scores, non-3rd party verified income, and properties valued over \$1 million... but those are topics for a different day!). While the refinance interest rate is higher, there is positive aspects including having an amortization up to 30/35 years which reduces the monthly repayment

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First Sunday in Lent

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March 11th
9:15am
HOLY COMMUNION

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amount, flexibility with overall qualifying criteria, debt consolidation, or perhaps the real need to refinance due to life circumstances.

Generally, mortgage money to fund an un-insurable mortgages comes directly from the lender's funds, their own balance sheet. The lender doesn't need insurer approval to proceed with a file; however they may only have a maximum amount to lend per year and approvals come with a higher risk as delinquencies & defaults will be theirs to mitigate. Lenders may not discount their refinance interest rate.

It is important to note that down payment/equity doesn't restrict you from getting an insured mortgage (even if you don't necessarily need it when you have a down payment/equity of 20% or greater) for a new purchase or transfer. In certain situations (not all, but some – your broker should do the math), it makes sense to apply for an Insured Mortgage (lender or client paid premium) to



access the lowest interest rate available. Especially true today, now that the stress test (the higher qualification to ensure you can afford the mortgage if rates increase) is applicable either way when qualifying.

And as always, it is important to work with a trusted & knowledgeable mortgage broker to help you make a correct and cost-saving mortgage application!

Musical Ride Fund Raising Event

The Millarville Musical Ride is a non profit organization based at the Millarville Racetrack. A family dance is planned for Feb. 24 at the Millarville Racetrack community hall.

Tickets from 5\$ and up.

403.404.6199 for tickets



Millarville Horticultural Club has a landscaping grant available to non profit organizations in the MD of Foothills, west of the 5 meridian and north of highway 540. The maximum grant available is \$750. This could be used for hard landscaping, permanent plant materials and/or installation costs. If you are interested in applying for this program please contact Arlene Visser at vissera@hotmail.com or at 403-933-2885 or at Box 742, Black Diamond, ToL oHo. The deadline is March 31, 2018.

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Hello, Turner Valley!

Well the start of the New Year was fairly cold but finally the snap broke, and everyone was pretty happy as the sun came out and warmed up the Foothills. The birds came back and were chirping away in the trees and we could unplug our vehicles and get some fresh air. I have a friend from Lithuania (near Russia) and he said -40 was nothing compared to the cold he experienced back home. Not sure if that made me feel any better about the cold snap, but I guess you can get used to anything if you have to. Let's hope for lots of moisture in the form of snow this winter, but a nice balance of warm days too.

Sheep Creek Arts Council has lots of different groups and classes to keep you busy in these winter months. They have several classes happening in February and March. Laurie Bullock is teaching How to Knit a Cowboy Cowl on two Wednesdays, Feb. 21st and 28th from 7-9 pm. On February 11th from 1-4 Lenny Lane will hold a class allowing you to make prints from precut lino blocks. This is an introduction to lino printing and the equipment needed to do it. Joyce Brown is teaching a course on Art Quilts (a landscape or any other idea that appeals to you) on February 24th and April 28th from 10-4, both a Saturday. Melanie Morstad is teaching An Adventure in Colour, Texture, and Acrylic Inks on Saturday, March 3rd from 10-4. This is an intermediate course since some experience with acrylics is required. For more information on these classes or others, please call Sheila at 403-931-3989 or visit sheepcreekarts.ca. They require all people taking classes or belonging to clubs be a member of SCAC, it is only \$10 a year. The SCAC is located at 133 Sunset Boulevard in Turner Valley.

Millarville Musical Ride is having a Family Fun Day on February 24th. Millarville Musical Ride serves our area with a float in the Parade every year and a performance at the Lodge on Parade Weekend as well. They are a non-profit group helping locals improve their riding safety with lots of fun. The Family Fun Day will take place at the Millarville Race Track, with cocktails at 5, dinner at 6, and line dancing lessons and dancing at 7:30.

Dinner is pulled pork, baked potatoes, Caesar salad, and dessert. Tickets are \$15 for adults and \$45 for a family of four. For more information or tickets, please call Rebecca at 403-404-6199.

