

HIGH COUNTRY *News*

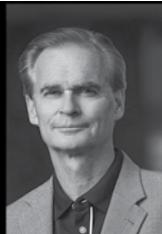
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From The **EDITOR**

A month ago who would have thought our physical communities would be closed and our daily rhythms disrupted. As the uncertainty of the unknown weighs heavily upon our psyche, we can rest assured that “this too shall pass”.

Our natural tendency as humans is to respond in fear, self-preservation, and self-interest. Although fear is good, it needs to be constrained with faith. Fear alerts us to the danger; faith puts danger in perspective, and pushes us to move to what is possible. It’s believing in what isn’t seen, not the current circumstance we are in.

While we do indeed need to protect and nurture ourselves, generally, a

focus on “me” only leads to toxicity in relationship and community. The giving of our time and resources to another releases us from ourselves, and gives life to those who intersect with us.

As the reality and impact of COVID-19 has come upon us there is an altering of our lives. Our economy has taken a tremendous hit over the past month, not to mention the past few years. The reality is that although financial capital has been eroded, the intellectual capital of the people within our communities, province, and country still remain. This intellectual capital is what will be needed to rebuild our society

During this time, we need to conserve our personal resources and be careful in our social interaction. On the other hand, we need to make strategic investments in relationships and local businesses, to ensure our

communities will emerge stronger from this time of crisis.

As this crisis unfolds, I would encourage you to keep up to date with local community organizations for resources and on-line programs that are being made available at this time.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca



Artist **PROFILE**

Kym Lomenda retired to Bragg Creek after a career in electrical drafting and design and have been painting rural landscapes as well as barn yard animals. She has been interested in art work most of her life and has sold several paintings since joining the Bragg Creek Painters and Artisans.



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Letters To The EDITOR

Alberta's motto, fortis et liber — strong and free — could not be more apropos as we stand face-forward into all that's coming at us. Alberta is on the ropes against more than a few challenges. Just when we thought it couldn't get any worse, a haymaker from the Saudis and Russians was planted firmly on our chin. Their decision to ramp up oil production means a glut of oil on the market. Over supply causes prices to tank and our energy-dependent economy takes a hit. Add this to the long list including blockades, a global virus, and a string of damaging policies from Ottawa, and we wonder which way is up. Bloodied but not beaten, Alberta will survive. And not only survive but prosper yet again. Here are three reasons why.

Number one: Alberta's best resource is our people, not the oil and gas that lies underground. I had the privilege

of hosting an economic forum recently sponsored by Durum Capital. On the panel was Joe Lougheed, son of the late and great Peter Lougheed. In the room were investors who have been through this before. Albertans are the workers, the makers, the fixers, and the innovators. They know what the world forgets: Albertans are resilient. Alberta was built by people who knew how to tackle the big jobs. We are talking about the salt-of-the-earth-Albertans-who-have-been-knocked-down-got-back-up-stared-failure-in-the-face-and-said-you-got-anymore? That kind of resilience. The people of Alberta are tough, bank on it.

Number two: For Albertans, this is nothing new. As panelist Jay Simmons so thoughtfully pointed out at the economic forum, we have indeed lived through this fight before. It was a different Trudeau and a different decade but the intent and result is the same. They batter and bruise the West and stack policies against Alberta. Others thrive on the innovation and hard work of Alberta's oil and gas

industry, but evidently could not care less about us. Canadians do appreciate Alberta's resolve, after all, it's this grit that pays for the social programs in most Eastern provinces. We know how to work and innovate, but we also know how to fight back as Peter Lougheed did against the infamous National Energy Program. It is this resolve that will overcome the malaise in Ottawa. The Corona Virus may be a global epidemic, but there is a disease of leadership

in this country that must be stopped. Albertans have been in the ring. We have the scars. We are not pretenders and we know what it takes to persevere.

Number Three: Alberta is a province of entrepreneurs. We need governments at all levels: federal, provincial and municipal — to get out of the way and let job creating entrepreneurs come forward with ideas and innovation that will move us forward. The provincial government started a red tape ministry to deal with excessive government. It all sounded so good and could be good, but what has it done? There still exists multiple layers of regulation and government oversight, such as the stifling 4th layer of government in the Calgary region called the CMRB (Calgary Metropolitan Regional Board) that has a choke hold on local economic development and investment. This crew played a major role in turning away a four billion dollar investment that just left for Texas. This anti-competitive, investment killing, NDP mandated central planning board is one example of government that has got to go. If Albertans are going to get off the ropes and come back, governments must untie our hands so we can fight like we have in the past. Albertans have the ability and wherewithal to tackle our biggest challenges, but governments at all levels need to get out of the way.

Politicians know how to pile on debt to solve a challenge, but Albertans know how to take risks, build businesses, care for each other, and build the future we need.

Just step back and give Albertans space to work. It's the people of Alberta, strong in resolve, and free to innovate, who will rise again. We've done it before, and we will do it again. You can bank on it.

Oh, and one last thing, our Minister of Red-Tape Reduction was given a pair of scissors, let's politely encourage him to put them to work.

by Bruce McAllister

Executive Director Rocky View 2020 & President Right Angle Communications & Consulting. Advocating for common sense, free enterprise Albertans.

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Chainsaw Safety

Homeowners have a love affair with their power equipment and spring ushers in a multitude of opportunities to put them to work. Unfortunately, safe operation of this equipment is often overlooked or misunderstood.

Chainsaws are one of the most dangerous tools that a homeowner can operate. When contemplating the use of a chainsaw, users should consider not only the operation of the saw as a potential danger but the consequences of what they are cutting. As the process of felling trees is far too complex for an article of this type, we will concentrate on some basic chainsaw safety.

The first and most important aspect of safe chainsaw operation is to be wearing proper Personal Protective Apparel or PPA. The minimum standard includes: helmet, hearing protection, safety glasses, chaps/chainsaw pants, steel/composite-toed full leather boots, and gloves.

The chain on a chainsaw can move at a speed of over 9000 feet per minute. In an instant, a chain can impart considerable damage to human flesh. Further, studies show that injuries to the leg and knee during chainsaw operations account for a third of injuries. In order to mitigate this type of injury, chainsaw pants have been designed with a special fibre that when contacted can stop a chain from moving in under one second. This has considerable value when you consider the fact that of the 35,000 admissions to hospital for chainsaw injuries in the U.S. in any given year, the average number of stitches administered is 110.

There are a number of reactive forces that occur as the cutters on a chain chisel and cross cut wood fibres. The most significant of these reactive forces is kickback. Kickback can have lethal or life changing consequences and should be well understood before operating a saw. It occurs when the upper tip of a chainsaw bar contacts any type of material including wood. When the cutters of a chain rotate around the bar tip, the guides that control the depth of cut momentarily lose their functionality, and can result

in a violent upwards rotational force towards the operator. For this reason, the upper front tip of a bar should never be the first part of the saw introduced into material to be cut. If it should happen inadvertently, there is no way to respond to it quickly enough and a helmet and/or chain brake are often the only saving graces.

Over the years, engineers have incorporated at least four safety features into modern chainsaws. They include: 1) an inertial chain brake 2) a throttle interlock 3) a chain catcher pin and 4) a wrist protector

The inertial chain brake is a feature whereby the chain brake will engage should a rapid kick back event occur. The chain brake should be engaged at all times when the operator is not cutting. This is especially significant when an operator is moving or starting a saw. If taking more than one step while the saw is idling, I will always engage the chain brake. In the event of a fall or trip it would be impossible to have the chain move even if the throttle was accidentally activated because the brake is on.

The throttle interlock is intended to prevent operation of the saw without the operator's hand in the proper position.

The chain catcher pin is a safety feature that is meant to catch or slow a chain dislodged from the bar.

The wrist protector is a widened area of plastic below the handle of a saw that, in conjunction with the chain catcher pin, prevents a thrown chain from rotating up into the operators hand.

Lastly, a comment on the starting of a saw. All too often I see operator's performing a drop start, which is neither a safe or acceptable chainsaw starting method.

The two safe and standard starting methods are the ground and leg-lock start. My preference is the leg-lock start which provides three points of contact with the saw and a stable body position. The chain brake should be on, the left hand on the top bar, the chainsaw rear handle cradled between the legs, and the starter cord pulled straight and in such a way that it doesn't rub against any of the housing. These techniques can be viewed at: www.youtube.com/watch?v=THV_xfFe0i8

This short article is meant to be an introduction to chainsaw safety and is not a substitute for formal training. Chainsaw operators should be very familiar with their chainsaw's operating manual and understand not only the limitations of their equipment but their own abilities as well.

Jeff Hughes is a Certified Chainsaw Trainer and Owner of TreeWorx Tree Care Inc.

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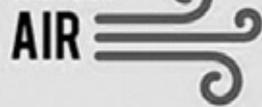
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Ever consider who is responsible for the safety and health in your home ?

- Food – Health Canada assures food safety
- Water – your municipality purifies your water, unless you are on a well
- Shelter – your municipality assures compliance to codes; utility providers look after gas & electricity
- Air – You are responsible for the air quality inside of your family’s home

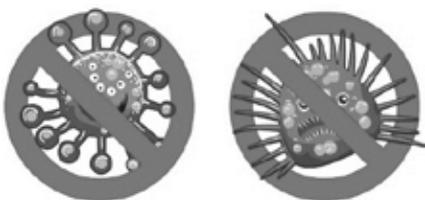
So How Healthy is Your Home’s Indoor Air ?

Is it Disinfected ? Sterilized ? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.



Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day; that’s a lot of contaminated air filling your lungs, affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



Back to air, how can you disinfect or sterilize the air that recirculates through your home ? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more !



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COVID-19 INFORMATION

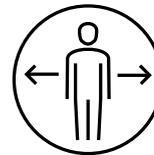
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Obituary

Siegfried Beckedorf (Siggi)

*June 10, 1929 Zahrensen/
Schneverdingen, Germany to*

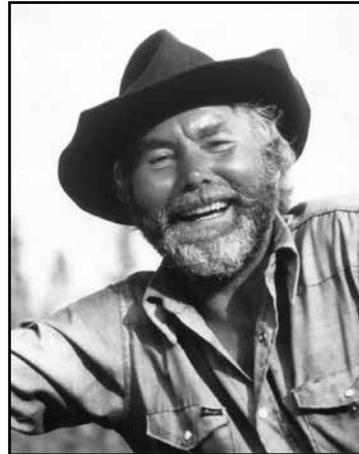
February 15, 2020 Calgary, Alberta

Siggi or Opa as he was known by most was an eternal optimist with a lifelong positive attitude. He was the loving husband of Ursula (Uschi) of more than 60 years. He is survived by his daughter Monika of Maple Ridge B.C., his son Lloyd of Bragg Creek, his great granddaughter Marley presently working in London England and his grandson Cyr of Bragg Creek. He was predeceased by his wife Ursula, his daughter Korina and his granddaughter Cressen, he had five siblings that predeceased him and one surviving, Herbert in Kelowna.

He was an environmentalist before the term was commonly used, planting

thousands of trees in Bragg Creek, Calgary, and in many other places including Germany.

He came to Osooyos, Canada in 1951, in his early 20's, to work in the trees picking fruit along with two brothers, Ewald and Herbert. They had planned to stay only a couple of years but when Siggi and Herbert met their future wives Uschi and Brigitte (Gitti), identical twins, as they have said, they forgot to go back.



In 1961 on a Sunday drive Siggi and Uschi discovered Bragg Creek and dreamed then this would become their forever home. Although they traveled the world their hearts were always in the "Creek".

In his 80's Siggi became an author, publishing several books in both English and German. *Diamonds Everywhere* chronicled his and Uschi's journey through life.

There will be a celebration of Siggi's life this June 21st at the Senior's Snowbird's Chalet in Bragg Creek.

PUBLIC NOTICE

MOTOR VEHICLE DOCUMENT EXTENSION

SERVICE ALBERTA

As part of the Government of Alberta's response to COVID-19, expiry dates for driver's licences, certificates of vehicle registration and other permits, including knowledge and road test permits, have been extended until May 15, 2020.

As per the Operator Licensing and Vehicle Control Regulation, Albertans with expiry dates between March 17, 2020 and May 14, 2020 now have until 11:59 p.m. on May 15, 2020 to renew expiring or expired documents. Residents subject to this extension are encouraged to renew their motor vehicle documents prior to May 15, 2020.

Visit Alberta.ca for additional information.





MLA Update
Banff/Kananaskis
By Miranda Rosin, MLA



It has been a scary month for many in our world as governments try to contain the spread of COVID-19. Areas of our Banff-Kananaskis riding have been disproportionately hard hit amidst this crisis. For towns like Canmore, Banff, and even Bragg Creek to a certain extent, being visitor economies caught in the center of a global health crisis has put many in a uniquely vulnerable position. High visitation brings high risk of contact with the virus, yet without that visitation our tourism economies are collapsing. In Banff, the unemployment rate is now hovering around 85%.

Our government has been working around the clock to ensure the health, financial security, and economic future of everyone in this province. Many of you will need support during these times, and our government is doing what we can to assist. Navigating the onslaught of constant news updates can be difficult, so I hope the summarized information below will help.

For individuals in self isolation and unable to work, \$50 million has been made available for one-time payments of \$1,146. Federal emergency support payments will not flow until mid-April, so this will provide immediate cash availability for you who need it. All electricity and natural gas utilities are now eligible for a 90 day deferral, regardless of your provider. All loans, lines of credit, and mortgage payments from ATB

have been made eligible for a six month deferral, and a six month interest-free moratorium on student loan payments has also been implemented. Further, all residential education tax increases have been cancelled and will be frozen at the 2019 rate.

If you are a business owner, we have suspended all corporate tax collection until August 31. We estimate this will free up \$1.5 billion for small, medium, and large sized businesses to keep Albertans working. You may defer all of your WCB premiums until 2021, and if you are a small or medium sized business owner, our government will cover 50% of your premiums. You may now also defer your commercial education taxes for six months.

If you work in the energy industry, we have extended all mineral agreements set to expire in 2020 by a year to provide certainty and additional time to raise capital, and will be covering the Alberta Energy Regulator fee for six months to give \$113 million of financial relief to the industry.

When it comes to accessible healthcare being provided to Albertans, we have increased the healthcare budget by \$500 million, tripled the capacity of the 811 call line, instituted new billing codes allowing physicians to take virtual and telephone appointments while maintaining healthy social distance, extended job-protected leave to 14 days for those of you needing to self isolate, and created a mental health texting line at 393939. We are also conducting more COVID-19 tests than anywhere else in Canada, and are conducting more tests per capita than almost anywhere in the entire United States.

