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Kevin Haller

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United Conservatives will bring Alberta's economy back to life

This election is about fighting for Alberta's future. The writing is on the wall: we need a big change, and we need it fast. Alberta is in an economic crisis. Families in every corner of this province are genuinely concerned about where our province is heading. After four years of NDP governance we are seeing jobs, investment and businesses flee our borders. 180,000 Albertans are out of work. Downtown Calgary is vacant. Insolvencies have increased 75%. Unemployment amongst young males is at its highest rate in history. And we were the only provincial economy in Canada to actually shrink during the last four years.

These are not times to be politically complacent. Our future generations need us to take action.

A few weeks ago, I spoke to a class of middle school students. When I asked how many of them knew what they wanted to be when they grow up, glowing smiles and enthusiastic hands shot up all across the room.

That is why I am running.

We all have hopes and dreams for our future, and I want to help build an Alberta where those hopes and dreams can become a reality.

I remember the days when Alberta used to be a place where we all felt confident about our futures. We all knew that we lived in province full of opportunity that allowed us to pursue our wildest dreams, right here at home. But things are different now. We have a government who seems to be working actively against this vision.

I find it insulting to our intelligence that, in recent months, the NDP has began trying to convince us that their party stands on the side of business and economic prosperity. They had 4 full years with a majority government to get our private sector going again. Instead of deregulating the economy, encouraging investment, and demonstrating fiscal responsibility, they chose to pass leftist economic policies that clearly demonstrate the complete opposite.

I am running to be our next MLA, because I believe Albertans deserve

the opportunities that used to exist in this province. We deserve an Alberta where both young and old feel that tomorrow holds promise for them and their families.

Since we have gone so far down the road of NDP destruction, accomplishing this vision will take bold action. Action so bold that it will send shockwaves throughout Alberta as if the heart of our economy has been jolted back to life by a defibrillator. That is why your United Conservatives are committed to doing the unprecedented. We will introduce historic tax cuts, extensive deregulation, and sound fiscal policy. We will relentlessly pursue investment, restore consumer confidence in our local economies, and save our small businesses from bankruptcy.

Alberta needs your help. On April 16th, I hope you will join me in building an Alberta that is strong and free.

- Miranda Rosin, UCP candidate, Banff- Kananaskis



Elect

Miranda Rosin
for Banff-Kananaskis

United Conservatives
Alberta Strong & Free

- ✓ Defend our resources
- ✓ Cut business taxes to lowest in Canada
- ✓ Reduce red-tape by one third

- ✓ Scrap the carbon tax
- ✓ Restore fiscal responsibility
- ✓ Improve public services
- ✓ Stand up for Albertan families

Auhorized by the Miranda Rosin campaign | www.votemirandarosin.ca | votemirandarosin@gmail.com



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<i>High Country News Cover:</i>	Sketch © Horst Hackforth

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NEXT DEADLINE IS
Monday, April 15!

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From The EDITOR

Well here we are, heading to the polls, ready to cast our ballot in the hope that the candidate we vote for wins, and our world will be better. We come with our list of expectations of change but unfortunately we are generally disappointed at the slowness of the process.

Our political leaders aren't called to be our "sugar daddy" providing us with as many tax dollars of the pie that can

be ours. A leader should take the time to understand the situation at hand, prioritize the needs, and cast a vision of what is possible when we work together.

I trust that you will come and cast your ballot for whom you feel will do this in the most trustworthy manner.

On a side note, I would like to introduce a new series of articles from an organization named Praxis. These articles are geared towards students and their parents/care-givers in the transition from high school to a rewarding career. I trust you will enjoy their perspective.

I also want to take a moment to honor and remember a long time resident of the area and contributor to the High Country News, Horst Hackforth. He was a valued member of our community, and shared with us his love of the area through his art.

As we enter the spring season, don't forget to start carrying your bear spray on forages into the wilderness we call our 'backyard', and enjoy the slow, subtle, but beautiful awakening of a new season!

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca



ALL CANDIDATES FORUM

April 5, 7:00 PM Bragg Creek Community Centre • Doors open at 6:30

Come with your questions and concerns to discuss with:

Cameron Westhead, NDP • Miranda Rosin, UCP

Brenda Stanton, Alberta Party • Anita Crowshoe, Alberta Independence Party

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HIGH COUNTRY LIFE by MARK



Horst Hackforth

The artist, the mountain man, our friend • July 30, 1940 – March 8, 2019

After a full life, lived with adventure and filled with art, Bragg Creek's Horst Hackforth, 78, passed away March 8th, 2019.

Born in Kleve, Germany, Horst spent his younger years in Viersen, studied graphic design and later moved to Munich where he found success working for an advertising agency.

Yet, Horst's dream, from a child, was to come to Canada. Alberta appealed to his quest for independence and adventure as it offered a cowboy culture and

a playground of picturesque landscapes. He found Calgary and later Elkana Ranch in Bragg Creek.

Starting as a greenhorn, but with coaching from Bob Echlin and other horsemen, Horst became an avid trail-rider guiding many trips through the mountains with visitors and friends. His major packing adventures throughout the Rockies included a twelve-day ride from Bragg Creek to Coleman's Pass and another from Banff to Jasper. These exploits became the backdrop for much of his artwork throughout his career.

Focusing on water colour and charcoal drawings, Horst's professional life was dedicated to his art and he became well-known in Western Canada. With the help of friends, he converted an original sawmill into, The Sawmill Studio, inviting other artists to create, learn and showcase their work.

Remaining in Germany are his family; Brigitte, Marita, Claudia, Thomas, Paul, Ingo, Robert, Silas, Lisa, Bruce, Gary, Camilla, Angelo, Till, Nils, Joey, and Emily.

And, importantly, he had a great circle of friends. Thank you to those who supported him.

Horst truly lived his dream and he will be missed... happy trails, Horst.

A Celebration of Life will be held 12:00 p.m., April 6th, at the Bragg Creek Community Centre.




Candace Wray
Lawyer


Paul Manning
Lawyer


Erin Barver
Lawyer


Staci Smith
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Springbank LADIES TIME OUT

Ladies Time Out in Springbank is a not for profit group that provides a meeting place for women in Calgary and surrounding areas to come together for coffee, conversation and a wide variety of registered classes. We meet Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Road and 17th Ave SW.

Our members have been busy this winter enjoying a variety of classes including: cooking, art, fitness,

massage, facials, reflexology as well as a drop-in coffee and chat group. The winter session will be wrapping up on May 6th with our Spring Tea. Everyone is welcome to join us from 9 – 11am at Eden Brook to enjoy tea and snacks and learn more about the group.

Please visit our website at www.springbanklto.com for more information. You can also follow us on Facebook and Instagram @springbanklto to view photos of past activities and to hear about upcoming events. Have questions? Send us an email at springbanklto@gmail.com We look forward to seeing you at the Spring Tea!

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Springbank

COMMUNITY ASSOCIATION

Springbank Off-Stream Reservoir (SRI):

We continue to be opposed to the Springbank Off-Stream Reservoir project. Although there was a recent land sale to the Alberta Government, this in no way influences our position. Although the project is approximately 10% of the entire Springbank land base: from the Bow to the Elbow and to west to Highway 22, no one has asked us "how can we address your concerns?" Sadly, this leaves us with a long list of questions regarding air and water quality, pipeline safety, dam safety and road closures, to name a few. We will continue to advocate for our community on this important project.

Check out our upcoming events and activities! Visit springbankcommunity.com to register and for a complete list of programs, prices & details.

Family Sports Swap

April 13, SPFAS, 12-2pm

Bring your soccer shoes, hockey equipment & old bicycles for our 1st annual sports swap.

Easter Crafts (Ages 6-12)

April 14, SPFAS, 2-4pm

Let your little ones make a mess with us! A fun afternoon of egg decorating.

Mother's Day Flower Arrangement (Ages 6+)

May 11, SPFAS, 2:30-4pm

Kids, make your Mom or Grandma a beautiful bouquet for Mother's Day!

We are also looking into: 1st Aid Certification, more personal safety classes for kids and tots & more! If you have ideas, please email info@springbankcommunity.com or visit us on Facebook!

If you have ideas or comments, please reach us at info@springbankcommunity.com.



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Trade Show

May 4, 10 - 5 • May 5, 10 - 4, 2019

Spray Lake Sawmills Family Sports Centre

General Public Info and Admission (Please note that the entrance fee is CASH ONLY!)

Kids 12 & Under: Free • Anyone 13 & up: \$2.00/ day

Family Pass (valid for 2 adults, and up to 4 kids): \$5.00/ day

If you are looking for a way to showcase your businesses' services or products, join us as a booth vendor!

Our show has sold out the last number of years and we expect the same for 2019!

For more info or for booth registration: www.cochranechamber.ca | 403-932-0320

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8:30AM - 5:00PM
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*** Participation in last year's seminar is not a prerequisite to attend this seminar.**

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Helping Hands Upcoming Courses

Helping Hands staff would like all volunteers to know about these upcoming training opportunities. Training courses, such as these offered, can help enrich your volunteer experience.

Registration is open. Please register early. Spots fill quickly. You can register by calling 403-851-2250 or by visiting www.cochrane.ca/362/eServices with your credit card in hand.

Cochrane FCSS Community Helpers Program – Spring 2019 Workshops:

Helping Those With Self-Harm Behaviours

HomeStead Apartment Building, Fri April 5, 9am-Noon, \$15

Self-harm is a sign that someone you care about is in distress. A compassionate approach is the best way to help. Mental health educator Kathy Jarrell helps us understand some ways we can help. Snacks and materials included. Registration required: 403-851-2250. Minimum 8 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Community Helpers Training

HomeStead Apartment Building, Thu April 11 & Fri April 12, 9am-4:30pm, FREE

Are you a great listener? Do people turn to you? Enhance your skills for helping others in times of grief, crisis, or suicidal thoughts. Learn self-care strategies and how to make referrals to community resources. Free two-day course. Snacks, lunches, and materials included. Registration required: 403-851-2250. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Psychological First Aid After A Disaster or Emergency

HomeStead Apartment Building, Fri May 10, 9am-4pm, \$15

Learn how to help people immediately following a crisis or trauma, providing practical support and normalizing stress reactions, while respecting recipient's dignity, culture, and abilities. Snacks, lunch, and materials included. Registration required: 403-851-2250. Minimum 12 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

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Springbank Creative Arts Club Update

The Springbank Creative Arts Club MISSION is "to encourage the development of arts and crafts within the Springbank community and schools."

April! Spring is here, and not too soon after this past winter. The club continues to meet, sharing ideas and encouraging members in their selective fields of creativity! We do love to see the new creations and find out what inspires an artist or crafter to produce unique and special items.

The Spring Fling Sale is coming together. All the spaces have been filled and there is a great variety to help with your gift giving lists. It will be held on April 13, 2019 at Amica Aspen Woods. From 10:00am till 4:00pm. Free Admission and Free Parking

A change of venue, but all the favourites will be there. It is also a great time to see this facility. The Facebook page has the details and a sampling photo from each participant.

We are a small, but enthusiastic group and would welcome new members to come out and join us. There are several positions available for any members to fill on the executive for 2019. If you are an organizer or decorator or have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice – email janice3lambert@gmail.com for any new business to be introduced at meetings, or meeting dates.

This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 2 & 3th, 2019 or membership email yjo999@gmail.com. Happy Easter. Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett

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(Donations may also be dropped off in the bins at Save On Foods, Safeway, Mark's No Frills & Sunset Ridge Pharmacy in Cochrane)

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The Often Unasked Question

With the December, 2018 market correction in both the US, Canada and elsewhere slowly receding in the rear-view mirror, now is a good time to review what exactly happened, and, how clients have reacted to the recent events.

To put December into context, it was the most severe correction since the early 1930s. The market valuations improved dramatically as a result of the correction with Price/Earnings (P/E) multiples falling by 5 points. This is the most in about 25 years and has happened only about 5 times in history.

To look at it another way, stock valuations in the US went from being fully valued to overvalued in early December. They then became undervalued or even a bargain by the end of December.

The full year of 2018 was also one for the records, but not in a good way, as most investors saw their portfolio values drop, somewhat, from the previous year. The full year, according to Deutsche Bank, saw close to 90% of combined bond, equity and commodity indices posting negative Year-To-Date returns as of mid-November. This was a first since 1901. Let's put 2018 into a greater historical context. Since 1928 the S&P 500 index in the U.S. has had 219 market pullbacks greater than 5%. The average being 12%. The year 2018 actually saw two market corrections, one in February 2018 and the one in December 2018. Those corrections were approx. 10% each. In other words, they were normal corrections. The World was not and is not ending.

Conversations with clients have centered on what happened so late in the year. Why did this happen and how should they react - if at all - to this extreme market volatility. Most of the market action was a result of light trading volumes and panic selling. Fortunately, most people were busy with the Holiday season and took no action.

In times like these, many portfolio managers are often at their desks

because they have a different perspective on market volatility. Other than forced selling, many portfolio managers started buying in the few days leading up to the New Year. They saw compelling valuations appear as their favourite stock picks reached attractive price levels.

While the average person saw negative news, most investment professionals were excited by the emerging bargains. Equity investments were on sale! The same thing happened in late September and early October 2008, when the markets melted down dramatically following the failure of Lehman Brothers. At that time, many investment managers were standing up in front of audiences of financial advisors and proclaiming how excited they were and how they had never seen such investment bargains in their entire careers!

To summarize, the lesson here is the contrast between how most

investment professionals see market corrections, which they view as a forward-looking mechanism that will anticipate a change in earnings or corporate profits going forward, versus how the average retail investor views the same market corrections.

Therefore, the often-unasked question from clients to advisors, is: "What do you like at this point as an investment opportunity?"

With a U.S. Presidential election only 18-months away I feel that the probability of a U.S. and/or Global recessions is extremely low. All the indicators I use are still pointing towards economic expansion. As a result, I am recommending that clients stay fully invested, and to have an over-weight position in global equities and an under-weight position fixed income.

Call to arrange an appointment for a financial reality check. We work at turning your future dreams into reality!

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

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



COUNCILLOR MARK KAMACHI

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MKAMACHI@ROCKYVIEW.CA

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Let's jump right into Spring. This recent meltdown has been a blessing in disguise after a bitter, cold winter. If you are dealing with a flooding issue around your drainage ditches or culverts on Rocky View County property, immediately give our Service Request Line a call at 403-230-1401 (24 hours). They will get to your issue much faster than I can and stay on top of it throughout the ordeal. It's much smarter for you and your neighbours to error on the side of caution and prevention.

Flood mitigation

There has been some good news recently announced by Rocky View County (RVC) overseeing the flood mitigation project. It's been 6 years since the devastating flood of 2013 and with the approach of our wettest months making this topic top of mind, I wanted to bring you up to speed with the flood mitigation measures for our area.

RVC has been working hard to get shovels in the ground since the 2017 grant agreement with the Government of Alberta (GOA). With the Water Act application in its final review (fingers crossed we get it approved by late March or early April), we could see commencement of the project in July of this year. Yes. I repeat, this year (subject to no environmental appeals by the public).

Contractor pre-applications and tenders for bids have already been completed

through a public process earlier and will be announced in April. Over 90% of lands have been acquired and come time for construction, outstanding lands should be in place so we can forge ahead with rebuilding a long awaited piece of community infrastructure. A project update will be mailed out to residents in June with detailed information regarding who the selected contractor(s) will be, sequencing of construction, and timelines. As I said, fingers crossed.

Thanks to our MLA

I want to extend a warm thank you to our MLA, Cameron Westhead who graciously invited me to be one of his guests of honour at the March 18th opening of the 5th session of the 29th legislature, commencing with the Speech from the Throne. It was such an amazing event to be part of as your Division 1 Councillor, a politician (I still dislike that word), and more aptly put, representative of my peeps. The pomp and circumstance was truly wonderful to behold and instilled the feeling of being the proud Albertan in me.