Do you love Big Band Music? There will be a Big Band Bash on Friday, February 9th at the Foothills Centennial Centre in Okotoks. Join them in support of Westmount and AHSFA Music Programs right here in the Foothills. There will be fabulous food, live entertainment, dancing, a silent auction, a Diamond Blitz, and more. This is the first anniversary of the event put on by the Big Band Bash Committee. The Centennial Centre is located at 204 Community Way in Okotoks and the event runs from 6:45-11:00 pm. Tickets are only \$20 and help support music programs in our community. For tickets or more information, please email JohnstonS@fsd38.ab.ca.

Beneath the Arch Concert Series is presenting The Harpoonist and the Axe Murderer on February 10th. Shawn Hall and Matthew Rogers are this sensational duo featuring outstanding vocals, guitar, harmonica, and a truly commanding stage presence. Hall worked for City TV and Rogers still works as a film composer. They have had their songs featured on TV shows such as CSI, NCIS New Orleans, the Good Wife, and Blue Bloods, and have shared a stage with Taj Mahal, David Wilcox, Serena Ryder, Booker T. Jones, among others. Local sponsors for this show are Leighton Art Centre, Firebrand Glass Studios, and Mountain View Dental Hygiene. For tickets or more information, visit beneaththearch.ca or at Blue Rock Gallery in Black Diamond. The show runs from 7-11 and refreshments are available.

On the Edge Concert Series presents ReMix on Friday, March 9th at 7:30 pm. They are a group of 14 extraordinary singers based in Calgary, who are upbeat and energetic on stage. They perform Jazz, R & B, Pop, and Fusion – songs like Billy Joel's New York State of Mind or Frank Sinatra's Come Fly With Me. Recent performances were at Canada's National Music Centre and at the American Consulate's July 4th Celebration. The show will be held at the beautiful Red Deer Lake United Church and tickets are \$25, youth \$10, and children 12 and under are free. For more information or for tickets, call 403-256-3181, extension 5, or go to rdlunitedchurch.org.

Oilfields Sports Association (OSA) offers local sports such as soccer, baseball, or competitive swim club for kids. They also play pond hockey. They are a volunteer based non-profit group that

organizes sports for youth ages 4-8 in our community. The playing season runs from April-June for baseball and soccer and May-August for swim club. Registration began on January 1st for baseball and soccer is February 1st. OSA has a Casino coming up March 18th and 19th and requires volunteers for a variety of shifts and positions. For more information on these programs and the Casino, which is a major fundraiser for the group, please visit their Facebook page.

Looking for a nice little day trip this winter? The Leighton Art Centre is hosting an exhibition called Vistas, Visions, and Viewpoints. This show features the work of 5 local artists utilizing a variety of styles to investigate, experiment, and execute works representing the beauty of our natural surroundings. From realism to abstract, each artist presents works from their unique lens, playing with colour, atmosphere, and sense of place in ways that are sure to surprise and inspire. We are fortunate to have such talented artists in our Foothills. The exhibit runs until February 24th, for more information and directions, please visit leightoncentre.org or call 403-931-3633.

Diamond Valley Citizens on Patrol Society (DVCOPS) is looking for members. In the recent past there has been an increase in crime in our area. Theft from vehicles and vehicle theft has increased as well as other crimes. DVCOPS are a group of dedicated volunteers that live in Turner Valley or Black Diamond, who patrol the towns and use their cell phones to contact the RCMP for reports of crime. They only go out in pairs and are asked to report suspicious behavior and record the same, but never to get directly involved in an incident. Prime patrol shifts are Friday and Saturday nights from 10 pm and 3 am. You must be willing to commit to one four hour or more shift, attend monthly meetings, be trained by the RCMP and pass a police background check, all free. The relationship between DVCOP and the RCMP is one where both partners have a common goal of a safer community. For more information, please email [Diamond.Valley.COPS@gmx.com](mailto:COPS@gmx.com) or call 403-933-5818 or 403-988-5537.

If you have any events happening March 1st – April 4th that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is February 15th.

Happy Valentine's Day and Family Day!

*Happy New Year,
Elaine Wansleben*



Happy New Year from the Library Board and Librarian, Lynda

Lisa and Aeryn's Essential Oil classes have been so popular that we will be continuing them in the new year. Watch the notice board for times and dates. The Crib Club continues on Thursdays at 2 p.m. The Writers Group, on the first Wednesday of the month at 1 p.m. The Craft Box in the children's area is proving to be very popular, so young mothers, check it out!