These are challenging times for everyone, but the cumulative above measures have been the most robust counter-stimulus package in Albertan history, and our government will spare nothing to ensure

that our people and businesses get through this.

As Albertans, we have faced adversity before, and we have overcome. Similarly now, with support from each other, our governments, our faith communities, and our civil societies, I know we will overcome COVID-19 too. Resilience and self-determination are in our DNA, and I know that we will get through this together, even if it isn't easy.

In the meantime - stay safe, wash your hands, and reach out to those around you. Social distancing does not mean social isolation, and there are many people out there who may need support and encouragement




MLA Miranda Rosin's
Constituency Offices

CLOSED

Unfortunately, due to COVID-19 and the need for social distancing, my offices will be closed until further notice.

For all concerns and assistance, we can still be reached by phone at 403-609-4509 or by email at banff.kananaskis@assembly.ab.ca

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Greetings and welcome to another issue of High Country News and my report from the county. At this time, I would suggest you keep tabs on the RVC website for all the latest news as we are moving in similar directions to many other jurisdictions based on Provincial and Federal Health Officials' recommendations.

At this time of global concern for everyone's health and welfare, I thought I'd post a response to a letter I received from a resident. Like many others communications I'm receiving at this time, I find it reflects what we're all thinking at this time:

Good morning Brad,

Thanks for reaching out and asking what you can do for our community in this time of need. A question we all find hard to answer. It's really hard to tell who is getting hit hardest at this time. Everyone, young or old, rich or poor, in good health or bad are taking a hit. No one is spared.

At this stage it's still early. Restaurants and small businesses will definitely take a beating. And especially those who work for these businesses. It has a trickle down affect.

I find it hard to get out and help as Tanya and her dad fall into the 'high risk' category. Our doctor said I would most likely be the cause should they get ill. And like a squirrel, I'm not one who can sit still for longer than a minute.

My advice at this time is to hunker down. Listen to the health officials and heed their direction. Focus on your health and that of your family and loved ones. Jobs and money fall below the welfare of our loved ones. If necessary, help those who can't help themselves but take precaution so as to not affect those you help or yourself.

We are certainly living through an unprecedented event. We will get through this but each of us has to do our part. And at this time it's all about 'flattening the curve.' And we must do whatever it takes. It's not only for our community but all communities on this rock.

Take care. Hug your family from a distance and wash your hands often amongst the many other cleansing rituals.

Hugs from a distance, Mark

I want to personally thank our front-line workers and those who are able to get out and help others who cannot get out themselves during this time. I've been keeping tabs on local/national news and via the many FaceBook conversations. If there's anything I can help with, please do not hesitate to call or email. I'm continually getting updates from our CAO and his staff and I'm also in constant contact with my fellow councillors. In the meantime, stay positive. This will pass in due time and we will all get back to normal. Maybe a new normal.



Notice Of Postponement Of Helping Hands Cochrane And Western Rockyview Food Drive

Based on the current situation in Alberta regarding COVID-19 (Novel Coronavirus) and the directives of the Alberta Government and Chief Medical Officer of Alberta Health Services, Helping Hands Society of Cochrane and Area and the Cochrane Activettes have jointly made the

decision to postpone the Spring Food Drive for Cochrane and Western Rocky View which was to be held on Saturday April 25, 2020. The Food Drive attracts 800 community Volunteers and supplies 50% of the Food Bank shelves. As always, the health and safety of our volunteers, clients, partners and the communities of Cochrane and Area and Western Rocky View are of the utmost importance.

The needs of the Food Bank continues to grow with the current situation and food donations and cash donations

continue to be needed to ensure help for those in isolation, seniors, single parent and regular families, ill or injured or disabled and newcomers. We will continue to assist as we link volunteers who help with people who need help.

How You Can Still Help

Please make food donations at any of the local grocery store bins in Cochrane. Local volunteers regularly pick up from these bins and deliver to the Food Bank.

Please also consider cash/credit card (monetary) donations to the Food Bank at the Activettes website:

www.cochraneactivettes.com/cochrane-food-bank

Donations may also be mailed to Cochrane Activettes, Box 535, Cochrane, AB, T4C 1A7.

We thank you for your support in strengthening community and being good neighbours!

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Helping Hands and the Activettes



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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



We know, and you keep letting me know, we need to maintain (at the very least) and hopefully upgrade our Springbank Park for All Seasons. We need to get a community space to replace our condemned old community hall. We need to get a few pathways in the ground, especially along RR33.

I have been setting the ground work for all of this since I was elected. Last week at Council, we finally and formally started this work. We have \$2.2M of Municipal Sustainability funds that we will allocate to a project this year. We also have the net proceeds of a land sale (not in RVC and not lands required for schools) that will be fully dedicated to Springbank recreation. I will continue to look for these opportunities, so that when we are ready, we will have capital available!

There is land identified that may be suitable for a new Community Centre that could be donated, should Council and the Community Centre support this. This would drastically reduce the cost of building a new centre.

As I mentioned last month, I have a motion ready that will introduce a "pathways first" planning methodology. While I haven't yet had the right development come forward to introduce it, I'm hoping Council will debate this soon. And the modernization of our

School Board Reserves agreement will ensure we have dollars/land available to meet our residents' needs in recreation.

And finally, overwhelmingly, those that took my survey last month indicated they would be willing to pay a small levy (\$50-\$100 per year/per household) if those monies would be used exclusively for recreation projects in Springbank. I have not explored this much further than asking for your feedback, but once we get a few projects going, I think this would be a valuable way to ensure continued investment into our community.

I know you can read all the "doom and gloom" out there. Our provincial economy, our federal economy and those that continue to perpetuate the myth that RVC isn't accomplishing anything – not true. Thank you to all people that continue to challenge those notions and negative ideologies by asking smart questions and researching truth. If you have a "community" group not dedicated to building community – ask yourself what they are really dedicated to?

Why do we need economic growth in Rocky View?

This short message (reposted from our Vantage Point Newsletter), from our CAO, Al Hoggan, explains this well:

Late last year, I decided to play a lead role in Rocky View County's economic development activities. As you may know, Rocky View County is the envy of many Alberta municipalities for our strong balance of residential and commercial development, which allows us to keep taxes low and our economy stable.

Although the County has seen tremendous success in the past, and continues to see a

strong present, we're not immune from the economic conditions facing Alberta.

Many of the things the County buys to provide service to residents—from fire trucks to road salt—are going up in price at sometimes double or triple the rate of inflation. That leaves us with three options: cut service, raise taxes, encourage growth.

Council has clearly indicated through its Strategic Plan that "growing intelligently" is one of our paths to success. By aggressively pursuing the right industrial and commercial development, and ensuring strong, well-planned residential development, we can continue to grow the assessment base and provide Rocky Viewers with the services they demand at property tax rates they can afford.

My team is working to reduce red tape at the County, while still ensuring that Council maintains the proper oversight of the municipality. We're supporting Council on rewriting policies to ensure they provide sound and clear direction. And we're ensuring that the County is known to be "open for business." That doesn't mean anything goes – it means businesses that are a good fit for the County will find a clear, fair, and supportive path to success as they join the Rocky View County family.

We only need to look to some of our municipal neighbours to see what happens when there's no economic growth. So far, we've been able to avoid the negative consequences that residents of those municipalities are facing. Under Council's direction, intelligent growth in Rocky View County will help keep it that way.

For complete info on all County events:
www.rockyview.ca/NewsEvents/Events.aspx

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Financial Roulette During Your Employable Years

Unfortunately, most things that could kill you are more likely to disable you instead. If you only have life insurance, you don't understand the odds!

Most of us take for granted that we will be able to get out of bed every morning and go to work to earn a living. We base our financial plans on this seemingly obvious concept.

Your most valuable asset is not your investment portfolio, your home, or any other physical assets you may own. Your most valuable asset is your ability to earn an income. Unfortunately, your ability to earn an income can be very vulnerable to interruption or even termination.

You might have life insurance, a medical and dental plan, and full coverage on your house, cottage and vehicles. But have you secured your most valuable asset against the greatest risk to your lifestyle? The threat of a disability, due to accident or illness, is greater than the other risks you routinely cover.

A disabling injury or sickness that lasts too long can be catastrophic. The principal breadwinner of a family, instead of being a major source of family income, soon becomes a drain on its remaining resources. And these resources may already be strained by other family demands.

Men are usually 3 to 8 times more likely to suffer a disability than to die. A 25-year old woman is about 28 times more likely to be disabled than to die. By age 40 her odds of disability versus death have been reduced to 18 times and by age 55 to 6 times.¹

If you become disabled for a period exceeding 90 days, the average disability then lasts between 2.5 and 5.0 years.¹ This is the average, but remember, that for many people the disability is PERMANENT.

Generally, your most valuable asset is your ability to earn a living. Your

earning potential, from today until you turn 65, varies with your salary and age. A 25-year old, earning \$50,000 annually, has an earning potential, between age 25 and age 65, of \$3,770,000 with an assumed 3% annual salary increase. You wouldn't take your car out of the driveway without insurance, yet your ability to work is 50 to 100 times more valuable, and still most people take this earning potential everywhere they go, without having it insured.

There is a false belief among Canadians that if disability strikes, other sources of income will be adequate to cover the loss of income. These could include savings, a bank loan, spousal income or other assets. Unfortunately, none of these sources are adequate to protect against a long-term disability. In fact, if a client saved 5% of his or her annual income for 10 years it would take only six months to wipe out the savings.

The answer to the next two questions should tell you whether or not you need disability insurance. *Do you and your family depend on YOUR earnings for food, clothing and shelter? How soon after your pay cheque stops will your bills stop?*

When disability happens income stops, unfortunately expenses don't, and in many cases they increase. Money to live on has to come from somewhere and often comes from savings or through an increase in debt load when people do not have disability income replacement insurance coverage. Without disability coverage, RRSPs, and other investments intended for retirement, become one of the first casualties.

Final Note: Living within your income is difficult; but living without your income is impossible.

Call me today to review your insurance coverage to see what needs you might have in your particular circumstances.

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

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¹ Society of Actuaries

Agriculture Producers Exempt From 2020 Road Ban

In an effort to mitigate the impact of a difficult 2019 harvest season, Rocky View County Council has voted on a one-time road ban exemption for agricultural producers.

The County implements road bans each spring when roads are most vulnerable to damage from thawing and water runoff. The bans are based on the vehicle weight the roadway can

sustain, and bans are usually removed when roadbeds firm up in early June.

The weather last fall had an impact on agricultural operations throughout the County, with about seven per cent of fields unharvested. Although that number is small overall, the unharvested fields are concentrated in certain areas, particularly on the west side of the County, and can have significant impacts on individual farms.

The exemption will permit agricultural producers to use 100 per cent of the Alberta allowable seasonal axle weights

on roads under the authority of Rocky View County. The exemption does not apply to highways or secondary highways, which are controlled by the Province.

The County will monitor any damage done to roadways as a result of the one-time exemption, and report back to Council. That information will be used to assess any future possible exemptions to road bans.

*Communication Services
media@rockyview.ca
Rocky View County*

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."

We are a small, but enthusiastic group and would welcome new

members to come out and join us. There are positions available for any members to fill on the executive for 2020. 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 membership email yjo999@gmail.com. Happy Easter. Follow us on facebook.com/springbankchristmasmarket

*Submitted by Yvonne Bamlett,
Springbank Creative Arts Club*

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 Eden Brook Reception Centre. Our Winter session is currently suspended due to covid-19 precautions. Please visit our website at www.springbanklto.com for more information and updated event info. You can also follow us on Facebook and Instagram @springbanklto to view photos of past activities. Have questions? Send us an email at springbanklto@gmail.com.

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Bragg Creek Robotics Champions

The Bragg Creek Robotics team takes a triumphant 1st and 5th place finish at this year's FIRST Lego League Competition. Bragg Creek Robotics entered two teams into this year's competition, one ages nine to eleven and the other ages twelve to fourteen. The senior team placed 1st and the junior team placed 5th out of 46 teams in the City Shaper Challenge Field Game.

The competition is for teams in all of Southern Alberta run by FIRST Lego League. It is a full-day event focusing on a research project, core values, robot design, and robot challenge mat.

The theme of the competition is based on a real-world problem or challenge that each team must research, and present a solution to. This is the project section. The team voted on a research topic that connected to this year's theme of 'city shapers'. They decided to research a solution to the excessive time, cost, and waste in current home construction; their solution was modular homes. The team researched the advantages, disadvantages, and constraints of modular homes. After finishing the



research they created an interesting presentation to present to the judges on competition day. Public speaking was a daunting task for many of them, but they supported and encouraged each other to overcome this fear.

The core values section of the competition is a team-building challenge. This year it was a string lazer course, where one team member was blindfolded and the rest of the team had to verbally direct them through the obstacle. Our team had strong communication and stayed very positive!

In robot design, the team described how they built the robot with a Lego Mindstorms kit, and how the programs run. They explained their design for the robot, its functions, and the accessories they made to accomplish the missions. The team also described how they built the program and incorporated sensors.

Then there is the robot challenge mat! The robot challenge mat is a tabletop

board with challenges or missions for the robot to complete. Each September a new challenge mat is announced with new missions to solve. The team meets weekly to design and program their robot to autonomously solve the missions. Five months of innovative problem-solving are then put together to ensure the team can complete their missions in the two minute thirty seconds timeline with confidence and accuracy. On Competition Day there are eight challenge mats for all the teams to compete on. Each team has three rounds on the challenge mat throughout the afternoon. People gather around the Irene Louis Atrium to watch the competition. Dance music sets the mood and the commentator counts down the start of the race, "three, two, one, LEGO!" and they're off! Each team knows their plan and they whiz off into action lining the robot up pressing each program and changing the Lego attachments. They work as fast as they can with as much accuracy as possible. Excitement fills the air, coaches, team members, friends, and family cheer the teams on. Suspense builds, as they never know if their program will run the same as it did in class and each mission completed deserves a victory dance with a humongous smile. They thoroughly enjoy the high energy and intensity of these competitions and take great pride in their accomplishments.

