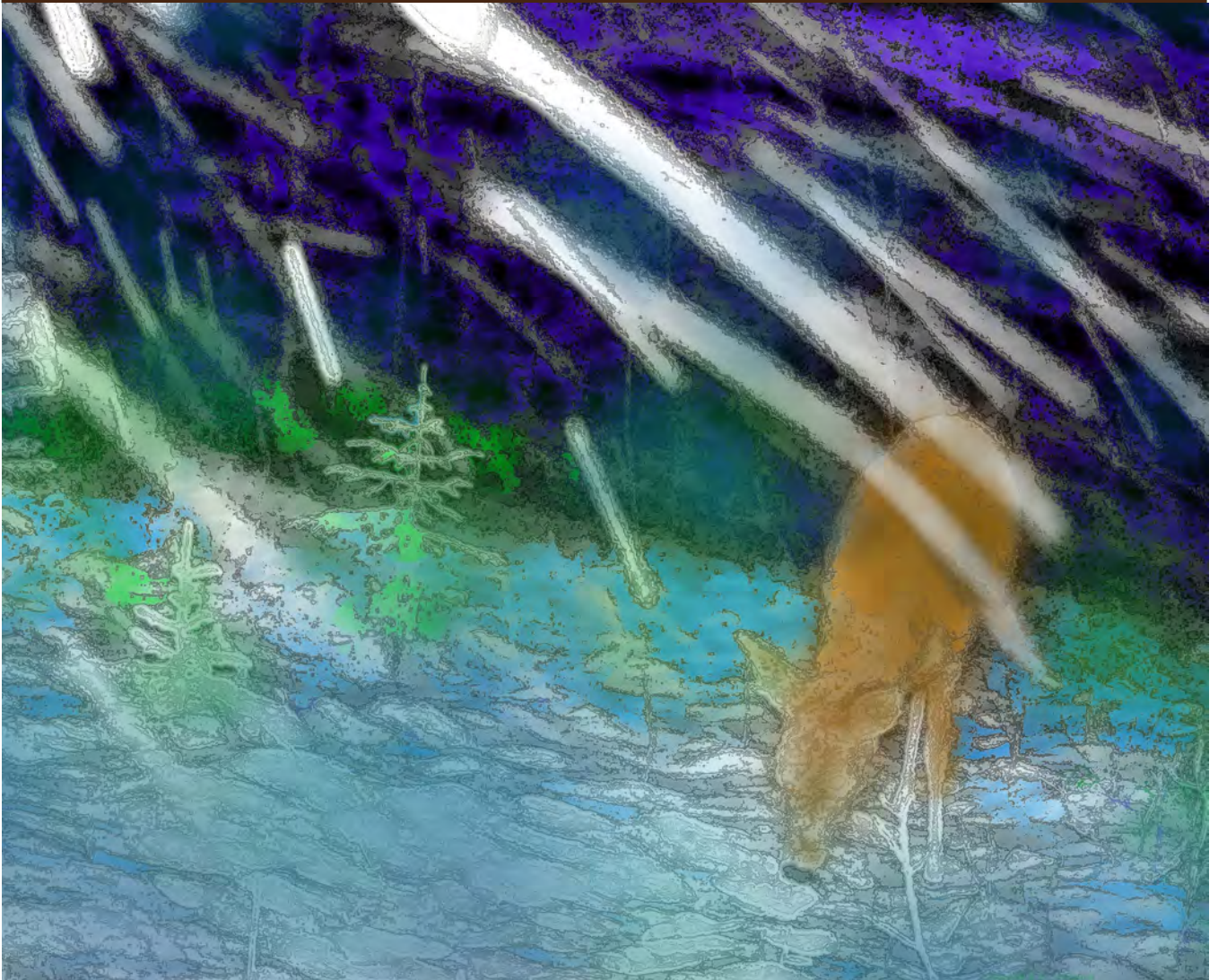


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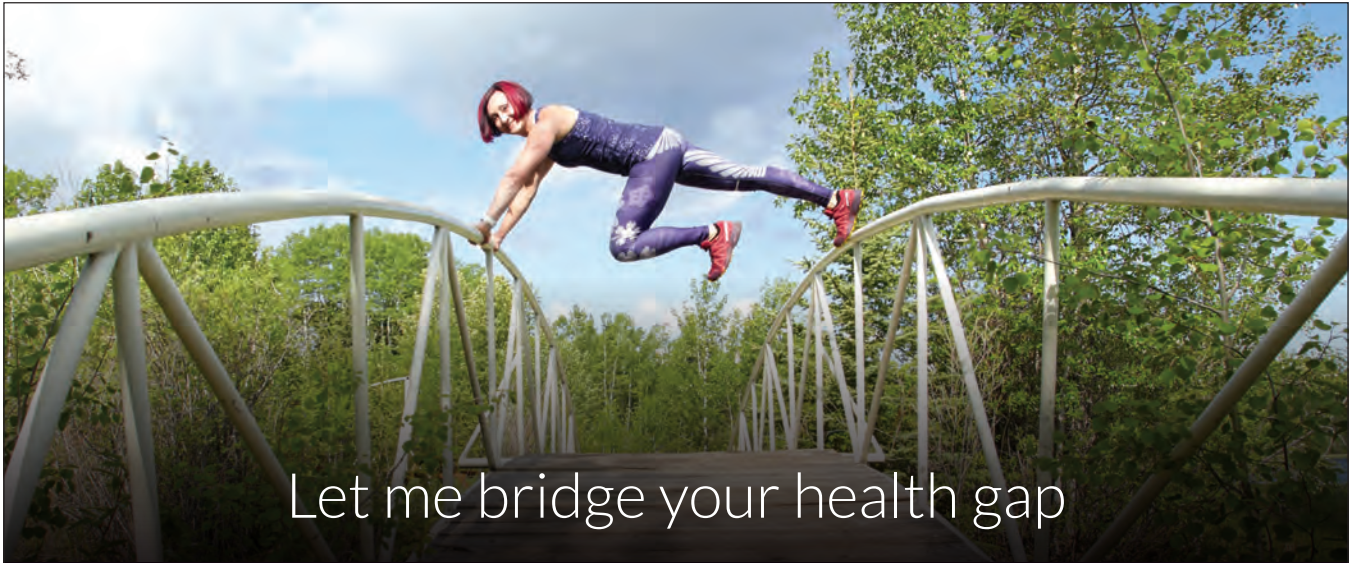
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LETTER FROM THE EDITOR

