

HIGH COUNTRY *News*

*Serving the
Communities of*

Black Diamond • Bragg Creek • Eden Valley • Elbow Valley • Jumping Pound • Longview
Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley



Calgary & Area | Serving You with Excellence | Urban & Rural



Kevin Haller

(403) 990-6678 | hallerrealestateteam.ca

**COLDWELL
BANKER**
MOUNTAIN
CENTRAL

You **CAN** have it all!



Large suites, affordable price, and over 10 dining choices each night.



- *I am saving over \$1000 per month by moving from Calgary and the suite is bigger and brighter!*
- *I have been researching seniors housing and nobody is offering this quality of housing and service at this price!*
- *It is wonderful that I have the choice to eat in the lounge or the dining room each evening!*
- *I am so excited I will have a full kitchen!*



GRANDE AVENUE *Village*

Call **(587) 315-0695** or drop by for more information.
50 Grande Avenue, Cochrane, AB



HIGH COUNTRY *News*

IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>
Springbank.....	8
Bragg Creek/Redwood Meadows.....	10
Priddis/Millarville/Red Deer Lake.....	32
Black Diamond/Longview/Turner Valley.....	37
<i>Articles:</i>	
From the Editor.....	4
Letter to the Editor.....	5
MLA Update <i>Leela Sharon Aheer</i>	6
MLA Update <i>Cam Westhead</i>	7
Get Back In The Swing <i>Jennifer Gordon</i>	12
Women & Girls With ADHD <i>Roché Herbst</i>	13
Financial Solutions <i>Robert Hughes</i>	14
Dreams, Teams and Process <i>Reid Schmidt</i>	15
Councillor's Update <i>Mark Kamachi</i>	20
Embracing Chaos <i>Dave Zimmerman</i>	21
Forests, Forest Rangers & Fires: Part One <i>Bragg Creek Historical Society</i>	23
Why Pricing Is Still King... <i>Wayne Chaulk</i>	26
Councillor's Update <i>Suzanne Oel</i>	28
High Country Rural Crime Watch <i>John Robin Allen</i>	30
Mortgage Matters <i>Candace Perko</i>	36
<i>Lifestyle:</i>	
Out of the Rut <i>Kat Dancer</i>	41
Two Long Nights <i>Andrea Kidd</i>	42
Speaking of Photography <i>Peter Gold</i>	44
Success <i>Duane Harder</i>	45
<i>Classifieds:</i>	
Free Classifieds <i>Sponsored by High Country News</i>	24
Commercial Classifieds.....	46
<i>High Country News Cover:</i>	Illustration © Anna Grist

HIGH COUNTRY NEWS is published monthly by:
High Country Business Services Ltd.
Box 476, Bragg Creek, AB, T0L 0K0

Editor: Lowell Harder

Reporting: Faith McLean

Layout & Design: Anna Grist

ADVERTISING RATES:

FRONT PAGE Banner \$125

Inside Cover Full Pg \$595 • Index 1/4 Pg \$170

Index 1/3 Pg \$210 (Min 3 mth booking front/index)

Full Page \$540 • 2/3 Page \$380 • Half Page \$290

1/3 Page \$190 • 1/4 Page \$155

1/6 Page \$115 • Business Card \$75

*1/4 hour layout included in ad rate

Back Page Listing \$96/yr • Layout Charges \$60/hr

Commercial Classifieds \$16/4 lines minimum

For website advertising, call the office for a quote

Discounts available on long term commitments

GST NOT included in rates

Subscription \$30/year • Circulation: 12,000

NEXT DEADLINE IS
Sunday, APRIL 15!

We accept e-transfer, Mastercard & Visa

Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.

No part of this publication may be reproduced in any way without the written permission of the editor.



403.949.3526
www.highcountrynews.ca
highcountrynews@telus.net
 **facebook.com/highcountrynews.ca**
 **@highcountrynews.ca**

Custom fertilization for horse paddocks, pastures & turnout pens

Grassland Acreage Services Ltd.

Specializing in Horse Paddock Management • Grass Seeding & Overseeding

Paddock & Pasture Fertilizing • Rototilling, Harrowing & Leveling

Reclamation & Erosion Control • Rough Cut Mowing & much more!

grasslandacres@gmail.com 

403.852.7131 

From The EDITOR

I would like to welcome another individual to the High Country News: Faith Maclean, a local resident within the area, will be working with us to cover local events and stories. Her significant and diverse media background will add depth and a greater sense of community to the paper.

Recently, while walking into an Indigo store with a couple of my children, I saw a large sign which read: "You are what you read". I asked my wife "what does that make

me?" as my daily literature has been feeding the minds of toddlers for the past 24 years. That being said, I will qualify this statement, by saying that our children have been exposed to excellent books from a young age because of my wife's passion for quality literature.

This leads me to a question; what do you allow to feed your mind? We live in an age where we have access to so much information that we may not be able to disseminate all that we are exposed to. More importantly, are we engaging the society around us, allowing profitable discussion and values to be expressed in our homes, places of work, and governmental places of decision?

To me it is important to understand the impact of information. Subtle shifts in values will influence the culture and the society in which we live. Let us not become complacent or too busy to act. Governments need to be held to account, parents need to be aware of the media their children consume, and educational models and material can be challenged and rethought.

Hopefully in reading this, you will be encouraged to engage with your local community, and have a positive impact within the people you share life with.

*From our family to yours,
Lowell Harder*

For more from the Editor, visit highcountrynews.ca

Shopping Local A Dream Kitchen

When Victoria and Brian Shimmons saw the house they call home in 2000, Victoria immediately fell in love.

I can see why.

It is spacious and full of light, is wonderfully detailed and the colour palette Victoria and Brian chose is beautiful. Sunshine spills in all the windows. The fragrant forest is at the door. The two of them are art lovers and their house reflects a discerning eye for quality and beauty. They have spent years collecting all manner of art, including some beautiful antique circa 1900's pieces from **Archer's Antiques**. Many other Bragg Creek stores and studios are a favourite haunt for that special something for themselves or as gifts.

When asked what Victoria loves about Bragg Creek, her reply is "Everything!"

When they decided to re-do their kitchen they did not have to go far. They chose Steve Archer of **Archer's Antiques** to custom design and hand-make their solid wood kitchen cabinets as his craftsmanship is well known. Dave Sourisseau from **Smiling Creek Enterprises** helped Steve install the kitchen, Marco from Summit Electric was on hand to provide the electrical, and Ian from **Moose Mountain Mechanical** did the plumbing.

"We love to support the local businesses here in Bragg Creek" says Victoria. "It was all done efficiently as everyone was close by. It was only three weeks from the removal of our old kitchen to the completion of our new one. It was comfortable as we knew everyone who worked with us. This piece of heaven makes me happy and what a wonderful thing to be able to say about the place you live."

The finishing touch was custom designed stained glass panels from our studio, **SunCatchers Design Studio**. They were designed after Frank Lloyd Wright in the Arts and Crafts Style to represent wheat. What a pleasure to work with Victoria and Brian and all these talented craftsmen and trades and to work so close to home. How fortunate we are to live in this small Hamlet and have all this at our finger tips.

For more information on what Bragg Creek has to offer, go to:

www.visitbraggcreek.com

www.artsinbraggcreek.ca

www.braggcreekartisans.com

Letters To The EDITOR

Grocery Store in Bragg Creek: Save Our Store!

I want to tell you a little story about one of many wonderful little businesses in Bragg Creek, and all of them, appreciate our patronage and all could use more of it! (note: we could do a whole series on all businesses in the hamlet, in the future)

This store has been a part of my life since I moved to Bragg Creek over 15 years ago and it is in **need of our help** so please read on.

The store is operated by Uwe and Lori Gildemeister who have owned it for over 15 years. It is staffed by some **great** people who work in the meat department as butchers; as cashiers and store stackers.

What do they do for us? Did you know that there are a good number of people who have no vehicle, who live singly and who shop at our grocery store weekly if not daily. The store is their life line. Weekenders and campers consider it their life line too but the store cannot sustain itself on infrequent shoppers alone. You may have seen a

facebook article explaining how the owners need more shoppers to keep their doors open.

So – why should you spend some of your grocery dollars on this store when you usually shop at the bigger stores in the city?

Because they need the help. In a hamlet and area of our size we want to have a grocery store; it is the only place some of our neighbours can shop, and because they got some darn fine food offerings I want to tell you about!

Now I will list some of products they provide our hamlet, which you may not be aware of if you have not been there in awhile. Here goes: organic seasonings of all kinds; fresh herbs; almost every kind of vegetable and fruit you could need for health and fine cooking, lots of them are organic; superb meats including single portions at good prices, at least one butcher who is a chef with marvelous cooking ideas he is willing to share; one other meat person who makes the nicest ord'oevres to start any meal or party including stuffed mushrooms and peppers, shrimp and crab dip, smoked salmon spread, tomato spreads and homemade sausage – bratwursts, mild to hot Italian sausage and a non- greasy tasty breakfast sausage plus jalapeno cheddar and an array of others, not homemade. Dairy and non dairy products, eggs etc. They have many varieties of breads, some unavailable in most stores, like Bowness Bakery bread.

Then, they have several varieties of plain coffee - Tim's, Starbucks and teas to more exotic types of tea and coffee such as; Abiamo, Kicking Horse, Cooperative Coffee Ethiopia and also Nabob and MJB. Among their teas include regular plus: Buddha Leaf and Teassellate.

They sell various unique cheeses and breads, water, wood, newspapers, magazines, cards, rain ponchos and used books are offered for sale. They provide a good array of over the counter medicines, they sell desserts and candies, especially European candy and marzipan. The list goes on.

This store needs more buyers to keep their doors open. And I want to add, during the flood, our hamlet and its people were nothing short of wonderful, helping flood people clean out their homes: the community center making sure to feed us hot meals and sandwiches all made by local volunteers and monies were donated to flood people to help them (including me) in our time of need. Our community really banded together and we can do so again. Let's support our grocery store which is to many folks, a necessity and to others, it may prove a pleasant surprise if you have not been there in awhile.

Shop at our Bragg Creek Grocery Store, let's all help to keep the store open for the owners Lori and Uwe and their staff, and for all of us!

Wendy Kinsey

ELBOW RIVER EXCAVATING & LANDSCAPING

Serving Bragg Creek & Area for 22 Years

Bob Cat • Hoe • Trucking • Landscaping • Road Building
Rock Walls • Loam • Gravel • Trenching Water Lines
Utility Lines • Site Preparation
Tree Removal • Tree Planting
Post Pounding • Drainage
Snow Removal



Joe - 949-3227
Cell - 899-4886

THE POWDERHORN SALOON

BRAGG CREEK
403-949-3946

TAKE OUT MENU
available!



"Great Western Cheer & Great Cowboy Beer"

APRIL 9 • PAINT NIGHT

FRIDAYS

APRIL 6 • GRAVITY BAND

APRIL 13 • MALIBU MIKE

APRIL 20 • BACK ROAD TRAVELLER

APRIL 27 • APACHE MOON

SATURDAYS

APRIL 7 • JAMES ROY JAM • 5PM

Breeze of Color Ltd.

Commercial & Residential Painting
Interior & Exterior
Large Drywall Repairs
Ceiling Painting & Repairs
Base board & Trim Installation



We are interested in both Large and Small projects. If you have any questions concerning our company, please contact project manager Francois Bradette at (403) 397-9698.

We offer free estimates and are fully licensed. We are looking forward to meeting with you and earning your business.

Francois Bradette
Owner/Operator

Ph: (403) 397-9698
e-mail: breezeofcolor@outlook.com

MLA Update Chestermere/Rockyview

By Leela Sharon Aheer, MLA

Hello High Country News readers! Well, the Legislature is back in session and it is very strange. In the Throne Speech, the Government talked a lot about getting tough with BC over their obstruction of the Trans Mountain Pipeline. This is the same Government that mocked Opposition Leader Jason Kenney for proposing this during the last session, claiming he was engaging in "Trump-Like" tactics. Now they are basically taking the approach we have been championing for months. All we can say is if the Government has finally come to realize that sitting by while their fellow NDP members try to kill the pipeline with endless delays is a bad idea, good for them for finally coming to their senses. We have many more common-sense policies that the Government is welcome to steal.

Another weird note. As this is written the Budget is set to be released. The Finance Minister has indicated that their "balanced budget" plan assumes the Trans Mountain pipeline and the Line 3 project into the USA will be built according to their forecasts, oil prices will follow their forecasts, etc. Perhaps he forgot to take off his virtual reality headset since this is looking like a virtual reality budget. You know, you can make whatever forecast you like but when budgeting you should never assume that your most optimistic scenarios will come true. They raised personal taxes. Revenues went down. They raised corporate taxes. Revenues went down. Their last budget forecasts aren't working out too well for them so please take the new ones with several tablespoons of salt.

Emergency response is in crisis. Regularly, there are no ambulances available in Calgary so they are pulling in ambulances from areas like High River or even further afield (Pincher Creek if you can believe it), leaving those areas without the capacity to respond. Recently, there were no ambulances available in Calgary for 25 minutes. If you are experiencing heart failure, a 25 minute response time

basically means you are dead. There are many reasons for this situation but a big one is our ambulances need paramedics in them and too often the paramedics are sitting in the hospital with patients that haven't been admitted so the ambulance is parked and unavailable. Our paramedics are a dedicated bunch who work way above and beyond to try to serve us but they are reaching the limit. The Government's endless litany of blame on the previous Government has to stop. It is time to stop blaming and start solving.

We are still waiting to see if the Government will change the regulations preventing expert third party services from rescuing and rehabilitating orphaned or injured large species like bears, wolves, and elk. Let's hope they do the right thing and reward the tireless advocacy of people like Lisa Dahlseide of the Cochrane Ecological Institute.

In closing, you may have heard of WINS, the Women In Need Society of Calgary. For 25+ years they have used their thrift stores to fund counselling, referral, job search, and other services for, you guessed it, women in need. Whether they are recent immigrants, fleeing domestic violence, or simply victims of a bad economy WINS has helped hundreds of women and their families get back on their feet. This is a "hand-up, not hand-out" service at its best! Due to rising costs, decreasing donations, and reduced sales (understandable given the economy and the relentless cost increases brought in by



**LEELA SHARON AHEER, MLA
CHESTERMERE - ROCKY VIEW**

Please support local business and Volunteer!
Volunteers and local business are the heart of your community!
We offer Commissioner For Oaths Services (free)

Want to meet? Call us! 403-207-9889

Constituency Office:

215, 175 Chestermere Station Way, Chestermere
Walk In: Tues. - Wed. 10 AM - 4 PM, Friday 9 AM - 12 PM

Other times: call ahead for appointment

Chestermere.Rockyview@assembly.ab.ca

Find us on Facebook

the Government), and a 70%+ increase in demand since 2014 there is a real risk that they will have to cut back or even stop operating this vital service. If you are able, please visit womeninneed.net and donate.

As always, we love to hear from you.

CRABAPPLE COTTAGE

There's No Place *Like the Cottage!*



Crabapple Cottage Thanks All Of Our Valued Local Clients For Their Continued Loyalty & Support!

Need A Nikibiki? **25% OFF SALE!**

Flawless & Seamless Leggings, Camis, Tanks & More!

Perfect To Wear Alone Or Layer! A Quality Basic For Any Wardrobe!

Celebrating the Curvy Girl! Now Carrying Curvy Nikibikis! Visit Us For More Curvy Fashion!

Limited Time Only: Continuing in April!

Hippity Hop, Hippity Hop Over to "The Cottage"



Open Daily! The Old West Mall
227 Balsam Ave, Bragg Creek

403.949.4264



Please Share & Like us on Facebook

Follow & Like us on Instagram

@crabapplecottagebraggcreek



Small Place, Big Destination!



All Albertans deserve to be safe in their homes and their communities. With help from our valued partners in the RCMP, we have developed a detailed plan to protect rural Albertans and their property.

The provincial government is taking action to combat rural crime by investing \$10 million in more RCMP officers, civilian staff and Crown prosecutors.

The seven-point action plan includes an \$8-million investment in 39 new officers, 40 civilian staff and \$2 million to hire additional Crown prosecutors. This strategy will help reduce rural crime by putting resources where they're most needed.

Measures are also being introduced to ensure police have the resources needed to address their top priorities. These steps include focusing on intelligence and sharing information to help police better identify and catch prolific offenders, and shifting some routine tasks to civilian workers so officers can spend more time patrolling and investigating in the community.

On top of this additional \$8 million in new funding from the provincial government, the federal government will contribute its share under the Provincial Police Service Agreement (PPSA). Under the PPSA, the Alberta government contributes 70 per cent and the Government of Canada contributes a further 30 per cent. With both provincial and federal funding, the total amount is about \$10 million.

An additional \$2 million will go to the Alberta Crown Prosecution Service. In 2017-18, the Government of Alberta invested more than half a billion dollars into policing, which includes 1,560 officer positions in rural Alberta. The Government of Alberta also contributes \$29.1 million to Alberta Law Enforcement Response Teams (ALERT), an integrated, province-wide response to serious and organized criminal activity that crosses local and regional boundaries.

While there's no single, easy solution to fix rural crime, our strategy puts several important tools in the crime-fighting toolbox. We've heard your concerns and we're taking action to address them.

Key elements of the \$10-million seven-point plan:

Crime reduction units: Specially trained officers will focus on arresting prolific offenders. This initiative will expand on a successful pilot project in Central Alberta.

Specialized police intelligence: Six additional intelligence-focused RCMP officers plus four crime analyst positions will allow the RCMP to identify prolific offenders and target organized crime.

Policing support centre: RCMP officers need to be on the streets protecting our communities, not behind a desk filling out paperwork. Twenty-three civilians will input investigative updates dictated over the phone by officers.

More Crown prosecutors: \$2 million will allow the Alberta Crown Prosecution Service to hire up to 10 Crown prosecutors who will focus solely on rural crime.

Better coordination: Sharing information with Alberta sheriffs, Fish and Wildlife Enforcement, Commercial Vehicle Enforcement and conservation officers will effectively make these officials additional "eyes and ears" for police.

Enhanced technology: The RCMP will work with Alberta Justice and Solicitor General and other partners to explore new ways of using technology to target rural crime, including bait programs.

Public education and engagement: The RCMP will engage and educate Albertans about crime prevention.

Sincerely,
Cam Westhead
MLA for Banff-Cochrane

CAM WESTHEAD Banff-Cochrane MLA

Constituency Office
102, 721 Main Street
PO Box 8650

Canmore, AB, T1W 0B9

Phone 403.609.4509
Toll-Free 1.866.760.8281
Fax 403.609.4513

banff.cochrane@assembly.ab.ca

Please contact the office
to arrange a
meeting appointment
in a location
convenient
for you.



Candace Wray
Lawyer



Paul Manning
Lawyer



Erin Barvir
Lawyer

Services Offered:

Adoption | Arbitration | Cohabitation/Prenuptial/Separation Agreements
Custody/Access | Division of Property | Divorce | Guardianship/Trusteeship
Mediation | Notary Services | Child/Spousal Support | Wills & Estates

Cochrane lawyers serving the local community



4209-101 Sunset Drive, Cochrane, AB T4C 0W7

T: 403.981.0700 | F: 403.981.0701

info@mountainvistalaw.com | www.mountainvistalaw.com

Bragg Creek Performing Arts Presents:

Matthew Barber & Jill Barber

Opening: Martin Kerr

May 5th, 2018

Multi award winning singer/songwriters, siblings with a lifetime of gorgeous harmonies.
A unique show.



Bragg Creek Community Centre 23 White Avenue, Bragg Creek

Doors at 7:00 P.M. Concert at 7:45 P.M.

Tickets: Adult \$42.00 Senior \$40.00

For Tickets: call 1-888-655-9090, visit www.braggcreekperformingarts.com,
or in person at Suncatchers, White Ave., Bragg Creek



All are invited to the: **SPRINGBANK HERITAGE CLUB 9th ANNUAL STRAWBERRY TEA**

SATURDAY, May 12, • 2 - 4 PM

Admission: \$5.00 at the door

Children under 6 Free

The Senior Singers
will present a program of
“Music from the Movies”

*The Springbank Heritage Club is
located just off the TransCanada
Highway at the Calaway Park
overpass, 1 km. south, past the
Middle School on the east side of
RR 33, at # 244168.*

Ph. 403-242-9350, or,

springbankhc@telus.net

*Come and check out all the
activities of this vibrant Seniors
Club in your community!*

“In 13 years we have
painted over 880 000
square feet of homes
and businesses, with
50% of those jobs
coming from referral.
We have painted
hundreds of spaces with our Professional
Painters and a Designers touch.” – Kurt
Killen Owner 3rd Generation Painter



We are Specialists in maintaining Exteriors on Homes

With Specials on Interiors all Winter long.