The FIRST Lego League competition is an action-packed day full of excitement and thrill. We were overjoyed to compete alongside 46 other teams in Southern Alberta at this event and loved meeting many like-minded peers. The competition was an amazing experience but it is only one day, the best part is everything leading up to the competition. Each robotics class is an adventure, as the team gets to know each other and becomes an amazing group of friends, as they learn about a current real-world challenge and how to solve it, as they use their creativity to build with Lego, and as they program the robots to complete challenges. The team meets once a week and they don't only make robots, they make memories.

braggcreekrobotics.wixsite.com/mysite
by Ashlynn Tsoi

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CARE IN THE CREEK
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COVID-19 Care & Info

by Dr. Annalies Noordman

March 5th the first confirmed case of COVID-19 was announced in Alberta. As per March 25th there are 419 confirmed cases (of which 61 in the last 24 hours) and 2 people died due to this disease in our province. So far >21000 people died worldwide. COVID-19 is a highly contagious disease. The majority of the people might only get mild symptoms, but 15-20% will need hospitalization, 5% will need ventilation and ICU care, mortality rate is around 2%. One of the biggest risks of COVID-19 is overwhelming the healthcare system, where the availability of services doesn't meet the demand.

How does it spread?

It is transmitted via larger droplets, from a sneeze or cough. Asymptomatic people can carry the virus and pass it on to others. It can also be transmitted by touching contaminated objects or surfaces and then touching your eyes, nose or mouth. After disinfecting the virus is inactivated within 1 minute.

What are the symptoms?

Symptoms can range from very mild to severe: cough, runny nose, nasal congestion, sore throat, fever and shortness of breath. The average time between exposure and developing symptoms is 5 days, but could be up to 14 days.

What to do when you develop symptoms?

- STAY HOME and self-isolate for 10 days, or until symptoms resolve, whichever takes longer
- Take the COVID-19 self-assessment test to be found on Alberta.ca/COVID
- Call Health Link 811 (if directed by the self-assessment test)
- Do not go to an ER or clinic
- Call 911 if you need immediate medical attention and inform them you may have COVID-19

What can you do to prevent spreading the virus?

- Cover your cough and sneeze in elbow (youtube: The Safe Sneeze by Mythbusters)
- Wash your hands frequently (20 sec scrubbing, with soap)
- Don't touch your face (we do it about 20-30 times per hour!)
- Self isolate if you're sick or travelled in the last 14 days
- Practice physical distancing: keep 2 metres between you and others
- Avoid non-essential travel

Nobody can predict how this pandemic is going to develop. We will have to deal with it for months to come. Effects of physical distancing or other interventions will only be visible a few weeks after implementation. Guidelines are updated on a daily basis. Lots of information about the current situation, recommendations and available resources can be found on alberta.ca/COVID19

This is an extremely stressful time for all of us. This pandemic will have huge effects for many months to come.

It is extremely important to support each other. Physical distancing does not mean social distancing. Reach out to others, especially our more vulnerable elder population. Even though you might not be able to visit, there are many other ways to create a smile on somebody else's face. Be kind to each other, we all have our struggles. If you need mental support you can phone the Cochrane Addiction and Mental Health clinic at 403.851.6100 or

our clinic. For financial support you can find resources on Alberta.ca/COVID.

If you need medical care: YOU CAN ALWAYS CALL YOUR DOCTOR. We are there for you. There is lots of evidence a good medical home provides the best quality of care and saves a lot of resources further down the path in healthcare. We will do whatever it takes to provide continuity of care to our patients and keep you out of the urgent care or hospital. Some issues can be dealt with by phone. As much as possible we will try to avoid you having to come to the clinic. If we do have to see you in the clinic we follow preventive measures as recommended by Alberta Health Services. The risk of contracting the virus in your family doctor's office is less than in most other healthcare facilities.

Don't hesitate to contact us with your questions. You can reach us at 403.949.2457. Together we can overcome this pandemic!

*Stay safe, stay healthy, be kind,
Dr Noordman
Care in the Creek Medical Centre*

Join Us At Our Upcoming
Community Events!

BRAGG CREEK community church *All Welcome!*

Sunday Service 10:00 - 11:30am
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Pastor Dave Zimmerman • braggcreekchurch.ca

Ladies Bible Study
Cancelled til further notice, we will be meeting via Zoom, to join, email annaink@gmail.com for details

Monthly Business Lunches
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Join **Bragg Creek Area Community Support** on Facebook if you are in **NEED** or able to **HELP** in various ways during this time of crisis.

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A Day in the Life of a Turner Valley RCMP Officer: Part One

We all see the RCMP in our area performing various functions, most likely on the side of the road with someone pulled over, lights flashing. But we know the RCMP do more than just traffic stops so I thought it might be relevant to pass along what a typical day is like for an RCMP Officer. This endeavor was enhanced when Staff Sgt. Akitt, head of the Turner Valley Detachment, asked if I wanted to come on a ride-along.

I said sure, and she scheduled me for a morning ride on March 12 with Constable Travis Scharff, a multi-year veteran of the force. First of all, there is no such thing as a typical day for an RCMP Officer. This became readily apparent with the initial sit-down in the office with Const. Scharff where he went over the situations we "could" get into on the ride-along. There was paperwork to fill out, sign, initial that detailed what was expected of me as a passenger. For instance, I could be called on to be a witness in court should I observe something from the passenger seat, and the fact I could be quickly dropped off back at the detachment or my residence should things get a little too hot for a civilian. I also needed to provide an emergency contact.

Preparation got ramped up a little bit when we got into the car and Const. Scharff showed me how to work the radio should he become incapacitated. I was shown THE button which, if pushed, would bring anybody and everybody to our location. He also showed me how to unlock both the shotgun and carbine located between and behind us.

As we pulled out of the detachment I was happy to see it was a nice sunny morning as this was prior to a big snow and I didn't really relish the idea of attending a grisly traffic accident with severely injured occupants or even deceased due to poor road conditions. We travelled along Hwy 22, where traffic was light, and we got into a discussion of RCMP duties. In the HCRCWA we often ask people to call the police at 403.933.7227 during office hours so I asked Const. Scharff what office hours were. That information is confidential as well as when shift changes occur, however he assured that there would always be an officer available if you call. In addition, there is the RCMP complaints line at 403.933.4262 which is manned 24 hours.

The Turner Valley detachment is responsible for all the western part of Foothills County and the Maclean Creek recreation area. Adjacent detachments are Tsuu T'ina, Okotoks, High River, and Kananaskis.

As we cruised along 762, Const. Scharff stated that a lot of an officer's time is spent doing just that: driving the jurisdiction with the dual intent of providing a presence and watching for traffic violations. The majority of his time is spent in the car. When they do get a call, he estimates 20% of the time

is spent dealing with the call and 80% is spent on paperwork/administration of that call. Of that 80% administrative work, it is split about 50/50 between the vehicle (there is a computer in a police vehicle) and at the detachment office. I had guessed administration would be about 50% of the time but Staff Sgt. Akitt confirmed that 80% sounds about right.

In the couple of hours we were in the car, surprisingly we covered a good cross section and majority of the jurisdiction travelling both the highways and some gravel roads. We stopped in at the Millarville Community School where Const. Scharff went in to talk to the Principal about furthering the Lockdown plan, and practice of that plan. As it turned out, the Principal was teaching so Const. Scharff left his card and the meeting would have to take place another day. Officers will also just talk to the kids now and then to get them familiar and comfortable with the police.

Since it is a relevant topic these days, I want to pass along Staff Sgt. Akitt's assurances that in the event of a major disruption of society due to the coronavirus, there are contingency plans for the provision of law and order to continue in the Turner Valley Detachment area.

This HCRCWA topic will be published over two editions as it is impossible to get everything in one column. Part Two will address what other resources Turner Valley RCMP have access to, information on Break & Enters, and why the RCMP want you to call if you observe something.

*Dave Schroeder
HCRCWA Board Member*

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Students submit designs for Alberta Centre for Environmental and Outdoor Learning (ACEOL)

Construction Specifications Canada (CSC) Calgary Chapter has for the 4th year in a row hosted its Ignite Student Design Competition. The goal of the competition is to showcase the talents of upcoming professionals and give students real-world experience in developing construction designs for real life clients with input from industry mentors. This year, students from SAIT and Mount Royal University have submitted designs for a multi-use facility to be built at the Ann & Sandy Cross Conservation Area (ASCCA), the Alberta Centre for Environmental and Outdoor Learning (ACEOL).

The Ann & Sandy Cross Conservation Area, a 4800-acre natural area located SW of Calgary, has provided a unique and challenging setting for 6 teams of post-secondary students who have submitted building designs for the competition.

Upon completion, the ACEOL will provide a venue for a variety of outdoor education programs and will be intended to be a site for environmental research as well as training and leadership development opportunities.

An Awards Gala has been postponed until further notice but tickets are still available. It will be held at The Winston Golf Club in NE Calgary. The competition's winners, in a variety of categories, will be announced at this event. Tickets are available for purchase on Eventbrite: www.eventbrite.ca/e/4th-annual-csc-ignite-student-design-competition-awards-gala-march-19th-2020-tickets-99037781671

ASCCA CEO Greg Shyba feels that the designs generated from this competition will be valuable in determining what the new centre will look like when the ASCCA is ready to move forward with full scale design, engineering and construction.

"CSC Calgary Chapter brought together students from various programs at SAIT and MRU, assembled them into teams, presented them with a real client with a project to design, provided them with mentors from

the design and construction industry, and gave the teams 2 days to develop a comprehensive design solution that meets the client's requirements. Once again, we are blown away by the designs our students have created over the course of an intense weekend – demonstrating what is possible when you EDUCATE, COMMUNICATE and COLLABORATE". Kirsten Janes, CSC Calgary Chapter, Committee Chair of CSC Ignite.

"Working with students from SAIT and Mount Royal University has provided us with ideas and concepts for the new building far beyond our expectations. We will be considering them as our building plans come together and those students will have the pleasure of seeing their ideas and concepts when they visit the ASCCA well into the future" - Greg Shyba, CEO, Ann & Sandy Cross Conservation Area.

For more information, please contact Greg Shyba at (403) 931-4070 or email gshyba@crossconservation.org

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Feet First: But First, An Introduction!

by Michelle Sinclair

PT, BMR-PT, CMA (Contemporary Medical Acupuncture), Bragg Creek Physiotherapy

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Bragg Creek Physiotherapy is excited to introduce long time Bragg Creeker, physiotherapist Michelle Sinclair, to our team. This will be her first article for the High Country News but first, let us tell you a bit about Michelle. She has had a long and varied physiotherapy career working with everyone from athletes, musicians, conductors and dancers from the Royal Winnipeg Ballet. She has also worked in adult and children's neurological rehabilitation, created back care programs for hospital staff and for a period of time focused on hand therapy. Because of Michelle's love of music, she has a special interest in and has pursued further education in posture and breathing as they relate to maximizing performance and minimizing anxiety and fatigue. Michelle also recently became a certified Neurofunctional Acupuncture practitioner. We are so pleased to welcome her to our team and to gain this breadth of knowledge in one package! Read on to get Michelle's take on what can be common foot problems for those who love to enjoy time on their feet on our beautiful trails...

The warm sun hits you as you summit and you see the view stretch out for miles in all directions. How many hikes could that description refer to around Bragg Creek? Aren't we lucky we get to experience the thrill of summiting right

in our own back yard? This is a big reason I've stayed here for almost 20 years. Many body parts have to be working well for us to enjoy the trip up and back down a hike like this, or a dog walk, or even a short stroll across the room, and supporting them all is our feet.

Everyone has suffered with their feet at some point in time. Feet are those things we completely rely on to get us around, and to support us through thick and thin, until eventually they demand our care and attention. When your "dogs are barking" what are they saying to you?

Sometimes it is the part of your foot sending the message that gives us the most clues. Is it the balls of your feet you are noticing? Could be metatarsalgia, literally metatarsal: "bones in the balls of your feet" algia: "pain". Metatarsalgia can also lead to neuralgia which is "nerve pain" often felt in the toes. More about this later.

How about sharp sensations just in front of the heel? This is common in plantar fasciitis with and without heel spurs. People experiencing this type of "wake up call" also generally notice their symptoms are worst with their first few steps after getting out of bed in the morning, or after sitting for a while.

Pain at the back of the heel can be a few things depending on a person's age and activity levels. Commonly people may experience achilles tendonitis, which could become tendonosis if it hangs around for a while. Young people who are active and still growing may have "Sever's heel" or calcaneal apophysitis. This is where the growth plate at the back of the heel becomes inflamed.

Pain "inside" or at the front your ankle can indicate that the joint needs to get moving after being "stuck" following a period of inactivity, like after a sprain.

Also, there could be nerves that are "speaking" to us and telling us they need more room to do their job properly. Nerves in many parts of our feet can be entrapped or compressed and when this happens they generally react by sending us sharp, shooting messages, or sometimes numb or tingling signals, or sometimes a combination of these. Sometimes a nerve issue further up the leg occurs and a small foot muscle cannot fully do its job to support us. In these cases we may begin to receive a message from another part of the foot entirely.

These are common ways our feet try to get our attention. Of course, sometimes the cause of our foot's discontent is completely obvious to us, but we still may need a little help deciding what actions would be the most effective and efficient for us to take in order to make our biggest supporters happy (and quiet) again.

Fortunately, there are many people well versed in foot talk even if you haven't mastered what your feet are trying to tell you. Often some simple stretches, a bit of strengthening, or a little support in the form of good shoes or orthotics (either "over the counter" or custom made) can go a long way toward getting our best foot forward. Manual therapy and tape are also helpful as are many "modalities" including ice/heat, ultrasound, acupuncture/IMS, laser, shock wave, and neuromuscular electrical stimulation. The folks at Bragg Creek Physiotherapy, including physiotherapists, a massage therapist and a pedorthist who visits regularly, would be happy to help translate and to provide support as needed to get you and your feet back on the trails.

Let's work together to get you on the right path

Our mission is to facilitate, empower and inspire physical freedom through physical health services, education, and a community of trusted health professionals. We envision a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

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Greater Bragg Creek Trails Association

GBCTA Responds to Alberta Government plan "Optimizing Alberta Parks"

The GBCTA was disappointed to learn that plans are underway to no longer have groomed cross country ski track setting in the Kananaskis Region at Peter Lougheed Park, Mt. Shark and Kananaskis Village Area. The GBCTA was named as one of two cross country ski areas along with the Canmore Nordic Centre that will provide groomed ski trails in Kananaskis Country in the coming year. This announcement reaffirms the strong working relationship the GBCTA has established with the Alberta government, but was made without proper consultation with the GBCTA. Our organization feels that our perspective is of value considering our experiences in the realm of volunteer ski trail grooming.