Bragg Creek ASP update

Recently, RVC Council adopted plans to move forward to adopt the roughly 200 acres to the south of Bragg Creek along Highway 22 as part of the Hamlet expansion area. Public consultation and stakeholder input will be key as so many important aspects of our growth

have to be considered: flood mitigation, water/wastewater, business/residential growth, emergency management, crime prevention, internet/cell connectivity and FireSmart just to name a few of our areas of scope. Stay tuned for updates. The plan to revise our Area Structure Plan will take much of this year.

Are you FireSmart yet?

As fast as this snow has melted, comes the dire prediction that this summer will be one that's dry and hot. More than ever, with that comes the need to FireSmart your home and property. And to get your neighbours and your neighbourhood to get with the program. Over the years I have been doing what I can to make my property less conducive to the potential of a wildfire. I've been cleaning up the forest floor and deadfall in my little 2 acre piece of heaven. I've cut down, sadly, many trees, and taken precautions that could encumber my dwellings survival in the event of a wildfire. We should all take a close look at our surroundings and if you are in need of information to FireSmart your property, please go to www.rockyview.ca and search 'firesmart' for info. Let everyone know this affects us all and take preventative steps. I want to thank our local FireSmart Committee and RVC staff for all of their hard work to date. Also, stay tuned for more 'Chipper Days'.

– Cheers, Mark





Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2

February and the beginning of March were most certainly one of the coldest on record, but the longer days are coming and I know that the signs of spring are here.

Around the Division

Thank you to a resident who reported some very poor and missing signage on RR 33 & the #1 exchange. We were able to work with Alberta

Transportation on a correction and even better improvement to the signage. I appreciate when residents bring concerns such as this forward so can ensure we are making our roads safer for everyone.

The Firearms Bylaw

A number of months ago our Policy Sub-Review Committee reviewed and recommended some changes to our firearm bylaw. The overall intent of those changes were to ensure those on Country Residential properties were not experiencing guns and rifles within close proximity to their homes. While there are very adequate Provincial and Federal laws, having a local bylaw also would allow our bylaw officers to respond to complaints. Well this is the theory, but truthfully, we didn't do a good enough job with the bylaw and folks didn't understand it very well. On Feb. 26th, I presented a motion sending the bylaw back to the sub review committee and the motion also asked Administration to hold at least one public engagement session. This motion passed and I'm hopeful we'll

have a new bylaw with public engagement soon.

Also on Feb. 26th I read in a Notice of Motion regarding the Springbank Community Centre. About

15 or so years ago, Brenda Goode (a former Councillor) committed a small parcel of municipal reserve land (situated in Commercial Court) for the use of the Springbank Community Centre's future home. Well, fast-forward to today, we have a hard working group of volunteers in the Springbank Community Association trying to make this happen. My notice of motion is really about, if the site isn't suitable for a community center (they believe it is too small), then the County could sell this unused MR and use those proceeds to help build a new hall. As many of you know, the Lion's Club was torn down and this was really our only public space for all uses. Now Council may decide to sell or not to sell that land (and that's ok) but it will begin the journey for us to explore how RVC can support this area through an investment in a community use space. Think of the Bears paw Lifestyle Centre or Bragg Creek's Community Space. There is lots of opportunity for us to have something similar. How great would it be to have a space you could rent for weddings; receptions; anniversary parties, or a larger gymnasium so our schools could have an intermural sports program. A place where our community can truly utilize and socialize. I'm pretty excited about starting this journey with the Springbank Community Association and better yet, with all of you! Council voted to begin the process of reviewing the County Plan.

For the most part the County Plan remains a sound planning document for



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RVC. However, when the document was written, the Growth Management Board was not in place, nor did anyone involved in that plan know we were just entering a long sustained recession in Alberta. Those two things alone, coupled with new (Conrich/Omni) and upcoming (Springbank/Bearspaw) ASP's means that it is time to have a look at it and check our assumptions. This will be done with major public consultation, so please stay involved. It could be that the document only requires minor enhancements or there could be areas where we thought we could grow, but it never materialized. Perhaps, if growth is warranted, a different area of the County could be focused on. Reviewing plans makes sense – they aren't intended to sit on a shelf and dusted off when convenient.

Approved Development Permits:

- Construction of an Accessory Building (storage) – 244082 RR 32
- Personal Services Business & Signage – 6, 141 Commercial Drive

- Relaxation of maximum height, retaining walls – 32209 Springbank Road
- Equestrian Centre – 33039 – TWP Rd 243
- 4 x Showhomes Harmony – Sailfin Drive

- Side yard relaxation – 53 Cattail Run
- For upcoming Community Events:**
www.rockyview.ca/NewsEvents/Events.aspx

Kim McKylor
kmckylor@rockyview.ca

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Why Should We Stretch?

by Jennifer Gordon

BSc.PT, AFCL, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

Stretching is supposed to feel good, right? Stretching is supposed to be the fountain of youth!

There are many good reasons why we should stretch and continue to stretch (even more!) as we get older. There are also a few precautions to keep in mind and it's important to know when to ease off.

For the most part, stretching is very beneficial to our bodies. It increases flexibility and helps to prevent injury. It improves circulation by opening up capillaries within muscles and facilitates the movement of glucose into the cells. The stress busting effect of a slow paced stretch can be a moment to pause, breath and lower our blood pressure.

Use it or lose it, right? Muscles that are moved and used will stay healthy and get flushed with oxygen and nutrients. Our joints will thank you for helping them maintain or gain range of motion. When we stretch muscles across a joint, we are also stretching the surrounding tendons, ligaments and joint capsule. When stretching equally on both sides, it will help to restore structural imbalances and habitual postures we perform. This will of course, help prevent injury in the long run!

When we stretch, we are targeting all the soft tissue surrounding a joint. The muscle is typically the target tissue but we are also stretching ligaments, connective tissue, fascial tissue and surrounding nerves. The result should be a feeling of increased muscle control, flexibility and range of motion. Pain should not be a part of your stretching routine. No pain, no gain is not your goal here! If you are feeling pain while stretching, you may be stretching too intensely and this could cause injury. Slowly ease into a stretch and stop at a point you feel tightness but can still breath comfortably and hold it there for a count of 20-30 seconds. There is a lot of variation in the literature regarding how long to hold a stretch. Many studies show benefits anywhere from 20-60 seconds, with 2-3 repetitions per side.

Another reason you may experience pain during a stretch is if the surrounding nerve tissue is irritated. Nerve roots exit our spinal cord at the spine and branch throughout our body and down our limbs. There may be a spinal joint issue, tight fascial

tissue or tight muscles that can be tethering that nerve somewhere along it's pathway. A healthy nerve will slide and glide within it's sheath and tolerate some traction and compressive forces. An irritated nerve that is restricted somewhere along it's path will become hypersensitive and uncomfortable with traction or compression. If you experience pins and needles, numbness or sharpness while you are stretching, this is likely an irritated nerve tissue that is telling you to ease up! A common example of this is the sciatic nerve along the back of the leg. The sciatic nerve runs along and through the hamstring muscle at the back of our thigh. We often dig deep for that dreaded hamstring stretch and follow the no pain, no gain motto. Perhaps the stretch is painful, the toes get tingly or the leg becomes achy afterwards. This may be because the sciatic nerve or one of it's branches are irritated.

If you are experiencing pain, tingling or achiness while stretching, we need to determine what is causing that. In



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the case of the sciatic nerve, it may be a spinal joint, the pelvis or a hip joint dysfunction. It may be a muscle imbalance that is loading structures asymmetrically. It may be technique, intensity or posture related. Pushing into a painful stretch can result in injury. Pain is a signal from your body to back off and relax the stretch. By moving too far into a stretch, the body will utilize a stretch reflex and will contract or

shorten the very muscle you are trying to lengthen. This reflex in our body is a protective strategy! Remember to breath and relax into a stretch, holding your breath can make your body tense up and increase your blood pressure. Stretching is important for all of us at any age. Progress slowly, be consistent, breath and you will see your flexibility improve! If you are struggling with

how to stretch, having discomfort with stretching or not seeing any improvements, we would love to help. Our physiotherapists are trained to evaluate your spine and limb joints, muscle imbalances and neurovascular structures. We also have personal trainers that would be an excellent asset to help you create a personalized program for your individual needs.

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Spring Ahead!

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

It's spring time and for many of us it's time to clean out or put away everything we have been hoarding inside for the last eleven months of winter, you know, fuzzy slippers, XXL sweatpants we've been living in, empty ice-cream containers, chip bags, dignity. The process of coming out of hibernation, getting to work and cleaning things out can be really refreshing and satisfying.

However, it's not always like that: ever had a day where you wonder what exactly you accomplished? You know, you worked all day, but when you try adding up tangibles it doesn't seem to equate? I get frustrated with those kind of days, imagine if the rest of life was made up of that! Ha!... Am I right!? Anyone?

There seem to be seasons in our life, in fact large portions, where we don't seem to have many wins in relation to the effort we seem to be putting in. Sometimes with life it feels like there is a lot of effort given that doesn't get you anywhere. I hate effort! Effort hurts, it creaks my back and pains my head. Yet in many life challenges, we just commit to try harder, do better. We turn to a lot of great books, articles, etc. that give advice on how to restructure/change/transform, lots of them are quite useful, but many times we are left a bit self-conscious that we haven't lived up to the plan perfectly and are ultimately exhausted at the end of the day, with a fridge full of uneaten kale and a treadmill being used as a clothesline. I think some of it comes from the fact that we try and work transformation

from the outside in and then... well... it feels like effort - ugh! What if we have it a bit upside down? At different times in my life I have been "competing" ... umm... "participating" in sports and "woke up" to how much I was working. Again, I'm a sweater and a "sweater" (noun and verb) so I will spare the details, but it wasn't until I subbed off, or stopped, that I realized how much effort I was exerting both feeling it and well... visually seeing it. I was having so much fun being present, immersed in it, I forgot about the fact I was actually exerting energy. Sometimes when we immerse ourselves in something, surrender to an activity, we lose ourselves in the process. I think that's how it is with most of the meaningful transformation in our lives. We surrender, give up, give over, in order to conquer.

Completely backward, sometimes awkward, difficult not in effort but in letting go (queue Frozen). Setting aside control can require a shift in thinking. I like what W. H. Auden writes about this, *"We would rather be ruined than changed"*

*We would rather die in our dread
Than climb the cross of the moment
And let our illusions die."*

What I find interesting is that I think society in the west is starting to take this more seriously now than we have in the past,

however this isn't a new idea. The idea of surrender is found in quite a few writings by ancients, it's also key to the message of Easter. The story of the life, death and resurrection of Jesus is the story of finding life not in working harder, doing better, appeasing. No, it's about giving up, surrendering, receiving and immersing ourselves in that. We receive and are transformed. And at some point we "wake up" and realize effort has been spent, we are being, living, acting different, but it's out of a deep well of energy and life, not out of some self-manufactured effort. What do you need to give up in, let go? What does it look like to surrender and receive? May you enjoy this Easter and spring time recognizing new life that is available.

Till next time, PD

Join Us At Our Upcoming Community Events!



BRAGG CREEK
community church

All Welcome!

Sunday Service 10:00am

Youth Gym Night • April 5 & May 3 at 7:00pm

both at Bragg Creek Community Centre

Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study

Mondays 10:30am

Needle Craft Club

First Sat of Every Month 7:00pm

Monthly Business Lunches

Wed April 24 • 11:30am-1:30pm

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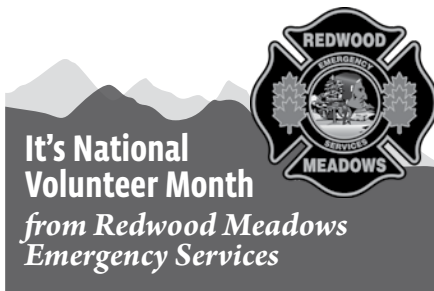
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We run into so many amazing volunteers as we move through the community during the year; organizing and running events, doing things to keep the community and natural areas clean and accessible and helping people experience everything our natural spaces have to offer.

If you're planning public events for larger than 50 people happening in (or moving through) the community, we'd love to know about it so we can plan our staffing, and offer you any support you might find helpful as you create a safety plan. Leave us a message at 403.949.2012.

Did you know Redwood Meadows Emergency Services is 100% volunteer-

driven? In 2018, our passionate team of 26 members contributed almost 14,000 hours to our communities in the form of 24/7 emergency call response, training and public relations events. To our members - a big thank you for all you do to keep our community safe. To our members' friends and family, thank you for supporting them in this important work.

With the warmer weather finally here, requests for Burn Permits are picking up again. Just a reminder that RMES can issue a burn permit if you live in the County of Rockyview.

If you live in Redwood Meadows, you are permitted to burn clean wood or paper in town site-approved fire pits only.

Here's what you need to do to get a burn permit outside of Redwood Meadows:

- Call 403.949.2012 or attend the fire hall to let us know you would like a burn permit (Note: A few days notice is required).

- We'll come out to your home to look at the burn pile contents (no painted or pressure treated lumber is permitted) and proximity to other structures.

- If safe, we'll issue a burn permit to you and highlight conditions of the burn i.e.) maximum wind speed, monitoring requirements etc.

Until next month – stay safe... and please stay off the ice!

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Adult \$30, Senior/Students \$28

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Bragg Creek Centre

Did anyone notice the weather started getting warmer after the BCCA Beach Party Fundraiser on March 9? Not that the BCCA had anything to do with it but the Bragg Creek Ladies Auxiliary and Skuzzy and the Woodticks certainly brought the heat for our first annual Beach Party fundraiser on March 9, 2019! With a sold out, beach clothes wearing crowd in attendance, residents and their friends dined on pulled pork, Hawaiian coleslaw, mango salsa, and sweet potato fries. They rocked the night away, generously bid, gave and generally opened their wallets in support of the BCCA and our efforts to keep our building operating. The call went out and the community came together in one amazing night.

Among the responsibilities of the BCCA is the care, maintenance, and ongoing viability of the Bragg Creek Community Center (BCCC). For those who may not know, our building sits on the site of the original community hall which burnt to the ground in 1998. The existing building was opened in 2001. Although magnificent by any definition the building was predicated on an expanding population and economic base in Bragg Creek which, to date, has not materialized.

Although owned and operated by a not for profit society, the BCCC,

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Job Opportunity at Bragg Creek Community Association

Program and Events Coordinator Assistant 20-25 Hours/Week @ \$16.00/hour

Job Purpose: The Program and Events Coordinator assistant is responsible for assisting the Events and Program coordinator with administrative duties and events coordination. This position has the potential to have an increase of hours during increase in facility occupancy.

This person will be responsible for

- Being the evening and weekend lead during events to ensure user groups are looked after
- Assisting Program/Event coordinator with all operations
- Bartend and/or supervise during events
- Conduct facility tours
- Use of Microsoft Office programs and online booking systems
- Answer phone, emails and returning messages when needed
- Inventory of program and event assets
- Set-up, take down, and cleaning will be required
- Following opening and closing procures for the Centre

Qualifications

- Customer services experience
- Experience working events such as weddings and community events would be an asset
- Experience with administrative tasks, office procedures, and Microsoft Office programs
- Able to work independently and in a team environment, with minimal supervision
- Criminal Record Check (to be completed prior to start)
- Valid Class 5 Driver's License & reliable vehicle required
- Standard First Aid and CPR Level C Certification (can be obtained after hire)
- AGLC ProServe Certification (can be obtained after hire)

Competencies

- Work requires physical activities. Must be able to lift, bend, stretch, or reach
- Exceptional interpersonal and communication skills
- Able to take direction, and performs tasks as assigned according to priorities
- Consistently demonstrates integrity and ethical behavior
- Shows initiative and is willing to take on new challenges
- Ability to adapt to work in a fast-paced work environment is a must!

Deadline to apply: April 10th

PLEASE APPLY WITH COVER LETTER & RESUME TO:

EMAIL: program@braggcreekca.com • DROP OFF: Bragg Creek Community Centre, Box 39, 23 White Ave, Bragg Creek, AB T0L 0K0

like any home, still has ongoing bills to pay. As the building ages, it also requires maintenance and repairs. For example in 2018 it cost over \$ 43,000 for utilities and \$ 47,000 for repairs and maintenance. In 2015 the building flooded and no revenue came in for almost a year as it was repaired. It has been challenging to say the least.