A Paint Upgrade and a Colour Consult is Standard

Call for a FREE Estimate

4037716255

Or visit us online

www.calgarycustompainters.com

EXTERIOR Wood • Stucco • Trim • Decks • Fences

INTERIOR Ceilings • Walls • Trim • Kitchens • Built-ins

WANTED



CRIME

Legal advice without attitude

ACCOMPLICES

Honesty, humour, approachability

REWARD

Quality legal services

LAST SEEN

Bragg Creek, Priddis,
Redwood Meadows, Cochrane,
and The Alberta Foothills

403-949-3339

www.mavericklaw.ca

Springbank Creative Arts Club

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools. Now that we have survived another blast of winter in March, hopefully spring is on the way, but there is lots of "winter" left to work on the unfinished projects!

The March 17, 2018 meeting was held at the Discovery Centre at the Harmony Development. The club is very pleased to welcome new members, Kathy Cameron and Leona Wood, both ladies bringing enthusiasm, talent and ideas to the club. Welcome back is also extended to Simone Byers, a returning member after years of other commitments. Simone is interested in helping junior artists and crafters.

The Springbank Spring Fling will be held Saturday May 5th, 2018 at the Springbank Heritage Centre 9am - 5pm. Please plan on attending and picking up items for Mother's Day, teachers gifts, graduation, spring décor and much more. All items are unique and handcrafted.

The planning for the Springbank Christmas Market Nov 3 & 4, 2018 is under way. The craft supplies exchange is continuing, there is quite a collection available. Next meeting is April 19/18. Time: 7 pm at the Discovery Centre. Please email for confirmation if you plan on attending. Membership applications are due by April 1, 2018. We welcome new members to come out and join us. Meet like minded artists, artisans, and crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the Spring Fling Sale or the annual sale Nov 3 & 4th, 2018 or if you are considering membership email yjo999@gmail.com. Follow us on facebook. com/springbankchristmasmarket

Bragg Creek Chiropractic Clinic

We are more than just bad backs!

Dr. Darren Scarborough

Computerized Gait Analysis
Radical Shockwave Therapy
Active Release Techniques
Chiropractic Manipulative Therapies
Postural Correction
Custom Orthotics
Acupuncture

Grace Michelsson, RMT
Massage Therapy
Hot Stone Therapy

949-3953

Mountain View Building Materials Ltd

VISIT OUR NEW INTERIOR SHOWROOM!

Cedar • Fir • Composite Decking
Brown & Green Pressure Treated Lumber

Specializing In:

Timbers: Any Size • Fencing & Decking
Exterior Sidings
Flooring • Interior Panelling

125 Commercial Court, Calgary, AB T3Z 2A6
(East of Calaway Park)

Hours: Monday - Friday • 7am - 5pm

We Deliver

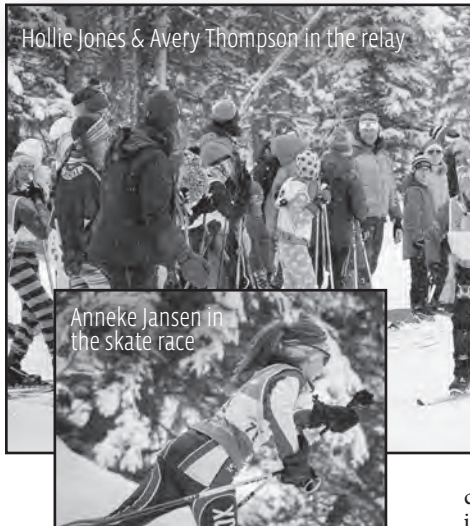
403.242.0404

WWW.MOUNTAINVIEWBM.CA



No Lack of Snow for Seventh Annual Youth XC Ski Championships

The snow kept coming and so did the skiers! The seventh edition of the Alberta Youth Cross Country Ski Championships (AYC) brought more snow, more skiers and colder temperatures to West Bragg Creek than in any other year.



Hollie Jones & Avery Thompson in the relay



Beck Ellis in the relay

four-person relay with costumes. Coaches and parents—also in costume—competed in a three-person fun relay.

AYC, or “Youth Champs” as it’s also known, offers a skiers ages 10 to 13 (mini-midget and midget level skiers) the chance to compete against their peers in both

classic and freestyle races. It’s the biggest event in the province for skiers in this age group and likely offers the most chance of a podium finish – since the podium accommodates top-10 finishers in each of four one-year categories.

XCBC had 21 skiers registered in the event, another record number for the “small club with the big heart.” Club skiers recorded seven top-10 finishes and won the small-club aggregate banner. Canmore Nordic Ski Club took the overall aggregate banner.

Event organizers would like to thank the more than 60 volunteers who helped out before, during and after

Youth Champs, handling everything from timing and course marshalling to food service and stadium set-up and tear-down. This event could not take place without a huge volunteer effort and many helping hands!

Thanks also go to Easter Seals Camp Horizon, which housed skiers, coaches and chaperones for the two nights, to our hardworking groomers and to our generous sponsors, listed below. Thank you to all!

XCBC Top 10 Finishers
Classic Ski – Interval Start
 2005 Boys – Robin Jansen (4th)
 2005 Girls – Sydney Martin (6th)
 2007 Girls – Hollie Jones (4th)
 2007 Girls – Avery Thompson (8th)

Freestyle Ski – Wave Start
 2005 Boys Robin Jansen (4th)
 2007 Girls Hollie Jones (5th)
 2007 Girls Avery Thompson (6th)

Thank you to our sponsors for the 2018 Alberta Youth XC Ski Championships:

Admaki, Anne Brown, Apogee Sports, Bragg Creek Community Association, Bragg Creek Family Foods, Bragg Creek, Performing Arts Society, Calgary Water Pure and Simple, CP Rail, Crab Apple Cottage, Cross Country Alberta, Cross Country Canada, Cycle 22X, Dustin Leclerc - Road to Nowhere Photography, IPC (Int’l Paralympic Committee), GBCIA, Kicking Horse Coffee, Lifesport, MEC, Moose Mountain General Store, Renee Deveau, Repsol Oil & Gas Canada, RMCA, Roast Coffee & Tea Co., Safari Fit, Salomon, Stone Willow, The Norseman, Townsite of Redwood Meadows, Trails Sports, Treana Bron, Two Pine Living, and Whiskey Creek Pottery

By Ann Sullivan

Close to 160 skiers from 11 clubs across the province and in Yellowknife took part in the annual event March 2 to 4, which is organized and hosted by the XC Bragg Creek Ski and Bike Society (XCBC). Hosting an outdoor event that relies on a good snow base is always something of a gamble, but this year Mother Nature came through in a big way. The trails in West Bragg Creek, which were already in great shape from a snowy couple of months, received more than 30 cm of fresh snow between the start and end of the event. Huge thanks go to volunteer trail groomers Jeff Hughes, Dave Cebuliak, Bill Hoyne and Dan Creaser, who logged close to 100 hours taming “Snowmaggedon” and getting the trails in shape for athletes.

“This was the biggest and best event yet,” said co-chief of event Erik Anderson, “thanks to Parks for the wonderful new facilities in West



DR MOWER
 Lawn & Garden Equipment
 Repair • Sales • Service

204A River Ave.
 Cochrane, AB T4C2C1

Ph: 403-932-9984
 dan@drmower.ca
 www.drmower.ca

@drmowercochrane

STONE CREEK GARDENS



Annuals & Perennials

Jane Boyce
 Phone/Fax: 403-949-2860

Rocky Mountain Tree Experts

“Taking Care of your Wood”

SPECIALIZING IN:
 PRUNING
 DANGEROUS TREE REMOVAL
 DEVELOPMENT CLEARING
 PROPERTY RISK MANAGEMENT

WESTON HORNBERGER
 WESTONH99@GMAIL.COM
 WWW.RMTXPERTS.COM

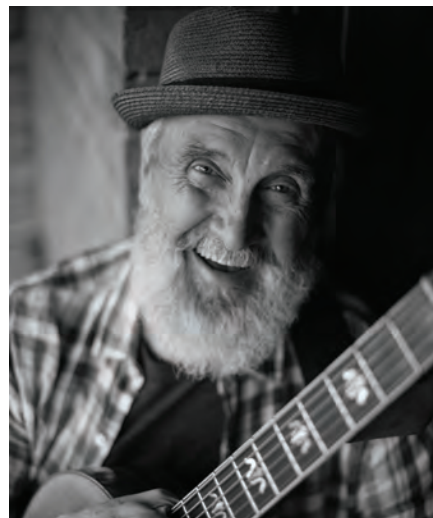
403-401-3939
 24 HOUR EMERGENCY SERVICES
 FREE ESTIMATES

Fred Penner's First Time in Bragg Creek

Kids who remember seeing Fred Penner grab his guitar and strum a tune on CBC 45 years ago, introduced their own children to his folksy rhythm last month in Bragg Creek. The 71-year-old music legend performed for the first time in the town, bringing along his simple acoustic style, and what he calls, "purity." It's something he feels can be lacking these days, adding "technology is out of control." But, ever-positive Penner thinks parents are searching

for quality entertainment, and are finding it at his concerts. "The kind of energy I brought was open and bright and inclusive. Parents gravitated to it – the positive songs and positive experiences. Apparently, there's still demand. The 'Fred Heads' from the 80's want their children to have what they had," he says. Penner has won four Juno awards, the latest awarded for his newest CD, "Hear the Music." His hit television show "Fred Penner's Place" aired for 12 seasons in Canada, and 4 in the U.S.

Faith McLean, HCN Staff
submission@highcountrynews.ca



Cue the Music!

The foothills may soon be alive with the sound of music, if a new musical theatre company has its way. Interested residents are meeting in Bragg Creek to talk about bringing live musical productions to the area. The community theatre shows would include kids and adults of all ages. If you're interested in any aspect from singing to set building, contact Trisha Gizen at tgizen@gmail.com.

Faith McLean, HCN Staff
submission@highcountrynews.ca



Anna Grist is the layout designer for the High Country News, and has been a freelance graphic designer for over 13 years since graduating from the Graphic Design program at Mohawk College in Ontario. She and her husband and two children moved to Alberta in August.

APRIL 21 - JUNE 3, 2018

16th Annual JURIED MEMBERS SHOW

**EXHIBITION OPENING
AND
VOLUNTEER APPRECIATION DAY**
SATURDAY, APRIL 21ST 2 - 4 PM

Meet the artists and help us
celebrate our amazing volunteers!

LEIGHTON ART CENTRE

Open 10 am - 4 pm
Tuesday - Saturday
(& Sundays, beginning June 1st)

Museum · Art Exhibitions · Workshops · Gallery Shop · Summer Camps

www.leightoncentre.org 403-931-3633

**2018 Summer
Camps Now
Registering!**

Household Artists Inc.
Specializing in Post Construction

Edith L. Walton
President
info@cleaningartists.com

Bonded • Insured • Licensed • Workers' Compensation

Cleaning Services
Commercial
Industrial
Residential

We Check It ✓
www.CleaningArtists.com
Office: 403.569.0413
Cell: 403.519.6111

DOUG TUTTLE
bcph@xplornet.ca
Ph: 403-931-0486
Fx: 403-931-1617

BRAGG CREEK PLUMBING & HEATING LTD.

Box 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

www.braggcreekplumbingandheating.com

Get Back In The Swing

Spring is in the air and it is time to start thinking of your summer sports and getting your body ready. You've heard the term "pre-training", right? Well, that doesn't only apply to team sports and elite athletes. Golf may be considered a laid back sport to some, but the high intensity swing and duration of the game must be taken into account. It is not too early to start strengthening your core, shoulders and legs in order to have an efficient swing, prevent injuries and enjoy your favorite game all summer. Here are a couple commonly asked questions regarding our bodies and the sport of golf.

What muscle groups do people use when playing golf?

The golf swing incorporates almost every muscle and joint in the body! If we break the golf swing down, there are some key muscle groups that are important to consider when stretching and training for the sport of golf. During the backswing: balance, joint mobility and muscle flexibility are paramount. While shoulder, hip, and full trunk rotation are necessary to achieve the optimal backswing technique, other muscles provide stability and balance. The transverse abdominus and oblique muscles work to stabilize the spine and coil up the trunk in preparation for the powerful downswing. The hip (quads and hamstrings) and shoulder muscles (abductors and external rotators) on the trail-side are actively working to prepare our bodies for the next phase. The downswing is a powerful and fast motion that requires much coordination and joint awareness. Our hip, thigh and calf muscles help stabilize the knee, rotate the hips and transfer load onto the lead leg. The shoulder and torso muscles generate power and speed for contacting the ball.

Finally, the follow through phase is mainly a deceleration of the body after impact. Many of the same muscles work eccentrically (controlling movement while they are lengthening) to slow down the body, protect joint range of motion, and maintain balance.

What are the most common injuries with golf?

In the upper body, shoulder injuries are most common. Typically these involve the shoulder rotator cuff muscles: the supraspinatus, infraspinatus, teres minor, and subscapularis. These muscles are the core stability of our shoulder joint. More often on the lead shoulder, these muscles can be over taxed by improper technique, such as excessive shoulder elevation during the back swing. Poor trunk rotation and over swinging can also overuse these muscles and cause injury. Elbow injuries, such as tendonitis issues, can develop due to poor grip technique, frequent repetition, and taking deep divots. Wrist tendonitis, carpal tunnel syndrome, and thumb injuries are mainly due to excessive grip pressure and poor grip mechanics.

In the lower body, knee injuries such as a meniscal tear or ankle tendonitis can occur due to the pivoting motion of the swing, improper weight shifting, and footwear.

The majority of injuries we see in golf, involve the back. 50% of injuries occur during the downswing. This action has the greatest speed and force on our muscles and joints. Typically the lower back, elbows and knees are affected during this phase. The most damaging position for our lumbar discs is at the moment of impact when our spine sideflexes and rotates. It is typically the trail-side that endures the most wear and tear, thus increasing the chance of degenerative changes.

How to avoid them?

Since poor technique is a common theme with injuries, a lesson from a PGA teaching professional would be helpful. Maintaining adequate flexibility in the shoulders, trunk and hips allow the stabilizing muscles to perform more efficiently. Incorporate stretches that target back extension, trunk rotation, hamstring, hip flexors, and outer hips. Stretches that target shoulders, forearms and neck are preventative as well.

Strengthening the shoulder rotators, trunk muscles, and the hip muscles would greatly enhance joint stability, technique and coordination. Performing strengthening exercises such as shoulder external rotation, upright row, and hip abduction utilize these muscles.

Research shows that the limiting factor to how powerful the spine can move, is the strength and function of the deep stabilizing trunk muscles – the transverse abdominus, internal obliques and multifidus muscles. By activating these muscles throughout the golf swing, the trunk will have more power and spinal protection. A good start would be to simply draw in your lower abdomen towards your spine while addressing the ball and throughout your swing. Exercises such as oblique curl ups, front and side planks are great spinal stability exercises for core strengthening. Golf specific exercises are optimal for injury prevention and preparing your body for the powerful and dynamic nature of the golf swing.

I am a certified Level 2 practitioner with the FITforeGOLF seminars. This program for physiotherapists uses "clinically based golf rehabilitation and injury prevention strategies incorporating the latest biomechanical and sport medicine research". Based on this information, I have created a 4-week conditioning class to teach you golf tips, educate you on injury prevention, and progress you through strengthening, stabilizing and flexibility exercises to get you ready for the upcoming golf season. Each class is one hour long and once a week for 4 weeks. I will provide you with information and handouts so that you can continue to practice and incorporate what you've learned independently.

In our gym at the Bragg Creek Physiotherapy clinic, we will perform a circuit style workout with various equipment such as weights, Bosu balls, physio balls, therabands and a golf specific AbTrainer. These Back in the Swing golf training sessions will start in April and May just in time for the snow to melt! If you are interested in an individualized fitness program to meet your goals, we offer that as well. Please call the clinic for further details on personal fitness training programs and our upcoming Back in the Swing golf conditioning classes (403-949-4008).

Jennifer Gordon (BSc. PT, AFCEI, BKin)
Physiotherapist, Certified Level I/II 'Fit fore Golf' Practitioner
Bragg Creek Physiotherapy
www.braggcreekphysio.com

BRAGG CREEK PHYSIO 4-WEEK STRENGTH & CONDITIONING	VISIT US AT BRAGGCREEKPHYSIO.COM FOR MORE INFORMATION		
	BACK IN THE SWING CLASSES BY JENNIFER GORDON BSc. PT PHYSIOTHERAPIST FIT FORE GOLF LEVEL 1 & 2 CERTIFIED IMPROVE YOUR GOLF GAME AND MINIMIZE YOUR RISK OF INJURY GET YOUR ARMS, LEGS AND CORE READY FOR A SWINGIN' SUMMER! <u>TUESDAYS FROM 9-10AM</u> APRIL 17, 24, MAY 1 & 8 <u>OR: THURSDAYS FROM 6:30-7:30PM</u> APRIL 19, 26, MAY 3 & 10 SPACE IS LIMITED SO VISIT US ONLINE FOR MORE INFO OR CALL NOW TO REGISTER YOUR SPOT!		NOTE OUR EXTENDED HOURS TO SERVE YOU BETTER STEVE RESTA PHYSIOTHERAPIST MON & WED 11AM-7PM TUE & THUR 1PM-7PM FRI 7AM-3PM JENNIFER GORDON PHYSIOTHERAPIST TUES 8AM-2PM THUR 8AM-2PM
	LISA CHAPMAN MASSAGE THERAPIST TUES 11AM-7PM THUR 11AM-7PM STANLEY LEENE CERTIFIED PEDORTHIST APPOINTMENTS AVAILABLE AS NEEDED PLEASE CALL TO BOOK		SERVICES PHYSIOTHERAPY MASSAGE THERAPY ACUPUNCTURE IMS SPORTS INJURIES MOTOR VEHICLE ACCIDENT CLAIMS INJURY PREVENTION PAIN MANAGEMENT GAIT ASSESSMENTS FITNESS PROGRAMS NEW - CUSTOM FOOT ORTHOTICS AND KNEE BRACING
	QUESTIONS? 		CONTACT: P 403 949 4008 F 1 866 253 5888 E PHYSIOBC@TELUS.NET

Women & Girls With ADHD

by Roché Herbst, M. A. R. Psych.



IS FEMALE ADHD UNDER-DIAGNOSED?

First of all, ADHD is not gender biased. Symptoms can be seen in girls and boys, where most kids never outgrow it. Many women grow up assuming that ADHD is a diagnosis for hyper little boys or a "male disorder". In other words, men and women are equally likely to have ADHD symptoms. Girls tend to develop ADHD later than boys and have more emotional turmoil as a result of their symptoms. These are some of the reasons why so many women go undiagnosed (misdiagnosed).

WHAT IS ADHD LIKE IN GIRLS?

Parents and children often miss the warning signs. The pressure to perform means that many girls internalize their symptoms and then end up with depression, anxiety, perfectionism, a sleep or eating disorder. They typically have fewer friends, mostly daydream, trouble following instructions, make careless mistakes on homework and tests. During puberty some girls may experience an increase in PMS severity, promiscuity, a greater risk of cigarette smoking (as early as age 11), alcohol, drug abuse and unhealthy relationships due to low self-esteem or self-loathing.

WHAT ARE THE SYMPTOMS THAT SABOTAGE ADULT WOMEN?

Inattentive (ADD) presentation and disorganization are more common. A person constantly ends up feeling overwhelmed and frantic about coping with day-to-day basic things. Do you impulse buy, wonder what to cook (again), forgot the washing in the machine or cookies for school, struggle to prioritize, overcommit, feel embarrassed to invite people over because the house is a mess? Relationship difficulties may include: marital difficulties, sexual issues, sexually transmitted diseases, unplanned pregnancies or parenting issues. Each case needs to be diagnosed individually based on their situation and risk factors.