Recommended solutions to preserve cross country ski trail grooming in Kananaskis Country

1. Alberta Government needs to conduct meaningful public consultation with Albertans before the implementation of any plans announced in "Optimizing Alberta Parks".

2. The GBCTA recommends that groomed cross country ski track setting by Alberta Parks staff continue in the Kananaskis Region at Peter Lougheed Park, Mt. Shark and Kananaskis Village Area. These premier country ski trails are very popular with Albertans and international tourists. The GBCTA

does not believe it is feasible to have a not for profit group handle this work.

3. The GBCTA recommends that Alberta implement reasonably priced user fees to cover the costs of providing recreational services both in Alberta Parks and on public lands. Such user fees are common across Canada and the USA.

4. The GBCTA recommends the funds collected from a new recreational user type fee be used to cover the cost of constructing and maintaining recreational infrastructure on provincial lands (examples include, but are not limited to, trails, parking lots, washrooms, picnic facilities etc). These funds would also support the work by groups like the GBCTA.

Local Skiers Win Top Prize in Provincial Ski Competition

Bravo, Bragg Creek skiers! For the first time in the nine-year history of the Alberta Youth XC Ski Championships (AYC), XC Bragg Creek skiers took home the small club aggregate banner. Our 12 local athletes won a total of 15 top-10 medals in both classic and freestyle races at the March 7 and 8 event. XCBC's relay team came 7th in the official category.

Close to 120 young athletes (U12 and U14) from clubs across Alberta, Saskatchewan and NWT took part in this year's competition on the trails in West Bragg Creek. Conditions were excellent, thanks to Mother Nature and to trail groomers on the weekend: Jeff Hughes, Dave Cebuliak and Bill Hoyne. The club would also like to thank the 60-plus volunteers who stepped up to help at the event with everything from baking to course marshalling to first aid and photography.

Last but not least, huge thanks to our generous donors, listed here in

alphabetical order, without whose help this event would not be possible:

Admaki, Alberta World Cup Academy, Biathlon Canada, Anne Brown (Brownie!), Bragg Creek Foods, Cross Country Alberta, Flora Giesbrecht, International Paralympic Committee, Jackroo, Kicking Horse Coffee, Lifesport, MEC, Nordiq Canada, Salomon, Stone Willow, Swamp Donkey Musical Theatre Society, The Norseman, Two Pine Living, Whiskey Creek Pottery, Zone 4.

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

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Bragg Creek Centre

Dear Community,

It is difficult to know what to say in these uncertain times. Our community and the Community Centre look very different as I write this. Do I tell you about the programs and events that have been postponed or cancelled? Do I tell you about events that are scheduled for the coming months without knowing if they too will be cancelled? One thing I can tell you is that in times like these we see what our community is made of. We are strong, compassionate and kind, ready to help our neighbours without question.

Some community members immediately took to social media with offers to pick up and deliver groceries or supplies to those that are unable, so many so that a local Facebook group "Bragg Creek and Area Community Support" was created specifically for this reason. There are links to forms that can be shared and submitted outside of social media for people requesting help and people offering help. Local restaurants are offering curbside and home delivery services to those practicing social distancing.

Our local grocery store, Bragg Creek Foods is offering grocery delivery service.

The Bragg Creek and Area Chamber of Commerce is keeping an updated listing of local businesses and services that are open on their Facebook page. Please support our local businesses where possible. They are struggling too.

People are posting about free online courses and cultural enrichment opportunities as the school systems try to navigate this impossible task of continuing to offer instruction from afar.

We are banding together in this time of physical separation.

If you are in greater need of support, please reach out to one of the following resources:

Health

- Alberta.ca/COVID19
- Cochrane Addiction & Mental Health: 1.877.652.4700
- Emergency Prescriptions: www.alberta.ca/income-support-how-to-apply.aspx
- Distress Centre (24 hours): 403.266.HELP (4357)

Financial

- Alberta Income Supports (Tue/Thu): 403-932-1033, www.alberta.ca/income-support-how-to-apply.aspx
- Service Canada (EI): canada.ca/EI

Food

- Bragg Creek Foods delivery: 403.949.3747
- Bragg Creek Food Bank: braggcreekcommunitychurch@gmail.com
- Cochrane and RVC Food hamper requests: 403.851.2250
- Meals for Your Freezer: 403.851.2250
- St. Andrews Church lunch to go on Tuesdays (12-1pm): 403-932-2585

If you need help, please call:

- Distress Centre: 403.266.HELP (4357) (24 hours crisis line)
- Resource Centre: 403.851.2250 (Mon-Fri 8:30am-4:30pm)

Current community initiatives on Facebook:

- Bragg Creek and Area Community Support
- Cochrane Covid-19 Volunteers
- Cochrane Online Community Pantry

To donate to the Bragg Creek Food Bank or Crisis Fund:

- www.braggcreekchurch.ca/give Memo "foodbank/crisis fund"
- Food can be dropped off at the Hub 2-1-1 operates 24/7 with referrals to community and social agencies. They also offer chat and online services www.ab.211.ca/.

In case of an emergency call 9-1-1.

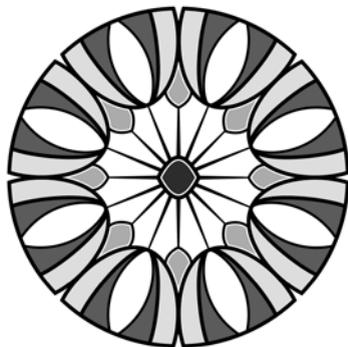
Reach out to friends and neighbours regularly. Relationships are important for our health and well-being. A simple reminder that we are not alone can make the difference to someone.

Although the Centre is closed the staff continue to work so that we are ready to hit the ground running when this is all over. Please feel free to reach out to us at info@braggcreekca.com. We are happy to be of assistance in any way we can. Keep checking our website for updates braggcreekca.com.

I truly hope that as you are reading this life has started to go back to normal. In the instance that it hasn't... We are here for you.

*by Christine Pollard,
Program and Event Manager*

PS: A heartfelt Thank you to all those that offered to help with the BCCA Casino. Although it was cancelled due to mandatory closure, we have learned that we may still benefit from a share of the proceeds.



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2020 Taste Of Bragg Creek Postponed

Due to the ongoing and ever-changing situation with COVID-19 the Taste of Bragg Creek committee and the Bragg Creek & Area Chamber of Commerce have made the difficult decision to POSTPONE the 8th annual Taste of Bragg Creek, previously slated for April 3, 2020. The event will still go ahead on the new date of September 25th, 2020.

We as a committee have put in countless hours of planning this event and do not take this decision lightly. We recognize that hosting a food sampling event for 1000+ attendees in a small community centre setting may pose a health risk to attendees, volunteers and our vendors. We are being proactive in recognizing

that the COVID-19 situation may reach a new level in 22 days which could result in low attendance and vendors choosing to pull out.

At this time, we want to highlight that Bragg Creek and our local business and restaurants are still OPEN FOR BUSINESS. We still need your support in this challenging time, and we encourage you to continue to visit us and recognize our amazing culinary scene. Our local store front vendors are getting on board and offering a range of specials and discounts to encourage people to visit during the month of April.

In September we will do it all again, we will still put on the Taste of Bragg

Creek you have come to expect, as well as focus on our many amazing local vendors with monthly specials and promotions, so it's almost like you are getting a two for one!

We thank you for your continued support and would appreciate any opportunity to feature Taste of Bragg Creek and our culinary month of April in publications and on TV/Radio, so please get in touch.

Mackenzie Walsh, 403-837-1433



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April is National Youth Sport Safety Month!
from Redwood Meadows Emergency Services

Spring is here (we think!) and outdoor sports season starts soon. Help keep your young family members safe with some preparation tips:

- **Protect your lid!** Helmets need to fit properly and be replaced whenever they have physical signs of wear OR have been worn in a physical impact situation.
- **Get checked!** Before playing organized sports, make sure young athletes receive a pre-participation physical exam by a doctor. This can help rule out any potential medical conditions that may place kids at risk.
- **Hydrate!** Bring a water bottle to practice and games. Encourage children

to stay well hydrated by drinking plenty of water before, during and after play.

- **Stretch!** Stretching before practice and games can make a big difference by releasing muscle tension and helping prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.

- **Take a break!** An off-season is important, too. It's recommended that kids get 10 consecutive weeks of rest from any one sport every year. Playing different sports throughout the year is okay!
- **Get certified!** Coaches should be certified in first aid and CPR, learn the signs and symptoms of a concussion and help avoid overuse injury by resting players during practices and games.

Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals
 Location: Snowbirds Chalet
 19 Balsam Ave, Bragg Creek
 Hours: 9.00am -4.00pm
 Clinician: Jill Read-Johnson,
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 Appointment: Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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**Treating A Common Injury!
Achilles Tendonitis**
by Dr. Darren Scarborough
& Dr. Ryan Derochie
Bragg Creek Chiropractic Clinic

Achilles tendonitis is a condition wherein the Achilles tendon, at or near its insertion to the back of the calcaneus (our heel), becomes inflamed and causes pain. The Achilles tendon is one of the longest and strongest tendons in the body. It is avascular, meaning, it has no blood supply and, therefore, is slow to heal as is with all types of tendon injuries. The Achilles tendon is formed in the lower third of the back of the leg on the posterior aspect of the tibia, which is the longer of the two lower leg bones. Two muscles join to form the Achilles tendon: the Gastrocnemius which originates on the back aspect of the femur, and the Soleus which originates on the back aspect of the upper third of the tibia. The Achilles tendon works as an anti-pronator.

What are the common symptoms/complaints?

People with Achilles tendonitis often complain of severe aching or burning pain felt in the back of the heel, which increases with passive dorsiflexion (raising the toes to the ceiling), and resisted plantarflexion (pointing the toes downward), such as rising up onto the toes.

How is it caused?

Over-pronation is the main cause of irritation to the tendon. Risk factors include tight heel cords, foot malalignment deformities, and recent change in footwear or activity. During a normal gait cycle, the upper leg, femur, and the lower leg, tibia, rotate in unison (i.e. inwardly during pronation and externally during supination).

However, when a person over-pronates, this can cause counter rotation of the upper leg and lower leg. The resulting counter rotation of the femur and the tibia causes a shearing force to occur in the Achilles tendon. This counter rotation twists the tendon at its weakest area, namely the Achilles tendon itself, and causes the inflammation. Since the tendon is avascular, once inflammation sets in, it tends to be chronic. Runners and those individuals whom have a tendency to have a forward center of pressure can be predisposed to Achilles tendonitis.

How is it treated?

Relieving the stress is the first course of action. Acute treatment involves ice therapy and activity modification. Active stretching and strengthening exercises will assist rehabilitation of the gastrocnemius-soleus muscle complex. When placed in a heeled shoe, the patient will immediately notice a difference, compared to flat ground. It is recommended that the patient be fitted with orthotics to control the down-and-in movement

of the talus (ankle bone) and maintain proper alignment of the foot, relieving the stress on the Achilles tendon. Tightness in the tendon itself can be helped by an extra heel lift added to the orthotics. The patient can expect a slow recovery over a period of months. Shockwave therapy can also be used to increase the healing of the tendon by increasing the blood flow (neovascularization) to the tissue thereby speeding up the healing time. Until next time...

*Yours in health
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Greater Bragg Creek FireSmart Committee Update

March 1st marked the start of this year's wildfire season. But it also coincided with the outbreak of the coronavirus (COVID-19) in Canada and many other parts of the world - and profound change.

As we are learning, the COVID-19 pandemic requires you and your family to undertake preventive health measures

including physical distancing, thorough hand washing and self-isolation to break the transmission chain. Government action has included declaration of a state of emergency at the time of writing this note, and the recommendation of minimizing contacts in group settings.

Accordingly, the GBC FireSmart Committee is temporarily suspending our activities until the state of emergency has been recinded. This includes Chipper Days and the free RVC-Red Cross flood and fire home inspections. However, we note that the wildfire threats remain in the Bragg area, and encourage residents to continue to FireSmart their properties and visit our Facebook page (GBC FireSmart) for updates. A FireSmart

calendar has been prepared which assists with planning FireSmart work by season - please check it out on our FB page. Spring is a great time for trimming and replanting trees, performing home and yard maintenance, and

cleaning up deadfall. These activities allow us to enjoy the outdoors that make Bragg Creek a special place to live and reduce the wildfire risk.

You may have observed a vegetation management program undertaken on various RVC land parcels in the Hamlet and Elkana over the past few months. The treatment plans which are designed as fire risk mitigation measures had mixed results, with many residents disappointed by work that was performed. The Committee has met with a number of residents to understand their concerns and is communicating those concerns to the County. We commit to encouraging improvements in communication, engagement, and planning with future FireSmart work on RVC lands. The Committee will also continue to pursue its mandate of supporting residents' FireSmart activities and sharing FireSmart information and strategies with homeowners so that they can reduce their own wildfire risk.

With the COVID-19 outbreak leading to many disruptions in our daily lives, we encourage you to stay current with ongoing announcements and developments. Stay safe and healthy!

Your GBC FireSmart Committee



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Give Focus to Faith

by Pastor Dave Zimmerman
www.braggcreekchurch.ca

We really do have a great community. We also have some amazing outdoor spaces. While enjoying them, I think we have all personally experienced navigating through tight trees, rock gardens, over and under obstacles. What's interesting is it only takes a few times of focusing on the rock and then hitting the rock to remember where your attention goes, so your body follows. We live out that timely advice of needing to look where you want to go, not at the obstacle you don't want to hit all the time. And we are experiencing it now in real time in society. There is an "obstacle", "a thing", real and serious, it's almost impossible not to have it in front of you. Every news feed, email, post, there it is in bold letters, starting the conversation with a mild spike of anxiety. When it is front and center, when it is the only thing I focus on, I will run straight into it and experience all of its destructive feed of fear, anxiety, isolation, selfishness, and protectionism. However, I'm tired of it getting my focus, I won't give it power. I won't say its name, I won't allow it to form my emotions as I head into conversation. Please understand I'm not dismissing or diminishing

the seriousness of it, however, it doesn't get to dictate my emotions or conversations or what's truly important in life. And I'm sorry but I will not give voice to something that moves people in the wrong direction. Instead I want to focus on the "things" behind the "thing", give those things voice and attention. I want my focus to be on faith, not fear. Faith in God, faith in our community, faith in the genius of people working hard to provide care and a way through, around, behind this thing. I will give voice to the wonderful life-giving people I am working with in my community. Thank you! Thank you for going beyond to set up the structure of support, compassion and connectivity even in the midst of physical isolation. This is where I want my focus to be. I mentioned in our letter to the church community this past week that as a community of faith, people who look to the life and teachings of Jesus as their example to live, we want to default to "Service over Selfishness" "Preparation over Panic" and "Community amidst Isolation." And this is why I love my community. We've been seeing these attitudes popping up from our businesses, community centers and individuals throughout the community. It is

great to see, it is great to have that to focus on.