As the years have passed many community minded residents have joined the BCCA board or volunteered in support of our continuous effort to keep the building open and our programming affordable. The combination of their efforts and the invaluable continuous financial support of Rockyview County allows the BCCA to continue to operate this building. We do it because it is more than a building... it is where our children play and the arts are seen and heard. It has provided us shelter in times of crises such as the 2013 flood. It is where we meet to discuss politics and community matters and it is where we meet to honor our veterans every November 11. It is where we say hello to new friends and

good bye to old friends. It is more than a building, IT IS OUR COMMUNITY CENTER !

This is why events such as the Beach Party are so important... every nickel counts ! We would like to acknowledge and thank the Bragg Creek Ladies Auxiliary for their tireless efforts. We would like to thank Skuzzy and the Woodticks for their donation of time and talent. We would like to thank all the volunteers who worked the bar, sold 50/50 tickets, (we need to acknowledge the winner of the 50/50 who donated his half back to the BCCA !) operated our games and helped set up and tear down. The number of local businesses and individuals who donated for our silent auction is too long for this space so we urge everyone to visit our website www.braggcreekca.com where they are listed. Last, but not least, we want to thank all the community members who came....without all of you this would not have been the success it was. On behalf of all of us at the BCCA we wish you ALOHA!

See you all next month,
Ben McTaggart
Event Coordinator

THANK YOU!



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FOR MORE INFO OR TO VOLUNTEER,

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Mobile Visitor Ambassador Position

Bragg Creek and Area Chamber of Commerce is looking for two individuals that are passionate about Bragg Creek with an outgoing personality, energetic, athletic, like the outdoors, enjoys mountain biking and animals. We are looking for two full time positions (30hrs/wk) as our Mobile Visitor Ambassador. This is a spring/summear job that starts May 15 and runs until August 31st. You will spend your days interacting with the public and the local businesses, answering questions and promoting the Hamlet and all it has to offer. There are two stations one at the West Bragg Creek Trail Head and in the Hamlet. Availability to work weekends is a must. Knowledge of Bragg Creek and the Trail system is an asset. If this sounds like you, email your resume to office@braggcreekchamber.com by April 22.

Don't Forget! Alzheimer Information Night Is Happening Soon

The Alzheimer Society of Calgary has been serving the local community affected by Alzheimer's disease and other types of dementia for more than 35 years. Our mission is to enable local people impacted by dementia to live life well and build the capacity of the community to support and care for them.

The work we do in the community can be broken down into three areas:

1. Education

- Free education sessions for members of the public

- Education sessions for caregivers to learn strategies to cope

- Training for professional healthcare workers

2. Care

- Through our Adult Day Program 'Club 36', where people with dementia take part in meaningful activities

- This day program also provides respite for caregivers

3. Support

- We have a support team of social workers, answering the phone and meeting with thousands of local families each year, answering questions and helping them adjust to a new reality

The Alzheimer Society of Calgary will be giving a short presentation at the Bragg

Creek Snowbirds Chalet, Wednesday, April 10 at 3 PM.

The Chalet is located at 19 Balsam Ave. Bragg Creek. Coffee tea and sweets will be provided.

The presentation will include topics such as:

- Difference between Alzheimer's disease and dementia

- Warning signs and symptoms

- Difference between dementia and normal memory loss associated with aging

- Prevention measures everyone can take to reduce their risk

- Local resources for affected people, and Alzheimer's Society of Calgary background

There will be time at the end for questions from the audience.

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TRAIL TALK!

The Latest from the Greater Bragg Creek Trails Association

Cooperating Agreement with Alberta Environment and Parks (AEP)

The Greater Bragg Creek Trails Association (GBCTA) is pleased to announce the renewal of our Cooperating Agreement with Alberta Environment and Parks (AEP) that was signed on March 8, 2019 in the West Bragg Creek Provincial Recreation Area.

This new Cooperating Agreement replaces the old Partnership Agreement (signed March 2009), which was set to expire on March 31, 2019.

This new and improved agreement reaffirms the relationship that the GBCTA has with the Alberta Government to build, maintain and help manage this premier recreational trail system in East Kananaskis Country. It is quite comprehensive, providing numerous benefits to the GBCTA and secures our operations in West Bragg Creek until 2027, when the agreement can be renewed.

The GBCTA would like to extend a big thank you to Con Schiebel, Alf Skrastins, Adrienne Waller and Eric

Lloyd, our negotiating team, for their efforts the past 10 months to reach this successful conclusion.

Youth Ski Races (AYC) - Another Resounding Success in West Bragg Creek

The GBCTA would like to congratulate XC Bragg Creek (XCBC) for hosting



another successful Alberta Youth Cross Country Ski Championship which was held on March 2 and 3 out at the West Bragg Creek Trail Network. With the snow drought ending just in time for GBCTA ski groomers to leap into action, the race courses were prepared to perfection for the racers. The Polar Vortex that descended on race day caused some modification to the racing

schedule and courses but in the end the event provided great memories for these resilient young racers and their families.

A big shout out to the dedicated GBCTA ski groomers lead by Jeff Hughes, who braved frigid temperatures and spent long days preparing the race course



Photos courtesy: Erik Anderson

for this event. The GBCTA is proud to support the XCBC programs in our community as we cultivate our next crop of young competitors and potential Olympians together.

GBCTA Annual Report Published

The GBCTA's first ever annual report has been published, detailing the activities of the Association over the last year and beyond. You can read the report on the GBCTA web site here:

www.braggcreektrails.org/gbcta-annual-report-2011-2018

For further information on any of these articles, or any other items, please contact info@braggcreektrails.org

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Rachel NOTLEY

AYC 2019 – A ‘Challenging’ Race Weekend

The US women's cross country ski team calls tough training days "championship days." Those are the days when conditions force skiers to dig deeper and work harder to achieve the same results. This year's Alberta Youth Cross Country Ski Championships (AYC) in Bragg Creek was two days of "championship" racing in more ways than one. Luckily Albertans are a hardy bunch as temperatures on both mornings of the event hovered close to minus 40 C. Organizers considered postponing AYC 2019, but in the end it went ahead, with sunshine and minimal wind making the weather more bearable. Several races were modified and only one cancelled due to cold.

XC Bragg Creek Ski and Bike Society (XCBC) hosted AYC 2019 from March 1 to 3 on the trails in West Bragg Creek. The provincial-level competition welcomed athletes in the midget (birth years 2005-06) and mini-midget (2007-08) categories. This year close to 130 racers from 10 clubs in Alberta and the Northwest Territories competed.

Team members and chaperones stayed at Easter Seals Camp Horizon, where they spent Saturday morning taking part in indoor activities while the weather warmed up. All skiers headed to the trails in the afternoon and midget racers competed in a 4-km classic event.

Saturday night featured an awards banquet with guest speaker Kevin Sandau, followed by a DJ and dance.

Sunday's start was postponed slightly, but all races went ahead, including freestyle races and a costume relay

with official, unofficial and coach/parent entries. Awards followed, with Canmore Nordic Ski Club taking the aggregate award and Camrose Ski Club winning the small club banner.

Fifteen XCBC athletes competed in the event, five of them from the club's inaugural biathlon program. Local club skiers recorded seven top-10 finishes, putting XCBC in second place for the small club award.

Our coaches are extremely proud of our young skiers, especially under such "challenging" weather conditions. What a resilient bunch!

XCBC top-10 finishes: Robin Jansen 3rd - midget boys (2005) classic; Robin Jansen 3rd - midget boys (2005) free; Hollie Jones 4th - mini-midget girls (2007) free; Julian Coristine 7th - mini-midget boys (2008) free; Poppy Trainor 5th - mini-midget girls (2008) free; Avery Thompson 5th - mini-midget girls (2007) free; XCBC relay team in the official category - 4th.

"XC Bragg Creek athletes and volunteers rock! Thanks for your energy, enthusiasm and flexibility," said XCBC president Erik Anderson. "This is why our little club thrives," added Anderson, who was also co-chief of the event with former club head coach Roy Strum.

XCBC would like to thank the volunteer trail groomers for their outstanding work during the event - and all season long! The club would also like to thank the more than 70 wonderful volunteers who stepped up to help at the event, many of them standing in the cold for hours. Last but not least, huge thanks to our generous donors, listed here in alphabetical order, without whose help this event would not be possible.

Thank you to all!

Special thanks to: Admaki; Anne Brown; Bragg Creek Foods; Bragg Creek Performing Arts; Calgary Water Pure and Simple; Cross Country Alberta; Cross Country Canada; Jackroo; Kicking Horse Coffee; Lifesport; MEC; Moose Mountain General Store; Pure Cycle; Roast Coffee and Tea; Safari Fit; Salomon; Sandstone Pharmacy Bragg Creek; Stone Willow; Swamp Donkey Musical Theatre Society; The Norseman; Two Pine Living; Valentine Volvo; and Whiskey Creek Pottery

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
Location: Snowbirds Chalet
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HCRCWA Update

John Robin ('J.R.') Allen,
Membership Coordinator, HCRCWA

HIGH COUNTRY RURAL

CRIMEWATCH
ASSOCIATION



It's been a quiet month in the High Country during this warm spring weather out here on the edge of the prairie somewhere west of Calgary. The highlight of this past March was the Annual General Meeting of the High Country Rural Crime Watch Association. AGMs usually sound dull, but this one was different, as are all our AGMs. One participant summed it up at the end. He said to me, "Good evening." I replied, "Good evening to you too," and he said "No, you misunderstand me. I meant that the meeting tonight was a good evening. I learned a lot."

Our president, Suzanne Oel, began the session with a review of activities and accomplishments during the past year, including our work with the Safe Communities network during the forest fire and Kerry Sauvé's talk on "Removing yourself and your property from the victim pool." Each participant there got a free PDF copy of Kerry's book, *StreetSafe 360*.

Suzanne also alerted home owners with security gates that, for safety, they should register information about their gates with the Foothills 911 Regional Dispatch Centre so that, in case of an emergency, ambulances, police, and fire vehicles can have quick access to help.

After some routine—but required—brief reports (for the first time in our history, each report followed by applause) and elections by acclamation, then the real meat of the meeting began. It had two parts: Crime Developments and Fire Prevention.

S/Sgt Dwayne Helgeson, head of the Turner Valley R.C.M.P. reported on changes in crime rates during the past four years (2015-2018). In brief, the Foothills crime rate is low compared to other areas, and violent crimes, such as homicide, do not occur here. The crime rate, overall, went down in 2018, thanks to an increased R.C.M.P presence and vigilant community watch groups.

Interestingly, there was an increase in reported fraud: 10 cases in 2017 and 53

	Assaults	Threats	Breaking & Entering	Auto Thefts
2015	19	Not Reported	26	10
2016	28	Not Reported	24	20
2017	23	13	60	26
2018	15	7	52	10

in 2018. However, that could simply be due to an increase in reporting and not due to an actual spike in frauds.

Space does not allow me to mention more than a small part of the presentation and discussion with



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members of the audience. In sum, the audience appreciated how well the R.C.M.P. is serving us. 2017 was a bad year, but things are now improving.

The second half of the presentations was from the Foothills Fire Department to talk about "FireSmart," a program to give homeowners practical advice on how better to protect their property from forest fires. We saw some spectacular videos showing homes in the middle of fires yet surviving because of steps taken earlier to protect the homes. Other videos showed areas in Fort McMurray after the 2016 fire. In a residential district, empty lots that formerly had houses stand barren next to homes that survived with almost no damage. The same sort of fire could happen here with the same results. Certain homes can survive a fire, while other homes cannot. Fortunately, our fire department has a service that will come to our home and, at no charge, tell us what specific steps we can take to limit the potential damage. For further information, call Cody Zebedee, a Captain and Inspector of the Foothills Fire Department, at 403.603.3576 or visit the Fire Smart Canada website at www.firesmartcanada.ca.

Meetings such as this are open to the public, but unless you are a member of the H.C.R.C.W.A., you might not hear about them. Membership brings these advantages:

1. It is free and you have no obligations as a member.
2. You receive regular notices of criminal activity in our area. What we publish regularly in this column is but a small fraction of what we circulate more frequently to our membership about crime in this area.
3. New members who live in our area get a free High Country Rural Crime Watch Association sign.
4. We often have free tutorial presentations on how best to protect your property.

To join, phone 403.931.2407 or visit our website for membership applications, tips, resources, and emergency phone numbers: www.hcrcwa.ca. Our Facebook page has more information: www.facebook.com/HighCountryRuralCrimeWatch.

So that's the news from the High Country, where all the grown-ups are youthful, each child is smarter than all the other children, and our rural crime watch is alive and robust.



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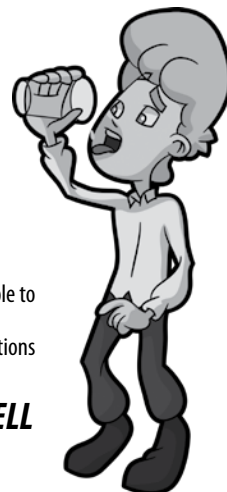
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HOW'S YOUR WATER WELL DOING LATELY?

POINTS TO PONDER:

The most valuable asset your property has is the Water Well. Treat your Well accordingly.

1. Without a viable Well, an Acreage Home becomes un-marketable. Anything below 1.5 gpm (gallons per minute) can cause mortgage companies and buyers to feel uncomfortable.
2. Remember if your Well drops below 3 gpm, your property may be harder to sell one day. Remember if metered property at 3 gpm, the Well can still produce over 3,000 gallons per day.
3. Successive dry seasons have led to an alarming number of water wells altering their normal flow characteristics.
4. If your Well is fairly shallow (under 100 ft) and is fed partially or in full by the influence of surface waters, you may be susceptible to shortages during prolonged dry situation.
5. Deeper aquifers tend to be less affected by short term cycles, but can over a long period, slow down significantly. Liner perforations can become too encrusted to allow proper water in-flow caused by water that is high in mineral content.



HERE ARE SOME TIPS TO REHABILITATE, MAINTAIN AND CONSERVE YOUR WATER WELL

1. Do as the Alberta Government highly recommend, "Well Owners should sanitize their Water Well annually".
www.albertahealthservices.ca/assets/wf/eph/wf-eh-shock-chlorinating-your-well-abag.pdf.
Other reasons to Shock Chlorinate:
 - To prevent Biofilm Buildup. i When Lab Tests show presence of Coliform Bacteria
 - Following contamination by flood water or change in water clarity or taste.
 - Whenever repair work is done on your Well, the Pump or the Distribution System.
2. Acid treatments of a Water Well may help if the Production loss is caused by mineral encrustation. It's best to leave this one to a Professional. Positive results occur if done correctly in some cases.
3. Don't over-pump your Well. If you are not aware of your Well Production Flow Rate, use your legal land description to look it up online at: groundwater.alberta.ca/WaterWells/d/. All Wells are required to be registered. Look for a Well Drillers Report and Water Potability Report in the Real Estate documents, as it contains the Production Flow Rate and other valuable information, which can help you determine how to best rehabilitate and maintain your specific Well.
4. If your Well drops below 5 gpm, you should have a minimum of a 250-gallon water storage tank installed. Well Pumping Rate then can be properly metered at a sustainable rate as it enters the Holding Tank system.
5. Benefits of Holding Tanks are:
 - Reduced Well fouling and reduced production due to over-pumping, and increased household pressure and volume to all taps and no water interruptions.
 - Atmospheric Tanks act to settle out the detrimental minerals such as Iron, Manganese and Sediments. H₂S sulfur gas is also dissipated from the water as it is exposed to surface atmospheric pressures.
 - Wells pumped just below their recommended rate will last much longer, tend to produce less sediments and gasses, and have longer pump service life.
6. Take steps to reduce household water usage by first determining where the largest demands are:
 - **Treatment Equipment:** if not set up properly, can waste tens of thousands of gallons per year. Most new models of **Water Softeners** and **Iron Filters** now have programmable backwash cycle times and metered regeneration schedules based on actual usage. Upgrade if necessary and/or have a Water Technician tweak your units to regenerate less if possible. For example, switching your Iron Filter backwash schedule from every 2 days to 4 can save you approximately 10,000 gallons per year or more.
 - Install low flow shower heads in teenagers' bathrooms. It's astounding how many people comment on how long their kids take in the shower every day.
 - **Flow through Humidifiers**, if not serviced regularly, can stick open and flow continuously down the drain. Check if flow stops when furnace is off.
 - Older toilets can leak continuously or periodically stick open to drain. Replace with low flow models, but be careful, as some of these stick open too.
 - **Reverse Osmosis systems**, if not serviced within one year, start rejecting larger amounts of waste stream water and may also get stuck open and drain continuously. There is more than just filters to service: auto shut off valves must be replaced; the flow control meter and membrane element must be monitored carefully for fouling. Newer models reject 50% less water, so if your unit is 10+ years old, upgrade now to save!