Lynda would like to thank you for your support over the past year. She hopes you will take the time to renew your membership with us at the Longview Library. Your membership and your registration at the Longview Library are very important for the funding we receive. Your Longview Library Card gives you access to all the libraries in the Marigold system 24/7. Some of the things you can do at your library are: check out a movie, use the computers, use the free WiFi to check your e-mail and update your devices.

New books in are: *Sun Warrior* by P.C. Cast, *One of Us Will be Dead by Morning* by David Moody, and *Book of Why* by Stellar Space (JNF)

Jann Arden, singer, songwriter, actor, broadcaster and author, has written a book called *Feeding My Mother*. Her Mother has Alzheimers disease, and her Father had Dementia. He passed away in August of 2015. It is a deeply heartwarming book, telling of her care of them over a decade. It is full of compassion, wisdom and humour. It includes recipes of comfort foods that she prepared for them. Her book is a reminder of the importance of gratitude, patience and a sense of humour. The book has photographs, taken by Jann, of both her parents and the breathtaking countryside that is her home in southwestern Alberta. This year, Jann has been appointed to the Order of Canada for her work as

an entertainer and for her extensive charitable works. It is a very special read. *The Alice Network*, by Kate Quinn, is a riveting story of female spies in the First World War. Little is known of the wartime glory, intrigue and sacrifice that embraced their lives. The enemy believed women to be fragile and delicate. They were, therefore, incensed by the accuracy and the amount of underground information these women unearthed. The novel is based on historical facts, but with the names of the heroines changed. Their clandestine adventures take place in occupied France with forays into Germany in 1915.

Happy Reading
Sylvia Binkley
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BLACK DIAMOND Digest

Hello, Black Diamond!

Well we sure had a cold end to the year, with temperatures in the -30s and close to the -40s. Many pipes were frozen, furnace calls were made, and cars wouldn't start. Brrrrrr! Unusually cold for this neck of the woods and glad it's over. It's funny how -10 feels like positively balmy after such a cold snap.

The staff and management of the Oilfields General Hospital would like to extend their sincere gratitude for your support of the Rising Sun Long Term Care's Christmas Bazaar. The generosity of the community, volunteers, and staff has been overwhelming. All proceeds raised directly assist in programming and improvements at the Rising Sun. This year's bazaar raised \$7000! Plans are in place to purchase iPads for recreational therapy programming and resident communication as well as many other initiatives. Thank you for making this possible from the staff and management of the Oilfields General Hospital.

There is a call for nominations for the Volunteer of the Year Award. Nominations are now being accepted, and the deadline is February 15th. The Volunteer of the Year Award recognizes volunteers who have made outstanding contributions to the Town of Black Diamond community through volunteer work. Individuals, community groups, education institutions and voluntary organizations are invited to nominate persons who deserve recognition for their devotion to the community. Nomination forms are available at the Town Office or online at town.blackdiamond.ab.ca.

The kids are off school from February 19th – 23rd this month, and Family Day falls on the 19th. There are tons of things to do in our community and beautiful Kananaskis to keep the family busy during this time. There is free skating at the Arena on Sundays from 2:45-3:45 courtesy of Sandul's Pharmacy. Helmets are mandatory, and the free skate goes until March 4th. The Turner Valley Golf Course invites cross country skiers,

snowshoers, walkers and dogs, and sleds to take advantage of the 200 acres of land. There is no charge or phoning to arrange a time, just come on out. We would be encouraged to stay off the greens and pick up after our dogs, and perhaps come and play a round of golf or go for lunch or dinner in the summer months. The views are spectacular up at the Golf Course and it is a really pretty place, so it's nice to hear we can take advantage of it in the winter months as well.

Or your family could take a walk and check out our local wildlife and scenery. Does anyone know if the Beaver Pond is still in operation? It is located down at the end of the walkway from the Campground, and can also be accessed from the Arena's southwest end, down the hill. There used to be beavers in the pond down there. Or if you go to the off leash dog area, down by Vale's, and take the east trail all the way around the bend of the river, I have seen owls in the grove of trees there. Or take advantage of the Friendship Trail, it now goes all the way around both towns, up past the Golf Course and around. I have seen moose and deer around there as well.