Here are the High Country News, we strive to connect our readers to their community. At heart we are relational, and although technology affords the ability to connect virtually, nothing beats the ability to get together and enjoy the company of our friends and family. I trust that as the restrictions have lifted, you will make the effort to re-connect with friends and support the organizations that really give our rural communities a sense of identity.

I thoroughly enjoyed the recent local event "Indulgence" hosted by Renee Delorme, Beth Sandvoss,

and Susanne Ruberg-Gordon. With the profound issues we are facing both within and beyond the national borders of Canada it is so important that we find ways to find the beauty of the world around us. Not only is it a pleasant distraction, but it also reminds us of the potential of what we and our communities can become. Thank you, Renee, Beth, and Susanne, for hosting such a pleasant and inspiring evening. There are many well written articles and events presented in this month's paper. I trust you will enjoy the read. I have appreciated the positive feedback on moving to a colour paper. Sam Richey has done a superb job in getting this initiative off the ground. I couldn't have done it without her help.

*From my family to yours,
Lowell Harder*



ARTIST PROFILE

Midnight Snowstorm - West Bragg Creek Tom Atkinson, now retired, has lived in the Bragg Creek area for the over 30 years. He enjoys illustrating the beauty of the local area in which he lives. He has published several photo books, and his travels have taken him around the world.

We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to info@highcountrynews.ca. We are looking forward to seeing what you create.



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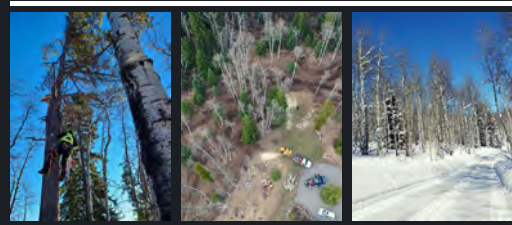
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LETTER TO THE EDITOR

Dear High Country News,
I teach education at Ambrose University and have also been a working journalist for nearly four decades. I commend you on your coverage of the grass-roots initiative, Bragg Creek Wild, especially the March article on Banded Peak School's involvement with the project. I will be using the article to help future teachers understand how to create authentic, engaging and impactful activities rooted in the Program of Studies.
Sincerely, Mary-Lynn Wardle

LETTER TO THE EDITOR

It was with interest that I read Miranda Rosin's March article in praise of the "freedom protesters" ("our friends"). Strange but I do not count any friends within that group. Rosin must not be aware of the Angus Reid poll that showed 93% of Canadians actually supported some sort of action to remove protesters. She also opines on how little damage the protesters caused. Was Rosin not aware of the almost 400 criminal charges laid against Ottawa protesters, a number in relation to property damage? Or the estimated \$306 million in economic damages suffered in Ottawa alone?
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Benny Bear

Our little guy was born into a big and loving family. He was cute and chubby and was growing up so fast. Of all our children, we were able to love him the best. He has taught us many things and in his death, our pledge is to honour him by living our lives better than we thought we could. He was big and strong and would pull our hair. He had just cut his first tooth. Being the youngest meant that he wanted to be part of the action. If we were wrestling, he would be in it. If we were on the other side of the house, he would army crawl to us. So curious and squishable. Forever loved, never forgotten, in the sweet peace and rest with those who went before. He was our little buddy. Our sweet little man. Our hearts are broken in grief, our lives are forever changed. In peace with our beloved Rabbi Percy and Benny's new friend Eva Jantz. Benny's Family: Parents Matthew and Holly Hildebrant. Siblings, Katelyn, Owen, Micah, Peter, Reuben, and Isaac. Grandparents Larry and Judy Hildebrant (Papa and Nana), Blaine and Lenka Monson (Grandpa and Babi Lenka), Opa Don and Grammie Lynnette (Wooten) and so many Aunties, Uncles, and cousins that loved him dearly. A Private Service was held for Benny with his final resting place at Foothills Cemetery.

In lieu of flowers, those wishing to make a donation may do so via this link here: www.gofundme.com/f/support-for-the-hildebrants



TRAIL TALK! Bragg Creek Trails

Treemageddon in West Bragg Creek!

Nasty weather has always been a challenge for Bragg Creek Trail (BCT) crews but the wind event that hit the eastern slopes of the Rockies over the evening of November 30 was at a scale none of us had ever experienced. Over the past 4 months since

that harrowing day, Bragg Creek trails in concert with Alberta Environment and Parks (AEP) crews have removed 2,600 trees from the 180 km of trails that BCT manages. This catastrophe happened on the eve of the official start date for winter ski trail grooming so the grooming team and volunteers were out clearing debris as soon as the winds died. Over 500 trees were cleared on ski trails alone which allowed for early season tread preparation to quickly resume. This number continues to grow as we can finally get to some of the harder to reach places on the trail system. Mother Nature continues to have a humbling

effect on us as she adds regular damaging Chinook winds to the mix.