Stay tuned for more tips in an upcoming issue!

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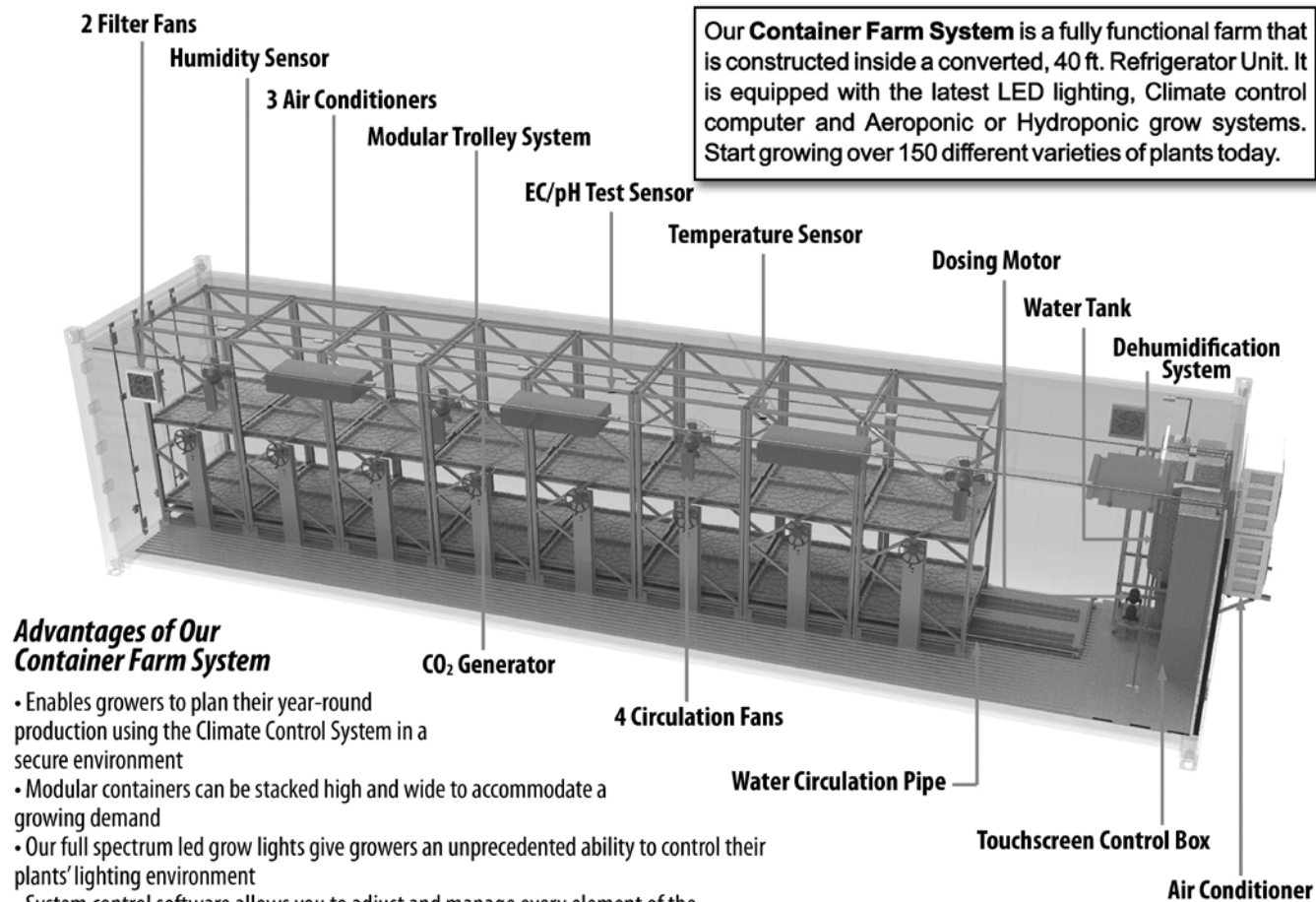
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Advantages of Our Container Farm System

- Enables growers to plan their year-round production using the Climate Control System in a secure environment
- Modular containers can be stacked high and wide to accommodate a growing demand
- Our full spectrum led grow lights give growers an unprecedented ability to control their plants' lighting environment
- System control software allows you to adjust and manage every element of the container farm
- Modular and independent Rolling Trolley Systems are equipped with the full spectrum lighting and can be customized from 1 – 6 layers depending on plant height and requirements

Examples of Container Farm Produce Yields

- Basil yields are 100lbs week or 36,500lbs per year (Wholesale \$320,000 Retail \$511,000)
- Lettuce yields average 23,000 heads per year (Wholesale \$69,000; Retail \$85,000)
- Spinach yields are 50lbs week or 18,250 lbs per year (Wholesale \$18,250 Retail \$32,850)
- Strawberry yields 7000 lbs per year per container (Wholesale \$28,000 Retail \$42,000)

Examples of Cannabis Yields/Micro Grower Opportunities

- 4 - 6 container farms equal one Micro Cultivation / Micro Processing / Nursery facility
- 1 Clone / Seedling Container, 1 Vegetation Container, 2 Flowering Containers can yield over 450 kg of dried cannabis per year (Wholesale \$2,250,000; Retail \$4,500,000)
- 6 container farms can be customized to facilitate the 600kg maximum Micro Processing yield







Provincial General Election

Voting will take place to elect a Member of the Legislative Assembly. If you are voting on Election Day, Tuesday, April 16, 2019, you **must** vote at the polling station identified for you in the map. If you prefer to vote in advance, from April 9 to April 13, you may vote at any advance poll location in Alberta.

Advance Voting Days Tuesday, April 9 to Saturday, April 13

ADVANCE POLL LOCATIONS

Before Election Day, you may vote at any advance poll location in Alberta. Advance poll locations nearest your electoral division are specified below. Visit www.elections.ab.ca for additional polling locations throughout the province.

Advance Poll Location	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Saturday, April 13
Banff YWCA 102 Spray Avenue, Banff	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM
Holiday Inn - Canmore, 1 Silvertip Trail, Canmore	 9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM
Redwood House 1 Manyhorses Drive, Redwood Meadows	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM	9 AM - 8 PM
Morley Gym (Attached to Arena) Old Morley Gym, Morley	 10 AM - 7 PM				
Priddis Community Hall 178131 Priddis Valley Rd W, Foothills County			10 AM - 7 PM		
Banff Centre (Room 303 Kinnear Centre) 107 Tunnel Mountain Drive, Banff				9 AM - 8 PM	

Barrier-free Access

Polls marked by the symbol have been evaluated for specific accessibility and have passed testing or have been temporarily modified to ensure barrier-free access where possible. If you have questions about specific accessibility or about a specific polling station, please contact the returning officer.

Returning Office

Returning Officer: Shirley Kine
Riverstone Place 201, 830 Main Street,
Canmore, AB T1W 0C1
Telephone: 587.807.0658 | Toll Free: 1.833.841.6750
Email Address: ro.50@elections.ab.ca
Office hours:
Monday to Friday - 9:00 a.m. to 6:00 p.m.
Saturday - 10:00 a.m. to 4:00 p.m.

Results of the official count will be available on Friday, April 26, 2019 at www.elections.ab.ca.

Find out more at www.elections.ab.ca

The Election Finances and Contributions Disclosure Act (section 9.1) requires that Third Party Advertisers must register with Elections Alberta if they spend or plan to spend more than \$1000 for election advertising. Refer to our website.

Voting Made Simple

✕ Election Day Tuesday, April 16, 2019

Election Day voting hours are from 9:00 a.m. to 8:00 p.m.

On Election Day, you **must** vote at the polling station specified for your residence.

POLLING PLACE LEGEND: BANFF-KANANASKIS

Using the map, find the number representing your current physical address, then match it to the listed polling stations.

001,003,004A,004B

Millarville Community School
130 Millarville Rd
Millarville

002,007,012,013,014

Banded Peak School
230257 Highway 22
Bragg Creek

005,006,008A,008B

Priddis Community Hall
178131 Priddis Valley Road W
Priddis

009,010,011

Redwood House
1 Manyhorses Drive
Redwood Meadows

015,016,017,018,019,020,021,022,023,024

Springbank Heritage Club
244168 Range Road 33
Springbank

025,026,027,028,029,030,031,032,033,034/035

Edge School
33055 Township Road 250
Springbank

036

Morley Gym (Attached To Arena)
Old Morley Gym
Morley

037

Exshaw Community Hall
(Attached To Legion)
Heart Mountain Drive
Exshaw

038

Pomeroy Kananaskis
Mountain Lodge
1 Centennial Drive
Kananaskis Village

039,040,041,042,043,044,045

Our Lady of the Snows Catholic
Academy
3100A Stewart Creek Drive
Canmore

046,047,048,049,050,051,052,053,054,055,056

Canmore Collegiate High School
1800 8 Avenue
Canmore

057,058,059,060,061,062,063,064,065,066,067

Elizabeth Rummel School
1033 Cougar Creek Drive
Canmore

068,069,070,071,072,073,074,075,077,076A,076B

Banff Community School
330 Banff Avenue
Banff

078

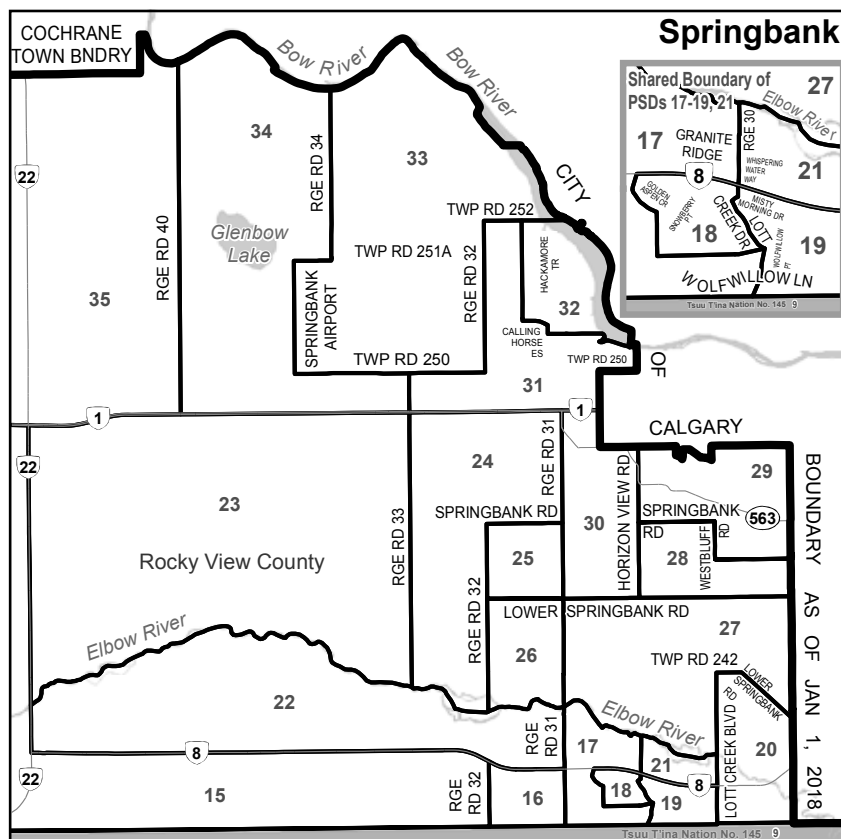
Lake Louise Recreation Centre
103 Village Road
Lake Louise

080,079/081

Beaupre Community Hall
263035 Beaupre Creek Road
Rocky View County

082,083,084

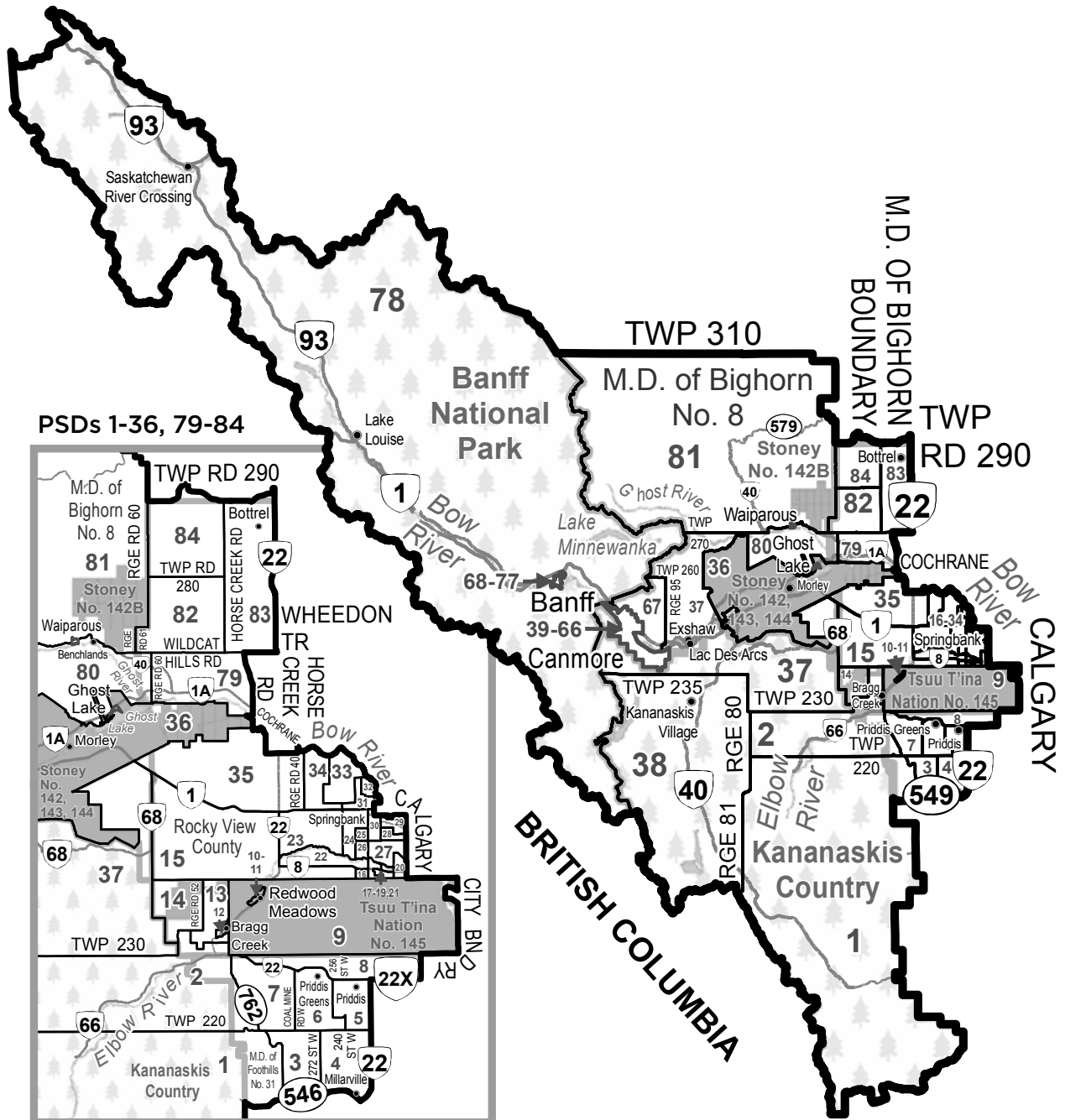
Westbrook School
280265 Range Road 42
Rocky View County