EXAMPLES OF SUCCESSFUL WOMEN WITH ADHD

"Of course you don't have ADHD. You're smart." Even if you have a high IQ, work very hard or have a lot of support, you can

keep your symptoms in check for long enough to get to college, or not. Women everywhere are using their ADHD to do amazing things and become successful. They are caring, sensitive, never boring, see things differently, trying out new things, innovative, entrepreneurs, creative artists, athletes, trailblazers, comedians or astronauts. For example Avril Lavigne, Agatha Christie and Karina Smirnoff and the list goes on. We have a long way to go in addressing the stigma and misunderstanding that surrounds this diagnosis. What is important to remember while we increase awareness, you can get support and strategies to move forward in a healthy and positive way.

Myth: Kids grow out of it.

Fact: Although previously considered only a childhood disorder, up to 80% of children with ADHD continue to show symptoms into adolescence. Symptoms may include difficulty following instructions, is easily distracted, difficulty sustaining attention, staying on task, loses things or controlling anger.

Sources:

Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do (Nadeau, Littman & Quinn, 2015)

The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

- ADHD & ADD (Attention Deficit Hyperactivity Disorder)
- Learning Disabilities
- Processing Disorders
- Career Counseling
- School & Workplace accommodations

For more information contact Roché Herbst, M.A. R. Psych.

(403) 510-9984 or info@wehcs.com



STOP GETTING SOAKED BY YOUR PLUMBER!

Before you call just any plumber, be aware of the
TOP 3 THINGS that make your plumbing repair
more expensive than it needs to be.

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

HERE'S HOW YOU WIN!

- 1. Price-Rite Plumbing only charges for the time it takes to properly repair your issue as quickly as possible.**
- 2. We don't replace parts other than what's required for a proper repair.**
- 3. Well stocked vans means we have the parts required for your repair.**

**YOUR NEXT PLUMBING REPAIR WILL
BE PRICED RIGHT AND DONE RIGHT.
CALL 403-660-1122 OR VISIT
WWW.PRICE-RITEPLUMBING.COM**

**PRICE-RITE
PLUMBING**

Effective Investment Principles

The following six (6) investment principles are the ones I rely on to help clients achieve their long-term financial goals.

1) Faith in the Future - In the long run, I believe that successful investing is essentially a battle that takes place in the investor's subconscious mind – a battle between faith in the future and fear of the future. The investor's lifetime financial return will be, to a very great extent, governed by which of these impulses win.

2) Patience - We live not in an age of enduring investment truths but of late-breaking market news. This places the investor under constant pressure to do something – to react to the events of the moment rather than acting to achieve their lifetime financial goals. Yet, the more the investor gives in to the fads or fears of the moment – [the more they chase what's hot] – the more they lose sight of their long-term financial goals, the more mistakes they make, and the more their long-term return declines. Patience is tolerance and restraint in the face of provocation. Patience is staying the course and not going off on a tangent with the hot investment of the week.

3) Discipline – This is the decision to keep doing the right thing. I care about what has always worked and I'm going to keep doing what has always worked. When discipline fails, the plan fails.

4) Asset Allocation - In the long run, timing and selection have very little to do with portfolio returns. A far greater determinant is asset allocation, which is a long-term mix, in the portfolio, of stocks, bonds and cash. In the long run, equity markets (i.e. stock markets) must accurately reflect the earnings, cash flows and dividends of the publicly held businesses in the underlying economy. Stock Markets are not casinos, and not a game to be played, but a relentlessly efficient way of taking into account the future earnings of real businesses. Earnings, cash flows and dividends of thriving companies, must, and do,

reflect the growth of the domestic and global economies in which they operate. Due to the volatility of the business and credit market cycles, equity returns (i.e. stock returns) are so much less certain than those of bonds. As a result, efficient markets demand a higher equity market long-term return as compensation. **Equity (i.e. stocks) returns have been, in real terms, around three times greater than the real return of bonds over the last eight decades or so.** The higher returns and the higher volatility of equities are like the two sides of the same coin. You get the return only by accepting the volatility. You need to embrace the volatility, because it is where the higher returns are coming from. All successful investing is a battle between one's need for certainty and one's tolerance for ambiguity. The more certainty you need, the more you allocate your portfolio towards bonds, and the lower your lifetime

return will be. The more ambiguity you can tolerate, the more you'll trust your fortunes to equities and the higher your lifetime return will be. Successful investing isn't intellectual, but instead is emotional/behavioural.

5) Diversification - Equity diversification says: we can't know what sectors – small or large capitalization companies, growth or value companies, domestic or international companies, etc., will fade and when. Therefore, we will own a number of such opposing sets, in roughly equal measure. Since these opposing sets are all equities, we will ultimately get equities' blended long-term returns.

6) Rebalancing – We return the portfolio back to the originally desired weightings annually.

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.

Robert Hughes,
P. Eng., CFSB, CFP, CPCA

Robert M. Hughes FINANCIAL SOLUTIONS INC.



Robert Hughes,
P.Eng., CFSB, CFP, CPCA

- Certified Financial Planner
- Investment Manager
- Insurance Specialist
- Certified Seniors Advisor



- RRSPs, RRIAs, LIRAs, LIFs, LRIFs, RESPs, & non-registered portfolios
- Life Insurance, Critical Illness, Disability & Long-Term Care Coverage
- Financial Planning - Individuals, Professional Corporations & Small Businesses



403-949-3250

E-mail: robert@myfinancialsolutions.ca

Website: www.myfinancialsolutions.ca

Box 231, Bragg Creek, AB T0L 0K0



Dreams, Teams and Process

I have written all of the prior articles (all of which can be revisited at www.yourfamilybusiness.ca) in the third person to allow you, as readers, to place yourselves in the position I am outlining and describing in each article.

Since my last article, I have been diagnosed with brain cancer and have had 2 successful surgeries. The impact, however, is that I now have had the opportunity to review and assess my own family's preparedness should I become permanently disabled or die. The view is really scary and the fears expressed by everyone in my family have been difficult to deal with. From being in a precarious position, I have identified a few things that families need to consider to move them forward (particularly if they have intentions on maintaining and transitioning their family businesses).

Dreams: The word "dreams" is a really small word – 6 puny letters. Strangely, most "dreams" are never given a second thought unless they are bizarre and can be recalled when you wake up. Those are insignificant dreams, however. From the perspective of a family business, the "dreams" you have need to be fully flushed out with lots of details so they become "goals" that you can remind yourself of on a daily basis.

Teams: This 5-letter word can be HUGE. Once you know who is on your "team", and "why" they are on the "team", you can work together to create your dreams. The value of a team is that your teammates can provide you with the input that you may not

see on your own (but you also will need to understand that you might not want to hear what they have to say or how their related personal dreams need to be incorporated into your own dreams). While it may be that everyone with the same last name should be on the family enterprise 'team', it may be that some of those family members need to wait their turn and join at a later date once their qualifications (established by you and others on the team) have been achieved.

Process: Compiling the "dreams" with a team can be both powerful and unsettling, but the formalization of the dream(s) will be invaluable to your family and the transition of your business as everyone on the team will understand their roles and where they fit in the dream(s). Should something occur before the dream has been achieved, their responsibilities remain in place as a valued member of the team.

The thing about "process" is that it is a BIG word and there is nothing that can be done to advance it quickly. The discussion is vital and you may want to retain the

services of a Family Enterprises Advisor to assist you in the formation of the Dreams and the formation of the related Teams. Doing it yourself could be disastrous (especially if members of the family are experiencing 'fear', in which case your dreams could turn into nightmares that could haunt you and the rest of your family for a longtime.

For more information about FEA's, or to find a FEA to work with your family, go to family-enterprise-exchange.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

TOOL TIME HANDYMAN & CONSTRUCTION SERVICES

FOR YOUR HOME IMPROVEMENT NEEDS:
RENOVATIONS, REPAIRS, MAINTENANCE & UNIQUE PROJECTS
FOR ANY TASK...JUST ASK!

Al MacDonald
403-949-2349

PROVEN QUALITY WORKMANSHIP,
HONESTY & RELIABILITY

BRAGG CREEK
SAVE THE DATE
DAYS
July 21 & 22, 2018
Parade • Midway Games • Pancake Breakfast & more!

BRAGG CREEK **Ride the Sigh**



Construction Loam Aggregate

BRIAN FITT
Trucking & Bobcat
Bragg Creek

Mulch **809-8949** Debris

20/20
LAW GROUP
Clear Vision. Secure Future.®

Reid Schmidt
Lawyer
Trademark Agent
FAMILY ENTERPRISE
ADVISOR™
www.2020law.ca

phone: 403-730-2020 ext.1709
facsimile: 403-255-4224
email: reid@2020law.ca

110, 7330 Fisher Street S.E., Calgary, Alberta T2H 2H8

Redwood Meadows Update

Council Update: In March council met twice, March 6th and March 20th. The focus in this month was finalizing budgetary matters, updates on the Lease Negotiations, and Emergency Preparedness for the Townsite.

At the March 6th Council meeting, Councilor Mike Moore resigned for personal reasons. The Town Council would like to thank Mike for his commitment to our community and wish him well in his future endeavors.

Infrastructure: Our Operations staff work hard year round to ensure that roadways are maintained and kept accessible to all residents at all times of the year. Emergency routes, main collectors and school bus routes take priority over other areas. During periods of heavy snowfall or other extreme weather conditions, please have patience as we work to get to your area as quickly as possible. Predicting the amount of snowfall over the winter (especially in Alberta) is a difficult thing to do - the Townsite is committed to maintaining a balanced budget, and to providing cost-effective, efficient service.

Your cooperation and patience regarding snow removal is encouraged and much appreciated by the Townsite and your fellow citizens. A big thanks goes out to Rocky and Rob for all their extra work this winter and figuring out where to push all the excess snow.

Operations Manager Rocky Bond is finalizing the operation of the lift station at the North Berm. This is to ensure proper functioning and operational readiness for the spring melt.

With the excess amount of snowfall and the expected rise in temperatures and the oncoming spring melt, the Townsite is reminding residents to ensure that they place their eavestrough downspouts down and away from their foundations. In addition, residents are asked, if applicable, to ensure your sump pumps are plugged in and operational. If you experience water in your basement, or notice areas around roads or ditches not draining, please contact the Townsite Office.

Personnel /Emergency Services: Our Operations Department is actively preparing for the oncoming spring melt. In the event of an emergency, and to have preparedness at an active level, the Townsite is partnering with Redwood Meadows Emergency Services to have a volunteer base of residents trained, organized and familiar with the Townsite's Flood mitigation protocols and apparatus. The Townsite is planning a Saturday afternoon in early May to provide free training for residents interested in volunteering for this team. If you

are interested please head to the Townsite Website, look under Community>Volunteers and place Flood Mitigation in the description to sign up.

In addition, the Townsite will be conducting a TEST of our Emergency Call Out System on April 18th. The system is designed to inform residents of an emergency situation. If you are unsure if the Townsite Office has your proper contact info, which would include both telephone and email notification, please check with the office prior to the TEST date of April 18th.

On the 18th of April, the day of the TEST, if you are NOT notified on BOTH email and by telephone, please let the Townsite office know. PLEASE only contact the office if you DO NOT receive a call and email.

Also please continue to look for updates from both the RCMP and RMES in the monthly editions of the Chatter.

Bylaws: The Townsite has been receiving an increasing amount of concerns and complaints about dogs in our community. In relation to this Councilor Thornton has initiated a subcommittee to advise administration on defining community standards with respect to the animal control bylaw. We are looking for 2 to 3 residents to provide input on this. If you are interested, please email Bylaw@redwoodmeadows.ab.ca with a subject heading of Animal Control Committee. The Townsite is looking for an array of representation and position so please state in your email if you are or are not a dog owner.

Redwood Meadows Townsite Council has initiated a review of the Townsite's compliant process. We are looking for 2 to 3 residents to join a committee headed by a member of the Townsite Council, to review and advise if changes are required. If you are interested, please drop a note at Bylaw@redwoodmeadows.ab.ca with a subject heading of Compliant Process Committee.

Communications: Council has finalized a date for the Emergency Services Department Open House day in early spring with representation from the RCMP, Redwood Meadows Emergency Services Department, Tsuut'ina Police, and Alberta Fish and Wildlife in attendance. Mark your calendar for May 12th, 2018 to come and see the different service departments that serve our community.

An information night for the community on "Living with Wildlife" is also finalized for our community. Wildlife Conflict Biologist, Jay Honeyman will be presenting at Redwood House at 7pm. The hope is that our residents can gain information of the wildlife in the area and what we as responsible residents can do to ensure our co-habitation.

Mike Decore
Redwood Meadows Councilor



Grooming NOW OPEN

MONDAY, TUESDAY, FRIDAY & SATURDAY

All breeds and sizes welcome!

From the Chihuahua to the Pyrenees, we've got you covered!

To book an appointment call
(403) 932-2072



Photo by Darwin Wiggett






Meet. Adopt. Love.

FOLLOW US!    cochranehumane.ca

Cochrane & Area HUMANE SOCIETY

Bragg Creek Artisans

It is said that when creative minds unite, magic appears. Well sometimes it certainly seems that way. An artist sharing what they did, how they did it, the mistakes they made, the steps they took to rectify those mistakes and of course.... the final outcome. This is the beginning in the brotherhood and/or sisterhood of being an Artisan.

During our monthly meetings after the business part is dealt with and before we get to the fun activity part, we enjoy sharing with our fellow Artisans the projects we are working on, sometimes just to say "Hey, check this out!", sometimes to ask for some advice or guidance about which direction to take or what to do next. Either way, we are always amazed at the amount of talent and original ideas and projects our group is working on. At our February meeting Jeri Kerluke and Fay Hodson each brought in some of their fantastic felted creations to show us how the experts do it before we all started working on our own first time

designs. While I do feel we were all pretty successful in creating something we could definitely take home and be proud of, I think it will take a little (or a lot) more practice to reach the level of expertise that these two women have achieved in this art form. Very impressive! As well, it was very interesting to see some of the paintings Janet Bradish has been working on. Janet participated in a 30 paintings in 30 days challenge and chose to dogs as her subject matter. I personally would have a tough time trying to think of 30 different breeds of dogs, let alone paint a different dog, on canvas, each and every day of the month. Well done Janet, you did a great job and we enjoyed seeing your beautiful work.

At next month's meeting, Wednesday April 4th at 7pm, we will be making some very non traditional bracelets. Very lightweight, very fun. We meet at the Bragg Creek Community Centre and as always if you live in Bragg Creek & Area, you are welcome to join us. Membership is \$20 per year. You don't need to pre register, just show up and introduce yourself. We'll see you then.

by Artisan
Jeri
Kerluke



Thank You!

Kamp Kiwanis would like to thank Moose Mountain General Store for its continual support of our Annual Summer Kamp Winter Reunion. Campers had an amazing day that they will never forget. On behalf of the Staff, Volunteers, and Campers at Kamp Kiwanis - Thank you Mark, Jennifer and Staff!



**BULLDOG
PAVING LTD.**

Kevin Rediger

403-651-1900

www.bulldogpaving.ca **FREE ESTIMATES**

Acreages
Driveways
Pathways
Resurfacing
Parking lots
Parking pads
Patch and repair

ANOMI'S REASON

CONNECTION

When I was a student at Red Deer College,
I felt a connection and visualized myself teaching
in these classrooms. I wanted to work at a place
where people come first.



Explore rdc.ab.ca/reasons



local food and liquor merchants in a casual tasting environment. As the April weather can be unpredictable, be ready to walk between locations in sunshine or snow!

offering community engagement opportunities and programs. The other \$1.00 goes back to the merchants and vendors to cover their costs for the event.

We look forward to seeing you at Taste of Bragg Creek and around the Hamlet!

Sincerely,
Shaye and the BCCA

Bragg Creek Community Centre April Events

For Info: www.tasteofbraggcreek.ca

Outdoors In - Nature Connections Spring Break Camp!

April 3-6th | 9am-4pm | Tues-Fri | \$160

A GREAT OPPORTUNITY FOR YOUR
CHILDREN TO LEARN "WHAT'S IN
THEIR BACKYARD"

Register at: www.outdoorsin.ca



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.braquecreekcommunitychurch@gmail.com

Century Rock Masonry

All Types Of Stonework

Fireplaces • House Facings • Retaining Walls
Patios • Garden Art • Repairs

David Andruko



403-819-5303



TETANUS

by Dr. Annelies Noordman

Spring is around the corner. Time to go out and explore the trails, do repairs around the house or yard work. It's also the time you can get a cut, scrape, animal bite or puncture wound easily. That's when you are at risk for getting tetanus.

Tetanus is a serious infection that causes muscle spasms. It is sometimes called 'lockjaw' because muscle spasms can clench the jaw shut. It is caused by bacteria that live in the soil. They can get into your body through a break in the skin. High risk wounds are penetrating wounds, if there is a coinfection with other bacteria, dead wound tissue and poor vascularization or if there is a foreign object in the wound. It takes approximately 8 days to develop symptoms after you have been exposed but it ranges between 3 and 21 days. Other symptoms can include tight painful muscles that won't relax, trouble breathing or swallowing, fever, sweating, restlessness and fast or irregular heartbeat. If tetanus is suspected you should see a doctor. Between 10 and 15% of the people diagnosed with tetanus will die from it.

Tetanus can be prevented by washing cuts and scrapes with soap and water

and use of an antibiotic ointment. If you cannot get all the dirt out or cannot see all the way into the wound go see a doctor. Do not inject illegal drugs, or at least use clean needles. Another way to prevent tetanus is by getting a tetanus vaccine. This vaccine is part of the routine immunization schedule in Alberta and will be administered at different ages, the last time in grade 9. Adults should get a tetanus booster every 10 years or if you have a high risk wound if it is more than 5 years you had your last booster. This is available free of charge in your local clinic Care in the Creek Medical Centre in Bragg Creek. Come see us if you do not know when your last booster was. We can check it for you and immunize you if needed. We have evening and weekend appointments available. Contact us at 403-949-2457. Enjoy spring!

DR. ANNELIES NOORDMAN is accepting new patients

Call 403-949-2457 today to
book your appointment or visit:

www.careinthecreek.com

With Our Apologies...

Over the last few months, we have been updating our article headers and unfortunately, due to a communication error between staff, we managed to give Dr. Noordman credit for the long history of excellent articles featured in HCN that had been actually written by Dr. Sara Wiesenberg, (except for this month's, which does actually come from Dr. Noordman!) We apologize for this unfortunate and confusing mistake and will be more careful in future when implementing new features to our newspaper to ensure we are accurate in our credit of authorship! We thank Dr. Wiesenberg, as well as Dr. Noordman and Dr. Cunning, and the rest of the staff at Care in the Creek Medical Centre, for their contributions to the Bragg Creek & Redwood Meadows communities and the time they take to help our readers be better informed about health issues facing Albertans!

Sincerely, the HCN Staff



SHARON BAYER, REALTOR

Your local real estate expert!

Sharon@sharonbayer.com | Cell: 403.554.8978

WWW.SHARONBAYER.COM



**BRAGG CREEK
EXCAVATING**

Excavating:

Backfilling, Trenching, Cat Work

Landscaping:

Rock Retaining Walls,
Rundle Stone Patios,
Rock Work, Stairs

Acreage Development:

Road Design & Building,
Drainage, Ponds & Dams,
Sewer & Water, Clearing

John Lajeunesse • 949-2756 • 620-0250

EAGLE SEPTIC

Your trusty specialist



P.O. Box 75135
Westhills S.W.
Calgary, AB T3H 3M1



SEPTIC TANK
& VACUUM
SERVICE

REPAIRS

TOP RATES

SONNY J. LUSTY
Tel: (403) 650-9436
Fax: (403) 455-9752



CHECKMARKK.CA



Updates from Division One

Greetings and thanks for checking in. Since last month, progress continues on the various issues facing us. As I learn of new details, I will report them. Seems a month goes by so quickly yet when it comes to issues facing us, they move a tad slower. Politics.

As of this reading there has been a FireSmart meeting that took place at the Community Centre on March 20th - headed by Rocky View County Fire Chief, Randy Smith. Thanks to those who attended. The agenda for this initial engagement was to provide information and harness members of the community to form a FireSmart committee. With all the snow we've had this year you'd think the fire season is far away, but that is not the case. Please keep an ear out for further information.

Also, given the high rate of rural crime incidents, a Rural Crime Watch committee is being formed headed by our very own Dave Rupert in concert with Rosemary Lindsay, Director - Cochrane Foothills Protective Association. Details to come shortly.