There are a couple practical areas we can turn our focus toward. First, please consider being a "Neighborhood Shepherd" make a txt or email group of those on your block. It only needs to be your block. Some of you already have a group which is good, if not, start one up and virtually check in with everyone. Make sure everyone is taken care of.

Know the resources, there is a Bragg Creek Area Community Support FB page that looks to partner needs with people and resources. We also fall under Cochrane's support circle, so there are a lot of resources through them, however both Redwood House and Bragg Creek Community Centre have access to a lot of different resource, information and the local food banks.

If you'd like info or to donate to food bank/crisis fund please reach out.

Until next time, keep well and do good.

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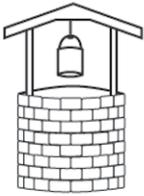
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Reverse Osmosis Membrane/Filters	Membrane, carbon & sediment filters replacement	Annually	Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste
Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years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

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Maintaining Municipal Services during COVID-19 Outbreak: As this situation evolves, we will post ongoing updates with information on how we will maintain municipal services and proceed with work in the County and from our office, facilities or off-site. Foothills County Council and Staff will continue to interact with residents and provide services, community water and wastewater, fire department response and road maintenance. Links to trusted resources for accurate up-to-date information will also be shared on our website.

In recent years, we have gained experience from dealing with emergencies of flood, fire and storms. In this case, we are watching daily to consider our next steps. We are learning from other countries about what they wish they would have done sooner to flatten the curve of the corona virus outbreak. Foothills County is responding to Alberta Health Services' guidance on COVID-19, with a focus on protecting people's health, keeping essential services flowing and business and supply chains open. We are allowing the opportunity for staff to work remotely when possible. At this time, we have implemented closure of recreation facilities and some county buildings to the public, while staff remain on to keep up maintenance. We are considering closing our office to the public. Please check for updates.

While we hope these collective measures will provide a different outcome than other countries ahead of us on the timeline, we remain optimistic in our resiliency. Many suggestions are being shared about supporting organizations facing loss of business or people facing illness. Let's be creative in our ideas on how to support each other. We are grateful for those who are acting to keep others safe during this uncertain time.

Some thoughts for consideration: stay informed in order to make best decisions and keep perspective on actual information coming out of Alberta, guard your sleep, make healthy diet and life

choices to keep your immune system charged-up, consider a positive approach to help you manage, protect yourself and others (especially health-vulnerable people) by your choices to not share your company in person, reach out to others for support – just not in person as much, at this time. We can all play a role to reduce the risk and prevent the spread of this virus.

Updates to Foothills County status will be placed on our website: <https://mdfoothills.com>

If you need information about your file or project, please contact Foothills County: General Phone: 403.652.2341

Email your Foothills County staff directly. Questions regarding Foothills County Emergency Management: 403.603.3557 After hours emergencies regarding Public Works services: 1.888.808.3722

Volunteer Firefighters needed: Foothills County is looking for Volunteer Firefighters to serve the Priddis area and other areas in the County. If you are interested, please contact our Fire Chief: Rick.Saulnier@FoothillsCountyAB.ca

Finalizing this year's Budget, now that we have provincial numbers: Our Council has committed to a zero-increase budget with no decrease to service levels, at least as far as the County is concerned. We are facing losses and changes including new policing costs, an education tax increase, Calgary Metro Region Board costs, inter-municipal planning costs, oil and gas industry defaults and revenue loss, changes to industrial assessments, and reductions in some grants. The additional policing and education amounts are Provincial tax increases which will have to be passed on to residents, as there's no way around it. On the

upcoming property tax notices, we want residents to know what you're paying, so we will clearly identify all the expenses being charged by the Province, separated out from what's being charged by the County. Regarding these Provincial numbers, we also get it, that we need to deal with the mega-debt (left to us by the previous government), deficit, and learning how to run this province in all economic times. We recently heard some good news, in March, that Alberta Education is spending money in Foothills County on the refurbishment of the Blackie School project, a very welcome surprise.

Save the Date (maybe): This may be dreaming, but the County and special guests were planning to hold an event??? Just in case the world is in a different place by May, we would like to bring in the experts and hold an info session and discussion on May 11, 2020, about "living with wildlife, with a focus on elk". Look for the May edition of this HCN publication where I will confirm whether the event is a go or not. If the May date does not work out, we will reschedule later in the year, since this topic is of interest to many people.

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

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The Priddis Hall: Closed to regularly scheduled events, waiting further notice from the County.

Parent & Tot Playgroup: Group not running until facilitator found! We are looking for someone to take over the coordination of this monthly event. There is not a huge commitment involved: opening up the hall, set-up the toys and play area, and take down.

The drop-in playgroup will be postponed until further notice. No fee is charged to attend. 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. Please contact priddiyoungfamilies@gmail.com. This event is also listed on the PCA website, www.priddisalberta.com.

Priddis Garage Sale: It's never too early to start cleaning out those closets! The annual Priddis Garage Sale is on Saturday, May 9, from 9am to 12pm. Donations

may be dropped off at the hall on Friday, May 8 from 10am to 8pm. We can only accept clean items in good working order. Please do not drop off box springs, mattresses, old encyclopedias or Reader's Digest condensed books. We do not want computers or monitors more than 4 years old, and no TVs 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: 3rd Annual Fundraiser in Support of Wings of Hope Breast Cancer Foundation. An inspiring morning of live music and calming yoga at the beautiful Priddis Greens Golf & Country Club. Mark your calendar for this fun yoga fundraising event on Saturday, June 20 from 9am - Noon. Participant registration is \$40. Bring only a yoga mat. There will be a silent auction and food served. Ticket sales start in March.

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. Register now: www.brownpapertickets.com

Priddis Early Learning Program - PELP: The Open House for new registrants was in February. The 4yr class is FULL for 2020/2021. A few spaces are still available in the 3yr class. Please check out the website or email for more information. pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration

Priddis Time Capsule: In July 1967, Priddis residents decided to commemorate Canada's Centennial with a time capsule. Three young boys from the community were chosen as stewards, being 3rd generation residents of the Priddis area. On the 50th anniversary, an official ceremony was held at the 2017 Stampede Breakfast, and two of the three stewards were available to open the time capsule, Scott Stewart and Kevin Stanton. Close to 1,000 people were in attendance that day, including Lt.-Gov. Lois Mitchell.

The PCA will be holding another Time Capsule Ceremony at the 2020 Stampede Breakfast on July 5th. If you are interested in helping to coordinate details of the ceremony, selecting stewards, items to be placed in the capsule, etc. please contact priddissecretary@gmail.com

Booking the Hall: To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check 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
- www.facebook.com/Priddismoms

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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Longview Library

Due to Covid-19 concerns, the library is closed til further notice. Please use the Overdrive/Libby app to borrow materials online.

Happy and comedic literature have always been equated with lightweight reading, and of very little literary merit. Jojo Moyes disagrees strongly, and has made a list of books that she feels are both funny and of literary merit. Here are 3 of them.

- *Paradise Lodge*, by Nina Stibb
- *Priestdaddy* by Patricia Lockwood
- *Pride and Prejudice* by Jane Austen.

15 books are becoming movies in 2020. Here are some of them.

- *The Secret Garden* by Frances Hodgson
- *Greyhound*, with Tom Hanks
- *Rebecca* by Daphne du Maurier (1933) for Netflix
- *The Personal History of David Copperfield*, starring Dev Petal

It has been suggested that reading classic novels helps remedy symptoms of depression more than reading self-help books. A good book is a more effective mood lifter than chocolate, alcohol, a shopping spree or Prozac, with no side effects. Reading influences the way we process our emotions.

New books in are *Pink Princess Tea Parties* by Barbara Beery, *How To Clean Your House: And Tidy Up Your Life* by Lynsey Crombie

Good Reads:

- *The Silent Patient* by Alex Michaelides is a debut novel that is a psychological thriller. It is a chilling read with twists and turns and is beautifully written. Michaelides has a screenwriting degree from the American Film Institute in Los Angeles.
- *The Last Train to London*, by Meg Waite Clayton is a novel set in Pre World War 11. It is based on the true story of Kindertransport, the rescue of ten thousand children from Nazi occupied Europe. Truus Wijmuller, a young Dutchwoman, organizes and oversees the operation. The story is about their perils and close calls they have.

Happy Reading!
Sylvia Binkley, sliv@telus.net



“Do we have a crowbar?” : this question came from a Millarville schoolgirl as she helped take apart a chainsaw last month. Over 60 girls and boys from several grades came into our little Millarville Community Library over several days to take apart a variety of machines in the Deconstruction Lab that our inveterate librarian Natasha Grusendorf organized. Three big boxes

held parts from non-functioning items as disparate as sewing machines and CD players. These parts will be used in an art class in our adjoining Millarville Community School and the art will be displayed on our library shelves and walls later this spring.

Our library walls have been displaying a series of local art work this year and the latest has a unique story. When a Calgary artist from the Leighton Centre, Norma Barsness, shared her paintings of local places, the grade Twos came to examine them. Their teacher Stephanie Boucher provided each student a little canvas and paints with which to paint their own ideas of mountains and meadows inspired by their “field trip” to the library. When

they sent a photo of their paintings which had been hung in the library, Norma came out to view them and brought her paints and easel. The conversation was lively as she painted a picture from their suggestions. It was “magic” as her blank canvas became a tree on a hillside with a sunset. One child’s comment summed up their reaction: “I just think it’s awesome.” Then they named the painting as “The Forest of Life, Light ,and Magic.” And the children will carry Norma’s words “ Each piece of art is unique” as they express themselves once more with acrylics and brushes on canvas. Our library walls will change again when their paintings are completed.



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Run To The Farmers' Market Info

It's going to be another beautiful morning of point-to-point running, Saturday, June 20, 2020, starting in Black Diamond, wending our way through the beautiful Foothills of the Rockies and finally finishing at the 38th season opening day of the Millarville Farmers' Market, only 35 minutes southwest of Calgary.

Invite friends and family to meet you at the finish line, then spend the rest of the morning enjoying the food, music and shopping of southern Alberta's largest outdoor market.

The day consists of a half marathon, a two-person half marathon relay (legs of 9 KM and 12.1 KM) and the delicious COBS Cinnamon Bun Run 8-Miler (12.8 KM) with its "Bunner" and "Runner" categories.

Our 3 KM Family Trail Fun Run/Walk, entirely on the forested grounds of the Ag Society, is back once again BUT we

may announce a longer version of this trail race shortly. Stay tuned for that.

Details and Registration are at www.millarvillehalfmarathon.com.

Be sure to "like" us on Facebook or follow us on Twitter and Instagram for regular updates.

Become a volunteer for the Millarville "Run To The Farmers' Market" Half Marathon by e-mailing millarvillefarmershalf@gmail.com

*Rick Charlton, Race Director
Millarville Racing & Agricultural Society
millarvillefarmershalf@gmail.com*

Millarville-Stockland 4-H Beef Club

The Millarville Stockland 4-H Club has been very busy so far this year. We had a Christmas party back in December and celebrated with a lock room trailer and a Secret Santa gift exchange. In the lock room, we played boys versus girls to see which team could get out the fastest! The girls beat us by a long shot however everyone had a great time!

We had a busy 4-H weekend January 25 and 26. On Saturday January 25, some of our members attended the Regional Curling day in High River. I had never curled before so I was excited to learn a new sport. I got to meet lots of other members from around the region and attended a public speaking workshop when I wasn't on the ice. It was a lot of fun and I got some great tips for writing my speech. I look forward to curling again next year!

On Sunday January 26 at the Millarville Race Track some of the sheep members and all of the beef members got together for a showmanship workshop. The beef kids got to lead their steers and the sheep kids who attended got to try their hand at leading the big beef animals. I got a chance to lead a really nice heifer named Gabriella and got an introduction to using a show stick, something I don't use in the sheep project. The beef members will continue to meet with their projects to work on their showmanship skills and I am excited to start working with my lambs!

The Millarville club level public speaking was held on February 2 at the Millarville Race Track Hall. It was

a very full morning of speeches and all of the members had great topics and wonderful delivery. This was only my second time giving a speech and I was just as nervous this year! However, I got to speak in a "speak off" for the alternate for the juniors in my club! The winners were: Junior: Maddie Watkins, Tessa Ackermann, alternate Tori Ackermann Intermediate: Jessie Blatz, Justin Watkins, alternate Tanner Watkins and Senior: Clara Blatz, Sage Runge we only had two seniors speaking.

At the end of February I picked out my new ewe lamb and market lamb. There

were a lot of lambs in the pen to choose from but I picked out 2 great lambs that I am excited to work with. My market lamb's name is Donald and my ewe lamb is Bo. I can't wait to show them both at Achievement Day and see all the other sheep projects in my club.

Our year has been great so far and I am looking forward to spending more time with my new lambs, learning more showmanship and grooming skills and spending more time with my fellow 4-Hers.

by Blade Bell, Club Reporter

VALE'S GREENHOUSE

CONTAINER PLANTING SEMINARS

Saturday, April 18	1:00 - 4:00
Friday April 24	1:00 - 4:00
Saturday April 25	9:00 - 12:00
Saturday, April 25	1:00 - 4:00
Sunday, April 25	1:00 - 4:00

For more information check our web site

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Upcoming Events and Programs:

Easter Services at RDLUC

You are invited to attend any of our Easter Services, including

- Maundy Thursday on Thursday, April 9 at 7pm
- Good Friday on Friday, April 10 at 10:30am
- Easter Sunday, April 12 – a sunrise service at 7:30am and a traditional service at 10:30am.

How to Navigate the Caregiver Journey

Saturday, April 18, 10am – 2:30pm

10am – 12pm: Navigating the Caregiver Journey

1:00 - 2:30pm: Compassion Fatigue: How to Recognize and Prevent It

Welcome to a day of free seminars for anyone who is caring for a person with physical or mental challenges (or who might be in the future). Experts from the Alzheimer Society of Calgary and Alberta Health Services will share advice of interest to family caregivers, as well as social workers and health care professionals. Lunch will be provided. Please RSVP at info@redeerlakeuc.com or call (403) 256-3181 for more information.