BCT crews follow strict safety procedures when dealing with fallen trees. Anything that falls outside of BCT's scope of arbour work gets handed over to AEP staff or a contractor. The logistics of getting out to these sites during winter conditions relies heavily on the creativity of the crews who use a combination of motorized and non-motorized equipment to get the job done. The determination of BCT and AEP to open the trails was driven by many factors. Restoring access and user safety were at the top of the list of priorities. There was also a sense of urgency generated by the looming restriction date for arbour work during the migratory bird nesting window from April 15 to August 15. This closure limits our tree cutting and brushing activities. We are 90% there so expect to have this work complete before then.

Further complicating the cleanup was the damage to the trail surfaces themselves where root balls from tipped over trees created impassable craters. The challenge this summer will be to reroute some of these trails to re-establish the trail corridor. Removing hazardous tree materials from the hastily cleared trail corridors will most likely take all summer.

The teamwork of BCT volunteers and AEP staff shows how trails organizations and government can work together to manage trail systems such as West Bragg Creek. A big hats off to all the volunteers and staff who showed up to take on this Herculean task day after day. The hearty thanks from trail users encountering BCT trail crews at work also helped fuel the fire in their bellies.

On the serendipity front, BCT would like to acknowledge an anonymous donor who somehow anticipated our need for more saws. Three beautiful and very sharp Japanese arborist saws donated before the storm proved invaluable in the clearing efforts and are a great compliment to our old chain saws.

Volunteer opportunities abound at BCT. If you love these trails as much as we do, please think about giving back either through volunteering and/or donating. Contact us through [braggcreektrails.org](mailto:info@braggcreektrails.org).

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MP UPDATE - Foothills

John Barlow

The world is changing, and Canada has an opportunity to unleash its incredible potential and be a global powerhouse as a reliable, trusted supplier of vital commodities. Now more than ever, it is crucial for Canada to act as a leader and ally and get our agriculture commodities to market to help other countries and kickstart our own economy.

From the farm to the plate, Canadian farmers, ranchers and processors devote their lives to providing high quality, world-class products to families in Canada and around the world while playing an integral role in our economy. The agriculture industry has been there to support Canadians throughout the pandemic.

However, Canadian ranchers and farmers continue to face tumultuous times with a drought last summer leading to a feed crisis coupled with a crippled supply chain, punishing carbon taxes, skyrocketing fertilizer costs and labour shortages.

Right now, we have a Liberal government failing to find solutions to feed shortages, increased input costs, skyrocketing operating costs, trade barriers and more. Unfortunately, it is Canadians who suffer these repercussions, and it is estimated families of four could pay an extra \$1,000 to put food on their table. This issue is at top of mind for Canadians and already 60% of families with children under 18 are concerned they might not earn enough money to feed their family.

At the same time, with Russia's invasion of Ukraine, a global food crisis is emerging. The United Nations has already warned of catastrophic hunger as hundreds of millions are facing famine. Canada can help, but not with the current measures and policies in place that are burdening our agriculture production.

Instead of removing the obstacles impeding Canadian agriculture the Liberals are actually making matters worse. They are punishing farmers with a punitive carbon tax and additional red tape. Policies such as hiking the carbon tax on April 1, announcing a 30% cap on fertilizer use, and not addressing the deteriorating relationships with our most trusted trading partners, specifically the United States, are devastating Canadian agriculture.

It is nonsensical why the Liberals are not fostering and encouraging best practices, investing in research and giving agriculture credit for its world class environmental standards. They should be championing Canadian agri-food businesses rather than dragging them down.

The Liberal government may not want to acknowledge the fact Canada is already leading the world in sustainable agriculture.

For example, Canada's beef industry is the single largest protector of 44.2 million acres of endangered native grasslands which stores an estimated 1.5 billion tonnes of carbon, an iconic and important Canadian ecosystem. Without beef production, the threatened native grasslands - the most endangered ecosystem on the planet - are at risk of conversion and at-risk species suffer the consequences.

In addition, thanks to innovative practices like precision farming, zero tillage, and 4R nutrient stewardship Canadian farmers lead the world in environmental sustainability and are between 50% and 70% more efficient in fertilizer use than other countries.

These achievements and commitment to protecting our water, soil and livestock and reducing emissions should be celebrated and encouraged, not punished with carbon taxes and harmful regulations.

In contrast to the Liberal approach, Conservatives will continue to be tireless champions for the Canadian agriculture sector and the innovations and stewardship efforts that inspire this industry to become even stronger, resilient, and prosperous.

We will be an advocate for science-based policies, innovation, to developing new markets, and for investments to improve critical infrastructure and supply chains, all to ensure agriculture and agri-food reaches their full potential.

Conservatives are putting forward solutions like Bill C-234, to exempt farms fuels from the Liberal carbon tax.

We will continue to be an advocate, a champion, and an ally for our agriculture industry.

*John Barlow
MP for Foothills
Shadow Minister for Agriculture,
Agri-Food and Food Security*

*For more information:
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Auto Theft

The theft of your vehicle or a theft from your vehicle can be a big inconvenience and sometimes a traumatic experience. There are some simple things that you can do every day to dramatically decrease your chance of auto theft. Most of them you already know - BUT do you practice them?

The Alberta Rural Crime Watch Association has the following Top 10 Tips to Avoid Being a Victim of Auto Theft:

1. Ensure your doors are always locked and the keys in your pocket
2. Always park in well-lit areas
3. Never leave money in plain sight (This includes even small change)
4. Always roll up your car windows
5. Put shopping bags, parcels, and valuables out of sight in the trunk
6. If you have a garage, park your vehicle in it
7. Keep your vehicle registration and proof of insurance on you (not in the glovebox)
8. Take electronics, including cell phone with you

9. Don't leave your car running while unattended

10. If parking in the same parking lot, park in a different spot every day

If you follow these 10 tips, your chances of vehicle theft and theft from a vehicle will be greatly reduced.

As I've written before in an Identity Theft article, #7 vehicle registration and insurance cards in the glovebox, are good sources of personal information for those committing identity theft, so not only can you have your vehicle stolen, but your identity as well.