With regards to flood mitigation, an update will be out in the coming weeks to provide the latest news about the recent studies and landowner negotiations. Stay tuned as I hope to have information to share soon.

One of my main objectives as I learn more about issues concerning our division is that I want to conduct get-togethers with concerned citizens and stakeholders and have sit-downs to discuss pertinent matters. These will be focused meetings that will allow respectful sharing of ideas

and potential solutions amongst myself, county administration, and locals to work collectively rather than in silos.

It has now been six months since I was a elected. Thanks again. I can say with certainty that myself and fellow colleagues are finding that there is a lot to be learned. Daily. And that curve is steep for me not having been involved in politics. As you can recall, eight of us are new councillors with our reeve, as the only incumbent. So far so good.

Like day one of a new school year, we're all in the process of getting to know one another and for me, it has been an honour. Although we each represent a different division, our decision making is based on the welfare of the county as a whole. To that end, although we have our own issues in our respective divisions, we are working collectively and respectfully to make Rocky View County the envy of every other municipality in Alberta.

If there is one challenge that I face, it's the enormity of the Councillor responsibility, and to juggle this role with my professional career and my family obligations. However, I do love challenges. So I thank those of you and especially appreciate the understanding and patience you have given me. As I campaigned, I said will be as accessible to you as humanly possible. Again, your patience is appreciated as I and my fellow civil servants aim to improve upon our service and duties as your elected body.

Thanks for your time and I hope the snow is gone by the next issue of this wonderful publication.

Cheers, Mark



There are always many things taking place within the Bragg Creek and area business community. Recently the Chamber made a decision to hire an administrator & public relations specialist. We are pleased to have Jennifer Jurkowski join us in this capacity. She will be helping us in our communications, and the numerous other tasks that need to be done to assist our chamber in the day to day operations. We feel that she will assist us in fulfilling our mission to act as a resource that supports and advocates for the business community in Bragg Creek and the surrounding area.

We are looking forward to the Taste of Bragg Creek Festival on the 13th of April. We appreciate Charlie Holschuh's efforts in coordinating this event. This is a major fund-raiser for both the Bragg Creek Community Centre as well as the Chamber. It brings numerous people into the community, which obviously, is good for other businesses too. If you would like to volunteer at this event, please contact tasteofbraggcreek@gmail.com.

Michele Longo has been helping with our web presence and has recently worked with Good Company (the company hired to create the site) to finalize our visitor "public facing" website www.visitbraggcreek.com. Michele has given many volunteer hours to this project so we owe her a deep-hearted thank you. She is now working to finalize our chamber site that will serve the business community.

We meet as a chamber on the 3rd Wednesday of the month at the Country Wood. You don't have to be a member to attend. Stay afterward for delicious appetizers served by one of our local restaurants, and a glass of wine (or 2).

If you would like to become a member please get in contact with us at 403-949-0004 or office@braggcreekchamber.ca

There are many benefits to being part of the business community, although for me, it is the relationships that have been developed that have brought me the most value. Our next meeting will be at 7pm at the Countrywood on April 18.

*Until next month,
Lowell Harder
President*

f COUNCILLOR MARK KAMACHI

@MARKKAMACHI

CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA

OFFICE: 403-949-3343

CELL: 403-861-7806



BRAGG CREEK
community church

EMBRACING CHAOS

by Dave Zimmerman

Oh Spring time in Alberta! How do you cope? Shorts one day, shovels the next. What coat should I be taking with me when I leave the house? And don't get me started on the existential question of when to take snow tires off.

So how do you cope with the uncertainty spring brings? Worry about it? Ignore it? Putting your head in the proverbial sand... or snow. Or do we embrace it, in all of its uncertain anarchy?

Spring time is probably a small picture of the rest of life. We have dreams and hopes for the future (seeing color again, putting boots away, driving with the windows down) but... we are sidelined, ("snow-mageddon", forced crampon use, and an inability to roll windows down or open doors because they are frozen shut.) Life is the same way isn't it? hopes, dreams... uncertainty. One thing we can expect about this life is that there is always something unexpected. There seems to be an absurdity and irony to life (just read the book of Ecclesiastes). However, just as spring highlights change and quite possibly the hope for the future, so does the celebration of Easter (conveniently placed during our spring time). The prophet Isaiah foretold of this change that would take place in Jesus' life, death and resurrection. It was a message of hope in a dark and uncertain times. *"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."* Isaiah 43:18-19. In this "good news" message, it's interesting he mentions that with the coming of this hope there is still going to be "wilderness" and "wasteland" around, but there will be salvation through it all. "Life" still does happen around us, maybe there is some truth in the advice that, "we should stop trying to control out future, but rather focus on controlling our responses to the future." It sometimes only takes one call from a doctor, police officer, lawyer... to be reminded that there is a lot of life that still happens to us. However, in this message there is also the ability to "forget the past." See, it would be convenient to feel self-righteous in the unjustness or unfairness of life happening to us. But the reality is

life doesn't just happen to us, we happen to life. We play both roles of victim and victimizer, and these "past" choices and events sometimes keep our minds locked into "wastelands" and uncertainty. If you happen to wrestle with some guilt and pain of past mistakes, it is actually probably an ok thing, because it means you're "normal." You actually have a conscience (so thumbs up you're not delusional or a psychopath and you're taking responsibility for your actions.) However, in dealing with this "past", we either worry about it, we wear it and it becomes our identity, we continue to act in those "past" patterns. Or we ignore it, it's all a construct and illusion, "no harm, no foul" (Ironically we like this "illusion" until we're the one getting harmed and fouled?).

And yet, for Isaiah there is a call to forget the past. See Isaiah was looking ahead to a time when all would be forgiven, that no longer will we be held under judgment for those "past" things. We would be forgiven and set free to put things back together - but with

a clear conscience (no guilt). All this is also done with the help and presence of God, because no longer is there anything that keeps us apart from God. Isaiah speaks that we are provided with "a way," New life, New perspective, even in dark times (wilderness and wasteland). Through Jesus, we have the ability to have the past taken care of and experience the "new life" right before us, with-out the anxiety and worry of things too far ahead or too far behind. Kind of like embracing some of the uncertainty by being fully present in the life you are now living. In this "good news" message, there seems to be a way in Jesus to not just cope with life, but to embrace it.

'Til Next Time, Dave

JANT DESIGN INC.

STUDIO INC.

TIMELESS DESIGN

- Interior / Exterior
- Rustic to Modern
- Renovations or New Build
- Age in Place Functional Design
- Acreage Design
- Heritage Style Cabins

Phone: 403-835-5400
jantdesign@telus.net
www.jantdesignstudio.com

JAN (TANGJERD) ERISMAN
Interior Designer D.I.D.

NEW OFFICE

smartcontractor

Est. 2003

TAX PREPARATION

- Business • Personal

LOCAL SERVICES

- Bookkeeping • Payroll
- Incorporations • Advice

CONTACT US TODAY

Bragg Creek: 403-949-4243

Cochrane: 403-813-0873

www.smartcontractor.ca

info@smartcontractor.ca

LOCAL'S DISCOUNT

Are You TOL OK?

10% OFF

2017 T1

Tax Filings!

Valid Until April 15th

For more information

Contact John or

Jacquie Hromyk

(403) 949-4243

info@smartcontractor.ca

Old West Mall • Bragg Creek

The Little Schoolhouse News

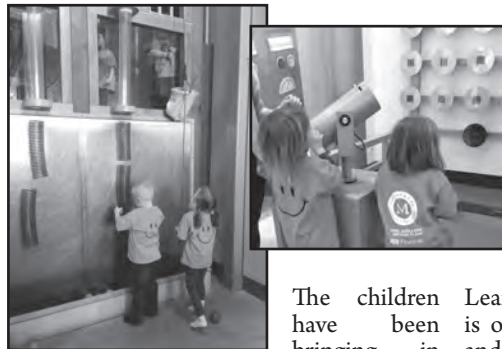


Our fieldtrip to Telus Spark was a smashing success! The ride on the big yellow school bus was a highlight, especially for the preschool students! We explored the amazing Whales Tohora exhibit, Creative Kids Museum, and some of us even took a drink out of the toilet water fountain! Making memories together is so rewarding. Thank you to all the parents who volunteered for the day, your support of our programs is much appreciated!

Throughout the second term in Kindergarten, the children were given many opportunities to explore, create and build understanding both independently and collaboratively. We have been fully engaged in storytelling through print, illustration and play. We are now very comfortable as a classroom family and the children are working in small groups each day,

cooperating and solving problems together. Sharing personal experiences and talking in front of the class has become a favourite time in our routine. This encourages self-confidence and the pursuit of knowledge, foundational for life-long learning.

Mixed media sculptures, large block towers and boats, and ocean landscapes have taken over our preschool classes. We are creating amazing works of art, learning our letters and numbers, and building compassionate friendships.



artifacts from home to show and talk about with their peers. Our ocean studies have even taken us to the abyss to learn about angler fish!

The Little Schoolhouse Parent Board would like to thank everyone who came

and volunteered for our Rustic Sign Night Fundraiser. The night was a success and we couldn't have done it without our volunteers!

We would also like to thank the following businesses and individuals for their Silent Auction donations/contributions: Al and Rosemary Enevold, Angela Townsend, Art Country Canada, Basement Technologies Calgary, Bragg Creek Foods, Bragg Creek Trading Post, Brock and Erica Coulliard, Cameron Westhead, Chris and Amanda

Haywood, Cycle 22X, Gary Anderson, Helen Cirin, High Country News, Jana Ivanek, Katie Scott, Mountain Bistro, Nardella Clinic, Robin Sparkes, Roast Coffee, Ruby Red Vino, Spirits West, Susie MacPhee, and The Heart Of Bragg.

Registration for the 2018-19 school year is ongoing. Please visit our website atthelittleschoolhouse.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



Barrister & Solicitor,
Notary Public

Linda A. Anderson

25 Years
Experience

403-243-6400
403-949-4248

linda@lindaandersonlaw.com

Appointments available in
Redwood Meadows & Calgary



SERVICES:

- REAL ESTATE
- WILLS
Including -
Personal Directives &
Enduring Power of Attorney.
- ESTATES
- FAMILY LAW
Including -
Divorce,
Pre Nuptial & Co-habitation
Agreements
- SMALL BUSINESS

Bragg Creek Area Businesses: Please Join Us...

For a
FREE
Social, Soup & Snacks
LUNCH

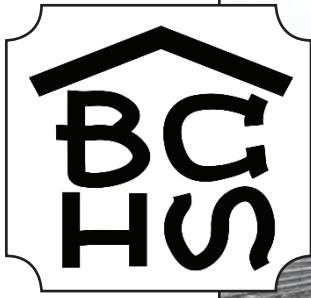
The Hub • 212-7 Balsam Ave
Bragg Creek Shopping Mall
Wednesday March 28th
11:30am - 1:30pm

*All Bragg Creek area
businesses welcome!*



BRAGG CREEK
community church





Our Forest, Forest Rangers & Fires: Part One

The natural playground now named Kananaskis Country (1978), has its own history and archaeological evidence of humans goes back over 8000 years. Although explored by numerous fur traders and named by Captain John Palliser, the Stoney-Nakoda and other First Nations had deeper and enriching connection to this land. The history of how and why our forests were protected dates back to the Dominion of Canada 1867, and that can explain why some locals still call it "the Forest Reserve".

After Confederation in 1867, the purchase of Rupert's Land was negotiated and with other northern lands granted by Britain, Canada owned the Northwest Territories (1870) and The Dominion Lands Act of 1872 excluded timberlands from sale and settlement. Growing Canadian concern about timber supply emerged during this period because of the need for wood on the prairies to aid in settlement and development. The Act provided the authority to require timber operators to prevent the ignition and spread of fires and the establishment of the first forest reserves.

Fire was a major concern particularly on the prairies and measures were required

to stop the destruction of the forests. The North West Mounted Police force, formed in 1873, was involved in fire control, but lack of manpower limited their effectiveness. A Crown timber agent was located in Winnipeg in 1879 within the Timber, Mines and Grazing Branch, followed by an agent in Edmonton in 1882. Soon, the first two forest rangers were appointed in Alberta, one each in Edmonton and Calgary; however, the rangers focused largely on collecting timber dues.

The federal government in the late 1890's was interested in determining the extent of the forests along, what was to become Alberta. This priority focused on the watershed that provided vital water supplies for the prairies. Forest protection was hampered by the persistence of fires caused by an influx of settlers and loggers living near forest reserve boundaries, and it was evident that there was need for more surveys and effective administration of forested areas. This set the stage for the formation of the Dominion Forestry Branch in 1899 and the pursuit of an organized forest service.

The Canadian Forestry Association was formed in 1900 and fire rangers were employed on a casual basis, only during a hazard. That practice, along with the pay of three dollars a day with the ranger providing his own horse, resulted in difficulties in recruitment and holding of staff. By 1903 there were four fire rangers in Alberta, two in Edmonton and two in Calgary. The federal government established three provinces in 1905, yet retained control of natural resources so the forest reserve system had a form of dual administration until 1930, when the Alberta Forest Service was established.

In 1906, the provincial Forest Reserves Act was passed consolidating and creating new reserves. The Act reserved areas from settlement to preserve forests and it was now understood that forests formed the watershed for river systems. The original Forest Reserve boundary west of Bragg Creek was surveyed with the help of local guides and First Nations' people in 1909. The area adjacent to Bragg Creek became part of a Forest Reserve System, the Elbow District of the Bow River Forest, within the Rocky Mountains Forest Reserve. By 1912 forest rangers were busy protecting the forests by regulating timber sales, enforcing cattle grazing regulations and scouting pack trails and locations for fire lookouts. Elbow District's first ranger was a man named Speky Anderson who patrolled from a base camp above Burby Ranch (Hwy #762) on Fish Creek.

May and June's editions will include the rangers that followed, the building of Moose Mountain lookout and the major fires that burned in and around Bragg Creek.

References:

Our Foothills. Calgary, AB: Friesen, 1975; The Alberta Forest Service 1930 – 2005; P.J. Murphy, R.E. Stevenson, D. Quintilio, S. Ferdinand; AB Gov't. 2006; www.thecanadianencyclopedia.ca; www.albertaparks.ca; Bob Stevenson, Interview, March 18, 2018.

Bragg Creek Delivery & Courier

Don't feel like cooking?
Don't care to go out?
Have your favourite dishes
delivered right to your door!

We also offer:

Groceries · Food & Floral Delivery
Spirits/Cigarettes · Pharmaceuticals
Airport & Thu/Fri/Sat Night Shuttle
Weekly Dry Cleaning
Cochrane/Calgary

Shawn Fitt
587.579.3573
braggcreekcourier@gmail.com

FreeCLASSIFIEDS A Community Service Provided By The High Country News

EMPLOYMENT OPPORTUNITIES

Creekers Bistro:

Hiring all positions for server, cook and coffee barista
Submit your resume to june@creekers.ca or call June at 403.949.3361

COMMUNITY EVENTS

Easter Egg Hunt for Dogs (and their families) fundraiser for National Service Dogs on March 30th at Calaway Park, aarchambault@connectfirstcu.com

ANIMAL CORNER

Rescued dogs & cats available for adoption to good homes. See rockymountainanimalrescue.com for details.

ATTENTION HORSE OWNERS

If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

BABY/HOUSE/PET SITTING

Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure our time together is fun and active! 403.949.8422, macarchambault@gmail.com

BABY/HOUSE/PET SITTING

House/Pet/Plant sitter available. Please contact Aimee at 403.949.7741 or text 403.618.7744 for rates and availability.

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.

Responsible 12yr old babysitter available, can get to/from you plus cost of fuel. I've completed the Red Cross babysitter course. I love kids! Call Dustin at 403.931.1740 or email livudrm@gmail.com for rates and availability.

TUTORING

Looking for help in Math or Science? Lexi is a qualified and experienced tutor that loves working with kids and teenagers. She has a Bachelor of Science from Queen's University and is currently working on her Master's degree in Chinese Medicine. She has experience tutoring grades 7, 8, and 10 in both Math and Science. Located in the Springbank area and willing to come to you, Lexi charges a competitive fee of 45\$ an hour plus 10% prep time per week. Lexi has vast experience working with children, from volunteering as an Educator to being an aid for children with special needs - she's sure to meet your needs! Contact 403-614-6600 for more information.

RIDERS WANTED

Riders wanted! Millarville Musical Ride needs good riders on good horses who want to improve their riding in a musical drill team setting. Practices every Sunday. Full summer of parades and shows planned for 2018. Facebook Or call 403-404-6199

FOR SALE

1987 Nissan Pathfinder 4X4, 2 dr. Only 131,000 km. One owner. No Rust.. Always kept in a garage. Roof Ski/Bike Rack incl. Asking \$2,500, Call Dave: 403-949-4224, davsha@telus.net

36 " TV toshiba and custom stand. Will Consider Offers. Ross Best, Home: 403-933-3637, Cell: 403-815-0562, rossbest@telus.net

Two Michelin tires For Sale 205 65R 15 accepting offers, Home: 403-933-3637, Cell: 403-815-0562, rossbest@telus.net, Ross Best

SHARE WITH AN
EVEN WIDER AUDIENCE!
Book your classifieds ONLINE at
highcountrynews.ca
For print AND online publication!

Email highcountrynews@telus.net or mail to Box 476, Bragg Creek, AB, T0L 0K0 your ads (typed, please) by the 15th of the month OR visit highcountrynews.ca

**FREE CLASSIFIEDS NOT ACCEPTED BY PHONE
FOR COMMERCIAL CLASSIFIEDS, SEE INSIDE BACK PAGE**

Information contained herein, while not guaranteed, is thought to be correct



Please Join Us
Weekday Community Worship Service
The Hub - Bragg Creek Shopping Mall
This weekday church service will be held once per month, occurring on the second Tuesday of the month 10AM - 11AM

Specialized Literacy Assessment & Tutoring

for Reading,
Writing &
Language
Difficulties



Diagnostic
READING CENTRE
of Calgary

Dr. Karen Vavra,
B. Ed., M. Ed., Ph. D.

587.356.3722

www.drccalgary.com



We care about what you value most

Pinnacle specializes in the
Private Investment Market

*RRSP/TFSA eligible

Call us today to see
how we can help you

We're invested in your future



1-855-628-4286

www.PinnacleWealthBrokers.com



***We make life
less taxing®***

Our Members Pay Less Tax!

Are you **FRUSTRATED** with your tax outcome?
Wondering if you got **ALL** your
deductions that are available?

Call me now for a FREE second look!



**Tax
Planning**



**Tax
Consultation**



**Tax
Preparation**



**Audit
Protection**

Jeff Ryan | 587.583.5363 | jryan@fbc.ca | www.fbc.ca/our-testimonials

Why Pricing Is Still King When Selling Real Estate

Pricing is a very close second or equal to the property location factor when selling property. We have all heard the adage - **location, location, location** when referring to real estate selling and purchasing! And it is certainly true that it is one of the top considerations when buying a property. But after my 24 years of dealing with sellers and buyers, analyzing numerous trends and statistics and moving through various ups and downs in the market, I know firsthand that pricing is certainly one of the top considerations as well, if not the top one, no matter how well you home shows or its location, to attaining a successful sale in any market condition.

It's important to understand how many sellers price their homes. Here are 4 common strategies you should be aware of when listing your home as buyers will conclude that one of these was the basis of your pricing based on their agent's feedback or market comparison to other properties similar to yours they view. The more proper you are priced from the beginning, the better market response you will get. This applies to acreages, luxury properties, city properties & condos alike.

1. Clearly Overpriced:

Every seller understandably wants to realize the most amount of money they can for their home, and real estate agents know this. If more than one agent is competing for a listing, an easy way to win the battle is

to over-inflate the value of a seller's home or ask them what do you want to list for. This is done far too often, with many homes priced 10-20% over their true market value.

This is not in the seller's best interest, however, because the market won't be fooled. As a result, their home will languish on the market for months and for some large properties even for years until they realize and accept their error. This can often be an opportunity for buyers, however, since the longer these properties are for sale, the more likely it is that they can nudge the disgruntled seller into reality and get him or her to accept an offer not in line with original expectations.