Sandy McNabb Campground is located about 15 minutes west of Turner Valley. You just take Sunset Boulevard west and

keep going. They have a free skating rink there in the winters, with firepits to keep you warm. Or check out one of their many cross country skiing trails. There are 38 km. of groomed ski trails with routes ranging from 1-6 km. in length. They ask not to travel beyond recommended areas and to watch for wildlife, hidden objects such as rocks or tree stumps, and be careful of the ice on the rivers and ponds. There are several hiking and equestrian trails to enjoy as well. Bring a snack of high energy foods, extra socks, and appropriate clothing, and let someone know where you are going and when to expect you back. For more information on Sandy McNabb trails, go to cd.gov.ab.ca/Parks/Kananaskis.

Legacy Park in Black Diamond is a Fitness Park with outdoor exercise equipment that can be used year round. It's free, accessible, and located behind Oilfields Arena. There is a pretty good hill there for tobogganing as well, and the BMX track and skateboarding park is in the same location. There are also several parks and playgrounds to enjoy around town as well, bring your toys and come play in the snow.

Foothills Search and Rescue offers some courses at the Library as well. Adventure Smart is a class to learn basic survival

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techniques to make your hikes into the wilderness safer and more enjoyable. They also teach a Map and Compass Reading class to find out how to use a compass correctly and accurately read a map. Check sheepriverlibrary.ca for dates and times.

The Ann and Sandy Cross Conservation Area is another great place to spend a day outdoors, and is open to the public to hike and enjoy. It is a Wildlife Preserve located northwest of us. Sandy Cross had a vision to preserve a piece of paradise in our beautiful Foothills. He began purchasing land South of Calgary in 1945 for what would become Rothney Farm, after his mother, Helen Rothney Macleod. As the son of A.E. Cross, Sandy was known around Calgary as coming from a long line of cattlemen. In 1897, Sandy and wife Ann donated nearly 2000 acres of their land to the Province of Alberta, and in 1996, another 2800 acres was donated which is now known as the Ann and Sandy Cross Conservation Area. The Area offers educational programs at Belvedere House, the Educational Centre. You can hike in the area for free, just sign in at the parking lot kiosk if you are a group of under eight people, and for more than eight please go online. The trails are open 7 days a week, please no dogs or snowshoes. Donations are welcome, and visitors use the area at their own risk. For more information and directions, visit crossconservation.org.

If you have any events happening March 1st – April 4th that you would like to see in the High Country News, please email me at elaine.w@telus.net, the deadline for this issue is February 15th.

*Hope everyone has a Happy Valentine's Day
and Happy Family Day,
Happy New Year,
Elaine Wansleben*



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The Classics and more...

When it comes to making New Year's resolutions, we tend to focus on improving our physical and mental health. We will get fit, we will lose weight, we will watch less television and read better books. So let me put in a plug for the Austentatious Book Club that meets the 2nd Thursday of each month on the west side of the fireplace. This book club is devoted to reading the classics written by a wide variety of authors in a multitude of genres from the late 18th to the mid-20th century. Of course, the question that may come to mind is, "Why bother? Aren't these books out of date? How could they relate to me? Why would I read something that is hundreds of pages in length and uses words I have never heard of before?" All good questions to which there are equally good answers many of which can be found in Italo Calvino's short essay "Why Read the Classics?" published in the *The New York Review of Books* in 1986 and can easily be found online. Calvino gives 14 reasons why we should still read the classics beyond when we had to read them in school or university. According to Calvino, we use the word "classics" for those books that are treasured by those who have read and loved them; but they are treasured no less by those who have the luck to read them for the first time in the best conditions to enjoy them. Calvino points out that to read a great book for the first time in one's

maturity is an extraordinary pleasure, different from (though one cannot say greater or lesser than) the pleasure of having read it in one's youth. There should therefore be a time in adult life devoted to revisiting the most important books of our youth. Every rereading of a classic is as much a voyage of discovery as the first reading. For me personally, I enjoy reconnecting with many of literature's beloved characters, such as Elizabeth Bennett, Jane Eyre or Hester Prynne. I also love how the works were written: the use of language and rediscovering words that have fallen from daily use. Much contemporary genre fiction does not provide much of a challenge in this area. (Don't get me wrong – I love a good mystery or crime novel as much as the next person). But in reading H.G. Wells' *The Invisible Man* for January's selection the opening page provided, "portmanteau", "human charity", "lymphatic" and "eclat". In combination with Scrabble and Cryptic Crosswords, I hope that exposing my brain to such language on a regular basis will keep Alzheimer's at bay. So, I encourage you to read Calvino's essay and come and join the Austentatious Book Club. February's selection is *The Great Gatsby*.