An Alberta Provincial Rural Crime Watch awareness campaign targeted motor vehicle thefts in the Red Deer RCMP detachment area in 2019. The Alberta Crime Watch Association established an Ad campaign starting October 1, 2020 and running through to Dec 31, 2020. The target area was an 18km radius around the city of Red Deer reaching west to Sylvan Lake, East to Delburne, North to Blackfalds and south to Penhold.

The ad campaign resulted in a 32% reduction in motor vehicle thefts in the six-month period from October 2020 to April 2021 for the Red Deer / Blackfalds areas compared to the same time period 2019/2020. The message was simple: Lock Your Vehicle.

You've all seen the lists that get published about once a year that show the top 10 types of vehicles stolen. The criteria vary

among the different lists so you can wind up with different vehicle listings, but Driving.ca listed the following vehicles as the most stolen cars in 2021: Hondas (CR-V, Civic & Accord), Lexus's, Toyotas (Highlander & Corolla), and Chrysler vans. However, trucks - Ford, GM & Dodge were also in the top ten. Truck thefts are especially high in Alberta due there being so many trucks. The Ford 350 and 250 4WD trucks are particularly vulnerable.

For those of us in rural areas, make it a practice to never leave your keys in the ignition when you park in your driveway, even if it's only for a short while. Either take the keys with you or hide them in the vehicle. If a thief doesn't see the keys in the ignition, he'll assume you've taken them with you. I am aware of a vehicle theft a few years ago where someone had left their keys in their vehicle while parked in their yard. A car came flying into the driveway, the thief jumped out of the vehicle he was in, jumped in the new vehicle and drove off in a cloud of dust. Less than a minute and the vehicle was gone.

What happens to a stolen vehicle? Locally, with the high prices being commanded/ paid for used vehicles, your stolen vehicle can simply be re-sold as is, re-VINed, or chopped and used for parts. Stolen vehicles are often used for the commitment of crimes, especially in rural areas including ours, as thieves need a vehicle to get out here.

On a global scale, within hours your vehicle can be at a port headed to another country. Interpol states, "For organized criminal groups, the acquisition, shipment, and trade of stolen vehicles is a low-risk way to make profits. Stolen vehicles are frequently trafficked in order to finance and carry out other criminal activities, ranging from drug trafficking, arms dealing, people smuggling and international terrorism."

So maybe dig out that red steering wheel club that you don't use anymore. A thief can still cut through it, but more than likely he's going to move on to another, easier vehicle that doesn't have one. Unfortunately, that may not reduce vehicle theft in general, but it will reduce the theft of your vehicle.

Dave Schroeder
HCRCWA Board Member



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Bringing data science to Bragg Creek Wild

We've all heard about data analytics. Bragg Creek Wild wondered about the application of this powerful tool to help us in our mission of improving human wildlife interactions. In 2021 a wildlife mapping project was initiated. The project, led by Dave Klepacki, was advertised on the Bragg Creek Wild website as well as through social media posts on Facebook and Instagram. The project was also mentioned in an article in the High Country News in August, 2021.

Local residents were asked to share wildlife sightings, and the data began to pour in, the community was engaged! As hoped, patterns began to emerge and residents started to recognize the animals who shared their neighbourhoods. With the addition of key details such as colour, size, and location, locals learned about deer

herds and movement of bears in their neighbourhoods.

Bragg Creek Wild received a grant from Yukon to Yellowstone to support the project and as of February, 2022 about 126 sightings have been reported, (see infographic). The project was instrumental to the county erecting large signs alerting visitors and reminding locals that they are passing through wildlife corridors.

The purpose of the study is to collect raw data specifically regarding animals near the roads and to use these data to prepare maps showing species ranges, road crossing frequency as well as other information related to daily and seasonal movement. The original study's data were collected by direct emails to Dave Klepacki and by monitoring Facebook posts on local group pages. As we move into the second year of the study, the Bragg Creek Wild team is making some changes. A Google form has been created and is available on Bragg Creek Wild's website braggcreekwild.ca. The form is easy to use and can be bookmarked on your phone for quick entries as you travel around the area. The form will enable the analysts to collect data consistently and completely. There are options to contribute the data anonymously and a number of options for

more or less detail are also available. We think that local youth will find the form helpful and we welcome their contributions as well.