Unfortunately an agent sometimes gets dropped that has worked on and spent money on a listing for a long time and the seller switches agents blaming the current agent for no results. However when listing with that new agent the seller agrees to reduce price to a more proper range for a fresh start and soon it sells at that more market friendly reduced price!

2. Somewhat Overpriced:

Another segment of properties will be about 5-10% overpriced. These homes will also sit on the market longer than the seller wants. There is usually one or two factors at play with these sellers:

They either believe in their hearts that their homes are really worth this much (after all there's a lot of emotion caught up in this issue), OR they've left room for negotiating which is often a strategy. Either way, time has a way of correcting both seller errors.

3. Priced Correctly at Market Value:

Some sellers understand that real estate is part of the capitalistic system of supply and

demand and will carefully and realistically price their homes based on a thorough analysis of other homes on the market and at the recommendation of an experienced, informed agent. These competitively priced homes usually sell within weeks or a few months at, or very close to, the asking price.

4. Priced Below the Fair Market Value:

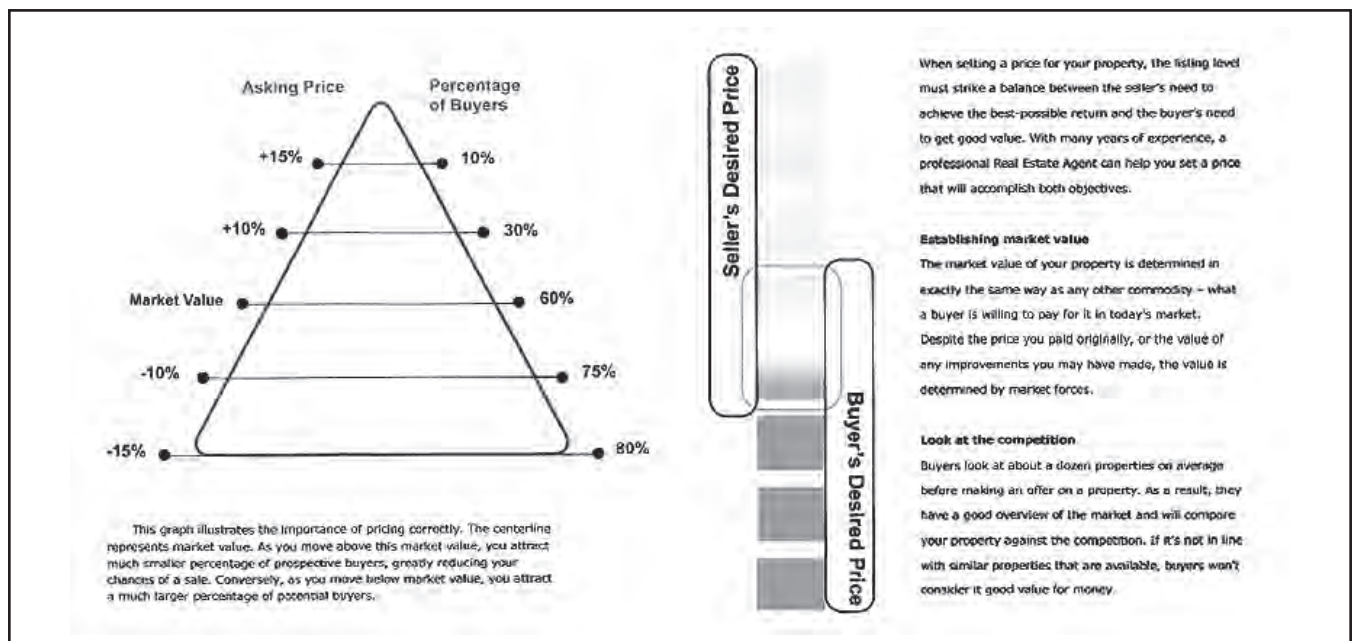
Some sellers once in a while are motivated by a quick sale because of a necessity to move out of town or are risk-takers and willing to try to get competing offers by offering a lower list price to the market. Others list with a misguided agent who recommended too low a price. These homes can attract multiple offers and sell fast - usually within a few weeks or quicker - at, or above

the asking price. Certainly a strategy to consider but they don't always work as planned.

There was a graph prepared in 2016 by the Real Estate industry after tracking thousands of listings comparing Property asking price and the affect on percentage of buyers accordingly that is worth looking at and is quite enlightening. The results are shown in the graph below.

So here are some suggestions to keep in mind when listing and pricing your property that will affect your selling time and end result.

- Don't be influenced by family, friends or colleagues but trust an agent who knows the business & the market, sales patterns, analyzes sales data and is working in the best interests of his or her client. And if no sale is forthcoming, take a hard look at possible reasons including price. People tend to want to save face, tend to be a little



greedy at times and don't want to hear the absolute truth as they are always hoping for more and the 'right buyer' to appear. But objectivity is so important in the selling process.

- Pay attention to market conditions and competition and try to be accepting about both the pros and cons of your property. Recognize them and accept it if you place has a major challenge of some sort that has been highlighted from agents or showing feedback and adjust accordingly.

- Avoid the trap of thinking someone can **"always bring an offer"** mindset. Truth is they will likely not bring an offer if they don't even come to see your place or if they or their agent feel it is overpriced and avoid considering it.

- Sharp pricing and maybe pricing just slightly below market can create a buzz and get a faster and better result and allow you to move on to the next chapter of your life.

- Face reality of current market conditions and don't treat the process as if you will get lucky and the right buyer will arrive despite asking higher than recommended dollars and accept the fact our market is still tending to be a buyer's market and they can take their time and have choices. We will likely not be returning to pre 2007 conditions in Alberta anytime soon.

- And certainly if you have found another place you want to buy and you have an offer on it subject to the sale of your place why would you even consider pricing too high. You risk losing the place you have an offer on by being bumped by someone else if yours is not getting action!!

Why go through unnecessary sleepless nights, frustrating long stretches of keeping your home in 'show condition' but no showings happening and justifying to family, friends and yourself why you are not selling. Price correctly and improve the chances of success. In a few years you will forget what you adjusted in price to sell and will only remember that you had a successful sale and are in your new environment and moved on.

And yes there are always a few exceptions which make people still go too high such as hearing about a friend, colleague, family member or broker advertisement bragging that their agent sold their place quickly in competing offers and over list price and above market. Well those cases are rare and were likely the result of a very well presented property in a location which had scarcity of product and was a very high demand area.

It is also worth reminding us all that one has to guard against **'need based' selling**. i.e. I need this amount or want this amount out


of my sale. It is nice if you can achieve it but the reality is the market dictates what you will sell for. So if you are not getting action or an offer on your place after sufficient time on the market it likely points to one of 3 things: (a) there are not enough buyers for your product, (b) there is a design flaw in your property holding it up or (c) the price is still not attractive enough to secure a buyer. The one thing you can control is pricing. So maybe a significant reduction is still needed to sell?

I know in some cases I do not get asked back to list a property that I evaluated because of pricing that I suggested, but I have tracked over 90% of the listings I was not chosen for over the years and in the end the sellers sold at or very close to the price I originally

suggested. This has not made me happy, of course, to lose business but the research has given me confidence to always try to be as honest and correct as possible for my clients. In some instances sellers have convinced me to start at a somewhat higher number but once one starts it is very hard to come down in pricing until a continued lack of interest or minimal showings forces the decision. I know this to be true for many other agents.

So if you are planning to sell in 2018 I wish you well, but would urge you to pay heed to much of what is in this article because history has shown these principles to be true in most cases.

By Wayne Chaulk



WAYNE CHAULK

BCOMM., REALTOR®
CHAULK REAL ESTATE TEAM

CALL WAYNE CHAULK OF THE CHAULK TEAM TO DISCUSS YOUR REAL ESTATE NEEDS WHETHER SELLING, BUYING OR WANTING MARKET INFORMATION

ROYAL LEPAGE SOLUTIONS

THE CHAULK TEAM

A TRUSTED NAME IN REAL ESTATE

- Top 3% of Royal LePage agents
- Over 22 years experience in acreage, land and country luxury sales
- Numerous sales throughout MD Foothills, other country jurisdictions, Calgary and Okotoks residential
- Experienced in all types of country properties from small acreages to large land holdings and their special demands

O: 403-252-5900 C: 403-863-7920
WAYNE@CHAULKREALESTATE.COM
WWW.CHAULKREALESTATE.COM
 ROYAL LEPAGE SOLUTIONS



Jerry & Nancy Kamphuis

- Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed **EXCEEDS** that requirement and is 100% vegetable-source grain-based!
- Raised locally, with great nutrition including organic minerals and vitamins!

Our goal is to provide our customers with a healthy product that tastes great and is reasonably priced

Fundraising opportunities also available
Ask us about our loyalty rewards program!

Contact us at orderdesk@countrylanefarms.com • 403.934.2755
COUNTRYLANEFARMS.COM



Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Rural Crime Watch Event - April 10, 2018, 7pm, Foothills Centennial Centre (Okotoks): Due to rural property crime escalation, your Foothills County Councillors have requested that we work with our 3 Rural Crime Watches (High Country, Okotoks & Foothills) local to Foothills County to promote a presence of our Rural Crime Watches (RCWs) and that a liaison from our Protective Services assist with bringing all 3 groups together for a discussion with RCMP, Fish & Wildlife, RCWs, Councillors, MLAs and public/RCW members/Community Associations. We look forward to creating partnerships and sharing information to assist with creating a better defense of personal safety and our rural properties. Event link: eventbrite.ca/e/foothills-rural-crime-watch-meeting-tickets-44148406071

3 RCWs map is now on our website at mdfoothills.com/rural-crime-watch.html

2018.03.09 CBC Online Article & Radio interview with the "Homestretch": 'Like sitting ducks': Rural property owners looking for use-of-force solutions - How rural Alberta is dealing with growing

crime rates www.cbc.ca/news/canada/calgary/rural-crime-property-owner-frustration-1.4570602. Alberta's Justice Minister Kathleen Ganley announced \$10M as part of the government's new plan to target rural crime. The province will hire 39 new RCMP officers and 40 civilian support staff. It will spend \$2M to hire more crown prosecutors. It will also focus on catching repeat offenders. Suzanne Oel, president of the High Country Rural Crime Watch Association, which covers the area from Turner Valley to Priddis, spoke with host Doug Dirks: www.cbc.ca/listen/shows/the-homestretch/segment/15526305/. Prov News Release: More police and resources to fight rural crime: www.alberta.ca/release.cfm?xID=5355276FA024C-9833-FB53-D8A4C4250AE190B9

Security Gates on your Property in the Event of an Emergency: The gate is the owner's responsibility. Homeowners are responsible to provide gate information to our Foothills Regional 911 Dispatch Center, who will provide information to emergency responders. You can provide your gate code or lock box code and details about the gate. If there is a key required for the gate or lock on a chain, you can get a lock box from Okotoks/High River Lock & Key (or other source) and place it near the gate. Some gate manufacturers set their gates to open at the blast of our sirens (check with your installer). The last resort is to cut the lock, lift the gate off the hinges, pull the gate open with a chain from the fire truck engine, or various degrees of destruction to gain access. EMS and Police will not have that option. Sometimes they call the Fire Department for assistance when there is no code info on file. The destruction of the gate in the case of an emergency is also the owner's responsibility. Please register your gate information with our Foothills Regional 911 Dispatch Centre and an information note can be added to your address in our Computer-Aided-Dispatch records, so it will come up automatically when you call in, if from a land line. If you

call from a cell or VOIP phone, when you give your address and they enter it in, the info will come up in the system because it is attached to your land location and 911 address. You simply need to send an email to: reports@fresc.ca. Include: your name, legal address, 911 address, phone number, type of gate and lock details. You will receive an acknowledgement. Thx Fire Chief Smith & Foothills Regional 911 Dispatch Centre for info!

Changes to our Burn Permit Process: As a follow-up to our concerns, requests and suggestions about the Burning Events which occurred early in the new year, our staff and Fire Board have come back to Council with an evaluation and recommendation to provide an online system for all Burn Permits, with an upgrade to a two-class system: Class 1 for small-scale (10'x10'x2' or less) and Class 2 for large-scale burns (with max. 48 hour response to applicants). This will allow assessment of important issues and for inspection by the Fire Department. Connecting all data between Foothills Fire Department and our Call-in Centre will improve communications and ability to give notice to permit holders in the event that weather conditions change and fires need to be extinguished. Our office will help with online permits if needed. More info upon request.

2018 Spring Melt: With the large amount of snowfall we experienced this winter, potential flooding is on many people's minds. So, just a note to let you know that our Foothills Public Works will deliver sand and sand bags to residents for the purpose of preparing for a flood, if you are at risk. Our staff will deliver, but not assemble. Call our Public Works about this, or if you see a culvert that is not functioning and may need to be steamed open: Public Works Shop: 403.652.2390

For Other News & Updates:

Please visit my website: suzanneoel.com
www.facebook.com/CouncillorSuzanneOel

With Best Regards, Suzanne

GOLD

Canadian private company with mineral assets
in a mining friendly US state is
available for acquisition
\$30 million or possible share swap
into a public company. Summary info at:
WWW.GOLD-ANDHEAVYMINERALS.COM

ELECTRICIAN / HANDYMAN

CALL KEITH: 587 894 2244

Master Electrician - General Handyman - Small Load Hauling

Taking Care of Your 'HONEY-DO' List

KEITH WALTERS - celtic.kw@gmail.com

Celtic Electrical Services Box 1006, Bragg Creek, AB T0L 0K0

APRIL
28



WHISKY PAIRING

\$75 / SQUARE BUTTE MEMBER

\$85 / NON MEMBER

**Square Butte Community Hall
6:30 pm - 10:00 pm**

Come out for a wonderful evening of whisky and tantalizing dishes paired specifically for each dram. From the welcoming cocktail to the dessert dram your taste buds will thank you. The evening includes small plates of deliciousness to complement each whisky right down to the dessert! Clayton Foster will take you thru a brief explanation of each whisky and Lainey Luft will guide you thru the food selections. Food offerings will feature our very own local producers. You will leave a far better person than when you arrived...

Invite only (please email Shanna for your invitation shannadunne@gmail.com or 403-931-2193)
Deadline for limited ticket sales April 23. More info www.squarebuttehall.com



AQUA MULE
WATER WELL SYSTEMS & SERVICES



Out of water emergency service
& water freeze ups

Water well systems
(new, replacements,
repairs & maintenance)

Well pumps, pressure systems,
cisterns, stock waterers

Water well testing, inspections
& troubleshooting, real estate
& oilfield pump tests

Water sampling, well cleaning
& well treatments

Water filtration
(iron filters, water softeners,
reverse osmosis & more!)

Billy Baker

403-992-2931 • aquamule.com

Alberta Onsite Wastewater Management Association

present



Septic Sense:

Solutions for Rural Living

April 10th, 2018 @ Square Butte Hall 6:30 - 9:30 pm

Understanding and taking care of your septic system

Did you know the average person puts 340 liters of sewage through a private sewage system (septic system) every day? For a family of four living in a two-bedroom house, that amounts to 1,360 liters per day and just under half a million liters per year!

Rural property owners are responsible for ensuring their systems operate properly and safely. If you have a septic system on your rural property, you will benefit from attending this workshop. Presenters will teach you how to understand, assess and properly manage your septic system, enabling you to protect your investment in your property and the valuable natural assets associated with your land.

Learn what you can do to properly manage and maintain your septic system. Attend the Septic Sense workshop hosted by Alberta Wilbert Sales, Lainey Luft CIR Realty & Square Butte Community Association. Presented by Clayton Foster of ADS.

During the workshop we will cover:

- What a septic system is and how it works
- Regulations
- Design and installation
- Appropriate use of your septic system
- Maintaining your septic system
- Troubleshooting

TO ATTEND THIS FREE WORKSHOP, PLEASE PRE-REGISTER

by calling Shanna @ (403)931-2193 or
shannadunne@gmail.com

(provide name, phone number and email address when registering)

If you are attending as a couple please register as a couple!
Registered attendees only will be allowed.
50 participants maximum.



Alberta Onsite Wastewater
MANAGEMENT ASSOCIATION



Lainey Luft

THE ITALIAN FARMHOUSE

403-949-2750

20 Balsam Ave

theitalianfarmhouse.ca

**April Is All Things You Love
Live Music
With Our Local Talent
& Our Taste of Bragg Creek
4 for \$40 Menu**

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. The big news is that we learned a lot of new things at our recent AGM. Emergencies happen, and through SCAN (Safe Communities Alert Network) a service from Foothills County and other local municipalities for their citizens, we can all get on a network that will contact us by phone when something bad is immanent. Enrol today: www.SCANAalerts.ca. It warns about tornados, floods, fires, and other potential disasters.

At the AGM, the head of the Turner Valley R.C.M.P., Staff Sergeant. Dwayne Helgeson, gave a brief talk, followed by a lengthy question and answer session. Almost everyone there wanted to ask a question. We learned that Alberta ranks number one in Canada for . . . can you guess? For auto thefts! Why? A major

cause is that some Albertans are too trusting: they (not we) leave keys and valuable things in unlocked cars with obvious consequences. Sometimes they make it even easier for thieves by leaving an engine running while they run into a store. Of course, such actions are rare here in our Edensque Foothills, but as Dante's Divina Commedia pointed out, Inferno and Purgatorio are not far from Paradiso. S/Sgt. Helgeson made a special plea that (a) drivers lock their cars and not leave valuable things in them; (b) we help the police by phoning them immediately whenever we see anything unusual. Let them decide whether it is important or not. What we might think is trivial, they might find essential for solving a theft.

Someone asked whether a video surveillance system is worth the expense, and Helgeson said yes. The police regularly share video with other

detachments in Alberta, and it often leads to convictions.

Someone else asked about the recent incident near Okotoks where a landowner confronted two intruders on his property, apparently intent on damage or theft. The landowner shot one of the intruders, and the R.C.M.P. laid charges on the landowner. Helgeson said that the use of force (weapons, dogs, etc.) is not something citizens should attempt. It is difficult enough for the trained officers to negotiate when and how much force is appropriate. The last thing the R.C.M.P. wants to do is a charge a resident, but the current law is very specific about the use of force.

One of the participants described an effective tool he and his neighbours had used for protecting their homes several years ago when he lived in Calgary: persons there created a "Block Watch" program in which units of approximately thirty homes worked together to produce (a) a map of their area showing who lived where and (b) contact information for each resident. Each participant got a copy of the map and the contact information, so that if a person saw anything unusual going on at a neighbour's house, she could call them and ask if anything was wrong.

Cindy Wilson

Chartered Accountant

Bus: (403) 949-4947
Fax: (403) 949-2252

P.O. Box 898
3 River Drive S.
Bragg Creek, AB T0L 0K0

VERTEX CARPENTRY

Peter Haar
cell: (403) 470-0850
land: (403) 949-8289
peter@vertexcarpentry.ca
Box 1178, Bragg Creek
AB, T0L0K0



- Hazardous Tree Removal
- Tree Felling
- Storm Clean-up
- Stump Grinding
- Brush Removal
- Pruning
- Firewood, Mulch & Wood Splitting
- Fully Insured

www.treeworxpro.com

Call Jeff Hughes at 403.554.2370

24 HR
Emergency Service



Let The Sunshine In!

ACCURATE CONCRETE
CUTTING & CORING INC.

WALK OUT / WALK UP SEPARATE BASEMENT ENTRANCES

EGRESS BASEMENT WINDOWS & DOORS

WALL & SLAB SAWING

CORE DRILLING & FIRESTOPPING

LEAKY BASEMENT SOLUTIONS

SUMP PUMP INSTALLATIONS

3D METALLIC EPOXY COATINGS

RENOVATION PROJECTS

LEONARDO PATINO
403.966.8626
403.949.8434

INSURED. BONDED. WCB COVERAGE.
www.accurateconcretecuttingandcoring.com

Residential & Commercial

That was several years ago. Today we have more modern systems, one of which is currently under development and available in Calgary: Block Talk. To see a news report on the product, Google "Global News block watch goes high-tech".

Another of our members, originally from the Netherlands, described a similar system used there: the free "WhatsApp" application, an instant messaging service that lets persons form groups whereby each member can communicate by a text message or pictures with all the other members of that group. It is like a miniature SCAN alert not only to warn neighbours that there may be some trouble, but also trivial things like a lost dog. The member described how he has set up a group here for the same purpose. (WhatsApp currently has a user base of over one and a half billion members. Facebook bought the company in 1914 for roughly US\$19.2 billion. Google "WhatsApp".)