Find out more at www.elections.ab.ca

Voting Made Simple

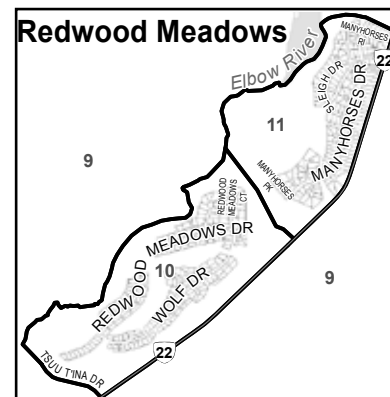
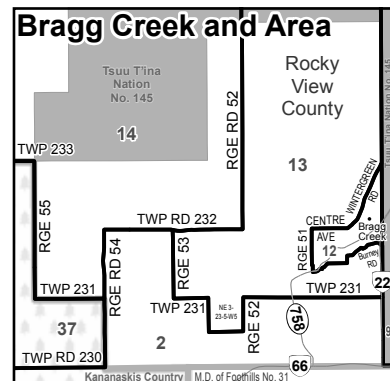
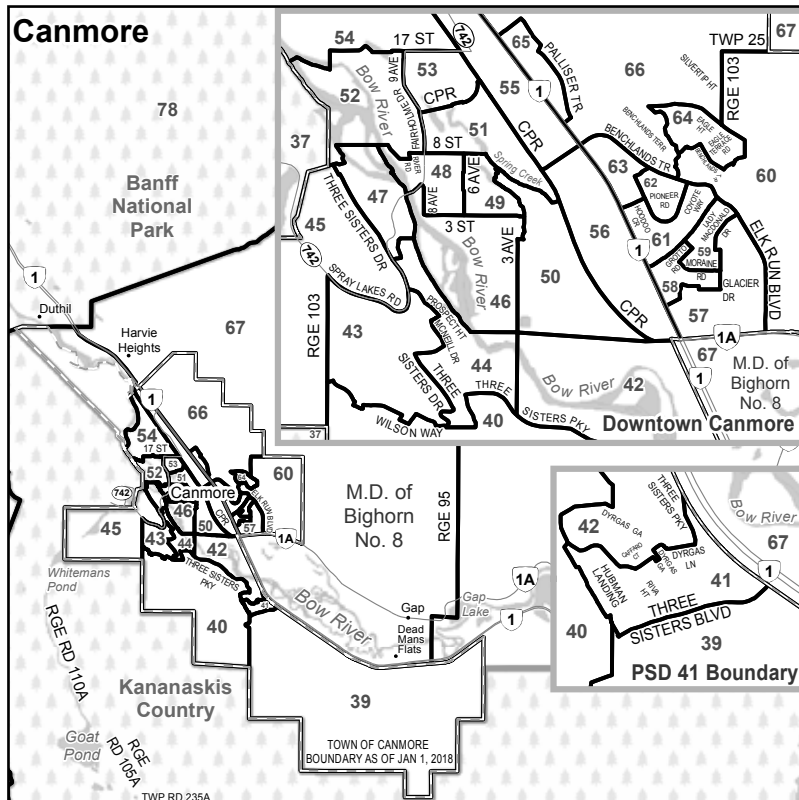
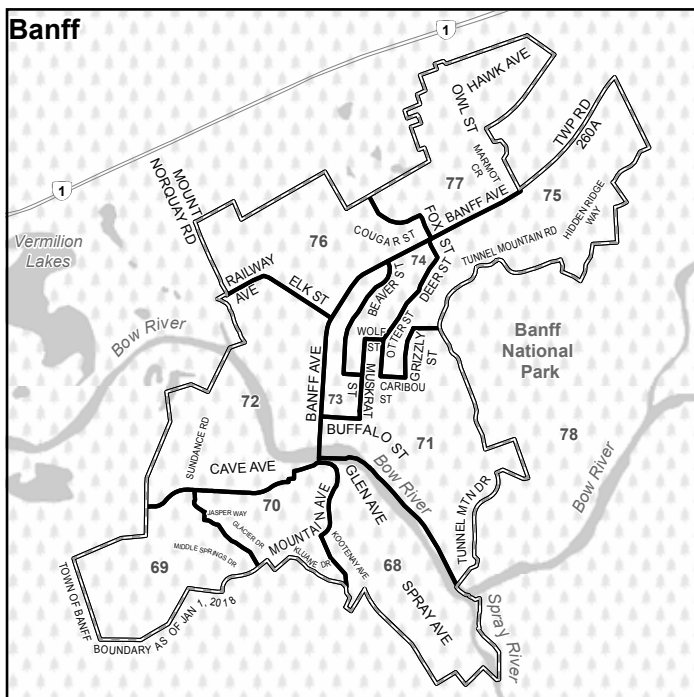
Please refer to Polling Place Legend on previous page.



Find out more at www.elections.ab.ca

Voting Made Simple

Please refer to Polling Place Legend on previous page.



Find out more at www.elections.ab.ca



Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Foothills County Tree Planting & Maintenance Workshop: will take place on Wednesday, April 10, 2019, at the Scott Seaman Sports Arena (32156 Highway 552 E, east of Hwy 2), from 9:00 am to 11:30 am. Thought you would be interested in this workshop to help you manage your farm or acreage: Information will be presented by Jacquie Randle, an ISA certified Arborist. You must register and pay a fee of \$25 for the great resources being offered. Find out if there is still room available for you to attend. Register at: <https://mdfoothills.eventbrite.ca> For more information, please contact Ryan Bull at: 403.333.4764 or ASBworkshops@mdfoothills.com

Fish/Priddis Creeks Stewardship Group Update: On Feb 19, we heard from guest presenters about projects in the region and our municipality, information about the Bow River Basin (from BRBC), prioritizing hydrologically important areas (Southern Alberta Land Trust Society), creating a volunteer monitoring program (Creek Watch), and reviewing info about fish and trends seen in Fish Creek and tributaries (Trout Unlimited). We're hoping to meet in April or May to build on what we are learning: hear from Alberta Environment & Parks on current water use and information on cumulative impacts on flows, gather

info on state of this watershed, provide science to answer the question about cumulative effects of development, get trained by Creek Watch to start citizen monitoring on Priddis and Fish Creeks, work with Trout Unlimited - monitor water temperatures, may engage Cows and Fish to do a riparian health assessment (decide where; risk areas), look at grants and resources to do this, review Trout Unlimited report of the state of Fish Creek, etc. You are welcome to join us.

Foothills to publish a business community profile: On Feb. 20, our communications specialist, Leslie Lambert, presented a plan to Council to consider a custom magazine all about Foothills County. This publication will support the transition to "County", be a resource for economic development, residents and stakeholders and be provided to all new residents in our New Residents Package. After discussions, we agreed to proceed with a plan to include a list of all business in Foothills, as well. We look forward to seeing this work in a few months.

NEW - Responsible Dog Owner Bylaw - 1st reading was given on Feb 27, 2019: A few minor changes were recommended and, with these revisions, the Bylaw went for 2nd and 3rd Readings on March 13, 2019. You'll be able to see this Bylaw on our website soon.

Foothills County Volunteer Firefighters needed for all six of our fire stations: "Do You Have What it Takes - 2019 Volunteer Fire Fighter Recruitment Campaign," is on for Blackie, Cayley, Longview, Priddis and Spruce Meadows fire stations. We're looking for volunteers who are 18 to 65, or older if you feel you can handle what's involved, and can do training once a week at your station. Volunteer Firefighters respond to emergency situations to protect citizens, rescue and evacuate people from hazardous environments, while learning the jobs of an emergency responder. In addition to responding to a broad range of emergency situations, including motor vehicle accidents, Volunteer Firefighters perform duties of fire suppression and public education. For more information, please contact

VALE'S GREENHOUSE

CONTAINER PLANTING SEMINARS



Friday April 19	1:00 - 4:00
Saturday, April 20	1:00 - 4:00
Saturday April 27	9:00 - 12:00
Saturday, April 27	1:00 - 4:00
Sunday, April 28	1:00 - 4:00

For more information check our web site

Registration \$5.00 per seminar plus cost of the plants.
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Fire Chief Jim Smith at the Foothills Fire Department: Email: jim.smith@mdfoothills.com Call: 403.603.3569

Check out FireSmart information: www.firesmartcanada.ca. At a recent meeting, our Fire Chief learned that our area is the #2 fire risk in Alberta because the forests here haven't burned for so long. #1 is Jasper, due to pine beetle damage. Some management actions may be required and planned in our area. Check out FireSmart to see what you can do on your own property.

RAO Astrophotography Workshop "Shooting the stars": on Friday, May 3, from 7-11 pm (4 hours), you can participate in this "Getting Started in Night Sky Photography" event with world-renowned Astrophotographer Alan Dyer. Fee: \$65.00 plus GST, early bird rate \$50.00 plus GST if booked before April 21, 2019. www.eventbrite.ca/e/shoot-the-stars-astrophotography-course-tickets-58612084322?utm_term=eventname_text.

Alberta Community Crime Prevention Association - Conference will be held from May 6 - 9, 2019, in Canmore: "Together for a Safer Tomorrow" will bring together inspiring voices for change in community safety. Find out more here: www.albertacrimeprevention.com/2019-conference.

Wildlife Conflict Solutions Workshop: Residents are invited to attend this event on Saturday, May 11, 2019, at the Old Rothney Farm on the Ann & Sandy Cross Conservation Area. In an effort towards coexistence with wildlife, multiple agencies will be putting on presentations and demonstrations about fencing, bear spray training, reducing conflicts, what to do if you have an encounter, coexistence and mitigation strategies, learning about deterrents, etc. More details about the schedule: www.margosupplies.com/blog.

*For Other News & Updates:
Please visit my website: suzanneoel.com
www.facebook.com
Best Regards, Councillor Suzanne Oel*



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Forest Fires, Smoke, And Your Health: Part One

Remember the smoke from the 2018 fires? Are you ready for 2019? Canada's Fire Weather Severity Forecasts advise that Alberta's and BC's fires will be a repeat of 2017 and 2018, ranked first and third on record since the 1960s as smokiest. Solutions exist to help you, your family, your pets, and friends!

When smoke from a plant-based fire (e.g. forest fire, grassland fire)

enters a community, it often causes problems for the people who live there. **The biggest health risk comes from small particles in the smoke.** These particulates can get in the eyes and respiratory system, which can cause burning eyes, a runny nose, coughing, or illnesses like bronchitis. If you have a heart or lung problem, these particulates can make it worse. You might have problems earlier and at lower smoke levels if you:

- **Have heart or lung disease** (e.g. congestive heart failure, angina, COPD, asthma)
- **Are an older adult** (especially if you have heart or lung disease)

- **Are pregnant**
- **Are a smoker**
- **Are a child.** Smoke can be more harmful to children because their respiratory systems are still developing, they breathe in more air than adults, and they are more likely to be active outside
- **Are involved in strenuous outdoor work or outdoor sports**

Smoke can also be harmful to **pets**. Try to keep your pets inside as much as possible and make sure they have lots of water. If your pet has trouble breathing, contact your vet.

by Carla Berezowski
with parts adapted from
myhealth.alberta.ca

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& the Good Intentions**

Saturday, April 27, 2019

Concert at 7:30 pm ~ Doors Open: 7:00 pm

Adult: \$25 / \$30 at the door

Child (6-12 yrs): \$10 Kids under 6: Free

Flare & Derrick Community Hall, Turner Valley

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Transaction Fee For Online Tickets

or in person from **Bluerock Gallery, Black Diamond**

Tickets on Sale : March 25, 2019

INFO & TICKETS: beneaththearch.ca

Are you FireSmart?

Every year wild fires are responsible for untold losses in human life and property damage.¹ Our desire to live in forested areas that border on wild lands puts us at risk. As a matter of fact, Bragg Creek is situated in one of the highest risk areas for forest fire anywhere in Alberta.² Our close call last spring with a wildfire just a few kilometres to the south west should be a wake up call.

What can be done to mitigate the risk of forest fire? There are a myriad of things you can do to reduce the risk to your property. Most involve reducing the combustibility of materials on and around your property. For most small acreages (2 acres and less) it is helpful to divide your property into two zones.

Zone One includes any combustible materials within 10 meters of your house. Such material may include a cedar roof, wood pile, wood fence, shrubs and trees adjacent to your house, and debris in your eavestroughs. During a major crown fire, embers from a fire as far as a mile upwind can blow onto your property and ignite any of the above and start a secondary fire. Obviously, you can reduce your risk by having a non combustible metal or asphalt roof. Much less costly risk modifiers include cleaning eavestroughs and moving the wood pile to at least 10 meters from the house. It is also recommended to limb large trees to a height of 5 meters while on younger trees limbing as high as possible without removing more than one third of the canopy. A metal or stone barrier between a wood fence and the house is also a good idea.

Zone Two extends roughly 30 meters from your house. Here the emphasis should be placed on removing ladder fuels from the area. Ladder fuels are defined as any combustible materials that carry flames into the canopy of the forest, resulting in a crown fire that can burn 1000 degrees hotter than a ground fire. Common ladder fuels are deadfall, small trees or shrubs below the

In the event of a major crown fire, evacuation is a likely scenario. The ability of your property to survive the passage of the forest fire could depend on your FireSmart preparedness. Remember that fire doesn't care and can consume anything in its path. The less there is to burn, the better your chances of having something to return to after the fire has passed.



canopy of larger trees, and low hanging branches. FireSmart homeowners remove deadfall and thin shrubs so that they are spaced three times their height from each other. Tree branches are removed to a height of at least 2 meters. Below are before and after pictures of a FireSmart program to eliminate ladder

Dead fall and ladder fuels recovered off 100m2 of the forest floor

fuels. Note the amount of fuel that was laying on the ground over a 100 m2 area.

Evaluate your property and include your neighbours in discussions that reduce your mutual exposure to this ever present threat.

For more information or a free estimate for mitigation strategies for your property contact Jeff at 403-554-2370 or jeff@treeworxpro.com

www.treeworxpro.com

Sources:

1. Soles, Clyde 2014. *The Fire Smart Home Handbook*. Lyons Press ISBN 978-0-7627-9690-8

2. www.rockyview.ca/Portals/0/Files/CountyServices/FireEmergency/Greater-Bragg-Creek-FireSmart-Mitigation-Strategy.pdf

The intensity of an ensuing fire on the property shown above is now reduced due to fuel reduction.



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Happy Easter!

Looks like spring has finally sprung in the Foothills. Time to get out and enjoy the sunshine!

Parent & Tot Playgroup: This drop-in playgroup meets the first of Friday of each month at the Hall. The next dates are April 5th and May 3rd. 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.

Annual Priddis Garage Sale: May 11th: It's never too early to start cleaning out those closets! The annual Priddis Garage Sale is on Saturday, May 11th, from 9 am to 1 pm. Donations may be dropped off at the hall on Friday May 10th 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 digested 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.

"Warriors of Hope" - Yoga Cancer Fundraiser at Priddis Greens - June 22nd: Mark your calendar for the 2nd annual yoga fundraising event, "Yogis R Warriors of Hope" taking place at Priddis Greens Golf Club on Saturday, June 22nd. More details to follow.

Wings of Hope Breast Cancer Foundation is a 100% volunteer run registered charitable organization. The funds raised 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. For more information contact Lori

Colwell at 403.472.5349.

Priddis Stampede Breakfast - July 7th: The annual Priddis Stampede Breakfast is on Sunday, July 7th. Bring your family and join your neighbours for a great breakfast, music and lots of activities for the kids. We are looking for volunteers so contact via email priddissecretary@gmail.com. See you at the Priddis Community Hall on July 7th.

Priddis Early Learning Program (PELP): At registration, all pre-school classes at the Hall were filled for 2019-2020, with a small wait-list. Contact the Program Director at PELPpreschool@gmail.com if you would like to be added to the wait-list.

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.