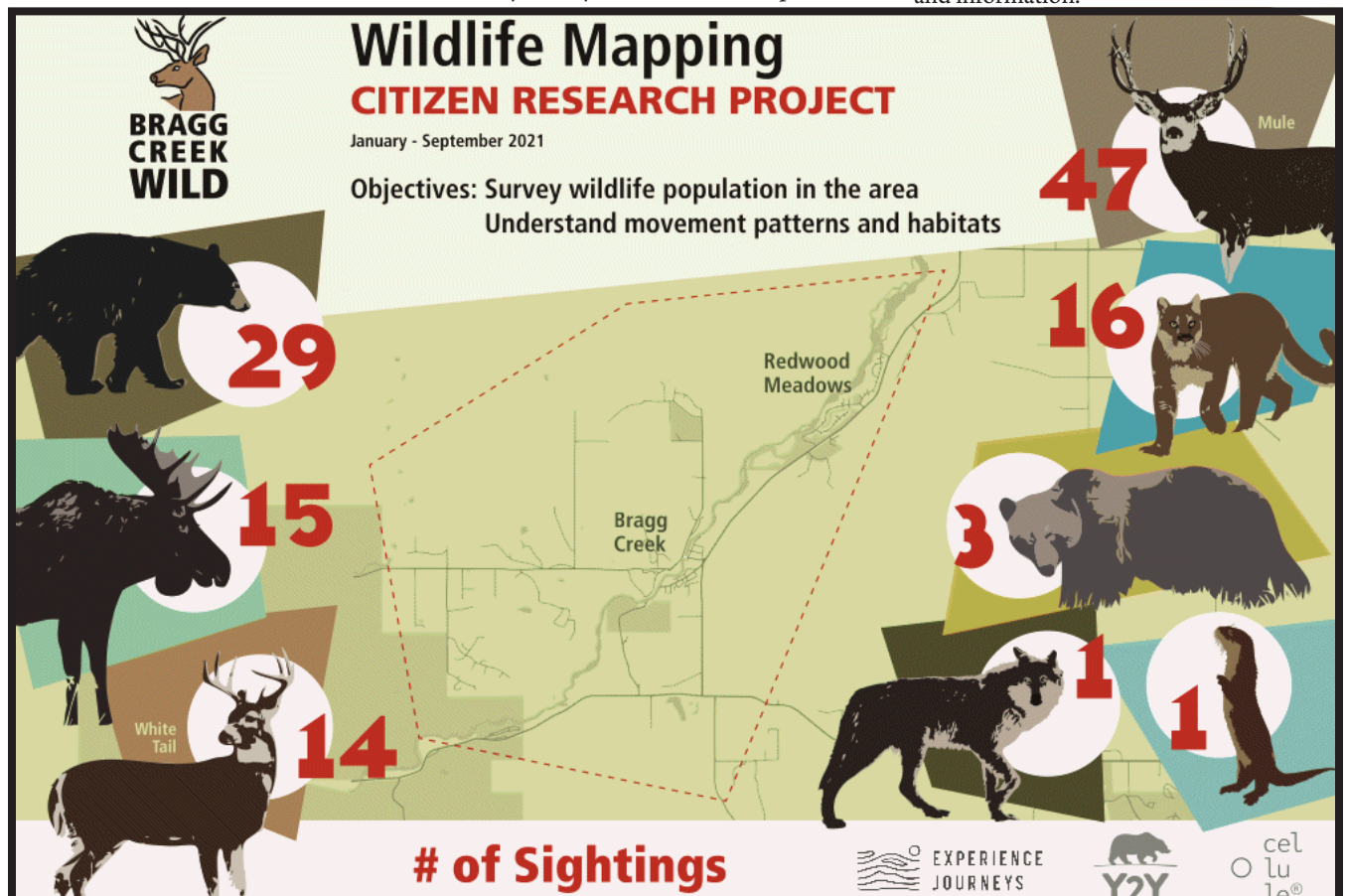
The raw data will then be used to create visual analytical tools such as heat maps showing ranges or frequency maps showing the number of road crossings. These analyses may be used as inputs to developing informative signage, targeted speed limit reductions and passing zones. Individual species data will not be released. This addresses a concern that by collecting these data, we are potentially leading more tourists to specific areas to harass or hunt animals.

We're so grateful to everyone who has let us know about sightings up to now. Please keep them coming. If you want to report a sighting you can:

- Fill in the Google form (find it at braggcreekwild.ca or follow this link forms.gle/nRJQfUz4j6hF1org9)
- Email us at braggcreekwild@gmail.com

We are relying on the community's support to make this project a success!

See the Bragg Creek Wild website and social media feeds for lots more pictures and information.





MLA UPDATE - Banff/Kananaskis

Miranda Rosin

After many long years, Alberta is back in the black! Our province has a balanced budget, and a surplus!

After seeing oil prices dip into negative values and much of our economy grind to a halt in early 2020, many thought it would take years for a province to return to a position of fiscal balance - myself included. Yet here we are!

This certainly did not happen by accident. When we formed government in 2015, Alberta was spending approximately \$10 billion more per capita per year for similar services as other provinces, and our spending trajectory was growing at a rate of 4.5% year over year. Had these spending levels been maintained, even with the recent rise in commodity prices, our province would have run a \$6 billion deficit this year.

Alberta's balanced budget is the direct result of three years of calculated fiscal restraint, and rapid economic growth across every sector of our economy. Through even the toughest of times, including a two year long global pandemic, our government maintained key fiscal anchors of bringing per-capita spending in line with other provinces, reducing our spending trajectory to just 0.35% year over year, and keeping our debt-to-GDP ratio well below 30%.

We also dramatically increased corporate revenues through economic growth and diversification. Reducing Alberta's corporate tax rate from 12% to 8% over the past two years and eliminating over 116,000 regulations to conducting business in our province, resulted in a net increase in corporate tax revenues of \$400 million. These \$5.1 billion of corporate revenues were realized primarily through investments in sectors that are new and emerging to Alberta's economy, such as tech, film, hydrogen, lithium, petrochemical production, and green energy. This demonstrates the importance of creating a business-friendly climate, rid of over-regulation and taxpayer subsidization - contrary to the policies of the previous government who increased Alberta's corporate tax rate by 50% and subsequently brought in \$3 billion less

revenue as business and corporate offices fled the province.

Yet calculated fiscal restraint for three years did not mean our government was unable to make strategic investments in our province's future. Rather, this fiscal restraint in calculated areas allowed us to responsibly do the opposite and make strategic investments where they were most needed.

Budget 2022-23 included a record level of healthcare funding, with a \$515 million increase on top of last year's billion-dollar increase. This included \$750 million to clear surgical backlogs, an additional \$64 million for EMS, \$20 million for mental health and addictions on top of previous increases of over \$200 million, \$3.7 billion for continuing and home care representing a 6.3% increase, \$2.2 billion for new healthcare facilities, and \$100 million to expand ICU capacity.

The budget funded a \$700 million increase to Alberta's education system, which included \$342 million for staffing and enrollment growth, a 1% increase to the base operational grants, \$191 million for curriculum implementation, a \$39 million increase - or 4.6% - for transportation costs, and \$110 million for mental health supports for students who struggled most during COVID-19 protocols and schooling shifts.