If you are not already a member of our High Country Rural Crime Watch Association, you should join our group. 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. New members also get a free High Country Rural Crime Watch Association sign. The information we publish regularly in this column is but a small fraction of the news we circulate more frequently to our membership about crime in this area. To join, phone me at 403.931.2407 or visit our website for tips, resources and emergency phone numbers: www.hcrcwa.ca/. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch/. Just a reminder that the R.C.M.P. 24/7 complaints line is: 403.933.4262.

So that's the news from our High Country, where all the grown-ups think young, and each child is more mature than all the other children.

*John Robin ('J.R.') Allen
Membership Coordinator, H.C.R.C.W.A.*



MOUNTAIN'S EDGE RENOVATIONS

QUALITY... INTEGRITY... ATTENTION TO DETAIL





WCB, Insured, Licensed, 2 Year Warranty

Complete Custom Renovations



www.mountainedgerenovations.com

403-949-7727 or 403-461-2710



FORTRESS

ROOFING & EXTERIORS LTD.

Now located in the MD of Foothills

10% discount for Area Residents!

Call us for a **FREE** Estimate

403-264-7844

- Roofing
- Siding
- Cladding
- Gutters
- Windows
- Insurance
- Repairs

www.fortressroofing.ca



Hope everyone had a great Easter celebrating with family and friends!

2018 Casino: The dates for our casino this year are Thursday, September 20th and Friday, September 21st. Approximately 40 volunteer positions need to be filled for the two days. There is a day shift and an evening shift each day. This total will also include some spares signed up in case of last minute cancellations. This event is our main fundraiser and the funds are crucial to running the Priddis Community Association. If you are interested in co-ordinating this event, please contact Ed Osborne at (403) 931-2923.

Parent & Tot Coffee Morning: The next dates are Wednesday, April 18th, and May 16th to meet at 9:30 am 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, www.priddisalberta.com. Contact Lindsay Flynn at (403) 813-3263 for more information.

Multi-Purpose Building: Priddis Multi-Purpose Building representatives will be

canvassing the community door to door in April to inform their neighbours what the Multi-Purpose Building is all about, answer questions, and get much needed feedback. The addition of this facility to the Hamlet will bring growth and secure a future for Priddis and the business community. Priddis will be able to offer more recreational opportunities and make a stronger family connection with our community members. Fundraising is continuing. Events are being organized with a poker night scheduled for June 1st at the Hall, and a golf tournament in September. Check the website, www.priddisalberta.com for more information and updates about the project and details on these events.

Priddis Early Learning Program (PELP): The open house was in March but registration for next year is now ongoing. If you are interested in enrolling your 3 or 4 year old in the Priddis Early Learning Program for 2018/2019 please email PELPpreschool@gmail.com to inquire about any spaces that may still be available.

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. The Director is Kate Berkan. She can be reached at (403) 808-3988, email: kj.berkan@icloud.com.

Annual Priddis Garage: It's never too early to start cleaning out those closets! The annual Priddis Garage Sale is on Saturday, May 12th, from 9 am to 2 pm. Donations may be dropped off at the hall on Friday May 11th from 10 am to 8 pm. We can only accept clean items in good working order. Please do not drop off box springs, mattresses, old encyclopedias

or readers digest condensed books. We do not want computers or monitors more than 4 years old, and no TV's that are not digital as they do not sell. This is a fund raiser for the PCA and we appreciate all the support we receive. Thank you in advance for your donations. Lunch and snacks will be available for purchase.

Priddis Tennis Courts: Tennis anyone? Would you like to get together with other tennis players to organize private or group lessons, start a ladder, set up a weekly tennis day, or exchange contact information. Contact us at priddistennis@gmail.com and we'll arrange a get together to hear your ideas and get a group started.

Booking the Hall: To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at PCAhallrentals@gmail.com or call (403) 975-8487. Check the website www.priddisalberta.com for availability and updates.

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.ca

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

YOGIS R WARRIORS OF HOPE

FUNDRAISER FOR WINGS OF HOPE

BREAST CANCER FOUNDATION

community



karma

give hope

be a warrior

Join us for a morning of yoga and live music June 23, 2018

Our morning will start with live music performed by local musicians Taken By Sanity and Max Mann. Then Michelle Mann-Donagan will lead you through a 90 minute yoga class suitable for all levels and ages, while Lindsay Brandon of Bodybeat performs her healing mantras. Join us and experience the amazing energy that arises when yoga is done in the beauty of nature, amidst a community of fellow yogis. Be a warrior!

Warriors of Hope is a group of caring, community minded yoga enthusiasts who recognize the health benefits of yoga. By sharing our passion for yoga in a beautiful setting we hope to bring together people who care about their community and want to raise funds for organizations that make a difference in the lives of others.

Wings of Hope is a 100% volunteer run registered charitable organization. The funds we raise will assist in supporting people living with breast cancer in Calgary and area. Many breast cancer patients are unable to work during their treatments. Wings of Hope lifts the burden by providing funding to cover basic needs such as rent and groceries.

Saturday June 23, 2018 9:00 AM – NOON

Priddis Greens Golf and Country Club

Register early as space is limited

Tickets \$30 available at brownpapertickets.com

Find us on Facebook and Instagram for more info

@Yogis R Warriors of Hope





JAPCO Pest Control Ltd.

Serving Bragg Creek & Area

Over 20 years experience



SPECIALISTS IN:

- Commercial & Residential Pest Control
- Hantavirus Clean-up

www.japcopestcontrol.ca

For a free estimate call 403-242-2467

1-877-755-2726 or e-mail info@japco.ca

Member Pest Management Association of Alberta



LT EARTH SERVICES LTD

Full service excavation, trucking & septic



EXCAVATION • foundations • trenching & plumbing

TRUCKING • gravel • rock • fill • loan

ROAD BUILDING • professional construction

SEPTIC • fully licensed for design, construction & maintenance



Professionally trained • full commercial & liability insurance • WCB

Neil Larocque 403-478-0050



WELL OWNERS

ARE YOU NEGLECTING YOUR WATER SYSTEM?



Standard Water System Maintenance Schedule:

Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channell- ing, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

**Having a hard time remembering your maintenance schedule?
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

SIGN UP NOW by emailing info@acreswest.ca

Local family owned business for over 27 years.

27 Years in Business

- ➔ Water Softeners, Iron Filters, Water Purifiers
- ➔ Pressure Tanks, Well Service, Pumps
- ➔ Water Storage Tanks With Peroxide Injection Pump
- ➔ LED Grow Lights & Grow Solutions
- ➔ High Efficiency LED Commercial/Residential

**Our Green Technologies will
transform your Acreage!**

www.acreswest.ca 403-931-3733

**ACRES WEST
POWER & WATER**



Every second Tuesday of the month (Sept to May) at 7:30 pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville church house. Our next meeting will be on Tuesday April 10. Janet Melrose will be speaking on companion planting. Also May 8 Kath Smyth will be discussing drought tolerant plants. Spring is right around the corner! Also please remember to like us on Face book! 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.



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.

Please check the Rocky View School website at www.rockyview.ab.ca (Advanced Registration Edition) for further information on how to register your child online.

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.

BRAGG CREEK DENTAL

MICHAEL D. CLANCY, D.M.D.

Our patients are our most important asset.

That's why we've developed our practice philosophy and designed our office with you in mind.

We welcome patients of all ages into our family practice.

Our office is equipped with advanced technology to provide you with the advanced care you deserve.

Let your smile be a sign of happiness and good health!

Call or email our office today to schedule a visit.



Box 608, 35 White Ave., Bragg Creek, AB T0L 0K0

403-949-2288 • Fax 403-949-2295

bcdental@telus.net • www.braggcreekdental.ca

**We direct bill to most insurance companies (some conditions apply)
We follow the new 2018 Alberta fee guide**

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 Drop In

Mondays at 9:30am

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!

Pub Night

Monday, April 16 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.

Craft Day

Saturday, April 21 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, April 21 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!

Triple F

Saturday, April 28 at 12pm

Location: Midlands Link

Triple F - everyone is welcome, wanted, and accepted. You are welcome to come for -- food (bring a potluck lunch item), fun (bring your favourite games, or try a new one), friendship (visit with your friends, or meet someone new). For more information about our programs and events please call the church office or check out our website.

Your Friends at

Red Deer Lake United Church

403.256.3181

office@reddeerlakeuc.com

reddeerlakeuc.com

Instagram @RedDeerLakeUC

Sunday Worship: 10:30am

ST. JAMES ANGLICAN CHURCH

Priddis Valley Road in the Priddis Hamlet

www.meotaparish.ca

Rector: Rev. Alan Getty • Associate: Rev. Gordon Pontefex

April 15th • 9:15am • HOLY EUCHARIST

April 22nd • 9:15am • HOLY COMMUNION

April 29th • 10:00am

5th SUNDAY WORSHIP • Christ Church, Millarville

May 6th • 9:15pm • HOLY COMMUNION

May 13th • 9:15am • HOLY EUCHARIST

Connect at Facebook.com/meotaparish and @meotaparish on Instagram



Nothing gives us greater pleasure than enriching your soul on one of our life-changing safaris. With over 50 years of experience, we're the perfect match to create a custom-designed experience according to your desires, interests, budget and timeline.



Interactive Photography workshops, walking safaris, adventure trips, culture, family safaris, weddings, honeymoons, small group tours of 6 guests—11 African countries!

Life-changing experiences; soul-enriching safaris

EXPLORATIONS
AFRICA

Dan & Antoinette

Cochrane AB—403 981 5558

info@ExplorationsAfrica.com

www.ExplorationsAfrica.com



Mortgage Matters

By Candace Perko, Mortgage Broker

Dreaming About A Vacation Property?

When we're all tired of the cold winters and looking forward to spring around the corner, a lot of us think about a blue sky vacations or buying a vacation property in another province (BC being the most popular) or the U.S. sunbelt. Still others enjoy winter and look for a winter vacation property here or abroad. While the allure of long beach walks, and the idea of hitting the ski hills just outside your chalet is attractive, the question is ... how to finance the dream?

First, do your research.

If the vacation property is in Canada, you can:

- Refinance your existing home up to 80% of its current market value and access the equity available to you. Perhaps you can purchase the property outright if you

have enough equity; or you can use what you have as a down payment on a new mortgage.

- Apply for a new mortgage on this second home. This is perfect for a vacation property that you intend to use with your immediate family. Added bonus is you may apply for as little as 5-10% down payment.

- Or purchase as an investment property, required if you intend to also rent-out the property. In this situation your down payment requirement is more at 25-35% down; but you have the advantage of using rental income to offset the homeownership costs, and allowable expenses on your personal income tax as it is an investment.

There are considerations if buying in the U.S.:

- Your purchase may be subject to estate tax. That means, when you die, your heirs may have to shell out U.S. estate tax on the fair market value of that home, they may also be hit with Canadian income taxes (of course it is subject to worldwide net worth and Donald Trump's deviations). Probate will need to happen in the US, even if your estate is already probated in Canada.

- Also, if you plan to rent out that property, then you're subject to a whole host of

issues. Seek accounting advice for proper structure & filings.

- Consider a corporation or a Cross Border Trust, make sure you consult with a cross border expert upfront to determine the best plan for your investment.

- If you require financing, use a US lender as most Canadian lenders will not lend on property outside of the country, this may be tricky to access.

- Or, as above you may refinance your existing home up to 80% of its current market value and access the equity available to you.

The basic process of applying for and qualifying for a mortgage is the same as for your principle residence; however, lenders may look at additional criteria when assessing this type of mortgage.

Your strength as a borrower is important but equally as important is the property. Lenders will look at the location, its proximity to a major market, year-round access to the property, seasonality, etc.

As with many major financial decisions, getting the right advice before taking the plunge is key. Whether it's a vacation property in Canada or the U.S. discuss your situation with a knowledgeable mortgage broker and come up with a way for you to live your dream.



Multi-Purpose Building Project Update

PCA is planning construction of a Multi-Purpose Building

Have fun & help us build our project!

You are invited to join us at our Fundraising events

Poker Night:

June 1, 2018

At the Priddis Hall

Golf Event:

Sept. 2018, TBA



Concept

- Will serve the growing needs of area residents
- Will bring recreation opportunities to Priddis
- Will connect families & community members
- We need your help to reach our goals!
- Please join our committee, attend our events, donate your time and resources
- We'll be canvassing in the area in the next few weeks to share information with residents ☺

More Event info & FAQs: PriddisAlberta.com

CANDACE PERKO

MORTGAGE BROKER CRMS

cperko@countrysidefinancial.ca

www.countrysidefinancial.ca

T 403 949 4129

F 403 775 4191

C 403 560 6016



Licensed with TMG The Mortgage Group Alberta Ltd.

PROVIDING MORTGAGE SOLUTIONS TO
TOWN & COUNTRY RESIDENTS
FOR OVER 10 YEARS.



COUNTRYSIDE
FINANCIAL

TURNER VALLEY Times

Hello, Turner Valley. Well the first day of spring was nice and warm, and the snow has been melting. Of course it would start to melt and then we would get another big dump to add to the already humongous piles of snow we already had. Ah springtime in Alberta. Where else are T-shirts and winter boots a fashion statement?

The snow should be gone by the beginning of June, when our annual Discovery Days Weekend and Parade Day are scheduled. Volunteers are needed to help with setup, tear down, guest services and supervision of children's activity area. If you can spare 2-3 hours to help out with this year's event, please contact the lovely Hazel Martin, hazelm@turnervalley.ca or visit turnervalley.ca for more information and application forms. And Turner Valley will be hosting the Discovery Day Market again, and there is a call for Vendors. Market Vendors who make, bake and grow their own quality items are invited to apply for a table at the Market on June 2nd. Please contact Nicole McDonald, nicolem@turnervalley.ca or visit the town website for more details and application forms.

Our Sheep River Library presents Wings Over Canada on Thursday, April 12th at 7:00. Join authors and photographers Ian Wilson and Jacinthe Lavole as they share their "travelogue with wings" and explore Canada one bird at a time, from shorebirds to songbirds, raptors to waterfowl. This 45 minute multimedia presentation is a mix of vivid images, classical music and entertaining stories, from watching the intricate mating ritual of cranes, to cedar waxwings feeding a nest of young birds, and gannets diving for fish. This sounds like a wonderful presentation, so come check out the Library on the 12th.

Leighton Art Centre is proud to present their latest exhibition, "Bodies of Work". Capturing the essence and complexity of the human form in two and three dimensional mediums has been a pursuit and passion of countless artists throughout history. LAC is excited to present this

exhibition of work by talented local artists, some never before shown at the LAC. The Centre is a short drive north of Turner Valley, for directions and more information, visit leightonartcentre.ca. The exhibition runs until April 14th.

Sheep Creek Arts Council is having their annual General Meeting on April 8th. Come and watch the Belly Dancers give a performance, hear all about their activities and classes and then elect their Board and Executive. They have a full slate ready to serve but always welcome new members. At the end of the meeting they will hold a Show and Tell so people can show off what they have made at SCAC's various clubs and classes. Upcoming on May 12th Melanie Morstaad's Adventures in Colour class is starting. Bobbie Dunlop is continuing her beginner painting classes in preparation for painting in local gardens this summer. And Vivien Wiebe is starting her popular Painting Your Way classes April 30th and May 1st. For more information, visit sheepcreekarts.ca or give Sheila a call at 403-931-3989. SCAC is located on Sunset Boulevard in Turner Valley.

Right beside the Sheep Creek Arts Council is the Valley Neighbour's Club. They will be hosting their annual 80 and over Birthday Party on May 6th. If you know anyone who will be having a significant birthday this year, 80, 85, 90, etc. please let them know so that they can extend an invitation and order a certificate. There is a sign-up sheet on their bulletin board or give Barb a call at 403-933-4782. VNC offers many classes and activities, for more information, drop by or give the Club a call at 403-933-4445.

Turner Valley Legion is honoured to present Birth of a Nation, the Battle of Vimy Ridge, on April 9th. The Battle of Vimy Ridge was fought April 9th-14th, 1917 and was the most significant battle of WW1. The Canadian forces ultimately swept the Germans from the Ridge, however, it was not done without the severe cost of 10,602 casualties of whom 3598 were killed. This battle defused any notion of the Germans control of Europe which would ostensibly threaten the Western World.

It also led to the Armistice of November 11th, 1918. There will be a Parade and Program to commemorate the Battle of Vimy Ridge. For more information, the Legion's number is 403-933-4564, or 4600.

The Legion is also pleased to present Once Upon the West, a CD Release Party by Doris Daley and Eli Barsi. These two gals are legendary in our area, and world renowned. Advance tickets are \$25, and \$30 at the door. This includes the show and light refreshments. There will be a cash bar. Tickets are available at the Legion, Sheep River Library, or Bohemia in Black Diamond. For more information, please call 403-862-8965.

The Transfer Station is open for more business this season. They accept yard waste such as grass, branches, and leaves, and also have a compost collection area. This is a free service for residents in the area and it's nice not to have to drive to the dump. You can also purchase tags for extra garbage that won't fit in your bin, you can buy these tags at the Black Diamond Esso. The Transfer Station is located across the river, turn west after the bridge and you'll see it a block or so after that. They are open Mondays, Tuesdays, Fridays and Saturdays from 10-4 April 15th to November 15th, at which time they go down to two days a week. For more information, the number is 403-938-5224.

If you are having any events happening May 2-30 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 April 1th.

*Happy Spring,
Elaine Wansleben*

HARMONY

BLINDS SHUTTERS AND AWNINGS

Lynnell Henning
Proprietor
LynnellHenning@gmail.com
403 466 2204
HARMONYBLINDS.CA



PRESENTS:
Friday
May 4
7:30 PM

The Slocan Ramblers

bold, dynamic blue grass



Performance at:
Red Deer Lake United Church
7 km west of Macleod Trail on
22X (Spruce Meadows Trail).

Doors Open at: 6:30 PM
Light meal for purchase.

Concert at: 7:30 PM

Ticket Information:
Tickets \$25/person.
Youth \$10/person.
12 yrs. and under are free.

How to Purchase Tickets:
Phone 403.256.3181, ext. 5
for the ticket line, or
purchase on line at
reddeerlakeuc.com

We recognize these valuable groups for their support of live music:






Slaying Anxiety in Turner Valley

Do you know how to build a dragon trap? You may want to learn if you have a child with anxiety. That's the message clinical psychologist Dr. Sandra Clark brought to a packed house at the Turner Valley Golf Club recently. She's the co-author of a program called "Taming Worry Dragons," which helps kids calm their fears.

Clark opened the conversation by commending the crowd for attending, noting that at the beginning of her 20-year career, it was tough to draw even a handful of parents. She attributes the increase to better anxiety identification; with parents looking for signs like sleep problems, refusals, physical complaints, irritability and perfectionism.

She says, "Think of anxiety as separate from the child – identify it and separate it." Next, she advises parents to frame kids' worries as "dragons," directing them to create, name, "tame," and "trap" them, using art. Also, she encourages parents to develop structured routines, great sleep habits, mindfulness, and regular exercise.

Foothills Children's Wellness Network put on the event as a part of their 4th Annual Report to the Community. The organization works to support parents, caretakers and children.

Faith McLean, HCN Staff
submission@highcountrynews.ca



Reach your local customers
 Grow your business!

Contact us TODAY to choose the perfect ad space for your budget and audience!

403.949.3526 or
highcountrynews@telus.net



The library's mandate is to provide a life long learning centre for the community of Longview. To encourage this, we encourage the use of the inter-library loan system, which provides a wonderful access to a vast amount of knowledge. The inter-library loan service is provided by the Marigold Library System. This system is an umbrella covering individual libraries that are organized in a network that serves all of the libraries. If the library doesn't have the book you want, our librarian will order it from the library that does have it, and you will get it very shortly. It is imperative that children cultivate the habit of reading. Being able to read enhances the students performance at school. It enhances self confidence, as does every acquired skill. But most

importantly, it provides them with hours of quiet pleasure in a stress filled world for the rest of their lives. We have a large selection of good children's books, as well as an activity corner for crafts and fun. There will be special Easter crafts for the holidays.

The Paris Secret by Karen Swan is an exciting blend of mystery and romance. It is about the discovery of a huge and priceless art collection found in an abandoned apartment, left empty since the Second World War. The story winds its way between London, Paris, Vienna and Antibes, all in glamorous settings. A fun read.