On The Edge Concert Series

John Reischman and the Jaybirds
Friday, May 1, 2020 at 7:30pm
Bluegrass & Gospel

John Reischman is one of the world's undisputed masters of the mandolin, and along with his four other 'Jaybirds' from BC, Spokane, and LA, leads a world-class bluegrass band, with several acclaimed albums and two Juno nominations. The Jaybirds are simultaneously innovative and sophisticated, happily old-fashioned and contemporary. Doors open at 6pm and a light supper will be available for

purchase. Concert tickets are \$25 and available at redeerlakeuc.com/tickets.

Getting to Know Us

Join us for a few Sundays at 10:30am to get a sense of what it is we're about. Come early or stay after the service on Sunday – there's always coffee and community to be enjoyed. This is a safe place to explore faith and spirituality, even if you have doubts or questions. We promise to be friendly and kind.

For more information, please contact us at 403.256.3181 or office@redeerlakeuc.com
Reddeerlakeuc.com

Sun services start: 10:30am



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TURNER VALLEY & BLACK DIAMOND News

Hello Diamond Valley. Well we received our usual dump of snow in March and some cold days as well. The world has also been a crazy place lately and at the time of writing I hope things have now levelled off to a more even place. So with this in mind here's what's going on in our community this month, **but it's a good idea to check first just to make sure events and meetings are still taking place before heading out, information will still be changing at the time of publication.**

March 19 was the first day of Spring, and many of us turned our thoughts to gardening season. Some of us have already started our tomatoes and peppers indoors, and it's not a bad idea to be more self sufficient and try to grow our own vegetables. Please visit **Diamond Valley Community Garden** on Facebook to find out more about renting a bed in the Garden. The beds are 20" raised and 16' by 4', and the Garden is located in Black Diamond in the field at the east end of 2nd Avenue N.W.. I had the pleasure of having a bed there before I planted my own garden. We had BBQs and fundraisers, and plant sales, and people took care of one another's beds when they were on holidays. Super good experience for me.

The Valley Neighbours Club in Turner Valley has a long-standing **Gardening Club**. Please contact them through their website contact info to see if events are still occurring at valleyneighboursclub.com. And the **Foothills Horticultural Club** info can be found on Facebook.

Cleaning up the garden and yard? The **Transfer Station** (north of the Black Diamond bridge) is open for business and will accept branches, leaves, grass clippings and the like. They use the material for mulch around our parks and school's trees. From April 15-November 15, the hours are 10-4 on Mondays,

Tuesdays, Fridays, and Saturdays. From November 16 - April 14 they cut it down to Fridays and Saturdays. And the **Recycle Centre** in Turner Valley has loads of ideas for composting and saving water, check them out beside the Fire Hall.

Fishing season started April 1st. Alberta stocks many of their lakes, and trout is a common catch. You will need a fishing license and to learn about bait restrictions and limits on sizes and amounts of fish allowed. You can find out all you need to know about where to go and what to do on albertaregulations.ca.

The **Trade and Lifestyle Expo** in Okotoks coming up in May. This show has over 250 exhibits ranging from home-based businesses to products and services offered at retail stores. The show offers guest presentations, specials, live demos, and food bank donations are welcome. They offer attractions for all ages and interests. It will be held at the Okotoks Rec. Centre from 4:30-8:30 on Friday, May 8, and from 10-4 on Saturday, May 9, and the address is 99 Okotoks Drive. For more information, vendor info, and tickets, visit Okotokschamber.ca/2020tradeshaw. Admission is \$3 or \$5 for a family of four.

Easter is around the corner. Our local churches welcome you to their **Easter Services**. United Church in Turner Valley has their Sunday Service, April 12 at 10 am. They also are having a Communion Pot Luck on April 10 at 5:30, call 933-4114 for more info. St. George's Anglican Church in Turner Valley has their Sunday service at 9:15 am. The Black Diamond Gospel Church has two Sunday services, at 9 and 11 am. And St. Michael's Catholic Church in Black Diamond has Easter Mass on Good Friday, April 10 at 3 pm, and on Easter Sunday at 9 and 11 am.

It is that fun time of year again, **Tax Time**, and our towns can help ease the pain with a walk-in tax preparation clinic on April 16. This clinic is for residents of the area with income below \$30K for singles and \$40K for couples. Only straightforward tax returns are eligible, as the service does not cover returns for farming, rental, bankrupt, or deceased people. The required forms can be picked up at either town office beforehand. The Clinic will

be held at the Sheep River Library on the 16th from 10-12 and again from 1-3, and thanks to the volunteers who make it easy for us!

Seniors, you may qualify for a property tax deferral. The Alberta Government allows eligible seniors to defer part or all of their annual residential property tax 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, visit SeniorsPTDp.alberta.ca. Seniors may also get help with covering the cost of basic dental and optical services. You must be 65 or over, and an Alberta and Canadian citizen, and have an income within the program's limits. For more information, go to alberta.ca/dental-optical-assistance-seniors.

The **Foothills Hospice Society** is a special place in the countryside, for end-of-life journeys. They hold fundraisers throughout the year. On Sunday, May 3, they are proud to host Hike for Hospice Foothills 2020. Get sponsors and Hike for Hospice. Festivities start at 1 pm with the Hike at 2 pm, and there will be a Celebration and BBQ to follow. Register online at countryhospice.org, and to find out more.

Our very own **Beneath the Arch** presents **Kirchen, Cox, & McRae** on April 25. With decades of experience, they are also set to perform at this year's Vancouver Folk Music Festival. For tickets, visit beneaththearch.ca. Performances are held at the Flare and Derrick in Turner Valley. On the Edge Concert Series presents **John Reischman and the Jaybirds** on May 1. John is a mandolin master and they play a mix of bluegrass, blues, and gospel, and are Juno nominees. This show will be held at the beautiful Red Deer Lake Church, for tickets, go to reddeerlakeuc.com.

For a more classical experience, **Foothills Philharmonic and Chamber Chorus** presents **Journeys, Music for the Journey of Life** on April 17. Kids under 12 are free. All these concerts are extremely reasonable, and also offer season's tickets, and provide scholarships for youth as well. Visit foothillsphilharmonic.com for tickets, and this show will be at Okotoks Alliance Church. The **Gift of**

Music Concert Series presents Young Musicians Extraordinaire on April 25 at the High River United Church. Anna Stube is just 13 years old and is a seasoned violinist with numerous awards and international performances under her belt. She is accompanied by young Cynthia Gan, a two-time RCM Gold Medal Winner as well as an accomplished pianist and creative writer. Go to highrivergiftofmusic.com for tickets.

Yeehaw, it's **Rodeo Time** in Alberta! April's lineup includes Tofield, AB, on the 11th, Camrose April 24-26, and Crowsnest Pass (Coleman) on the 24-26 as well. The tradition of Rodeo is a part of a tradition handed down to us from our

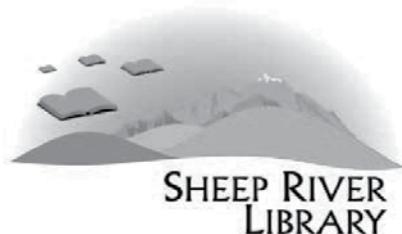
pioneering forefathers who developed the various events and evolved them into competitions of individuals and animals competing against their neighbouring ranches. The tradition is more refined today and continues to be proactive in the handling of their rodeo livestock. The Canadian Pro Rodeo Association holds Rodeos throughout the summer. For more information, visit rodeocanada.com.

Can you believe our annual **Parade Day/Discovery Days** weekend is approaching? Volunteers are the mainstay of this annual tradition. If you can help out for a few hours with kid's activities, traffic control, and a host of other positions, you would join a team of fun and

dedicated volunteers who would really appreciate your help. Get into the spirit of volunteering and have a great time helping out! To find out about volunteer opportunities for the Discovery Days Weekend, please call either Town Office or drop in. Black Diamond's number is 933-4348 and Turner Valley's is 933-4944.

If you have any events happening in the month of May, please email me at elaine.w@telus.net. We love to hear from not for profit organizations and individuals. The deadline for this issue is April 15.

Happy Spring!
Elaine Wansleben



Going viral

By the time you read this, the library will have been closed for two weeks and is not anticipating opening before April 14. The situation is very fluid right now with changes being made by Marigold Library System and TRAC on a daily basis. The best place to get information on what services you do have access to is our Facebook Page and Website (sheepriverlibrary.ca). You can also call the library at 403-933-3278. We will have staff in the building from 10 am to 4 pm Monday to Friday to assist you.

If you have an item on hold, you can call the library and we will check it out to you. When you arrive at the library, please come to the back door and either call to say you are here or knock loudly and we will hand the item to you.

For those who are self-isolating, this is probably the best time to dive into our e-resources. To access these resources, go to our webpage and click on the e-resource button located at the top on the right-hand side. You will find newspapers including the *Calgary Herald* in Press Reader; magazines in RB Digital and Flipster. E-books and audiobooks are available through Overdrive and the Cloud Library. Most of these will have a tutorial available to help you learn how to use them. The resource called Niche Academy also contains tutorials on how to get these working for you. Niche Academy also has videos on how to use programs such as Word and Excel. If you have any problems, please call the library and Gita, who is our resident e-resource expert, will walk you through it.

We are hoping that our patrons can still place holds on items in our library but as I write this, it would seem there is a problem somewhere in the system for placing holds. Marigold is looking into it, so as I said before, check our Facebook and website pages for updates.

As librarians we are always concerned that the information people are searching for is accurate, authentic and current.

Make sure that any information you are getting about the virus is correct. Any of the following websites will provide factual and useful information:

Government of Canada: COVID-19 outbreak update: ow.ly/pz5N50yL8mx

- Government of Canada: Travel advisories - ow.ly/eINH50yL8my
- Alberta Health Services: Novel coronavirus ow.ly/Ebza50yL8mv
- Government of Alberta: Coronavirus info for Albertans - ow.ly/77jn50yL8mw

Please stay safe during this time and know that we miss having you in library. On a day like today, when the lights are off, and no one is here it is a stark contrast to the normally busy and sometimes loud hub of activity we usually are. We miss the pounding Zumba music, the pre-schools kids singing their lungs out, the poets, the songwriters, the quilters, the scrabble players, the book club devotees, our precious volunteers and all the local community groups who make use of our facility. You are the heart and soul of our library and it feels very empty without you here. So, please practice all safety measures so that we can get through this and get back to normal as soon as possible.



Due to covid 19 the Millarville Horticultural Club is cancelling meetings until further notice. We hope everyone is healthy and able to keep busy with their gardening.



There are lots of upcoming events at Square Butte Community Hall this spring. Get your calendars out and check these dates.

A Concert with Murfitt & Main on Friday, April 24th at 7:00 PM

Tickets are \$20 per person and include a Pulled Pork lunch at intermission with a Cash Bar

Kate Main and Warren Murfitt have been creating music together for well over a decade. Kate impresses on vocals and upright bass while Warren dazzles on vocals and guitar. They are joined by long time band mates Matt Kennedy on mandolin, Chris Dawson-Murphy on banjo and special guest, Bob Hamilton on steel guitar. Murfitt & Main have just released their third album, "A Little Bit Gone", a collection of bluesy cheek, hymns to fallen family, stories of travelling

and songs of the Prairies. Their Alberta visit will be very short so don't miss out.

The \$20 Tickets for this exciting concert can be purchased or reserved at sq.butte.comm.assoc@gmail.com.

Wine Tasting Event at Square Butte Hall on May 9th at 6:30 PM

Join us for an evening of fine wines and charcuterie. Presented by well known sommelier, Sarah Harrold of Valley Liquor. Tickets include a welcome drink and tastings of 3 Canadian red wines and 3 Canadian white wines.

Tickets are \$30 for members and \$35 for non members. (Membership is \$20 per family per year or \$10 for individuals). Wine Tasting Tickets are extremely limited as we will only seat 50 people for this event. Therefore, the tickets tend to sell out fast. Tickets must be purchased by May 1st and can be paid for or reserved at sq.butt.comm.assoc@gmail.com. For more information, please contact Shanna at 403 931 2193.

Due to the ever-unfolding coronavirus situation, please check with the community association to confirm events closer to the dates as many may be postponed or cancelled.



ASCCA Closed To Public Until Further Notice, Effective March 27, 2020

To our volunteers, donors and neighbours:

It is with heavy hearts that we have made the decision to close the Ann & Sandy Cross Conservation Area to the public until further notice.

We have made this decision in regard to a press release that has been sent out by Alberta Environment and Parks informing us that effective today, March 27, vehicle access is temporarily suspended at access points to Alberta's provincial parks and recreation areas.

"The restrictions are in place to help stop the spread of the COVID-19 virus and are the same restrictions that are currently in place at national parks.

Now is not the time to visit our provincial parks or recreation areas. If you have plans to visit one of these areas in the coming days, please cancel your plans."

(Read the full press release here: www.albertaparks.ca/albertaparksca/news-events/alberta-environment-and-parks-response-to-covid-19/)

We understand that this news is disheartening to all who have enjoyed visiting the ASCCA up until this point, however we feel that this is the right decision in doing our part to limit the spread of COVID-19 as much as possible.

We would also like to extend our sincere gratitude to everyone who has supported the Cross Conservation Area and hope to open as soon as the health and safety risk posed by COVID-19 has been reduced, based on recommendations from the government and health experts. While the ASCCA is closed, we encourage all of our volunteers, donors and neighbours to continue to enjoy spending time in nature, close to home.

If you have any questions about the closure, please direct them to Greg Shyba, ASCCA CEO, at gshyba@crossconservation.org or 403.612.5526.



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To Be Or Not To Be Equal

One of the important things to consider when completing your estate planning is the reduction of issues. Key to this is a valid will (“Will”) with provisions that are easily accepted and administered. I want to deal with “easily accepted” in this article.

Some Issues to Avoid: Some recent advisors have suggested that when planning the ultimate disposition of your estate to your family members, you consider if a “fair” but unequal division of your assets is preferable to an equal division. This writer suggests that doing this not be “easily accepted” and may create difficulties. Let me explain.

In some 30 years of assisting clients in the administration of estate assets when a family member passes, I have experienced fewer issues when equal division is set out in the Will. You might ask why.