It included \$600 million to strengthen Alberta's labour force by connecting young Albertans with employment opportunities, attracting skilled workers to Alberta, expediting credential recognition for new immigrants, creating scholarships and bursaries, increasing apprenticeship placements, and streamlining approvals for post-secondary institutions wishing to establish in-demand course and micro credential programs.

Budget 2022-23 invested \$390 million over four years to invest in rural broadband, to ensure that every Albertan, regardless of where they choose to live, can participate in an increasingly digital economy and workforce.

It even established a consumer energy rebate program to combat increasing natural gas prices, which will be triggered for all Alberta consumers whose regulated rates rise above \$6.50/gigajoule. It also eliminated the gas tax, a 13 cent per liter savings at the pump.

Getting to this balanced fiscal position took hard work and resolve on behalf of

every Albertan. For years, jobs were hard to come by and economic and fiscal recovery seemed indefinitely far on the horizon. Yet through the hardest of times, the unwavering optimism of the Alberta spirit pushed forward and believed in better days ahead. Now, we are finally in a position to invest in areas that matter most, begin paying down long-term debt, and invest in the Heritage Savings Trust Fund.

Last election, people resoundingly recognized at the ballot box that every dollar spent beyond government limitations would inevitably need to be paid back through high inflation, a devalued currency, or crippling taxation if things didn't change. That's why our government was elected, by you, on a firm commitment to balance Alberta's budget by the end of our first term.

Now today, we are here - with a strong and diversified economy, and a \$551 million surplus, one full year ahead of schedule!



MLA MIRANDA ROSIN Banff-Kananaskis

Bragg Creek Office:

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10:00 am - 4:30 pm

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Every month is fire prevention month!

Here are some important tips that can save you and your loved ones in case of fire.

1. Check your smoke and CO alarms: Working smoke detectors and CO alarms save lives. Replace the batteries yearly and have the electrical wiring checked. Smoke detectors and CO alarms expire after 10 years. Depending on model and conditions, some CO detectors may expire in as little as 5 years. Be sure to keep track of how old your alarm is and change it when needed.

2. Schedule a check-up for electrical wiring: Faulty electrical wiring can cause fire incidents. If you notice flickering light bulbs and sparking switches, have the lines checked by an expert as it might be time for replacement or repair.

Keep foot traffic away from electrical cords to avoid wiring damage and limit the use of extension cords as they may overheat the sockets. Big appliances such as refrigerators should have their own outlet.

3. Keep flammable items away from children: Candles, matches, lighters, butane,

gasoline and like items should be stored away from children.

4. Be alert in the kitchen: Stay mindful when cooking and don't leave ovens, broilers, and stoves unattended. Keep towels or anything that can catch fire away from your stovetop. Always make sure the lid is available to cover the pan in case the pan catches fire.

5. Avoid smoking indoors: If you have a smoking room, place several deep and stable ashtrays on a sturdy surface. When emptying the ashtrays or throwing away cigarette butts and ashes, make sure that they have cooled and there are no remaining embers.

6. Keep emergency numbers visible and easily on hand: In addition to saving important emergency numbers on your phone, write them down and place them in a visible location in your home. Be sure to include your address and home phone number for visiting guests.

7. Create and practice a fire escape plan at home: A well-rehearsed emergency exit plan greatly alleviates panic during an emergency. It takes two minutes for your house to be filled with toxic fumes from a fire: "Get low and go" when making an exit. Practice feeling the door and walls using the back of your hand for a hint from the next room. Designate a person to get elderly and young children out safely. Pick a meeting place to assemble afterward.

8. Make sure that your address number is visible from the road, especially at night, so we can find you in an emergency.

Foot Care In The Creek!

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Hours:	9.00am -4.00pm
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*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology



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Revisiting Your Financial Plan

The hits keep coming! With the last Federal election essentially changing nothing in Ottawa, there is little doubt that annual spending deficits will probably continue to reach new levels. Along with this renewed deficit spending Canadians can expect to see higher consumer prices as various economic disruptions continue to impact Canada and other nations around the globe.

What do you do? The first thing to do is do a **SWOT** analysis of your family situation. Review your **Strengths**, **Weaknesses**, and the **Opportunities** you are positioned to capitalize on and don't forget to review any possible **Threats** to your financial well being - such as rising interest rates or food prices for example.

Now may be a good time to review your financial strategy and see what assumptions may need to be adjusted. Perhaps you planned on retiring at age 60. Or that you would have your mortgage paid off in a few years. Or that you would never carry credit card debt. Or that the kids would have all moved out by age 21.

Whatever your assumptions are, it is important to **stress test your financial situation** by changing some assumptions and see how these changes may impact your financial strategy and either your asset building efforts or your efforts to preserve capital in your retirement years.

What if your adult children run into cash flow problems due to job loss because of the pandemic? Will you help pay their mortgage or cover their rent? How will this impact your own retirement income or monthly cash flow today?

The financial industry always recommends having a three-month reserve of emergency cash on hand to cover unforeseen events such as a job loss or illness. Perhaps it may be also wise to have a food inventory to cover three months or more? Despite reported low official inflation rates, consumers have recently been witnessing **rising food costs in both restaurants and grocery stores**. Packaging sizes have shrunk and this "shrinkflation" is reminiscent of the 1970's when chocolate bar sizes shrank before their prices rose. Déjà vu all over again!

Perhaps it is time to review investment return assumptions. With inflation **true inflation** running more than 10% annually, what does your future look like? How does this impact your asset building efforts and what impact does this have on your planned retirement income?

This spring may also be a good time to review your risk management programs. Do you have the right kind of house and property insurance coverages?

With house prices exploding higher in many Canadian cities your current coverage may not have kept up with these higher values.

Do you have enough life insurance and the right kind of life insurance? Are your capital needs temporary, such as a mortgage, or are they permanent, such as sharing a company pension with your spouse, tax planning and Estate Planning? Is your insurance coming up for renewal in the next 2 years or so? **It may be better to shop the market today** and replace it for a better premium cost now and lock in a lower rate.