Priddis Multi-Purpose Building: Significant efforts are continuing to support fundraising and development of a multi-purpose building and new rink for the Priddis Panthers. We encourage you to participate and get involved so this project can be a success. Please reach out to Joey Duzlemic to find out how you can help with the Priddis Multi-Purpose

Building at j.duz@mynsnowpros.com

Booking the Hall: To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing 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

Looking to volunteer in our community and meet new people? Many helping hands are always needed for PCA functions. Anyone interested in volunteering is requested to make their interest known to any Board Member listed on the website www.priddisalberta.com

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Millarville Community School News

Written and Edited by MCS Students

JWild West

MCS Had a Night of Western Fun

By Bailee and Stetson

Earlier last month Millarville School hosted their annual Round-Up, a western themed dance with a variety of things to do, for example the chili contest, cake walk, silent auction and more western games.

"I just think it was a really fun evening and there was lots of support from parents, staff and the all around community to help us raise \$12,000," spoke Mrs. Gregson, Administrative Assistant. "It was really fun all the games were so much fun!" said grade 3 student Zoe.

Overall it was a big hit!

Guitarist at Millarville Community School

By Bailee and Stetson

Last month Jacob Moon hosted guitar lessons and a wonderful concert for all grades.

New Beginnings

As Seasons Wrap Up, New Ones Start!

By Liz, Ava, Jack and Dalton

As basketball wrapped up, the boy's close game made them 3rd in the Tier Two playoffs. The girls came in 2nd place in Tier One after a tight game against Okotoks Junior High. Congratulations to the teams and coaches on a great season! Now that basketball's over, badminton begins.

This season, there will be 3 tournaments for grade 7 and 8. There will also be a year-end tournament for grade 6. Even though there isn't a tournament

for grade 5, it's still a great learning experience. Helping with badminton are coaches Mr. Gibson, Mrs. Elliot, and Mrs. and Mr. Dahl.

Millarville Sports Association Hockey is also over, and finished with a tournament in Canmore. Each team, from Tyke to Midget, did an amazing job! We appreciate the coaches and parents for their dedication to the team.

Magic at Millarville

Activities From Hogwarts Spread the Fun at School

By Heidi, Reese and Alyssa

Witchcraft and Wizardry came to life at Millarville Community Library. A magic filled evening was brought to twenty lucky students. "I liked making the slime, books and wands," comments a 3rd grade student. After being sorted into their houses, they traveled to different activities. From potion making to wand painting, the night was a spectacular success.

"It was very caring of our librarians to volunteer their hours to make an experience for our students," states our Principal, Mr. Gibson. Thanks to all who helped contribute and participate.

Grade 9s May Be Back At Millarville

After 30 Years, an Extra Grade Might Be Added to the School

By Dominique, Amelia, and James

On September 2019 the Foothills School Board will be reviewing the grade 9 Millarville Community School's case. Since 1990, Millarville grade 9's were out of the school, meaning MCS was only K-8 for around 30 years. From the beginning of this school year of 2018-2019, the Foothills School Board surveyed Millarville parents on their opinions on the grade 9s coming back to

Millarville. Results showed that 100 out of 120 parents want grade 9 back.

If grade 9s are in fact coming back - It would be in the year 2020.

"I think it would be a great move for our school and be a big impact on our sports teams," quoted Kaylynn, a grade 7 student.

Biathlon Comes to Millarville

By Dominique, Amelia and James

Near the end of winter, Mr Beacom, the outdoor pursuits teacher at MCS, brought Alberta Biathlon volunteer, Mr. Trevor Wilson, to MCS where he taught the grade 5 to 8 classes all about biathlon. The students used laser rifles to shoot at a small target no bigger than a toonie. It was a great experience for everyone involved!



The grade eights use their shooting skills in Biathlon.

Support Needed!

Bottle Drive to Support Grade 8 Commencement Ceremony

By Kaja, Wyatt, and Evon

If you're looking to get rid of extra bottles, come down to the Millarville School. All money goes to the Gr. 8 graduation. There's a bin outside of Rancher's Hall for all the bottles, open Monday through Friday from 8:30 to 3:00, until the beginning of June. "Please support the Grade 8 graduation by giving bottles for the bottle drive. Thank you!" said Ben from Grade 8.

The Boys Basketball team walks on the court with determination to win.





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Upcoming Events and Programs:

Qigong

Mon 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!

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!

Grief Support Group

Wed, April 24 at 10am

Grieving is a time of sadness, mixed emotions, and changes in all aspects of life. It helps to know we're not alone. Come be part of a caring and compassionate group of people who are all walking this road with you. We meet every month. For more information, call us at 403-256-3181.

Sandwich Bee

Mon, April 29 at 9am

Join us to prepare about 40 loaves of sandwiches for the Calgary Drop-In Centre on the last Monday of each month. We gladly accept

donations of fillings or any offerings of condiments. Contact Gerry Clark at (403) 256-1421 for more information.

On The Edge Concert Series

Gerry Hebert Quartet

with Soloist Johanna Sillanpaa

Fri, May 3 at 7:30pm • Tickets \$25

Don't miss the final On the Edge presentation of the 2018-2019 season, an evening of classical jazz with rich vocals. Gerry Hebert has performed and taught for 25 years here in Alberta and has many performance credits, including appearances with the Calgary Philharmonic Orchestra, the Calgary Jazz Orchestra and many theatre productions. Johanna Sillanpaa is a highly acclaimed Swedish-born artist, now living in Alberta. She has performed across North America and in front of the 60,000-plus crowd at the Montreal Jazz Festival. Purchase your tickets online or through our ticket line at 403.256.3181 ext. 5.

For more info about our programs/events please call the church office or visit our website.

Your Friends at Red Deer Lake United Church

403.256.3181, office@reddeerlakeuc.com • Instagram @RedDeerLakeUC • Sunday Worship: 10:30am • reddeerlakeuc.com



Warriors of Hope Presents:

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2nd Annual Fundraiser in Support of Wings of Hope Breast Cancer Foundation.

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HOLY COMMUNION

St. George's, Turner Valley, Potluck Lunch to follow

April 7th (5th Sunday in Lent) • 9:15am

HOLY COMMUNION

April 14th (Palm Sunday) • 9:15am

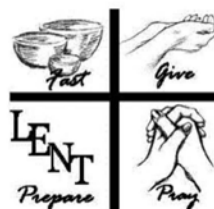
HOLY COMMUNION

April 21st (Easter Sunday) • 9:15am

HOLY EUCHARIST

April 28th • 9:15am

HOLY EUCHARIST



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It's been a busy month at Millarville Library.

On March 5, 20 lucky students from age 7 to 12 were admitted to Hogwarts School of Witchcraft and Wizardry at the transformed Millarville Library. In true Harry Potter style invitations and train tickets were delivered to students by Hedwig the owl and when they arrived they were met by Hagrid, separated into houses and given their house buttons. For the next two hours they were absorbed making Mandrake roots, potions, monster books and wands. Millarville School's own Dumbledore, Principal Mr. Gibson and Professor McGonagal, aka Vice-Principal Ms. Davis were in attendance to make sure they were up on all the spells (and their antidotes) and to sample the cupcakes topped with golden snitches!



In keeping with the fantastical and mysterious, Fay Hodson's miraculous felted creatures will be on display through April at the Library. Come check them out or take one of Fay's classes at the Leighton Centre www.leightoncentre.org

Storytime for the little ones is as popular as ever with the final storytime this school year taking place on May 9 at 10:30. The children's section of the library now boasts a felt board and felt cut-outs where the kids can act out their own stories.

March 30 is the date for a house concert by musicians (and renowned fly fisher people) Jim and Linda McLennan - 7-9 at the library Check out our facebook page or call the library for more info.

On April 24 Bill Bunn, local author, will be at the library to share his experience on "How to write and submit a personal essay." Bill teaches an essay class at Mount Royal University and has published essays in numerous publications including the *Globe and Mail*. We all have a pile of stories itching to be told. Come to the Library at 7.00 on April 24 and get some tips from Bill!

Here's a great read in our library, *The Only Story*, by 2011 Man Booker winner, Julian Barnes. Wryly observant and devastatingly tender, *The Only Story* is a profound, contemplative novel by one of fiction's greatest mappers of the human heart.





Gerry Hebert Quartet

with soloist

Johanna Sillanpaa




**friday
may 3
7:30 PM**

• classical jazz with rich vocals •

Performance at: Red Deer Lake United Church 7 km west of Macleod Trail on 22X (Spruce Meadows Trail).	Concert Hall Opens at: 6:30 PM	How to Purchase Tickets: Phone 403.256.3181, ext. 5 for the ticket line, or purchase on line at reddeerlakeuc.com
Doors Open at: 6:00 PM Light supper for purchase.	Ticket Information: Tickets \$25/person. Youth \$10/person. 12 yrs. and under are free.	

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







On the Edge Concert Series gratefully acknowledges High Country News for helping to promote this event.

Forest Fires, Smoke, And Your Health: Part Two

What can you do to help lower the health risk of your family's exposure to smoke?

- Stay inside as much as possible. Keep all windows and doors closed. If the air quality gets better for a short time, air out your house by opening doors and windows to circulate fresh air.
- Close fresh air intakes from furnaces, fireplaces, or stoves. **If you have air conditioning, set it to recirculate.** Keep it running to help filter the air and keep your family cool.
- **If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on.** Air cleaners can help, but don't use ones that may produce ozone.
- Humidifiers might help remove some of the smoke. The humid air can also help keep your nose and mouth

moist. It's also a good idea to drink lots of water, which also helps keep your nose/mouth moist.

- Don't use wood stoves, gas stoves, or candles because they make the indoor air quality worse.
- Prepare foods that you don't have to cook. Cooking can increase pollutants in the air in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't smoke in your home and stay away from people who smoke. Don't use vapor cigarettes.
- Most masks you can buy at stores don't help. The harmful particles are so small that they can go around or through the mask. It's best to stay inside with the windows and doors closed.
- If you or a family member is sensitive to smoke, you might need to leave the area. But it's often hard to know how long the situation will last. Only think

about leaving if it's safe to travel and if the place you are going is very likely to have less smoke. As alternative, consider installing high efficiency filters.

Can I still be active?

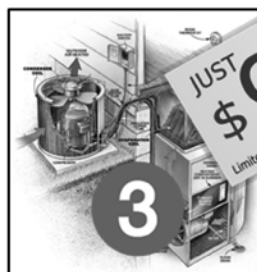
- When outside, don't do any strenuous activity or exercise. This is because when you exercise and do strenuous activity, you often breathe 10 to 20 times more than you do while you are resting. Stop what you are doing if it makes you feel tired.
- When there is a lot of haze in the air, limit how long your children play outside.
- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- If you have chest tightness, chest pain, or shortness of breath, call 911 or go to the nearest emergency department right away. If you feel very tired, contact a community health nurse or your doctor.

by Carla Berezowski
with parts adapted from
myhealth.alberta.ca

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BUSINESS PROFILE: *Explorations Africa*

Why Africa?

So many people we meet want to travel on safari and we're so passionate about the wonder of Africa – her people, wildlife and wild spaces that we want everyone to experience the magic! Can you imagine hearing the roar of a lion while you're safely tucked up in your bed at night or being surrounded by over 300 elephants at sunset? It's a magical experience that can't be duplicated anywhere else and we'd love for our guests to have those soul-enriching experiences too.

Why should I use an expert?

We know how overwhelming the research into an African safari can be! The choices and options are endless, and you have no idea what will even suit you. Inevitably you meet someone who has been to Africa before and they say that you really must do xyz... Now you're even more confused! To top it all off, what about the risks, is it even safe? Well, we completely understand and thankfully that's exactly where our expertise lies – in creating a custom safari for every guest, that perfectly suits your hearts desires. Africa is a significant investment and we want your trip to be absolutely perfect for you!

Who is Explorations Africa?

We're Dan and Antoinette MacKenzie, a husband and wife team who have spent over 35 years in the tourism

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Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting will be on Tuesday April 10th. We will be making bumblebee nestboxes. The fee will be announced when registering, deadline to register is April 1. Contact Sheila Virgo 403.931.3989 or email svirgo@mithril.ca. Tuesday May 8th is the next meeting, our Spring Potluck, 6:30pm dinner, bring your favourite dish for 5-6 people, Julie Walker will be speaking on rewilding your garden at 7:30. She is a local and knows her native plants and animals.

Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. What a glorious middle of March we had. It was so nice to have temperatures on the plus side, and start melting some of the snow. Of course we will get way more snow, which is okay because we always need the moisture. I sure hope there aren't any extreme forest fires anywhere this year. Or flooding, the other extreme. Wouldn't it be nice to have a nice normal spring and summer? Here's a look at what's happening in April around our community.

The **Turner Valley Legion** will be hosting their annual **Kids Easter Party** on April 13th. Reservations are required so they know what to expect for numbers. And they will also be holding a Market on April 6th from 10-3 with all sorts of homemade goodies, crafts, and other items. Then the Legion will

be hosting a **Pig 'N' Whistle Dinner and Dance** in May. There will be a whole Lobster Dinner available for \$65, or a Prime Rib Dinner for \$55, this includes all the trimmings and sides and entertainment. Cocktails start at 5 with the dinner at 6:30, and then get ready to dance at 8:00 with live music from the Glasgow Kiss Band. The Pig 'N' Whistle is scheduled for June 8th, and tickets must be purchased before May 17th in order to make sure enough Lobsters are available. The date is subject to change. For more information or for tickets, call 403-933-4564 and please leave a message. Everyone is welcome!

Some sad news from the Legion, that **Gordon Day passed away on March 11th at the age of 83**. Gord will be remembered as a past president of the Legion, for teaching gymnastics in Turner Valley for many many years, and for being passionate about Vimy Ridge. He was also known for countless hours of volunteer work and coordinating volunteers for the Legion's Youth Literary Contest, the Diamond Valley Parade, and so many other organizations and programs right up until he fell ill. I for one will miss his upbeat attitude, cheery smile, and his Friday night

Trivia sheets. Thank you Gord, for your tireless devotion to our community. The Birth of a Nation, Battle of Vimy Ridge is commemorated on April 9th.

Oilfields High School Grad Class will be holding a **Bottle Drive** on April 13th to raise funds for Graduation. The Drive runs from 9-12 in both Turner Valley and Black Diamond. They will be going door to door plus have a central drop off location. If you will not be home, please mark your bags or boxes with Oilfields Grad Class. For more information, please call Marie at 403-992-1632.

Our **Sheep River Library** is offering a new program, the **Diamond Valley Songwriters**. Whether you are a beginner, a dabbler, or an old hat at writing songs, there is an open door for you with this group. Bring your instrument. For additional information please call facilitator Al "Doc" Mehl at 403-651-9016. The Songwriters Group meets at the Library every second Wednesday of the month at 7:30 pm.

Beneath the Arch Concert Series is pleased to present **Lynne Hanson and the Good Intentions** on Saturday, April 27th. Lynne is a singer/songwriter in a true small town Americana style, and you'd never know she hails from Ottawa. A little Texas, a little Nashville, and a whole lot of good rockin' tonight. The show will be held at the Flare and Derrick with the doors open at 7:00. For tickets or more info, visit beneaththearch.ca.

The Gift of Music Concert Series is excited to have return young musicians extraordinaire **Kevin Chen on piano and Angela Ryu on violin**. These two are "old friends" of the Gift of Music, who have followed them as their solo careers have taken off. Angela is now 18, and Kevin is 12. Since they first played the Gift of Music they have each piled up numerous awards and have played with orchestras across the country. I love watching and hearing our youth play music, and this concert promises to be a special one. For tickets or more information, visit highrivergiftofmusic.com. The show will be held at the United Church in High River on April 27th at 7:30.

The **Turner Valley Outdoor Rink** offers **Public Skating** Monday-Friday from 3:30-7:00, and Saturdays and Sundays from 11-2 and again from 5-7. They also offer **Hockey** Monday-Friday from 7-9

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pm, and Saturdays and Sundays from 2:30-4:30, and again from 7:30-9:30 pm. Helmets are mandatory on the ice. For more info, check out turnervalley.ca.