Why an Unequal Division May Seem “Fair”: You may wonder why one would do anything but an equal division of your assets to your children upon your death. The most common answer heard by the writer is that one child may have better financial resources than the other. Another answer is health or other disability issues that increase financial need. The latter may be more easily accepted by other family members than the former. Why does it matter?

The Issues: To understand why you need to be concerned how your assets are to be divided, you need to understand what can happen if someone is unhappy with your plan for division of your assets on your death. While you might think that it is your decision how your assets are to be divided, consider the issues you may be creating in your Will.

The most serious issue is a court challenge to your Will. Those that feel they are entitled to your assets or more of your assets than you provided for them in your Will, may claim, among other things, that you were not capable when you signed your Will, that the Will does not carry out your instructions, or that you were under some improper influence when you gave instructions for the Will. A court challenge results in significant cost and delay, as well as conflict among family members.

The most common unintended result is creation of a rift between family members. Even if the matter is not elevated to a court challenge, there can be hard feelings between or among family members

when some are given less than others. This can sever family ties for many years and sometimes indefinitely. Delay in completing administration and the release of estate, and additional cost may also result. Do you want to leave this legacy for your children?

The Options: This writer is of the opinion that an equal division in the Will is best. Often an unequal division in the Will is the spark that starts a major disagreement and severs family ties. Disputes over “money” are far too common in estate administration. Whatever the cause, even when parents have stipulated that their children will not have difficulties with the choices they may make in their Will, children can surprisingly respond to a parent’s death with disagreement over the administration of the estate. Unexpected emotional responses can occur about what the Will says.

However, it is acknowledged that there may be circumstances where it may be fair that one child should receive more than the others. This writer suggests that the Will may not be the best manner in which to address this. There are many emotional issues that can arise following your death and often manifest in disputes about the distribution of your estate.

The Most Common Approaches: The first step in reducing any potential for disagreement on the administration of your estate is to communicate your plans to your children and obtain their approval of your plans. Be open with them.

Even if there appears to be acceptance of an unequal division, especially when due to unequal financial resources, be cautious.

Where one child has already received gratuitous funds from parents, there are ways to be fair but equal without requiring a child to repay any gift you may have made to them during your lifetime. There are several options:

a. Your Will: There is a concept called “hotchpot” you can use in your Will. This does not require direct repayment of debts, but the debt is included in the final accounting so that all children eventually receive equal amounts taking into account amounts received by them during your lifetime.

b. During Your Lifetime: If during your lifetime you are able to do so, pay to the other children amounts to equal the funds paid to any other child. Then provide for an equal division in your Will.

In many ways equal division assists in easier administration of your estate and as the Will is more easily accepted in that case, and administered without challenge. You avoid the suspicion that one child is favoured over any other.

Summary: There are many other considerations to avoid issues in the administration of your estate on your death. Having a well drafted Will is the first and best consideration. Providing for those who may expect to benefit from your Will, in a manner they perceive to be fair, is by far the next best manner to do so.

While you want to be fair to those who may expect to benefit from your Will, keep in mind that many potential beneficiaries equate “fair” with equal and not unequal. Keep this in mind when you give instructions for your Will.

by Sylvia Carruthers

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Chaulk Talk

By Wayne Chaulk, Real Estate Agent

The Importance of Staging in Today's Real Estate Market

I am giving the "stage" this month to my wife, Denise, who is our team's in-house stager. I think you will find her insights and thoughts of interest if you are thinking about bringing your home to market.

"Staging a home in today's real estate market has become an important consideration when presenting one's home to potential buyers. Buyers aren't just looking for a structure to inhabit – they're looking to fulfill their dreams and improve their lifestyles. Staging helps sell those dreams and creates a more emotional purchase that can generate more money for the seller.

Most buyers begin their home search on-line and true to form, "pictures speak a thousand words" in their initial choice to visit your home or not. Therefore, the way that a home looks through the

eye of the camera and then on-line is of critical importance. And once buyers have selected homes that they want to visit, they will often know within the first few seconds of entering a home if it is a stronger contender.

Our years of experience show that on average a staged home sells much faster and for more money than ones that are not staged. The exception to that can be those homes that are already beautifully appointed, designed and tastefully furnished by their owners.

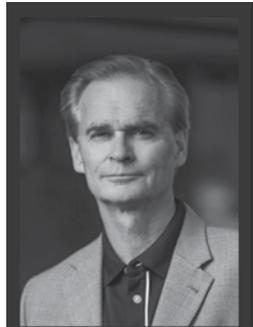
Stagers can and often do use a client's existing furnishings and accessories but may suggest that some pieces are moved around or removed altogether and stored to create balance and space. They will also let the client know what they need to be undertaken in the way of de-cluttering, cleaning and possible "fixes" ahead of the actual stage such as painting, repairs, new light fixtures etc. The stager will then supplement the owner's furnishings and accessories with pieces that give colour, texture and focus. When staging one needs to be focused on appealing to a broad audience and taking away as many objections as possible.

For some buyers, staging can help them conceptualize better how they will plan out their own furniture. It is also true that staging lets a seller show the usefulness of a strangely shaped room by demonstrating a different use or layout of that room.

There are some companies now that offer virtual staging where they will add furniture electronically to your photos if the property is vacant or sparsely furnished. There is a caution to going this route though because while the photos may look great online, the buyer could get to the house and feel disappointed seeing an empty home.

To summarize, staging a home is just that – it's presenting your home on a stage so that it showcases your property to as many potential buyers as possible but also bearing in mind the probable demographic that will be drawn to your area. A staged home creates a compelling first impression by highlighting its best features and creating a welcoming atmosphere that causes a potential buyer to linger and imagine themselves living there."

by Denise Chaulk



WAYNE CHAULK

BCOMM., REALTOR[®]
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Judas and Peter by Andrea Kidd



“Why does Jesus insist on going to Jerusalem?” asked Peter, “They’re going to kill him!”

“Remember?” Judas replied. “He told us the time has come for him to be glorified. Don’t you see, Peter? It’s God’s appointed time! Jesus is going to lead us into a new era. The Romans will be overthrown. Israel will be back in God’s hands and we, Peter, are the privileged ones. We’ll be right beside him, fighting for freedom and bringing God’s rule into this, his Holy Land!”

“But,” said Peter, “If he’s killed in Jerusalem, if those Chief Priests and Pharisees get their hands on him, how he can be the king of God’s kingdom?”

Judas raised his hands in excitement, “You saw how he walked right through that crowd that was going to throw him off the cliff. You saw the Jews at the temple pick up stones, determined to kill him, and he just walked away. Don’t worry, Peter! Nothing and no one can stand in his way.”

“But what is his way?” countered Peter. “When I protested against him dying, he was angry, told me to get away. I just don’t understand.”

“Well, I do!” said Judas. “He has decided now is the time for the final showdown; the last confrontation between him and the authorities. Peter, Jesus is powerful in a way no one has ever seen before. They can’t even trap him with words. All his opponents will fall away. Either, they will be scattered powerless, or, they will take up anything they can find to wave as flags at his triumphal procession. And, Peter, we will have prime places of honour!”

Peter, thoughtful, had no answer.

“He told us to get swords,” Judas reminded Peter, “Go and get yours. You have your part to play in this and I have mine.”

Later, the twelve disciples walked the dusty road to Jerusalem, found an upstairs room and prepared it for the Passover Feast. They were surprised when Jesus took a towel and a bowl of water and began washing their feet.

“Shh,” said Judas to Peter, “He’s cleansing us, making us ready for the kingdom. Trust him, Peter!”

“I wish I knew how all this is going to end. I trust Him, I do! But why wash our feet? Why keep talking about death and leaving us? Aren’t we going with him to rule the kingdom?”

“You’ll see, Peter! At the last moment, when all seems hopeless, he’ll confound all our enemies, rise to take command, as the great leader he is, and then, all the people - they love him, Peter - they’ll rise up, strong under his leadership, and the sheer numbers will strike fear in every Roman’s heart. I reckon we’ll flee to the hills and set up headquarters there. I’ve been putting money aside for our expenses.”

“You have such a practical mind, Judas. No wonder Jesus called you to be one of the twelve.”

“We’ll need a substantial amount of money to set up our new government, Peter, but I have a plan. I can get enough to get us started.”

“Listen, what’s Jesus saying now... one of us will betray him?” John was between Peter and Jesus at the table, so Peter nudged John and said, “Ask him who it is.”

Jesus and Judas dipped their bread into the bowl at the same time.

Jesus, troubled, looked full into Judas’ eyes and said, “Go quickly. Do what you must do.”

Obediently, Judas left.

After supper, Jesus and eleven of his disciples were resting in the Olive Grove when Judas came back with temple officials and soldiers who arrested him. All the disciples realized Jesus was condemned, deserted him and fled.

Judas and Peter ran in different directions.

Judas, blinded by tears, ran straight to the temple. Gut-wrenching sobs tried to expel his crushed belief in himself, hopelessness drove him to panic. “What have I done?” he accused himself, “I have thrown his love away! I have stabbed him in the back. He is goodness itself, pure and beautiful. What was I thinking?”

“I’ve done wrong. Here’s your money back,” he said to the chief priests in the temple. “I have betrayed innocent blood!”

“What is that to us?” they replied. “That’s your responsibility.”

Judas flung the coins into the temple, left and committed suicide.

Peter, distraught and confused, ran to the courtyard of the High Priest’s house and lingered there as the trumped-up court proceedings took place. Scared of the way events were unfolding, he vehemently denied that he even knew Jesus. A rooster crowed and Peter remembered Jesus’ words, “Before the rooster crows,

you will disown me three times.” He went out and wept bitterly. “What have I done?” he accused himself, “I have thrown his love away! I have stabbed him in the back. He is goodness itself, pure and beautiful. What was I thinking of?”

But, several days later Peter ate breakfast with Jesus on a beach at Lake Galilee and learned that Jesus’ love for him had not depended upon his efforts or even his faithfulness. Jesus’ love and trust in Peter had never waned. Peter discovered that nothing is able to separate us from the love of God that is in Christ Jesus.

Based on scripture passages Matthew 27:3-5, Luke 4:30, 22:36, John 10:39, 12:23 and chapters 13, 18 & 21 and Romans 8:39.

Illustration by Russ Rodman



Mortgage Matters

By Candace Perko, Mortgage Broker

**COVID-19 & Mortgage/Lending Impacts
(as of this writing on 18 March 2020)**

COVID-19 crisis has escalated very quickly and with little warning. Understandably, this is having significant economic impacts. As the crisis persists, businesses will have to rely much more on their lines of credit to maintain operations and payroll while revenues suffer. Fortunately, the joint Ministry of Finance, Bank of Canada and OSFI announcements introduced measures to assist.

Announcements by the Ministry of Finance, the Bank of Canada, and OSFI:

Minister Morneau announced a new Business Credit Availability Program, adding \$10 billion of additional support financing, through Business Development Bank of Canada and Export Development Canada, to support Canadian Businesses.

www.canada.ca/en/department-finance/news/2020/03/canada-outlines-measures-to-support-the-economy-and-the-financial-sector.html

The Bank of Canada lowered the overnight rate from (reduced March 4th 175 to 125 bps), and then 125 to 75 bps, to reduce the interest cost burden for businesses and consumers alike. Lenders consumer prime lending rate is now 2.95% (3.10% at TD).

The bank also increased its Government of Canada bond buyback program.

www.bankofcanada.ca/2020/03/opening-statement-130320/

OSFI reduced the Domestic Stability Buffer from 2.25% to 1%, thereby freeing up \$300 billion additional lending capacity for Domestic Systemically Important Banks (D-SIBS).

www.osfi-bsif.gc.ca/eng/osfi-bsif/med/Pages/nr_20200313.aspx

All of these measures effectively increase the ability of lenders to lend, and for consumers and businesses to borrow through this lean economic period; all very prudent measures given the expected economic activity reductions. Hopefully, the growth of COVID-19

cases will soon begin to slow and confidence will return to the market. When consumers feel they can once again visit local businesses, the short term effect of the crisis should subside.

April 6 Stress Test Adjustments Suspended

In addition to the announcements

increasing market liquidity, OSFI also announced it is suspending all changes to the proposed B-20 benchmark rate; the Minister of Finance also postponed the announced April 6th qualification change for insured mortgages. In short, until further notice, the Bank of Canada posted 5-year rate will continue to be used for stress-test mortgage qualification.

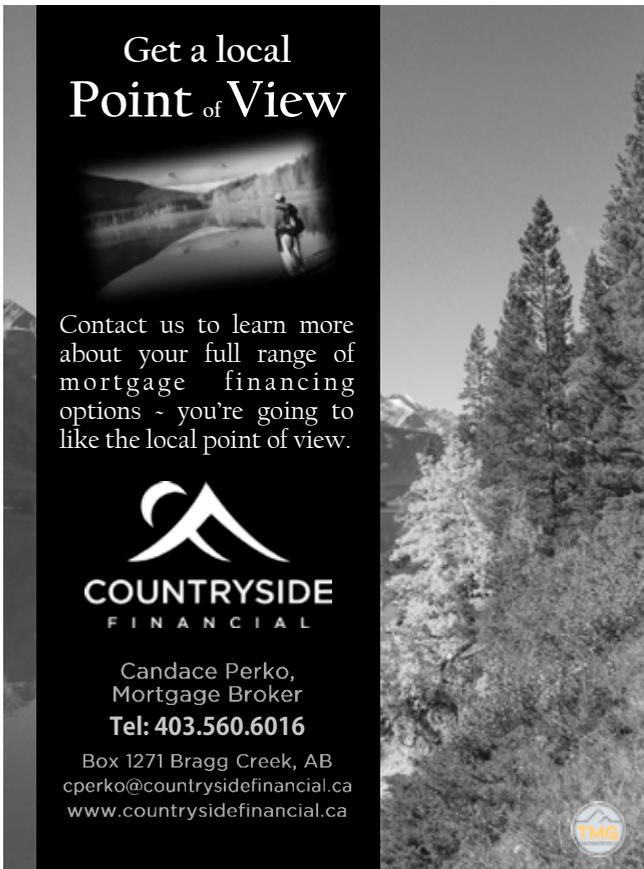
Contact Your Lenders to Discuss Borrower Difficulties and Options

Some customers may be in need of assistance or adjustment to their mortgage product as a result of these unusual economic times. In this event, I urge you to contact your lenders directly. Many lenders have options available to assist those who find themselves in short term difficulty. Supports exist. Whether the lender permits the borrower to skip a payment, defer up to 6 months of payments, or in some circumstances amend their amortization schedule, each lender will generally have some provision to assist when necessary. The industry will work together to help as needed. I have a lender customer service list posted on my website and facebook page.