Something most people are unaware of is that you can **get a better rate**, even from your current life insurance company, by applying for new coverage rather than taking the contractual renewal rate.

Finally, it is always a good idea to review your monthly spending and identify variable expenses that can be reduced or eliminated in an emergency.

Call us today to discuss your personal situation and other ideas that may help you keep your Financial Strategy on track.

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

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MAKE YOUR MARK By Mark Kamachi

Advertising Mediums

Welcome to Spring. With the warm weather comes the sound of businesses opening their wallets to spend dollars to get their target audience to their golf course, restaurant, or destination-tourism attraction. Advertising is a gamble to many businesses, but necessary if you want to maintain or grow your brand, especially in a competitive marketplace. If done correctly, you'll find that advertising isn't a "necessary evil", but rather, it's your brand ambassador. Your partner. Your friend with a humongous megaphone.

Why advertise? Without advertising, businesses would have to rely on their product's packaging, customer service or word-of-mouth to grow. Nothing wrong with that, but you are limited in reach to find new customers. It would require a lot of hands-on, pavement-pounding hours of work where mediums such as television or social media do the work in a fraction

of the time. Suffice to say, it's necessary to keep up with your competitors if you want to survive and buy that yacht you've always dreamed of sailing to Hawaii.

What is an advertising medium?

A medium is essentially any place or space one can adhere a brand message to reach their target audience. Mediums come in all shapes, sizes, and prices. A medium can be the side of a bus or a person's scalp. They can even live within a video game or tv sitcom. Keep in mind, you should know specifically who your target audience is both demographically and psychographically to reach them with your message. The planet is your medium.

What types of mediums are there?

Several. Traditional advertising mediums: radio, television, newspaper/magazine publications, out-of-home (posters/billboards), collateral (brochures/direct mail) have been used since the birth of advertising. Non-traditional mediums: stunts, vehicle wraps, signs, apparel, hoarding, aerial and more. Social media, websites, podcasts, livestreaming, blogs, etc, once considered non-traditional are now a category of their own due to their popularity and frequency of use. These are mainstream mediums. All are used

interchangeably and fluctuate daily with use (like my love handles).

How do I select the right medium to reach my customer? Hire a media or marketing strategist (along with a shop that produces creative content that gets noticed).

Depending on the size of your marketing/advertising budget, they'll help you to determine where to spend your money and on what mediums. Don't fall for the "local all-news radio station rep that calls you saying they'll offer you 50% off on morning radio spots for the next three months" sales pitch. If your customer isn't a morning news junkie that drives, it's a wasted investment. On the other hand, if it's a 50-year-old businessman stuck in morning traffic each day, then it might be a fit. Seems straightforward. But how do you reach him at 8AM at work? 9PM on a Saturday evening? Or during his 6AM jog through the neighbourhood? Many other mediums must be evaluated and considered based on your customers' hourly, not daily, routine.

As you can see, with so many variables to consider, media planning/selection is not a DIY task. (unless you have a bajillion dollars in your advertising-media budget).

Until then, keep it medium.
Cheers, mark.



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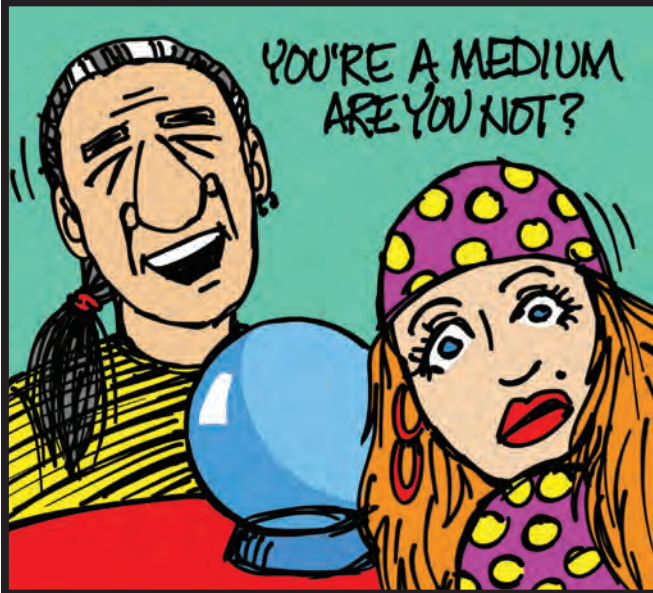
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MANAGEMENT OF SHOULDER INJURIES - PART 2

by Jennifer Gordon

In last month's article, we talked about common shoulder injuries and what structures are often affected. We will follow up with some reasons shoulder injuries are so common and how we can best manage these stubborn issues.

Early intervention is important with shoulder injuries to prevent compensatory movement patterns. As the shoulder complex involves coordinated movement from the collarbone, scapula, humerus and the thoracic spine - it is important to address these factors early. As the shoulder joint is really the most flexible joint in the upper body, it really is the one that takes the brunt of compensatory movements. Often our neck, upper back and chest muscles are the initial culprits of stiffness, to which the flexible shoulder joint compensates for.

There are several barriers to the recovery of shoulder injuries that can contribute to the degeneration of the surrounding soft tissue structures. Repetitive and prolonged overhead activity can pinch both the supraspinatus and biceps tendons. This repeated compression can cause micro-tears in the tendons and restrict the blood supply to these structures. Further swelling and thickening can occur over time. The supraspinatus, in particular, has an inherently poor blood supply.

This makes this structure even more susceptible to damage with repetitive use and overhead activities. A lack of activity, or deconditioning, can also be harmful. When there is pain with movement and one opts to rest and avoid aggravating positions - poor posture, muscle atrophy and weakness can occur that may further disrupt the mechanics at the shoulder joint. Frequent sleeping on the same side can also compress the joint and certain soft tissue structures over prolonged periods of time.