Sheep Creek Arts Council in Turner Valley has several painting classes in April and May. David Kitler, a well-known wildlife artist, is teaching painting classes Tuesday evenings in April and May. Vivien Wiebe is once again teaching her "Painting Your Way" classes Monday nights and Tuesday mornings starting April 29th. These classes fill up quickly, so register soon, at sheepcreekarts.ca or call 403-931-3989. The SCAC will also be hosting their annual **Rhubarb Tea, Bake Sale, and Quilt Show** on June 1st, and they could use some volunteers to help out with this fun event. If you can spare a few hours, please call Cathie at 403-933-7132. The SCAC is located at 133 Sunset Boulevard.

The Town of Turner Valley will be holding a **By-Election** on April 8th from 10-8. Councillor Barry Crane recently resigned from his position as councillor to take the place of mayor by acclamation. The By-Election is for his spot on Council. The official list of candidates is as follows: Richard Brotherston, Kathryn (Kat) McGuire, Greg Pyra, Brenda Smethurst, Jamie Wilkie, and Randall (Randy) Williamson. Come out and vote at the Town's Council Chambers at 514 Windsor Avenue from 10-8 April 8th. For more information, the Town's number is 403-933-4944.

Black Diamond FCSS will be holding an Income Tax Preparation Clinic for residents of the area. Their qualified volunteers will help to complete and e-file basic tax returns for people in low income situations. The eligible income cut off for 2019 is \$30,000 for singles

and \$40,000 for married couples. The Program does not complete tax returns for people who are deceased, bankrupt, or have business, farming, or rental income. To find out if you are eligible, or for more information, please call Suzan Nagel at 403-933-4348, extension 212. The Walk-In Tax Clinic will be held on April 10th from 10-4 on the lower level of the Town of Black Diamond's Town Office.

Did you know that **seniors may qualify for a property tax deferral**? The Alberta government program allows eligible seniors to defer all or part of their annual residential property taxes through a low interest home equity loan with the government. You must be over 65 and be a resident of Alberta and Canada. To find out more about this program, visit SeniorsPTDp.alberta.ca or call toll free at 1-877-644-9992.

Our Volunteer of the Year Award goes to Claude Gagnon of Black Diamond. Thank you Claude for being a Snow Angel! Even in the bitter cold we had in February, Claude and his snow shovel helped clear the walks of many of our residents who were not able to. Keep up the good work!

Canadian Blood Services will be around in April and May in Okotoks for those of us wishing to donate blood. Every 5 seconds a Canadian needs blood. They also need plasma, stem cells, and organs and tissues. Canadian Blood Services took over from Red Cross

Society in 1998, and have not had a single recorded instance of a blood borne infection from either hepatitis or HIV since inception. Over the past 20 years, approximately 5 million patients have received a blood transfusion, 1000 patients received a kidney transplant, and 3900 patients have received stem cell products. The process of donating blood takes about 5-10 minutes by trained staff, with a rest and refreshment period after. The whole process takes about an hour, and you can book group appointments as well. They are accepting appointments at the Foothills Centennial Centre starting April 15th, and Holy Trinity Academy School starting May 1st. To book an appointment or to find out more, visit blood.ca or call 1-888-2-DONATE (1-888-236-6283). It seems like a small risk free thing to do, so something to think about!

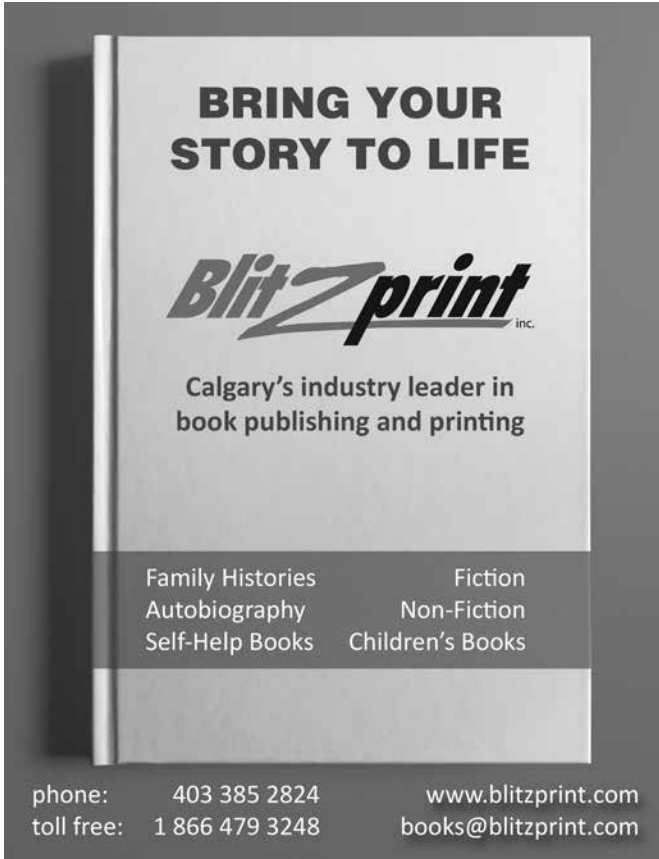
If you have any events happening in May that you would like to see in the High Country News, please email me at elaine.w@telus.net. The **deadline for this issue is April 15th.**

Happy Easter and Spring!
Elaine Wansleben



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TV Oilfield Society Annual Speaker Series Announced

The Third Annual TVOS Speaker Series, 11 May 2019 at the Turner Valley Flare 'n' Derrick.

The Turner Valley Oilfield Society (TVOS) Annual Speaker Series will be expanded to include a Fund-raising Dinner. The featured speaker this year will be Nancy Southern.

Nancy Southern is Chair & Chief Executive Officer of both ATCO Ltd. and Canadian Utilities Limited. She is also Executive Vice President of Spruce Meadows and a Founding Director of AKITA Drilling Ltd.

In addition to her business leadership, she advocates on social issues of global importance, including the role of women in business and the rights of Indigenous Peoples. She is an Honorary Chief of the Kainai (Blood Tribe of Alberta) and was given the name Aksistooowa'paakii, or Brave Woman, in 2012.

The event will begin with a tour of the Turner Valley Gas Plant (weather permitting). Guests will then assemble at the Flare 'n' Derrick for the talk by Nancy Southern. This will be followed by a cash-bar reception, silent auction, and dinner. Save the date, 11 May 2019. Tickets will go on sale on line at www.turnervalleyoilfieldsociety.ca on March 25th.

The TVOS will honour Pioneers of the Oilfields Area at the reception. Kate

Dyment and Donna Elkow-Nash are heading up a committee to define the criteria for recognition and selection of Pioneers.

Anyone interesting in volunteering to work on this project is encouraged to contact TVOS at info@turnervalleyoilfieldsociety.ca or send a note to TVOS, PO Box 583, Turner Valley, AB T0L 2A0.



Nancy Southern

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Oilfields Sports Association

The Oilfields Sports Association (OSA) was founded in May 1979 by a group of volunteer's who wanted to offer fun, affordable, recreation programs for children and youth in Black Diamond, Turner Valley and area. 40 years later the OSA's mission remains the same. At this time the OSA offers Pond Hockey, Soccer, Baseball and Wrestling.

Registration is now open for Soccer, Baseball and Wrestling.

Please visit our website at: www.oilfieldssportsassociation.com if you have questions email us at: oilfieldssportsassociation@gmail.com



Longview Library

April is National Poetry Month, and this year it is a celebration of nature. The library invites you to enter a poem about nature for a chance to win a prize. The submitted poems will be added to a file of local poetry that we are compiling. Best of luck to you and to the writers group!

The playgroup for children ages 1 to 3, is proving to be a great success. Mothers and Tots are invited to come to the library on Thursday mornings at 10.15 a.m. There will be crafts, stories and mess free finger painting, (paint and glitter is a freezer bag.)

New books available at the library are: *Becoming* by Michelle Obama, *Kingdom of the Blind* by Louise Penny, and

Educated by Tara Westover. We have many magazines for every taste. Come check them out.

Some of the books I mention are not in our library, but can be ordered by our librarian for you from Marigold. This is the system under which we, and all libraries in southern Alberta, operate. You yourself can order books from Marigold in the comfort of your own home. You simply have to open an account with them. This is easily done, and Lynda, our librarian, would be happy to set you up. This service is available to all patrons who have active library cards.

For children we have, *Gardening with Emma* by Emma Biggs and Stephen Biggs. It is a kid friendly guide to gardening, with photos, tips and ideas.

Beginning in April, the Eden Valley Project will be under way. 40 people have signed up for this program that aims to foster a closer relationship between the two cultures in our community.

The Writers Group and the Crib Club continue to be very active.

Two good reads are: *Kingdom of the Blind*

by Louise Penny. This is her fourteenth novel about Armand Gamache, head of the Surete du Quebec. The book takes place in Three Pines, a small town nestled in the eastern townships just south of Montreal. Penny weaves several mysteries in her books and many of them are debated and solved in a bistro on the village square, which serves exquisite French cuisine. Penny has received many awards, including the Order of Canada for her contribution to Canadian Culture. (*HCN Designer Anna's endorsement: this series is one of the best I've ever read!*)

The second is *An Invisible Thread* co-authored by Laura Schroff and Alex Tresniowski. It is a true story of an eleven year old boy who is a panhandler in New York City. Laura stops on a corner to put some money in his hand, carries on, then wonders if there is something more she could do. She turns around and goes back to him, and their touching, heartwarming life story begins. Laura is a successful advertising executive and Tresniowski writes for *People* magazine and is a playwright.

Happy Reading!

Sylvia Binkley, sliv@telus.net

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As Easter approaches, we wish to remind you of our closures. The library will be closed from Good Friday, April 19, through to Easter Monday, April 22. We will resume regular hours on Tuesday, April 23. This will be the last long weekend that we will be closed for the entire weekend. From the Victoria Day weekend in May through to Labour Day in September, we will be open on both the Saturday and Monday of holiday weekends from noon to 4 pm for both library and Visitor Information Services.

As spring inches its way ever closer, we do have some new programs beginning. Better Choices, Better Health® Chronic Disease Self-Management Program starts on Thursday, April 4 at 9:30 am and runs for 6 weeks. These free

workshops consist of six two and a half hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to attend. The library is fully wheel chair accessible and we provide comfy chairs for the duration of the session. Please register at the library.

Don't forget about the host of monthly groups that meet here at the library. Some have run for years, such as the Diamond Valley Book Club and Dogtooth Mountain Film Group. Others are brand new, like the Diamond Valley Songwriters which will have its second meeting on April 10 at 7:00 and the Genealogy group that had its first meeting in March. Other groups that may be of interest: Poetry by the Fireside, Conversational French, Community Drumming Circle and the Austentatious Book Club, which focusses on classic literature. Please check our website for dates and times. If you have an interest area that is not currently represented by a group, and you would like to start a group, please call the library so we can chat about it.

Southern Alberta Law Talks continue on April 9. Wills, Power of Attorney and Personal Directives, along with Administration of an Estate will be the topics under discussion. The final session on May 7 is on Family Law Basics.

For those wanting to learn more about the six candidates running in the Turner Valley Municipal by-election, there will be a candidate Meet 'n' Greet on Saturday, April 6 starting at 2 pm.

If all you want to do is curl up with a good book, then we have a great suggestion for you: *The Library Book* by Susan Orlean. This book will appeal to lovers of many genres. On the morning of April 28, 1986, a fire alarm sounded in the Los Angeles Public Library. The fire was disastrous: it reached 2000 degrees and burned for more than seven hours. By the time it was extinguished, it had consumed four hundred thousand books and damaged seven hundred thousand more. As a librarian, this is the very definition of a horror story. Investigators descended on the scene, but more than thirty years later, the question remains: Did someone purposefully set fire to the library—and if so, who? (Mystery story). Weaving her lifelong love of books and reading into an investigation of the fire, award-winning New Yorker reporter and New York Times bestselling author Susan Orlean delivers a mesmerizing and uniquely compelling book that manages to tell the broader story of libraries and librarians in a way that has never been done before. (Historical account) In *The Library Book*, Orlean chronicles the LAPL fire and its aftermath to showcase the larger, crucial role that libraries play in our lives; delves into the evolution of libraries across the country and around the world, from their humble beginnings as a metropolitan charitable initiative to their current status as a cornerstone of national identity. (Social Commentary). We currently have staff and board members reading it and we hope many of you will too.

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It's My Choice

by Andrea Kidd



"Do you want to keep this baby?" my doctor asked. Surprised at his question, I said, "Yes." I didn't think keeping my baby was a choice.

A few years later, Christopher was zooming his toy truck through the kitchen as I was making supper. The phone rang, "Doctor Kenway would like you to come into his office today. Can you come at four thirty?"

"So soon? That's in an hour!"

"It's important, Mrs. Kidd. You and your husband should both come."

Sitting in his office, I interrupted Doctor Kenway as he began, "There's a problem with your ultrasound..."

"Yes, I know. The technician had trouble with the machine. She tried a couple of times, but it wasn't working properly."

"No," countered my doctor. "The machine took a good picture of your uterus. The foetus is abnormal. The child is anencephalic. We can schedule an abortion for Friday. We need to do this right away before you reach sixteen weeks. We could do it later but it is easier this way because of legislation."

I firmly restated the difficulties the ultrasound technician had been experiencing. My doctor, just as firmly, stated the baby was badly deformed, with no brain, just a nub where the brain should be. There was no hope for its survival.

Giving me the number for his pager, he

said, "Call me within forty eight hours to schedule the abortion. This is not a baby you are carrying, but a monster. If you carry to term, it will affect you mentally and emotionally. You will just have a needle, a prick is all you'll feel, to inject saline solution into the amniotic sac."

That evening I had a previously scheduled meeting with Joy. I had never met her before. She was coming to help me set up children's clubs in the area. Sitting opposite each other in the family room, I apologized for being distracted and explained the reason.

"Oh, Andrea!" she said, "I had two anencephalic pregnancies!" Only 3 babies in 10,000 are anencephalic. What were the odds of me having a meeting with her on this day?

Joy is aptly named. She is a jolly, friendly soul; her round face lights up with the joy of life. "If Joy can be so full of joy after two anencephalic babies," I thought, "then I'll be all right, too!" I was encouraged. I chose to believe God had brought us together.

That night I couldn't sleep. Next day, exhausted, I fell asleep. I dreamt the problem pregnancy was all a bad dream; I was carrying a perfectly healthy baby. What a relief! What joy! What peace!

When I awoke, the dream was more real than reality. With difficulty, I pushed aside the dream and faced reality. I had a choice. I phoned a few people, to get feedback from those I respected. No one advised me not to abort. One missionary doctor said it was just a mass of cells – not a baby.

I decided to follow the advice of my doctor and schedule the abortion. After all, I reasoned, he was the medical expert and I wasn't. I envisaged the process of the needle injecting

saline to kill the foetus. I don't mind needles but I gagged at the thought. Each time I tried to get used to the thought, my mind rebelled against it. Why? Why could I not be at peace with this decision? After all, God created the heavens and the earth and all living things in it and said, "It is good!" This child was not "good". Therefore God had not made it. Satan had. So, getting rid of it was the obvious thing to do.

Suddenly, I realized Satan cannot create. Only God can create. Satan had messed up what God had made, God had allowed it, but my child was His creation. I understood why I could not allow that needle to penetrate my abdomen. My womb must be a safe haven for this life as long as he or she needed it. I had peace!

I phoned my doctor and told him of my decision. He was somewhat distant, but it was my body. It was my choice. I knew, if I aborted, I would be troubled by this decision for the rest of my life. Continuing the pregnancy would be difficult, but only for a few months.

I made another choice. I prayed for God to heal my baby. He who created life had the power to do that. God, too, would make His choice.

One sunny Sunday afternoon in September, out walking with friends, my water broke and gushed onto the sidewalk. We drove to the hospital. On the delivery table I explained to the nurse what to expect. She was shocked. "And they let you keep the baby?" she asked.

"It was my choice," I said.

Our little daughter was already with the One who had created her, and I was at peace.

WHAT CONSERVATIVES ARE SAYING

"As long as Jason Kenney is leader, I can't support him or his leadership team."