A quick footnote to the November article I wrote regarding Sue Grafton's alphabetical mystery series. I reported that the last book in the series would appear in September 2019. Tragically, Sue Grafton passed away at the end of December. Although a publication date and title had been announced, alas, the manuscript was unwritten at the time of her death. The author had requested that the final novel not be ghost written by anyone else, so unhappily the series ends at Y and Z really is for Zero: there will be no more. I'm sure I will get over it. Eventually. Probably.

Other upcoming programs include Healthy Weight/Fit2Go on February 8 and 15 at 7:30; and Library E-Resources on February 8 at 7:00. We also have Ukrainian Easter Egg painting on Saturday February 10 and 24 at 10 am. There is a fee for the kit and registration is required as space is limited. Please call 403-933-3278 to register. A final reminder that we do have rooms available for rent to community groups for programs or meetings. We have space for groups of any size and we have prices for profit and non-profit groups. Please call and talk to Jan if you would like to book a space.

Jan Burney

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Out Of The Rut

Chapter 89

“Over the past 7 years we’ve been traveling together, we’ve played festivals and concerts, hosted workshops and gatherings from the USA & Canada to the Philippines, Tanzania, Australia, Bali, Thailand, Estonia, Finland, Spain, Germany, England and more. We’ve put out one album and nearly finished another, made a movie in Cuba, written Fantuzzi’s astounding biography and raised all kinds of money to help Puerto Rico rebuild after the hurricane, and for other causes including abused children and people in need in various places on the planet.”

Thus ran a paragraph in a recent email to a long-absent friend of Fantuzzi’s with whom we hope to reconnect. Come to think... I’ve also done a bunch more on my own, including finding an abundance of new teachers and new learning in Thai Massage, given workshops to hundreds in Australia, Africa and Europe, published articles and musings in various places, taken on the newsletter editorship of the biggest yoga & spiritual music festival in North America and somehow shared 88 chapters of “Out Of The Rut” with

an unsuspecting public. None of us had any idea this would continue so long or become so fabulously complex. What a weave that is!

Originally, I left Bragg Creek for Thailand in September 2010 anticipating an 18 month to 2 year absence before returning to life as usual in Canada... only not as usual. I knew I was fundamentally changing my life, unraveling an enormous amount of yarn and repurposing it in some yet-to-be-defined manner.



The catalytic conversion of self that has been ongoing since that time is a minefield of extraordinary adventure, incredible emotion, passion, and profound experiences scattered abundantly across a wide sscape of swirling heat and cold, wind and rain, storms and glory. There are sunsets to sear the soul and grey days that hollow out one’s deepest stores of resilience.

As I stumble onward through life – sometimes literally as in falling down stone steps on New Year’s Day - the

perception of life can slip into slow-motion. This results in both great memories and hilarious anecdotes, juxtaposed with desperate bouts of anxiety and hopelessness. On that last stumble the world appeared to slow down; as I realized I was heading head-first to the stone flags I noted it would most likely be rather painful, especially at speed, and how much nicer it might be to hit the grey stone floor in slow motion rather than real time. I could have written this off as wishful thinking,

but I was walking with my parents at the time & they experienced and saw it too... time slowed, or to be more precise, my time slowed: I arced forward and down with nothing to grab or slow my descent & somehow it all folded & softened so as I gently placed my hands on the floor – rather than plummeting to broken wrists - to catch my weight four steps below where my feet were

kind of drifting apart in odd directions with one knee and shin getting seriously intimate with the lip of another step, my elbows softened and bent and the impact of the fall drifted nonchalantly through my arms with a shock merely of surprise at its insignificance.