On March 18, 2020

The Prime Minister announced an additional set of economic measures to help stabilize the economy during this challenging period. These measures, delivered as part of the Government of Canada's COVID-19 Economic Response Plan, will provide up to \$27 billion in direct support to Canadian workers and businesses.

www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html



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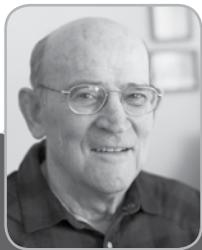
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**Words!
Words! Words!**
by Duane Harder



A young boy loved baseball. His final game of the season wasn't going too well. He was the "catcher." With two down, the tying run on third and the go-ahead runner on second, the tension mounted. The batter hit a line drive down the third base line. The third baseman scooped up the ball and hurled it at the catcher. And then it happened — the ball spun out of the catcher's glove and down on the ground. The catcher picked up the ball and let out a string of curses that would fry a preacher's ears. The coach called him over and said, "Son, that's far too strong a language for such a little ball."

It seems to me people are using far too strong a language for such common events. Crude, vulgar profanity finds its way into many conversations. For the majority it is just a habit—the lazy man's way of trying to communicate. Think of words as the palette of paint in the hands of the artist. He uses a wide spectrum of colours to give expression to the picture that is in his mind. There are few great artists who paint monochromatic pictures. Even the Impressionists blended multiple colours together to convey their ideas.

So, what sort of picture are you painting with your words?

Honour or Dishonour

Your words can drag a person into the mud or remove the tarnish with a bit of polish. In other words, do I want to make you look bad, ugly and despicable or do I want to present you in the best possible way?

A number of years ago I made a list of positive character qualities. I then wrote out the negative expressions of the positive qualities. Let me give you a few. A person who is acutely alert can also be very nosy. Their alertness may make them aware of the distress that is

etched on your face. This will lead them to start probing for reasons that you are upset. Inside you are saying, "You are such a nosy person. Go mind your own business." Their positive quality just got expressed in a negative way. How are you going to paint them?

Those of us who were addicts of Charles Shulz's *Peanuts* cartoon might remember Charlie Brown's argument with Lucy. Charlie Brown accused Lucy of being stubborn. Lucy objected and said she was tenacious. So what colour will you paint the person, who in the midst of great adversity, won't let go of their dream? Or the person who argues against all reason that their point of view is right? You can paint them with the negative brush of stubbornness or the more lively colour of tenacity.

What words do you use to describe the person who sits there looking into space? They could be called "space cadets" or "lacking a full deck of cards"? Or we could see a creative idea that is circulating in their brain. Who knows the great invention or thrilling story that will emerge?

We have all been hammered with the outspoken, brutal bluntness of the "wet blanket" of the party. That is the one who has the word "avoid" written on their forehead. Stop and think, would you rather a person gave you the hard, cold facts, or painted a picture of non-reality? The honest person may need to

learn tact but at least you know you are getting the honest truth.

We all know the meticulous, over-particular perfectionist. That is the person we like to leave out of the picture. They bog us down with detail and leave our mediocre job in the garbage. But who wants a slap-happy, "that's good enough" surgeon? I want him to be neat and orderly. I don't want his scalpel left in my stomach!

I think you get the picture. We can use words to paint a portrait of honour or we can choose words that depreciate the value of a person.

Let me leave you with one last thought: Words can be used to forge a bond. Often we choose our words to give us an identity with a group. If I want to be known as a tough, bold, fearless, macho person, I will use words to convey that image. If I want to be known as a forward-thinking, self-made person, I will adopt a language that portrays that. But what if I want to be a common ordinary "Joe" who sees value in people and wants to stimulate others to love and good works? Then I will choose words that encourage, uplift, affirm and motivate people to keep pressing for a higher standard.

The paint brush is in your hand. The colours are all before you. You choose the picture you are going to paint: a master piece that inspires; or a portrait that degrades.



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Out of the Rut *Chapter 115*



Today, after a night of restless tossing and turning, hot and cold, wakeful and dog-tired contrasts, I was up and out before dawn had even thought about it.

Curled semi-foetal (I still can't get used to the American spelling, too close to fecal for my liking) in the passenger seat of a car, I chanted soundlessly in Sanskrit for much of the journey. Either Sanskrit or Pali, another ancient language of Thailand and Asia, seem to be my only reliable meditation practices that can convert my cluster-f of acid-tripping mental chimps (not for me a single monkey) to a semblance of serenity. I enjoy the rhythm of the words, the chants that have been mine for decades now, the words that lose their conscious meaning as I liberate myself by not grasping for that meaning. I can recall and translate when needed, much as I can itemize muscles and trigger points and chains of tension in the body if a truly analytical client demands it... but the consequent loosening of ties to fundamental connection means I generally avoid this path.

My travels; global, local, external, internal, all gravitate to the seamless subconsciousness of elemental experience rather than analytical categorization. That might seem strange since I spend a lot of time pouring forth words of description, but these moments are my moments of communing with others, with you. My word pictures are ripe, luscious, dripping with condensed emotions, simmering evocatively through trial and trauma. At

least to me. When I read back I want to feel my hairs take a quick shimmy, fascia in my belly and back sashay in subliminal recognition. If I can't feel it, I know for sure you won't and the whole point is the desperate human desire for connection, to share an experience or three.

Meanwhile, back in this day, the burgeoning rise of light through dark... I keep my eyes shaded from the battering of electric light as the movement of the earth tips us ever closer to the rise of brilliance. I begin to unwind as the curving banner of deeply rich citrus sky broadens. Light behind the canvas pushes the darkness up, shades of bruised mauve and dusty rose sweep across the horizon and the harshness of the artificial fades as the magnificence of the day steadily overtakes all else.

On my return journey, moments later, behind the wheel... I am spellbound by pink mountains. Our sweeping chain of glorious Rockies, our privilege, our benediction; they are smudged and feathered here and there as the growing Chinook winds lip the peaks and tear wild plumage into zephyr phantoms in the far distance. My heart swells as it always does watching this spectacle. My gaze races from the road ahead to the vast range south to north, picking out one peak and another, the soft pastel smudge of snow lifted and drifted into the pale blue sky. It looks so gentle from here. My inner eye gazes further, walking the Athabasca Ice Field, into the toe of the glacier, I can

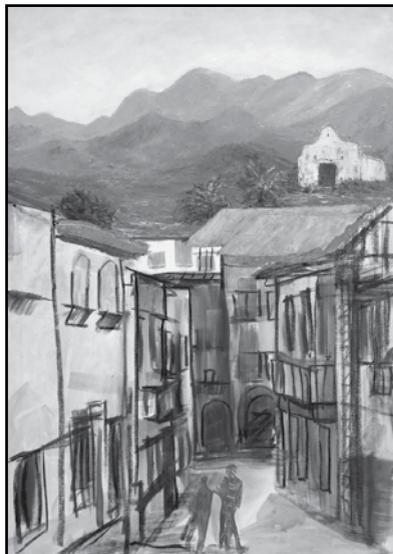
still feel the numbing cold of the winds howling around us from the skin of the ice mass. Twenty-five years ago it was 1/4 km closer than it is now.

Back in the west of Bragg, in the windy woods of this afternoon. I walk on 'warm' snow that slithers in subtle shifts beneath each step. Traversing pristine meadows of wind-sculpted white where low ridges are crisped by the Chinook's blow and the sun's gaze, my boots break through, crumpling the landscape in untidy trails until I disappear again among the creaking trees.

Such vast journeys in a single day. Most days I brighten my heart with calls to my folks in Andalusia. My mother, approaching 78, is outrageously cheerful, exuberant in her prolonged experience of living. Enjoy every day as much as you can! she exhorts. She is

riddled with happiness, brimming with enthusiasm at her art, her walks, the scenery, growing things, food, flowers, music, sunlight and wandering silvered waves dotted by cormorants along the shoreline. Oh to be like her as long as I may. This month I'm sharing one of Mum's paintings, either a preliminary sketch or the latest completed work... wish I could share in full colour!

*With gratitude and love, Kat Dancer
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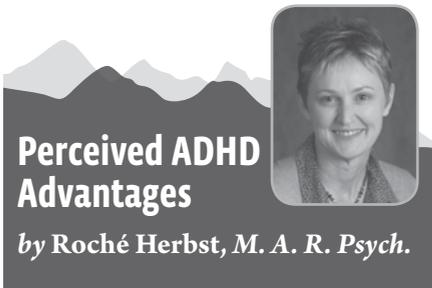
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Perceived ADHD Advantages
by Roché Herbst, M. A. R. Psych.

Is There Any Benefit To Having ADHD?

ADHD is not always a walk in the park. There is value in experiencing the world differently than most people, depending on the severity of the condition, treatment and support. Some may choose to embrace the advantage, while others may not and continue to experience it as debilitating.

A Different Perspective

The media and others often portray ADHD unfairly. We have all faced our share of disappointments and embarrassments over the years. It is important to embrace the good things about someone with ADHD, since their brain differences do not define who they are as people. Caring for someone with ADHD allows you to always be there to correct negative perceptions and spread awareness. Your personal experience and unique perspective do make a difference.

Undeniable Power Of ADHD

For most people with ADHD who struggle to get through their day, they might not actually enjoy hearing about the advantages of having ADHD. It is healthy to accept that the universe always finds a way to restore balance in one way or another. Those who are aware of the positive aspects of ADHD

can nurture and hone their unique talents or abilities. This means that people with ADHD will always have the opportunity to seize advantages that others may not even be aware of.

The Hidden Positives

If you are a person with ADHD, why should you be willing to settle for a lesser quality of life? Who says one kind of thinking or acting is better than another? The fact is you were born with a unique brain. Here are a few hidden positives:

- Grit - pushing past set-backs, troubleshooting, adapting new strategies and moving forward. "We see the light at the end of the darkest tunnel. We pick ourselves up off the sidewalk when we fall. We smile through our tears" (Linda Roggli, ADHD Coach).
- Ingenuity, creativity - no, not just for starving artists and broke writers. Some of the most successful people in the world value the importance of thinking outside-the-box.
- Spontaneity, a love for new experiences - okay, sure... sometimes a

little forethought goes a long way, but you are a quick starter, jump right in and do not get stuck in analysis paralysis.

- Laser focus - getting in-the-zone, when you are so absorbed with something that is an 'obsession', a passion, super interesting or challenging, that you do not notice how quick time flies by.
- Constant surprises - finding money, utensils or clothing that you forgot about earlier makes life a string of pleasant surprises.

ADHD Quotes

- "I was trying to daydream but my mind kept wandering" - Steven Wright
- "To invent, you need a good imagination and a pile of junk" - Thomas Edison
- "I prefer to distinguish ADD as attention abundance disorder. Everything is just so interesting . . . remarkably at the same time" - Frank Coppola
- "The only problem with the world is a lot of people DON'T have ADD" - Andy Pakula

Sources: Quinn, P. (Ed.) ADDitude: Inside the ADHD mind. Monthly subscription magazine.

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Shrewd Ninjas Infiltrate the ASCCA

Names such as Masked, Vagrant, Dusky, Pygmy and Saddleback might conjure up images of a ragtag bunch of outlaws or ninjas; however, in this case, we are referring to some of the Alberta species names of the smallest and often overlooked mammals in the world, shrews. This fascinating *Soricidae* family is thought to be one of the closest living relatives to the placental mammals that roamed with the dinosaurs. Welcome to life in the fast lane.

Shrews are everywhere and eating everything most of their waking hours, yet why can't we see these fascinating little beasts? Perhaps it is their size; the pygmy shrew is the weight of a penny (remember those?) and holds Canada's record for smallest mammal at 5.5-6.1 cm in length. The Common Water Shrew is Alberta's largest shrew reaching up to a whopping 20 grams and they still manage to run on water with their specialized hairy feet. Although mostly they are diving into the water to catch prey. Or maybe the reason we can't see them is their lightning fast reflexes; scientists have recorded shrews making 12 movements per second! In comparison, the human eye contains our fastest muscles and usually only moves at a rate of 3 movements per second.



tried this, they would have to eat 600 hamburgers a day. In order to do this, shrews have adapted to eat lots of overlooked food sources such as ants and mites. Their diets can be mighty in other ways too, as the shrew's ferocity (and in some species venom) allows them to take bigger prey like mice and even snakes. They also share bats' ability to use echolocation to find prey.

A constant need for food means that winter is a harsh time for these non-hibernators. If they do not consume the proper amount hourly, they will freeze to death.

This sadly means that spring hikes are the best time to reveal these seldom seen ninjas as you might come across deceased ones on the trail. Do not be fooled into thinking it is just another rodent. If you are lucky enough to see one (hopefully alive) the most distinguishing feature is their narrow little snouts. They also have five toes on each foot, unlike rodents. Only the Masked and Pygmy shrew have been recorded on the ASCCA so far, but most likely only due to their stealth. Please send photos or report any of your shrew sightings to info@crossconservation.org. Spread the love for the little shrew hearts that beat over 1000 beats/minute.

By Laura Griffin

During the COVID-19 pandemic, the ASCCA is open for families to visit to enjoy nature. To make the area more accessible, we are suspending our parking fee. Our building and all washrooms, however, will be closed to the public. We recommend keeping a distance of two meters from other hikers. Dogs, bikes and skies are not permitted on the ASCCA. We encourage you to share happy nature moments on our Facebook and Twitter pages (@ASCConservation) to lift the community spirit. We are also still accepting registrations for Nature Safari Day Camps: 403-931-2042.

Their diminutive size should not diminish your respect, as being tiny pushes them to the extremes of survival. Due to a greater surface to volume ratio of their bodies, they need to generate heat with the food they eat at an incredibly fast rate. Eating is so important they don't even have time to grow milk teeth in their lives. Some shrew species need to eat three times their own bodyweight in one day to keep up with their metabolism. For comparison, if a 23 kg child



Events and Facilities Update

The Government of Alberta implemented a public health order restricting mass gatherings to protect Albertans' health and limit the spread of COVID-19. This decision has resulted in the Town of Turner Valley pausing its planning for locally-held events and the closure of recreational facilities.

Please visit

www.turnervalley.ca

for the most updated information. Our top priority is to assure the health, safety and well being of our residents and to maintain essential services. Thank you for your understanding and support during these challenging times.

Happy Easter & Welcome, Spring!

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BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com 403.804.5551

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991