Source: Arundee Singh Sandhu
Former UDP candidate
(Edmonton Journal, March 10, 2019)



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Factors That May Affect Your Property's Saleability

Some things you obviously cannot change about your home or property, and likely you have been OK to live with them as they may not bother your lifestyle and that is quite understandable - (we purchase what we like and what gives us satisfaction). But in our demanding "new realty" real estate climate and much slower sales market, where buyers have lots of choice, are not easily satisfied, take their time and are more cautious, owners now need a greater level of patience and resilience when selling.

I am attempting in this article to outline some of the areas and missing property features that may affect your selling time & ultimate sale price. These things don't mean you won't sell but they may affect the amount of time it takes, your home being compared to many other properties, and your final dollar amount possibly not being what you had hoped for. Much of this information is based on dealing with properties that I have represented that were quite challenging to sell, as well as feedback from many agents showing those and other agents listings and their feedback. Some that did not sell easily did finally sell but many were at significantly lower pricing than the initial listing price and took a very long time.

Some area that may affect a timely sale:

- Too many stairs or levels in the home design (affects older buyers in particular).
- Bedrooms on lower level (many families with little kids prefer bedrooms on the same level as the master).
- Insufficient storage or number of bathrooms.
- Proximity to highway and road noise.
- Adjacent property or area not well kept or land cluttered with visual issues.
- Older or dated home condition

requires significant amount of updating and renovation.

- Dark interior décor, finishing and colors.
- Home much too large and pricing out of reach for many of today's buyer pool.
- Bungalows that are not walk-outs.
- Driving time too long to Calgary or towns or amenities.
- Too high pricing starting out.
- Unfinished basement height doesn't allow lower level development

For acreages some other particular issues:

- Very low water well producing rates. (Of course with a cistern this can be managed but often the perception of a low well rate is hard to overcome with new acreage buyers).
- Not enough privacy around the property and lack of enticing views.
- Very steep hill road access and gravel road access.
- Lack of vegetation on the property.
- Wood basement (often gets an unnecessary bad rap) as people generally want a concrete foundation despite the fact well constructed wood basements have long life.
- Most of land unusable (e.g.

mostly sloped or hilly). But still picturesque which is appealing.

I am not meaning to be discouraging with this list but just hoping to bring a little more objectivity to the process. Some buyers will still work around some of these issues but I am suggesting that the process may take longer these days and you may get tired and discouraged along the way with buyers taking their time and being more cautious. You are not alone, but as I stated at the beginning, when listing these days one must take a longer selling timeframe perspective (and if you sell fairly quickly, great as sales are still happening)! You must ensure your pricing is in a competitive range to other properties, present your property in the best light possible both clean and de-cluttered, staged if necessary and repairs made where you can. And be patient for the "right buyer" for your particular property.



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Why Take A Gap Year? Part 1

A gap year is, simply put, a year off from school.

It can come in the form of a year between high school and college, a year during college, or a year after college and graduate school. During this time, people usually learn new skills, travel to other countries, gain professional experience in the workplace, and/or participate in a program like Praxis. Though it may sound unorthodox, as students are often taught in high school that they should get into college as a senior and then immediately go, taking a gap year can be one of the best decisions a young person can make.

Students who participate in gap years say that they end the year feeling more confident and mature about their lives, knowing what they want to accomplish, feeling intellectually stimulated, and knowing they've gained experiences that college cannot give them.

So why don't more students take gap years?

For one, many students are put on the college fast-track while in high school, and believe that they've spent the last 12 years of their lives preparing for the opportunity to go to an elite university. To tell them to put this off may sound absurd and as if they are delaying the inevitable.

But even admissions officers and advisers at elite universities encourage students to take gap years before coming to college. Harvard's acceptance letters even encourage students to take the time between high school and college seriously

and to spend more time working and gaining hands-on skills than they would have otherwise spent.

Second, students are oftentimes taught that the world exists as a dichotomy. Either they are going to college after high school, or they're working in a technical field. Either they want to study, or they want to work. Either they can grow intellectually, or they can grow their skills. Unfortunately, this is not how the world works. Some of the greatest philosophers are those who work with their hands. Some of the greatest tradesmen are computer programmers.

Formalized education is instilled in students throughout their upbringing, and they think that if they're learning outside of a formal environment, then they aren't really learning.

However, the experiences of students who take gap years tells a different story. Consider the testimony of Joan Hanawi, a student at UCLA who took a year off to study and live with the people of the Amazon:

A common misconception in modern American society is that education can only happen within the four walls of a classroom. Don't get me wrong; classrooms are incredible places for enlightenment. However, in my opinion, some of the most valuable lessons are learned outside of traditional academia.

Hanawi tells that her gap year not only gave her the opportunity to work and learn with the peoples she lived with, but it also gave her

an important opportunity that many students inside academia don't receive: the opportunity to fail. Whereas failure is penalized in academia, it is a necessary step of learning in the real world. Without having negative feedback mechanisms like grading, we're allowed to fall on our faces during gap years and get up and be stronger again.

Students may not consider gap years for further reasons, but they ought to take the option seriously. In a world where a whopping 50% of college graduates don't feel like they gained enough work experience while in school, a year of work may be exactly what is necessary to set students apart from the pack.

This post was originally published by Praxis, a one-year startup apprenticeship program and career accelerator for young people who want more than college. We combine a 6-month bootcamp with a 6-month apprenticeship where we place you at a high-growth startup working alongside entrepreneurs while also completing our rigorous education experience, which includes one-on-one coaching, self-guided projects, skills training, and more.

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What is ADHD / ADD?

by Roché Herbst, M. A. R. Psych.



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

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

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

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

How Does A Person Know If They Have Adhd / Add?

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

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

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

What Causes Adhd / Add?

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

Myth Vs. Fact

Myth: Everyone with ADHD is hyperactive.

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

Sources:

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

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

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Mortgage Rule Changes to Applicants Over The Last 10 Years

Canadian real estate has weathered rule change after rule change in the mortgage market. Here is a summary of what the government has thrown at mortgage borrowers over the last decade:

- 2018 January 1st – OSFI (The Office of the Superintendent of Financial Institutions): New uninsured mortgage stress test. Requires potential borrowers to qualify for underwriting using the higher of their contracted mortgage rate + 200 bps or the 5-year benchmark fixed rate published by the Bank of Canada.

- 2017 October - OSFI final B-20 guidelines: Federally regulated financial institutions are disallowed from arranging (or appearing to arrange) a mortgage or combination of mortgages secured by the same property that would circumvent the maximum ratios as defined in a lender's underwriting policies or legal requirements. Greater due diligence, including intended use of loan (e.g., purchase, refinancing), type of purchase (owner-occupied, recreational, investment, etc.), and type of refinancing (if applicable).

- 2016 October - Department of Finance: The Government of Canada eliminates the availability of low-LTV (loan to value) insurance for mortgages. Effective November 30, 2016.

- 2016 October 17 - Department of Finance: All high-ratio insured mortgages must now be stress tested using the 5-year benchmark fixed rate.

- 2016 September - OSFI: Key determinants of the new capital requirements are: Loan to value and type of mortgage; Credit score; How long it has been since the credit score was last pulled; The likelihood

of a borrower's credit score moving materially up or down; Amortization period; How long the mortgage insurance policy has been in force; Which region the underlying home is located.

- 2015 December - Department of Finance: The government announces that for homes priced above \$500,000, a 10% down payment is required for the portion of the mortgage above the half-million mark. Effective February 15, 2016.

- 2012 June - OSFI: New gross debt service (GDS) and total debt service (TDS) limits of 39% and 44%, respectively, are implemented for borrowers with a credit score of 680+.

- 2012 June - OSFI: The maximum amortization period is shortened to 25 years from 30 years on insured mortgages.

- 2012 June - OSFI: The government announces mortgages of more than \$1 million are no longer eligible to be insured.

- 2012 June - OSFI: The maximum amount for refinances is reduced to 80% from 85%.

- 2011 January - Department of Finance: Home Equity Lines of Credit (HELOCs) no longer qualify for mortgage insurance. Effective April 18, 2011.

- 2011 January - Department of Finance: The maximum amount for insured refinances is reduced to 85% from 90%.

- 2011 January - Department of Finance: The maximum amortization period is shortened to 30 years from 35 years on insured mortgages.

- 2010 February - Department

of Finance: A 20% minimum down payment is implemented for small rental properties.

- 2010 February - Department of Finance: The maximum amount for insured refinances is reduced to 90% from 95%.

- 2010 February - Department of Finance: Variable and fixed rate mortgages with terms less than five years are required to be qualified using the 5-year benchmark rate (qualifying rate).

- 2008 July - Department of Finance: The new rules establish a credit score minimum of 620 but allow for some limited exceptions.

- 2008 July - Department of Finance: New minimum documentation requirements are introduced. Lenders are required to ensure enough evidence of a property's value and the borrower's sources and level of income.

- 2008 July - Department of Finance: The requirement for a 5% minimum down payment is established.

- 2008 July - Department of Finance: The maximum amortization period is shortened from 40 years to 35 years.

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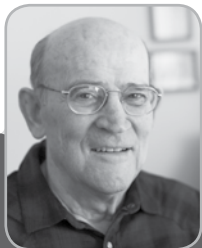
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Life with Sergeant Major Clock: Part 2

by Duane Harder



The clock keeps ticking and here we are in April. It's time to take a further look at how we manage time.

Last month we looked at nine myths that surround our use of time: Activity equals results; Delayed decisions improve their quality; Delegation saves time; Efficient people are most effective; Long hours equals hard work equals increased productivity; Only I can do it right; An open door equals more effective personal relationships; Time needs managing; and Hopelessness/procrastination.

This month I want to give some insights that will help us manage our time.

Someone has calculated that the average person spends time in the following ways:

- 3 years – in the classroom
- 8 years – recreation
- 6 years – eating
- 11 years – working

- 24 years – sleeping
- 5.5 years – dressing
- 6 years – walking
- 3 years - conversation
- 3 years - reading
- 5 years – religious activities

The above profile may not be an exact representation of your life but it does illustrate that we may not know how much time we are devoting to one area of our life, and how little we devote to another. Wisdom is needed in knowing how to allocate our time. It is helpful to do a two-week analysis of our time usage. This lets us evaluate our time allocations in relationship to our priorities, goals, and life purpose and helps us detect “time leaks” (areas where time is being misused). By analyzing our time use, we can make the adjustments necessary in order to show that the use of our time accurately reflects our values.

I have found three simple evaluators to help me in my evaluation of time use.

1. The goodness filter: Who will benefit in what way from this activity? Does this activity prepare me for greater usefulness? Does it add value to our family, house, property, possessions or business? Does it reflect honour for people and their property?

2. The responsibility filter: This filter helps me to define whom I am responsible for and what. Keeping my responsibilities at the forefront of my decision-making helps me separate

what I need to do from what I like to do. What I like to do has a magnetic force that can pull me into the realm of irresponsibility. Similarly, I need to know who is responsible to me and for what. What care do they need? What career development is necessary? What coaching will assist them in maximizing their assets?

3. The truth filter: This filter helps me separate between reality and fantasy. A worker was telling me all the reasons that he should be promoted to a managerial position. I asked a few awkward questions that he brushed aside. From his perspective he knew the job better than anyone else. He got the job and two months later wished he had never applied. He realized that the skill to do the work did not equal the skill to manage the work. Many people dream of owning their own business only to discover that they do not have the skill to manage, market or materialize their dream. Dreams need to be brought face to face with reality. As a child I watched pilots in training do mock “dog fights” in preparation for dispatch into the 2nd World War. I had a dream of being a pilot. Years later I was flying with my brother from Langley to Port McNeil. Our flight plan took us through the Vancouver Airport airspace. I was “helping” my brother with the navigation. I realized that to achieve his level of certification required time plus money. A light went on! My dream was just that – a dream that was not rooted in reality. I was not willing to invest the time or money to fulfill the dream. Dreams are distractions of the mind if they do not have a plan for their fulfillment. If they are rooted in reality you will make a decision to begin taking steps of action.

As time is our most valuable resource, I personally think it is important to ensure that I use it in a way that propels me forward in the relationships I want to pursue, the goals I want to achieve, and the purpose for which I feel called to fulfill.

Next issue we will look at how we can evaluate past performance and achievements to bring a perspective into the present.

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Out of the Rut *Chapter 103*



Driving through our delicious corner of the world, among the rolling backs, bums and breasts of the foothills, admiring the horses and cattle dotting the landscape, I am blown away by the vista of the seemingly limitless peaks of the Rocky Mountains jogging away into the distance.

A couple of above-zero days and the atmosphere around me changes. People have a bit of, dare we mention it? - spring in their step. Oh pardon my punniness, it must be the weather. I'm quite excited by the sight of the pond rippling for the first time this year.

In my mental wanderings this past week I found myself ambling down an old equestrian trail to find it branching out in all directions:

It occurred to me that it is now over 30 years since I first saw Monty Roberts demonstrate a harmonious method of working with horses. Speaking the language of the horse, Mr Roberts created a bit of a global phenomenon. His endorsement by the British Crown did much to promote both his own career and more importantly, the entire concept of communication at the level of the student. This is the most beautiful demonstration of learning I know. It is obvious to me that kids learn more, and more happily, when people speak the same language as them, when they are encouraged, given diverse topics to engage them, pushed and praised and given adequate rest and fun time. Just like horses. In fact, I this must be true of all learning don't you think?

I saw a fascinating article about Inuit practices on raising children and how in a traditional household, which they are striving not to lose to the encroachment

of external distractions and distractions, an adult will never raise their voice to a child. That would represent a significant lack of control and understanding on the adult's part. As far as they are concerned, a young child crying or shouting is trying to communicate something and it is the frustration caused by lack of understanding that has escalated the situation to such volume and angst.

I am intimately familiar with this inner frustration, the rising tide of heat and confusion caused by the other party being totally unable to hear me, or comprehend what I'm trying to say. Oh, the mind-blistering desire to grab hold of the obtuse and shake them until their teeth rattle... what a perfect learning opportunity this must be if only we can approach it correctly. Breathe. Breathe again...

More startling to me, is the fact that this natural style of learning and teaching has not yet permeated every facet of our society and methodology when it comes to sharing knowledge. It is only by understanding those who most challenge us, that we can come to a place of mutual respect and communication. It is only by meeting others in a reasonable state of language, comfort and autonomy, that both sides can walk away feeling they have gained, rather than lost, from a situation.

All that being said, we are complex beings, us humans. No matter how hard we try to be the best, most caring, competent, considerate colleagues, friends and family, we constantly stumble and fall. The important thing to keep close to one's heart is that making mistakes is part of learning and trying. When we lose the confidence and commitment to try, we begin to stop making mistakes. Sometimes our little ego can tell us that this is the result of our own magnificence, while at the same time, our greater ego is whispering in the

background that only by putting ourselves out there, by agreeing to be vulnerable, to be brave every day, will we continue to grow, evolve and be of service to others.

Part of my current journey is through the voice of the drum. I made my second medicine drum recently. The creation or 'birthing' of the drum is a beautiful cooperative process. We novice folk work in harmonious disarray, under the guidance of a native couple who come from Great Slave Lake to share with us. We stand facing each other across a table to construct two drums, one for each. My first experience was totally about the drum; the emerging texture, tone and colour of my firstborn was completely engrossing. This culminated in a solitary river ceremony of awakening after it was thoroughly dried and ready to sing.



My second drum, much like a child, is completely different from the first. He is heavier yet smaller, deeper, definitely grounded. His voice refers to the earth and stone people whereas my first talks with the sky and sea. His birthing came through a mutual interaction and connection that rang in my bones and felt like an experience in itself, separate from the instrument we produced. I remember the feel and look of the woman who worked with me, whereas my partner from the first birthing could walk up to me today and I would not have a clue who it was.

Meanwhile, if I listen well, I can hear the distinct

language of each drum, balancing each beginning and end of every day.

May your bravery blossom like the rising of the sun yet never fade at its falling.

May you be always of service and blessed with the same in kind.

*With gratitude and love, Kat Dancer
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