The Invention of Wings by Sue Monk Kidd, author of *The Secret Life of Bees*, is a story of Sara, a Charleston debutant and her slave, Handful. It takes place in the 1800's and is a vivid depiction of slavery and of the privileged class, of hope and the quest for freedom. A riveting read.

Happy Reading!
 Sylvia Binkley
sliv@telus.net

VALE'S GREENHOUSE

CONTAINER PLANTING SEMINARS

Saturday, April 21	1:00 - 4:00
Sunday, April 22	1:00 - 4:00
Friday, April 27	1:00 - 4:00
Saturday, April 28	1:00 - 4:00

For more information check our web site

Registration \$5.00 per seminar plus cost of the plants.
 Bring your own container or buy ours.

PHONE 933-4814 to register

301 - 3rd St. N.W. Black Diamond

OPEN Monday APRIL 30



BLACK DIAMOND *Digest*

Hello, Black Diamond. Well we finally got some lovely sun around the middle of March, and it started melting some of the snow. I found Black Diamond to have done a pretty good job of snow removal, but there was so much a person almost didn't know where to shovel it all. The first day of spring was March 20th, and I for one am looking forward to summer.

The Community Garden of Diamond Valley will be starting up soon. The Garden is run by local volunteers and is a sub-committee of the Town of Black Diamond Parks and Recreation Board. Gardeners come together each year to learn more about healthy gardening and to share their insight with others. They host BBQs and special events throughout the season as well. For a minimal fee per year, you get a nice raised bed with soil, and use of watering systems and garden tools. I have used the Garden and have grown some awesome vegetables there. For more information, visit them on Facebook at Diamond Valley Community Gardens.

Also coming up is our annual Diamond Valley Parade and Discovery Days. Parade Volunteers are needed to help with the Parade on June 2nd. For more information about the volunteer opportunities, please contact Kelly Tuck, at Kelly@town.blackdiamond.ab.ca or visit blackdiamond.ab.ca. Volunteers are also needed for Discovery Day kid's events and the Market in Turner Valley, check out the column in this week's issue for more on that.

Foothills Hospice Society along with Brushed with Flair invite you to their

4th annual Art with Heart. This is a fundraiser for our Hospice. It will be held on Friday, April 6th from 7-10. Tickets are \$30 and include refreshments, hors d'oeuvres, and entertainment. Tickets are available online at Eventbrite.com, and search artwithheart2018.eventbrite.ca. The fundraiser will be held at DeWinton Community Hall.

Oilfields High School will be holding their annual Book Sale from April 16th – 19th. The School Library is selling gently used books and other items with all proceeds going back to the Library. The Sale runs April 16th and 17th from 8-4 and April 18th and 19th from 8-7 and will be held in the School Library at the High School in Black Diamond. For more information the School's number is 403-938-4973.

It is Earth Day on Sunday, April 22nd. Turn off your phones, computers, and TVs and get out and play! This is the largest environmental event in the world. For ideas on what to do with the kids, visit earthday.ca and scroll down to click on Earthplay.

Beneath the Arch Concert Series presents Ken Whiteley and the Beulah Band on Saturday, April 21st. Ken is a Canadian roots music legend offering award-winning songs and powerful vocals. Backed by his exceptional band, he'll take you from folk to gospel, blues to bluegrass, and all stops in between. Thanks to our local sponsors,

On the Edge Concert Series is hosting The Slocan Ramblers on Friday May 4th at 7:30. They are Canada's young bluegrass band to watch. They have a reputation for energetic live shows, blending lightning fast and deviously intricate instrumentals with smooth vocals. The four players on banjo, mandolin, guitar and bass hail from the hipster streets of Toronto and have toured all over Canada, the US, and the UK. The show will be held in the beautiful Red Deer Lake Church Sanctuary. For tickets or more information, visit reddeerlakeuc.com or call 403-256-3181, extension 5.

Oilfields Curling Club invites you to come and check out the Oilfields Arena and try out some curling. You don't have to be experienced, it is affordable, easy, and fun. The Club was established in 1959 and is thriving today with curlers coming from all over the MD of Foothills and beyond. They have different leagues and bonspiels, and host live entertainment and jams on occasion as well. Come and watch or jump right in, for more information, visit occurling.com.

If you have any events happening May 2 -30 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 April 15th.

Happy Spring, Elaine Wansleeben

WCB * LICENSED * INSURED
Support Your Local Business



FURNACE & DUCT CLEANING


403-888-2000

www.HotPepperFurnace.com

HOT PRICES - GREAT WORK!™





Stonehouse Masonry Inc.

Natural Stone • Brick • Block • Fireplaces

Tom Blanchette

Phone: 403 • 630 • 3916
www.stonehousemasonry.com

Moose Mountain Mechanical Ltd

- Plumbing & Gasfitting
- New Build & Reno's
- Hydronic Heating
- Residential & Light Commercial

Ian Greenhalgh

Phone (403) 949-2522

Cell (403) 471-4159

ian@mmmech.ca

Box 59 Bragg Creek AB T0L0K0



**SHEEP RIVER
LIBRARY**

Spring and Beyond at Sheep River Library

In my last article I posed the question, "Will Spring EVER come?" As I write this month's column, some adverse weather system from the south has snow blowing fiercely past the library windows. More shovelling will be required in the coming days, along with hazardous sidewalks and parking lots. So, the answer to my question is obviously, "not for a while". Wouldn't it be nice to live somewhere where the seasons can be described without using the words brutal or bitter? So, although we do not have any change in weather, there are some other changes to talk about.

If you have been using the library e-resource Mango, there will be a change as of April 2. Mango is an on-line language resource and it has been replaced with Pronunciator. This new resource has more languages available and 51 ESL courses on offer. If you have ever wanted to learn a foreign language, then check out Pronunciator as it is free with your library card. Sign in through either www.marigold.ca or www.tracpac.ab.ca. While you are on the e-resource page, you may as well check out all the other free resources you have access to, such as newspapers, magazines, movies, music, research tools as well as e-books and audio books. This is very handy if you are trapped in your house because of the aforementioned snow. You do not need to even to come to the library and if you need help with any of these you can just call us. No matter how bad the weather, we will be here.

Two programs that are coming up early in April that you might not want to miss are "Wings Over Canada" on April 12 at 7:00 pm with Ian Wilson And Jacinthe Lavoie, and Search and Rescue's Navigation Course on Saturday, April 7, from 9:00 am -2:00 pm. Please call 403-933-3278 to sign up for either event.

During Spring Break this year (April 3-6) we are offering a free kid's all-day program. The program will run from 10 am - 4 pm Tuesday- Friday. There will

be a variety of activities: crafts, games, reading-time, themed days and movies. The program will be facilitated by Teagan who runs our Summer Reading Program with assistance from the staff. Space is limited to 12 children. If successful (meaning, if we survive it) then we will offer the program during reading week (February) and Spring Break next year.

Since the snow seems to want to stay around for a while longer, you might want to (or need to) take out a pair of our snowshoes for either a hike or to just make it to the post office. Snowshoes can be taken out on your card just like a book. If you want to participate in a more organized outing, then sign up to join

the Sheep River Ramblers and you will receive information regarding all outdoor adventures.

Hopefully, by the time I come to write May's article, Spring will have actually come, and all this snow will be a distant memory. However, judging by the view outside my window, and the piles of snow on the library lawn, I wouldn't be surprised if we were still shovelling our way out! So those lazy, hazy, crazy days of summer are still a ways off. Sunscreen, sandals and shorts are for now the things of which dreams are made.

Jan Burney

MOUNTAIN VIEW DENTAL HYGIENE



Keeping your smile healthy and bright through proactive oral health prevention and teeth cleaning services.

Magee Place
4-220 Centre Ave. W
Black Diamond AB

403 933 7722

'Keep Your Smile For a Lifetime!'

We create and maintain your
OUTDOOR LIVING SPACE
because summer should be lived outside!

Year round grounds maintenance
Landscape designs & construction
Decks & fencing
Forest management
Complimentary consultation

Serving Bragg Creek, Cochrane, Calgary & the Foothills since 2009

HARDER & SONS
EXTERIOR MAINTENANCE SERVICES INC.

403.949.3442 www.exteriormaintenance.ca
info@exteriormaintenance.ca

Out of the Rut Chapter 91



Greetings & Salutations! Written in the midst of this extraordinary warm spell of weather... snow splashing down from roofs, icicles growing and shrinking dramatically each day, people in short sleeves and with smiles on their faces... the fun and unpredictability of an Alberta Winter-Spring Season. Lovely. Leaks in the roof, and more fun to be had...

24 hours later, thick juicy snowflakes obliterate the valley, even the trees across the road have become bashful today. I watched the snowplow go down the road an hour ago, now there's another two inches blanketing everything & making travel look absurd once more. But we continue, such is life in Canada!

Let's talk about yoga injuries & one-on-one yoga... Recently I've been doing some work on yoga and Qi Gong as an add-on to my Thai Massage practice. Years ago, as folk started to realize the benefits and incredible sensation of well-being that can be the result of a good Thai Massage session, they began to ask me about other modalities or activities to support this sense of health. My first advice was to begin practicing yoga. Back then, we were not fortunate enough to have a yoga studio in Bragg Creek, there were three of us teaching yoga in the

area & not enough opportunity for everyone to get what they need.

Now we have the luxury of group classes, workshops and enlightening and fun activities all over the place. Yoga teachers are falling out of the trees and it feels as though there is a new offering every other day.

However, I still encounter folk on a regular basis who are hesitant to try or have had a bad experience with yoga and the like. Many are intimidated at the thought of entering a yoga studio full of flexible lycrad bodies - that can be intimidating for any one! Others have tried a class and found that it was too slow / too advanced / too this or too that to make them feel either comfortable or productive, or worse still, came away with an injury. This is where the one-on-one approach is most valuable.

Yoga can of course be hazardous, as can lying in bed all day or getting out of it and having a life. There are fragile areas in our bodies where injuries are most often sustained in yoga due to a weakness resulting from our habitual work or play. For instance, many many people find great difficulty with yoga poses putting stress on the wrists due to the amount of computer work we all do. There are alternatives and modifications for many poses and options to work on alternative positions where this is an issue. Shoulders and elbows can easily get over-stressed in asanas such as *Chaturanga* (a kind of floating push-up) unless your teacher/guide is keeping a watchful eye and assisting you in choosing the best posture. Lower backs are the third most frequently cited for injuries... again, largely due to our incredibly poor lifestyle. I used to do whole sessions focused around strengthening weak backs.

Sitting in chairs, sitting on toilets (yes!), lounging with rounded backs on reclining chairs, squishy car seats or couches, these things all combine to eliminate our natural strength and natural use of our bodies. A couple of generations ago we were harangued as children and young adults to sit and walk straight, to pay attention to posture. Although it may seem ridiculous to put so much focus on such things, in the long run, an upright posture where all the muscles of our bodies are working in harmony results in a stronger, healthier, happier life.

Getting in a room with a teacher/guide where the only focus is *you* may also be intimidating, but the results are so satisfying and inspiring. By beginning with someone who has your best interests in mind, you put yourself in a safe, supportive environment to achieve your goals... even if you don't really know what they are! Every time I have the chance to study closely with an individual I absorb so much more, it is liberating.

On the road with Fantuzzi we host workshops and yoga sessions... it's an entertaining mix when we work together...

his unstructured, raw & yes, slightly rough-around-the-edges masculine approach, complements the alignment-based, anatomically aware detail and gentleness that I like to infuse into my sessions... along with a healthy dose of humour and laughter which can often be sadly missing.

If you can't laugh about it, there's something wrong. If you can't smile while you're doing it, there's something seriously wrong!

With my latest interest and delight in discovery of Pilates Amy, and the brilliant combination of Equestrian work, Pilates, Yoga, Thai Massage, we are constructing a kaleidoscope of mutually complementary practices designed to bring horse-and-rider teams into more profound and fun-filled harmony. It's fantastic to break down the various moves in different modalities to see what supports what, how to improve or create what we call an independent seat, how to release habitual patterns of tension in the body and thus facilitate greater fluidity of communication and movement. Of course, this all works together to enhance stamina too...and with that increased positivity of health, movement, collaboration, everything feels better. I've really missed my work with horses spending so much time on the road these past few years, I've been reduced to sprinkling brief periods of equestrian training and pleasure into my schedule when in Canada & Spain (with my lovely Andalusian friend).

Meanwhile... you may have noticed the odd flyer around the Creek advertising our (my & Fantuzzi's) tour to Peru in May. This year's trip is now closed. We will be planning another excursion to the Sacred Valley next year around the latter half of May. If you are interested in signing up for 2019, please let me know! We may have other tours/adventures organized for yogis/explorers/the inquisitive for the coming year.

Take care out there! Snow-shovelling shoulders and backs need some support and TLC, please be kind to yourself and others. I remain in the Creek through April at least... open evenings, weekends and weird times for those in need of Thai Therapy.

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



EXPERIENCED BOOKKEEPER & PAYROLL ADMINISTRATOR ACCEPTING NEW CLIENTS!



*Is your company payroll compliant?
Are you tired of all the paperwork lying around?
I can take care of these and more including communicating with the CRA and other agencies on your behalf.*

CONTACT YVONNE DIRECTLY
403.605.3775
UNEKEBOOKKEEPING@GMAIL.COM
WWW.UNEKEBOOKS.COM

Two Long Nights

by Andrea Kidd



Peter fled. An olive branch slapped his face. Oblivious to the sting, he plunged into the black night. Driven by pent up anger he circled back towards Jerusalem. Now he knew what to do.

He berated himself for abandoning Jesus. True, he had stayed close by in the garden. But he had dozed off. The talk over supper had been long and intense. Peter hadn't understood it all. Then his leader had stayed so long with his thoughts and prayers at the rock. In the quiet of the night, Peter's eyes had grown heavy, his limbs had relaxed and he had slept.

Jolted into consciousness by the noisy crowd, confused by the rabble, the flares, Judas' revolting kiss, and Jesus' arrest, he had instinctively drawn his sword and swiped at the attackers.

Oh, yes! He was fully awake now. "I'll stand by him!" he told himself through clenched teeth.

Peter followed the bobbing, flickering flares of torchlight until they disappeared into the courtyard of Caiaphas' mansion. He lingered outside, his sweat drying on his skin. Chilled in the cold night air, he saw the glow of a brazier in the courtyard; a friend came to the gate and took Peter inside.

"You're not one of the followers of that Nazarene, are you?" asked a slave girl.

Indignantly, he replied, "I am not!"

Straining to hear anything from the house, he walked around the courtyard and returned to the fire.

Someone remarked, "I'm sure this fellow was with him. He has a Galilean accent."

"I don't even know him!" snapped Peter.

Another hour passed. A man approached him and said, "I'm sure I saw you out in the olive grove. You were with that group when this Nazarene was arrested."

Peter's temper exploded. He swore.

"Man!" he hissed, "I don't know what you're talking about!"

As the first light of dawn greyed the darkness, a raucous "Kirkirrrrrrr!" pierced

Peter's soul and he remembered what Jesus had said: "Before the rooster crows twice you will disown me three times."

Again Peter fled. He dashed out of the gate before wrenching sobs overwhelmed him. Among the trees he spilled his agony, drained of any hope for the future.

A few days later, seven men blew on chilled fingers. Water lapped lazily against the gunwales. Despondent in the darkness, Peter mumbled, "All night and not one fish!"

"Let's lower the net one last time," sighed Nathanael. "We might catch a few to take to our families for breakfast."

"There's nothing," said Thomas. Their net and hopes sank into the depths of Lake Galilee.

Grey dawn revealed long faces as the fishermen prepared to quit for the night.

Suddenly they heard, "Ho there!" All eyes focused on a figure on the beach who called, "Did you catch any fish, Friends?"

"Nothing!" the fishermen called back.

The man on the beach yelled, "Throw your net on the right side of the boat and you will find some."

"No harm in trying," said James. "On the right side, he said. Let's do it!"

A little later Peter said, "I think we have fish. Can you feel the pull on the boat?"

They hauled up the edge of the net. Silvery fish slithered into the boat.

Peter's friend nudged Peter and pointed to the man on the shore. "It's the Lord," he said quietly. Peter stared, astonished, grabbed his cloak and jumped into the shallows, splashing his way excitedly towards Jesus, while the other fishermen rowed ashore, towing the overflowing net.

Peter, wet clothes clinging to his legs, shyly approached Jesus who was cooking fish over an open fire.

"Bring some of the fish you have just caught," he said.

Quietly Peter obeyed. He dragged the net ashore and counted the fish. One hundred and fifty three.

Jesus invited them all to eat breakfast. With eager smiles they sat down and enjoyed the warm bread, roasted fish, and the friendship of their most trusted companion. Peter, however, was subdued. He held back, the pain of his denials freshly revived.

"Come!" said Jesus to Peter after breakfast. "Do you love me?" Peter felt jabbed in his gut as he remembered declaring he was not one of Jesus followers. His gaze lowered, he replied, "Yes, Lord, You know that I love you."

"Do you truly love me?" asked Jesus.

Peter, in torment, remembered saying he didn't even know Jesus. "Yes, Lord. You know that I love you," he said huskily.

Gently, Jesus placed a finger under Peter's chin so their eyes could meet. "Do you love me?" he asked.

Tears stung Peter's eyes. Angry for denying Jesus, he loudly proclaimed, "Lord! You know all things! You know that I love you!"

Jesus walked with Peter and talked with him. Peter discovered forgiveness, and freedom from crushing guilt. He found a love that transcended his weakness.

Matthew 26:34, 36-58, 69-75

Mark 14:30-54, 66-72

Luke 22:34, 39-62

John 13:38, 18:1-18, 25-27



City, Town, Hamlet or Acreage

FOR SALE

Ken Zacharias

403-253-1901

Toll Free: 1.800.387.4011

ROYAL LEPAGE

Benchmark

INDEPENDENTLY OWNED AND OPERATED

Cell: 403.607.7256
Email: kenzac@shaw.ca
Website: kenzac.com

*Bringing you home to Alberta
for over 35 years!*

MLA Makes Special Delivery

It's an Alberta gem full of wildlife from moose to grouse, and it's about to get a facelift, thanks to a government grant. Livingstone-Macleod MLA Pat Stier presented a cheque for \$70,470 to The Ann and Sandy Cross Conservation Area on March 1st. The Alberta Culture and Tourism Community Facility Enhancement Program grant will go toward building a workshop for volunteers, as well as structural repairs across the 4,800 acres which make up the wildlife area. "It's amazing to have this amount of land kept in perpetuity," said Stier, who grew up in the Foothills area. Around 12,000 people from around the world head to The Ann and Sandy Cross Conservation Area every year to hike its trails and learn more about land conservation. A portion of those patrons are volunteers, some of whom have worked on fencing, trail maintenance and tree planting for decades. The new workshop will give them a space to coordinate their efforts. "We were excited to hear the news on this one," said Anna Aldridge, Ann and Sandy Cross Conservation Area Communications and Volunteer Coordinator, "It was a great ending to the year."

Faith McLean, HCN Staff
submission@highcountrynews.ca



Photo (left to right): Livingstone-Macleod MLA Pat Stier, Ann and Sandy Cross Conservation Area Communications and Volunteer Coordinator Anna Aldridge, and Ann and Sandy Cross Conservation Area Land Manager Reg Rempel in front of Ann and Sandy Cross' original cabin, built in 1936.

VALE'S GREENHOUSE

Quality Plants For The Chinook Zone

PERENNIALS - ANNUALS - WATER PLANTS - SEEDS

Extensive selection, carefully chosen for our area - from rare and unusual to old-fashioned favourites and new introductions.

UNIQUE PLANTERS Created by our own Designer

HARDY TREES and SHRUBS With a two year guarantee

KNOWLEDGEABLE PERSONNEL To help you choose your plants

DISPLAY GARDEN Open every Saturday all summer

GIFT SHOP Featuring unique garden treasures



CUSTOM CONTAINER FILLING

MAY 8 to May 18

Bring your own containers for our designer to create a unique arrangement especially for you while you wait.

For more information check, www.valesgreenhouse.com

Hours: Monday - Saturday 9.00a.m. - 8.00p.m.,

Sundays 10.00a.m - 7.00pm p.m.