Momentum carried everything before it, buoying me up immediately to continue in our walk into normality and everything sped up again. What a great experience! Such an intense



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observational moment of clarity and hereness, nowness. A grumbling bruise on one knee and shin is a small price to pay for such illumination. I take care though, not to repeat the experience.

This afternoon, amid incredible gusts of winds thrusting me sideways, causing me to stagger drunkenly along the verge of the road, clad in my father's somewhat largish coat and (my own) baggy trousers I must have looked a doubtful character. I walked up the winding road towards Sierra Cabrera, marveling at the silver-green-blue-grey of the rocks, great chunks of brilliantly sparkling quartz burst from yellow ochre clay tumbled along the side of the road, lumps of mica-encrusted shale were carelessly scattered everywhere. The stone gods have been painting all kinds of fabulous designs in this country; from the gnarled ridge silhouettes at start and end of days to the glorious red-gold refracted light bouncing from the rocks in the late day sunshine. The mysterious caverns in

inaccessible cliff-faces, black mouths in red faces. Stone bridges to frame a setting sun, wicked spines and spikes



masquerading as plants, snickering silently between stabbings, fragrant herbs – survivors of distinction.

I find rocks that lounge carelessly, sunlit and sheltered from the otherwise rampant wind, recklessly inviting me to sit and contemplate the horizons.

The land is hard, unforgiving and frequently fatal. It is beautiful, desperate and free. Despite its tangled switchback route, the road is carved at times directly through the dry foothills leaving tears in its hide like those of jagged talons, raw ageless scars licked by arid air.

I hear goat bells in the distance. There are prayers for rain. Two nights ago it rained sufficient to leave a few puddles in the morning. That may be the most water seen here for two years.

Everywhere on earth, tales of love and beauty, pain and hate.

Let's share stories on the path.

With gratitude and love,
Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com
415.525.2630

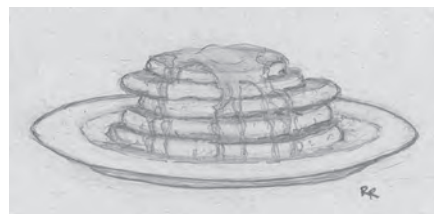
Shrove Tuesday

One hand clutching her skirts to bare her ankles, the other hand still gripping the cast iron frying pan, the housewife scurried down the lane and only paused when she reached the door of the church. The shriving bell had ceased its tolling and she was almost too late. She had been frying the last of her butter and eggs in pancakes in preparation for Lent when she had heard the bell. Now, she hastily put the hot pan down on the grass, wiped her hands on her apron and joined the line of parishioners waiting their turn to be shriven by the priest. It was Shrove Tuesday, 1445 in the English village of Olney, Buckinghamshire.

Today, we still call the day before Ash Wednesday "Shrove Tuesday". Is "shrove" an archaic word for a pancake? Now it's a word seldom used except in relation to pancakes. It's a word that echoes down to us from a thousand years ago, from Medieval times when knights rode on horseback.

The night before his knighting, a young man would strip himself of all weapons and power, dress in a white, linen tunic and lie face down on the cold stone

floor of a chapel till dawn. Knighthood was an honourable calling to promote truth and justice in a fallen world. The responsibility was great and adequate preparation vital. In the morning, a priest shrive him. Now that he was shriven, he was ready to be a knight, to fight for the right and strive for righteousness.



What a quaint custom! As we look back and see how our ancestors viewed the world, we smile indulgently and know we have progressed a long way from those unenlightened times. Let's throw out this outdated word "shrove"! We no longer need to be shriven; let Shrove Tuesday be Pancake Day!

Yet, sometimes the evil in this world threatens to drown me in its floodwaters, carry away my peace of mind; and tension strangles my simple pleasures of eating and sleeping.

Then I need to take time out, bare my

soul before God and let the sword of the Spirit cut through falsehood and reveal the truth. My spirit is freed when I say to someone I've hurt, "I was wrong. I cannot make it right. I'm sorry."

Whether that person forgives, understands or condemns me is their choice. But I know that sinless Jesus dealt with my wrongdoing, God wipes me clean to start a new day, and I am relieved of the weight of a guilty conscience. Peace and freedom result.

Do I want to rid myself of the beauty of an apology accepted? Do I want to live without the warm joy that floods through a relationship when I am forgiven?