301 - 3rd street N.W., BLACK DIAMOND 933-4814



Speaking of Photography

by Peter Gold

Not counting infrared imaging, light is a necessary component of photography. We need light to define the three dimensional world we live in. The more we can emphasize the depth and textures that surround us, the more impact our photographic images will have. That is why a landscape photograph

when taken at high noon is flat light and quite boring but the image taken when the evening light throws long shadows across farmer's fields is almost magical. It is important to observe the quality and direction of the light before you ever pick up the camera to capture the scene. The meter in your camera will try to set the exposure properly but it can't detect composition or the quality of light relative to the mood that you want to record.

While you have to be patient waiting for the right light for that landscape masterpiece, portrait photography offers you the ability to create dramatic lighting any time. The same rules apply for a three dimensional image, though, with side lighting to enhance the texture and modeling on the subject. Portraits in general become more powerful when you

can create an image of a person that looks very three dimensional even though it's on a flat piece of paper

Obviously, then, using the flash on the top of the camera, is very counter-productive. You need to find a way to use a main light that is to the side, at least half way between you and the subject. Then you will get those defining shadows.

If you are using a dslr camera or any camera with a flash hot shoe, you have several options to consider. You can purchase a flash cable that will mount on your hot shoe and give you about an 18" coiled cable to move your flash off the camera and to the side or above the camera.

Being fully connected to the hot shoe contacts, you still get full flash metering even if it's off-camera. If you use a Canon or Nikon dslr,

you also have the option of using a wireless trigger made by several manufacturers. These units can fire the speedlites at a distance of fifty feet from the camera. Radio waves offer 360 degree coverage. I've even used one light outdoors aimed inside through a living room window to simulate daylight while I'm photographing my subject indoors. As I mentioned in a previous article, Godox sells speedlites with wireless triggers built in that are compatible with Nikon, Canon, Sony or Fuji camera systems.

Several models of Canon and Nikon offer infrared triggers for their flash units. While these are a good attempt, they are using infrared light to signal the flashes to fire. The problem with this is that infrared is very directional and needs line of sight with the camera. The camera sends the signal forward and must be in line with the flash to connect. If the light is behind the camera or is used outdoors in bright sunlight, most times the flash will not detect the infrared signals.

If you need assistance in solving your lighting issues, send me an email or see me at The Camera Store Thursday to Saturday.

Check out all your possible lighting options to improve your final images.

If you have questions, contact me at goldphotography@gmail.com

Until next month,
Peter Gold, MPA
403.949.2748

www.goldphotography.com



Your Full Service Portrait Studio
in Beautiful Downtown Bragg Creek

31 White Avenue,
403.949.2748

Family ■ Executive ■ Pets
PASSPORT & I.D. Photos
Photo Restoration ■ Workshops
Photographic Art

GOLD
PHOTOGRAPHY

E-mail: goldphotography@gmail.com
Website: goldphotography.com



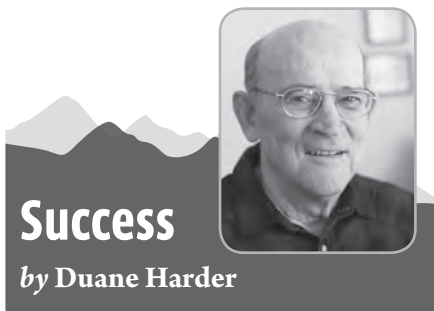
THE BEST COMMUTES INCLUDE A NAP.

TURNER VALLEY, BLACK DIAMOND, OR HIGH RIVER
AND DOWNTOWN CALGARY

ONLY \$277 PER MONTH.

VISIT ON-IT.CA FOR TICKETS AND SCHEDULES





Success is like trying to grab hold of a bar of soap in the tub—just when you think you have hold of it, it squirts out of your hand. The elusiveness of success can be related to how we define the word.

For most people, success is measured by individual achievements: reaching a financial goal; completing a course of studies; obtaining a coveted possession; being promoted to an enviable position; and the list goes on. Are these individual achievements really the measure of our success?

So, what is success? Allow me to give you my working definition: *Developing and releasing the full spectrum of my abilities for the maximum benefit of those in my circle of responsibility.*

That definition emerged after a rather shocking wake up call during my first year at college. I do not recall doing one bit of homework during the 12 years of public school. Homework would interfere with my passion for sports. As long as my marks didn't drop below a "B" my father accepted my choice.

Reckoning day came after the first quarter exams. I failed one exam and barely made a pass mark on the rest. The Dean called me into his office. His words were brief and to the point: "Duane, one

day you will stand before God and give an account for how you have used or wasted the intellectual capacity He has given you." The light went on. I had been given intellectual gifts: endowments to be developed for the benefit of others. Life was about more than my personal pleasure.

Numerous polls indicate that over 80% of the workforce is dissatisfied with their job. I recognize that there are many factors that contribute to this condition. However, the stats do seem to underline one problem—the lack of a clearly defined definition of success.

Let me suggest three things that are essential to success: A clearly defined vision; unshakeable convictions; and a teachable spirit.

A Clearly Defined Vision:

Vision is usually attached to the achievement of goals. That does have its place. Three brick-layers were asked what they were doing. The first responded, "I'm laying bricks. Can't you see?" The second, "I'm building a wall." The third, "I'm building a shopping mall." The third person saw his task fitting into a larger, future vision.

Has it ever crossed your mind that what you become through your work is more important than what you accomplish in your work. Let me remind you that:

Thoughts are formulated in Words
Words are expressed in action
Actions create habits
Habits etch our character
Character shapes our destiny.

What is it that you want to become? What do you want written on your tombstone?

Unshakeable Convictions:

Convictions are to life what the rudder is to the ship. Convictions are the core values that shape our decisions. Without convictions we are shaped by pragmatism that is utilitarian in its practice. We bow to the highest bidder and will purchase at the lowest possible price. People are valuable to the degree that they are useful.

Convictions are: an anchor in the storm; a guiding light in the night; a signpost in the wilderness; a compass on the sea; radar in the battle; sonar in the dark night of the soul. Convictions enable you to deflect the casual comment, answer the critic, and stand firm in the midst of opposition.

What are the convictions that govern your life and how have they shaped your decisions in the past year?

A Teachable Spirit:

When I speak of a teachable spirit I am talking about the attitude with which we learn not the mere accumulation of information. During my early years I had the disreputable habit of using argumentation as a form of learning. I would use every rebuttal I could to challenge a person's position. Whether I believed the argument or not was irrelevant—it simply served as a useful way to gather information. On the other hand, well formulated questions helps to draw out the wisdom that the other person possesses. The later is rooted in the belief that every individual has a deposit of wisdom that will add color to the mosaic of life.

These three qualities are not a formula for success, they are a way of life that refocuses our pursuit of pleasure, realigns us to a path of purpose and releases a new power to reach our potential.



Bragg Creek Insurance Services & Registries Office

Insurance Services Include:

Home & Farm
Automobile
Commercial
Travel
Specialty

Registry Services Include:

Motor Vehicles
Corporate Returns
Land Titles
Vital Statistics
Alberta Health



1 River Drive S, Box 537

Phone: 403-949-2599

Fax: 403-949-5646

www.braggcreekinsurance.ca

Come meet your team M-F 8:30am – 5:00pm!

CommercialCLASSIFIEDS

\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

SERVICES OFFERED

COMMERCIAL & RESIDENTIAL
CLEANING and DETAILING.
Call Wanda 403.764.0234

PROFESSIONAL PET SITTING
PETCOMPANION.CA is a professional
pet sitting service since 2001. Excellent
references. Please contact Magda
403.880.5110 or magda@petcompanion.ca

JIMMY J's TOWING - PRIDDIS
Cash for scrap vehicles
Farm & acreage clean-ups
403.891.3994/403.760.5797

Home4U House/Pet Sitting Services
Rates: Daily, Weekly, Monthly and Long
term, Status reports: sent weekly/monthly.
References available, call for quote
403.949.2745 or 403.473.3837

COMPUTER REPAIR at Diamond
Computers Ltd. Computer Repairs /
Service / Consulting / Instruction /
Programming. Also repairs/instruction
for most electronic devices including
smartphones. Email or text 24/7, phone
8am-8pm daily. 403.831.9407

REAL ESTATE

COMMERCIAL SPACES for LEASE
1100 Sq Ft (2 stories) & 1000 Sq Ft,
located in the Old West Mall, Bragg Creek.
Call more more info 403.949.3793

FOR SALE

FIREWOOD, Pine & Birch
Will deliver and available to stack
Call Tim at 403.333.8462

GOOD QUALITY HORSE HAY, small
squares. Grass \$6.50/bale and Timothy/
Brome mix \$7.50/bale. Delivery available.
Call Mike at 403.540.0248 for details.

EQUESTRIAN

LIBERTY STABLES located south of
Bragg Creek, west of Millarville. Pasture
board, activities, classes & workshops for
people & their companion horses
www.inspiredbythehorse.com
Call Cathy 403.931.2438

ATTENTION HORSE OWNERS
If you have any old hay, bottom bales,
moldy bales, etc. that are no longer suitable
for horses, please give me a call. I may be
able to pick it up and use it for cow feed.
Call Don 403.931.2457

EMPLOYMENT OPPORTUNITIES

CREEKERS BISTRO:
Hiring all positions for server, cook and
coffee barista. Submit your resume to june@
creekers.ca or call June at 403.949.3361

Consider Advertising in The High Country News

- ♦ Full Community Coverage
 - ♦ Well Read
 - ♦ Reaches over 12,000 Homes
- Call 403.949.3526 Today**
highcountrynews@telus.net
highcountrynews.ca
Submission Deadline
is the 15th of the month

ClearVu
Thermal Pane Restoration

Since 2004

Moisture in your Windows?
Don't replace...RESTORE!

- ♦ Moisture Removal
- ♦ Caulking
- ♦ Hardware Replacement
- ♦ Weather Stripping
- ♦ Glass Replacement
- ♦ Custom Glass Design

403.246.8805
clearvucanada.com



OK TIRE™
Honestly driven.

WELCOME TO OK TIRE COCHRANE.

We carry all brands of tires, whether it be for your 1 ton truck, your SUV, Family
Sedan, or even your Horse Trailer. We are here to meet your every need.

FULL MECHANICAL SERVICES

Brakes, Tune-ups, Wheel Alignment, Suspension, Oil Change, Inspections,
General Maintenance. Your dealers alternative.



412-1ST STREET WEST, COCHRANE AB. (2 blocks west of MacKay's Ice Cream)

PHONE 403-932-2086 info@oktirecochrane.com

www.oktirecochrane.com



Enhance your lifestyle and increase your property value. Cover your ugly concrete today!

Sierra Stone Calgary has been resurfacing driveways, pools, patios and steps for the last 28 years.

With two industry-leading, proven products; Sierra Stone and Rubber Stone, they offer best-in-the-business service and reliability. Best of all, most jobs are completed within one day.

"We're able to resurface right over top of existing surfaces, so jobs are completed quickly with top quality results and cost-efficiency for our customers," says owner Kirk Hanrahan.

"We've been around for a long time so we know and trust the quality of the products that we use on our customers' properties," he continues.

Sierra Stone has installation teams who have been applying Rubber Stone – a polyurethane coated rubber particulate – for 8 years. The most attractive property of Rubber Stone is its flexibility, making it less prone to cracking. This is ideal for the temperamental Alberta climates.

Rubber Stone is ideal for a wide variety of heavy-traffic surfaces including driveways, garage floors, pool decks, patios, walkways, sidewalks and steps. We have been installing Sierra Stone, an epoxy coated aggregate, for 28 years. Sierra Stone is easy to clean and creates a very durable surface. This results in a perfect overlay for driveways, pool decks, patios, steps and walkways.

After completion, foot traffic can resume on most Sierra Stone and Rubber Stone applications within a day. Vehicles can drive on newly installed surfaces within three-to-four days.

Sierra Stone Calgary backs up its work, offering warranties on both of their superior products.

If repairs are ever necessary (which is rare), they are simple, quick and easy to do.

We Cover UGLY Concrete

DRIVEWAYS • PATIOS • DECKS • POOL DECKS • GARAGE FLOORS • SIDEWALKS • PLAYGROUNDS • AND MORE!



RUBBER STONE is extremely durable and can be applied over the old surface. No demolition needed!

- ✓ Soft to Walk On
- ✓ Excellent Traction
- ✓ Multiple Colours Available
- ✓ Quick Installation
- ✓ Very Flexible to Resist Cracking



Before

After

Spring Savings

\$300 OFF

INSTANT DISCOUNT!

Some conditions apply. Minimum purchase of \$2,500 required. Offer ends May 15, 2018.

SIERRA STONE is a beautiful stone and epoxy overlay that bonds directly to the existing concrete.

- ✓ Durable
- ✓ Stain Resistant
- ✓ Puddle Free
- ✓ Clean Installation
- ✓ Natural Stone Overlay

NO DEMOLITION NEEDED • QUICK INSTALLATION • RESIDENTIAL and COMMERCIAL • EXTERIOR and INTERIOR



Call today for your **FREE Estimate**

403-225-0606

Covering Ugly Concrete Since 1988



www.CoverUglyConcrete.ca

www.WeCoverUglyConcrete.ca

BUSINESS DIRECTORY

LIST YOUR BUSINESS
ONLY \$8 PER MONTH - 403-949-3526



ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER SCULPTOR 403-990-1266

ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast 403-949-3951

KRUGER'S GUEST HOUSE ACCOMMODATIONS 403-949-3770

ACREAGE SERVICES

GRASSLAND ACREAGE SERVICES grasslandacres@gmail.com 403-852-7131

ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK 403-949-2650

BANDED PEAK VETERINARY HOSPITAL AND CANINE CENTRE 403-949-3249

ARBOUR CARE & TREE REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403-949-3442

TREEWORX TREE CARE, www.treeworxpro.com 403-554-2370

CHILD & DAY CARE

LITTLE CHICKENS CHILD CARE 587-216-6192

CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman 403-949-2072

CLOTHING

CRABAPPLE COTTAGE FASHION BOUTIQUE 403-949-4264

CONSTRUCTION, CONTRACTING & EXCAVATION

BRAGG CREEK EXCAVATING 403-949-2756 / 403-620-0250

CASTLE CREEK HOMES LTD. 403-949-3233

CENTURY ROCK MASONRY - DAVID ANDRUKO 403-819-5303

ELBOW RIVER EXCAVATING & LANDSCAPING 403-949-3227 / 403-899-4886

WOOLRICH GROUP - woolrichgroup.com 403-851-0076

COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. 403-390-1815

BRAGG CREEK - ROCHE HERBST, R. PSYC. 403-510-9984

PRIDDIS - ERICA BERNARD, MSW, RSW 403-874-0176

CRUISE & VACATION SERVICES

CRUISE & VACATION CONSULTANT, LEA ANDERSON 403-717-9223 / 403.837.0577

DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com 403-276-7918

DELIVERY AND COURIER

BRAGG CREEK DELIVERY AND COURIER, braggcreekcourier@gmail.com 587-579-3573

DENTAL CARE

BRAGG CREEK DENTAL CLINIC 403-949-2288

EDUCATION

DIAGNOSTIC READING CENTRE OF CALGARY, drccalgary.com 587-356-3722

THE LITTLE SCHOOLHOUSE - BRAGG CREEK 403-949-3939

ELECTRICAL SERVICES

ARMSTRONG ELECTRICAL 403-932-9289

HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com 403-803-7102

FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE 403-949-2457

FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL 403-933-4368

FINANCIAL & INSURANCE SERVICES

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES 403-949-2599

ATB FINANCIAL - BRAGG CREEK AGENCY 403-949-3513

FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES 403-949-3250

INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) 403-949-3250

MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL 403-949-4129

FIREWOOD

FIREWOOD TIM (PINE & BIRCH) 403-333-8462

FURNACE & DUCT CLEANING

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES 403-888-2000

HAIR & BEAUTY

HAIR STYLIST - PEGGY'S AT PRIDDIS 403-686-1095 / 403-931-3142

HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC 403-949-3953

BRAGG CREEK PHYSIOTHERAPY 403-949-4008

JARI LOVE - PERSONAL OR GROUP TRAINING 403-650-1456

MASSAGE - SYLVIE LAPPA 403-828-5408

HOUSE CLEANING

JELLICOE, Deanne Lichty 403-519-2488 / 403-949-4044

JEWELRY

TAMMY E JEWELRY, www.tammyejewelry.com 403-818-2932

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER (Cochrane), www.dr mower.ca 403-932-9984

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403-949-3442

LEGAL

FAMILY ENTERPRISE ADVISOR, REID SCHMIDT, 2020 LAW GROUP 403-296-1709

LINDA ANDERSON LAW OFFICE 403-243-6400 / 403-949-4248

MAVERICK LAW 403-949-3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403-981-0700

MLA CONSTITUENCY OFFICES

Banff-Cochrane: CAM WESTHEAD, banff.cochrane@assembly.ab.ca 403-609-4509

NEWS & ADVERTISING

HIGH COUNTRY NEWS 403-949-3526

PAINTERS

BJ's Painting 403-949-3443

PAVING

LAMBERT BROS. PAVING 403-287-3252

PEST CONTROL

JAPCO PEST CONTROL LTD. 403-242-2467

PET & EQUINE SERVICES

BELCOURT PET SPA & SUPPLIES 403-949-3355

BLUE RIBBON BOARDING & TRAINING 403-949-2963

PET SITTING SERVICES large & small/ domestic & farm animals 403-880-5110

PLUMBING & HEATING

ALLANS PLUMBING AND HEATING 403-888-5200

BRAGG CREEK PLUMBING & HEATING LTD. 403-931-0486

BRICO PLUMBING INC. 403-998-5580

PROFESSIONAL SERVICES

PRIDDIS BUSINESS CONECTION INC. 403-931-7191

VIDEO PRODUCTION, WEDDINGS, REAL ESTATE, CORP. PROMOTION 403-477-1166

REAL ESTATE & PROPERTY MANAGEMENT

DAWNELL WERNER - RE/MAX iREALTY INNOVATIONS 403-617-5018

DEBORAH CLARK, REALTOR ® - CENTURY 21 BAMBER REALTY LTD 403-835-3385

DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek 403-612-7849

GREATER CALGARY REAL ESTATE Megan.Stuart@CREB.com 403-978-9117

KATHLEEN LAPLANTE RE/MAX West, Cochrane/ Bragg Creek/ Redwood 403-818-8049

ROYAL LEPAGE FOOTHILLS - KEN ZACHARIAS 403-607-7256

SHARON BAYER, REAL ESTATE PROFESSIONALS INC. 403-554-8978

SUTTON GROUP CANWEST - WILLIE PREBUSHEWSKY 403-660-3767

TANYA BAKANOVA, REALTOR® STAGER CSP™ - REAL ESTATE PROFESSIONALS INC. 403-837-0220

RESTAURANT

BAVARIAN INN 403-949-3611

JANE'S CAFE, COFFEE SHOP, PRIDDIS 403-931-0155

POWDERHORN SALOON 403-949-3946

THE ITALIAN FARMHOUSE RESTAURANT 403-949-2750

PHOENIX GRAND (Beside Original Joe's - Okotoks) 403-938-9228

WATER'S EDGE PUB, PRIDDIS 403-931-0155

RETAIL

BRAGG CREEK FAMILY FOODS 403-949-3747

BRAGG CREEK TRADING POST 403-949-3737

MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403-949-3147

ROOFING

FORTRESS ROOFING & EXTERIORS LTD. 403-264-7844

SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES 403-288-9500

A-EAGLE SEPTIC, eagle-7@telus.net 403-650-9436

ACREAGE DEVELOPMENT SOLUTIONS LTD. 403-815-0004

BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com 403-804-5551

STORAGE

WATER VALLEY STORAGE, watervalleystorage.com 403-519-4142

TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT 403-809-8949 / 403-949-3573

ROSS TRUCKING 403-651-9428

UPHOLSTERING & WINDOW COVERING

HARMONY BLINDS, SHUTTERS & AWNINGS 403-466-2204

HEMMETT CUSTOM 403-816-3802 / 403-246-1482

WATER HAULING

BIG DRIPPER WATER HAULING INC. 403-851-1003

BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403-804-5551

WINDOW SERVICES

CLEARVU CANADA (Service/ Replacement/ Weather Stripping/ Design) 403-246-8805

JELLICOE, James Lichty 403-999-2543 / 403-949-4044