The word "shrove" is no longer present in our everyday vocabulary but all through the ages people have been, and still are, telling stories of guilt and wrongdoing, confession and reconciliation.

Shriving, however it is done, is cleansing, healing and necessary. A shriven soul is free to be content, and a contented person frees those around them. Their joy is infectious. So, I say, "Hurray for Shrove Tuesday! Let the shriving begin!"

by Andrea Kidd

Ten Values You Can Build Upon

The last five miles of the marathon were grueling. The muscles in my left leg were screaming, "STOP!" The encouragement of the anonymous crowd kept me going and I finally crossed the finish line. I discovered that I had omitted one detail in my training that was the cause of the pain. You can be sure that detail was included in my preparation for the next marathon.

Marathons are a parable of life—your preparation is with a view to crossing the finish line. There are ten core values that will enable you to finish life well.

Keep your word — Anyone can make an impressive label. The real issue is the content of the container. Let what you say be a definition of what you will do. Character is what you are in secret – integrity is your willingness to be measured by your word.

Admit your wrongs — Be willing to declare, "*I was wrong!*"— No excuses, no blame shifting, or whitewashing with extenuating circumstances: just a clear recognition of where you missed the mark. Most people are willing to extend mercy when there is a clear ownership of wrong. Admitting wrong opens the door for growth in areas of weakness.

Look for the gold in the rock — When teaching this I will often hold up a sheet of white paper with a small black dot on it and then ask, "What do you see?" The majority of people answer, "A black dot." A man involved in gold mining told me they would mine two ton of rock for one ounce of gold. When you look at people do you see the rock or the gold?

Know the limits, rules, expectations and consequences of your life — In other words, know to whom you are responsible for what. Look realistically at the impact of your life. In the ears of a child, the small aside comment can have as much impact as the main point of your conversation. Your followers will take what you do in moderation and use it to condone their excess.

Distinguish between "person" and "performance" — Person has to do with an individual's identity. Performance relates to the ability they bring to a given task. We must learn to differentiate between an episode of poor behavior (performance) and the individual's

intrinsic worth. To evaluate a person's work with a statement like, "Do you have a full deck of cards?" calls their worth into question. On the other hand you could say, "Are you pleased with your performance?" That challenges them to assess their performance relative to their ability.

Perform anonymous service — It is one thing to serve upon request, but quite another to serve an anticipated need without being asked. A servant will focus on the task assigned. A person with a servant heart will focus on the person being served and fit into their need. In fact, the servant heart might go as far as to: pick up the paper someone else

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has dropped; put money in the “time expired” parking meter; cover the cost of a strangers meal; rake the leaves on a seniors lawn, and the list goes on.

Anchor relationships in common ground and expand your world in the differences — Focusing on our common point increases our attachment and strengthens loyalty. It provides the foundation for learning from one another’s differences. In that way, our points of divergence can become doorways of development.

Know the difference between an arrow and a voice — An arrow points the way. A voice leads you. While travelling on Interstate 5 in the USA, I was looking for signage that would direct me to the airport. I saw planes on approach to the airport but no signs. I pulled off the freeway at a rest stop and asked a man for directions. He looked at me and said, “It is rather complicated. I have the time – just follow me.” He was a voice not an arrow. Let your life experience build a reservoir of potential counsel so that you can be a voice not an arrow.

Reward open, honest expressions and questions — Too often we punish displays of honesty by upbraiding, judging, belittling, or embarrassing the person. The fact that people have trusted us with their opinion needs to be honored. Why they hold that opinion is more important than the content of their words. We honor them most by trying to understand them before we express disagreement.

Live with the law of love — The lofty goal of any relationship should be, “I will seek your good at my expense.” People react when they feel used to fulfill a vision or meet the needs of a company, spouse, or any other relationship. Love does not seek its own, boast about its accomplishments, retain a list of past offenses or use its place, power or possessions to impress, manipulate or control. Love holds us in

relationships, has an eye for the gold, keeps us anchored in integrity, gives us a sane estimate of our assets and sets us on course to cross the finish line triumphantly.

Let me conclude with a statement of Dwight L Moody’s: “If I take care of my character, my reputation will take care of itself.”

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