Poor posture is deleterious for most areas of the body! The shoulder and neck complex are commonly affected. Rounded shoulders, slouched posture, and the chin poked forward are commonly seen. This posture causes the neck to be compressed, especially at the C5/6 vertebrae. At this level of the neck, the nerve roots exiting at C5/6 innervate (provide nutrition, sensation and strength) to the muscles of the shoulder. When these nerves are compressed, there is a lack of nutrition to these muscles and soft tissue structures. Eventually, they may exhibit signs of achiness, weakness, pins and needles, or pain.

If our posture is fairly rounded in the upper back or we spend many hours at the computer or driving, the upper back and scapular muscles tend to lengthen and weaken, thus not contributing to the stability and proper movement pattern at the shoulder. The shoulder joint can "drift" forwards and stress the anterior shoulder muscles (biceps, anterior deltoids, pectorals), which may cause tendonitis and impingement.

There are a variety of treatment options for acute and chronic injuries. Icing an acute injury for the first 48-72 hours can help reduce inflammation and pain. Avoiding overhead activity and limiting movement to pain free ranges initially can reduce the impingement (pinching) of certain structures. Gentle range of motion exercises, using pulleys, a cane or assistance from the other arm, can encourage circulation and reduce stiffness. Maintaining proper posture can reduce muscle imbalances and reduce stress on affected structures. Stand tall, relax the shoulders away from your ears and slightly tuck the chin. Gradually progressing to strengthening exercises that incorporate the neck, upper back, chest and shoulders will help to create balance, awareness and coordination of this complex joint. You may seek treatment for a pesky shoulder strain and find your therapist addressing your neck, breathing patterns, rib cage, upper back and overall posture. Hopefully these articles have helped to explain why all those areas are important and are likely the culprits as to why your shoulder is bothering you.

Rehabilitation of the shoulder can be a complex process. The longer an injury is allowed to continue without being treated, the more the body compensates, making recovery a longer process. As with all injuries, the sooner you seek treatment following an injury, the quicker the recovery and your return to the activities you enjoy.

Jennifer Gordon (BSc.PT, AFCI)
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

Folks have been asking for updates on Bingham Crossing (Costco?) or Gateway Developments. The most up-to-date and accurate information will be on the developers' websites, or via discussions with them. With respect to Bingham, they have subdivision approval, and are continuing work to meet their subdivision conditions. With respect to Gateway, Dick and I had a quick update March 19th, and he indicated that they are working through their approval of stormwater designs with Alberta Environment and Parks, and that the Road Acquisition is almost complete. Final tweaking of the plans based on approved stormwater plans is imminent. See www.gateway.ca for more information, or pop in his office.

Rural Municipalities of Alberta Conference

Mid-March saw 2 Staff and 4 Councillors including myself in Edmonton for the spring convention. Rocky View is taking more of a leadership position with this organization as Deputy Mayor Kissel is the chair of our Central region, and was on the resolution committee on stage helping introduce motions. Mayor Kochan and I participated in the Growth Management Board Rural Caucus roundtable. We also had official and unofficial discussions with

Minister McIver regarding sustainable and predictable infrastructure funding, regional growth, provincial policing. I find the spring meeting shorter and more focused than the bigger fall convention.

Master Rates Bylaw Updates for 2022

Council approved the revised Master Rates schedule as part of the 2022 Budget delivery process. Highlights were:

- Clarification on legislated fees in the Freedom of Information / Access to Information Category - all fees are now the provincially legislated amounts;
- Dog licensing fees were added to the Pets and Animals section, however this fee is not effective until January 1, 2023 - \$20 per intact dogs, \$15 if spayed or neutered;
- Application fee of \$5,000 added for planning applications referred to the Calgary Metropolitan Region Board cost recovery for additional staff time;
- Various fees in the Utilities section were increased by 10% Bragg Creek Water and sewer the flat fee remains at \$25/month but the variable rate increased by 10%, as we move to remove subsidy as the system matures. Elbow Valley and Pinebrook remain unchanged at \$83.26/month as this utility has been operating at full cost recovery for several years.

Easier Public Access to Council

Administration was tasked by Council to develop new terms of reference for a reconstituted Public Participation Committee (PPC). This should make it easier for developers or residents to come before Council outside of public hearings

to present their ideas and inform the whole of Council of important issues in the community. Bragg Creek Wild has already shown interest.

Tourism Promotion

With the Canadian Badlands Tourism Association being officially defunct, as part of our Budget deliberations, Council instructed Administration to explore alternate memberships for Rocky View to partner with. When this report comes back, the ability to promote Bragg Creek business will be top of mind for me when we are looking for replacement agencies. Langdon, and the Balzac area locations are our other traditional tourism draws. In the meantime, support the Bragg Creek Chamber if you can.

CAO Hiring Progress

The execution of the contract and start date confirmation are complete, but the final Council resolutions required to complete the hiring process are on the Council Agenda for March 22nd. Councillors that were in Edmonton met briefly in person with the candidate at the RMA conference and I am even more excited for the positive change this hire will bring!

Please e-mail me if you would like to be added to my contact list for e-mail and online communications - Kevin.Hanson@RockyView.ca or call 403.463.1166.

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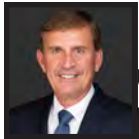
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Mayor, Division 2

Hi everyone, following is an update on Council matters for your use:

COVID: with the Covid restrictions being mostly lifted in the province, Council will resume the practice of all Council members being present in Council chambers for meetings. As well, public members may be in attendance. This will start on March 22/ 22.

Chief Administrative Officer (CAO): Council has completed the interviews for a CAO and pending acceptance of the employment contract we will have a new CAO in May.

Customer Satisfaction Survey: Occurring between March 21 and April 17, 2022, all County residences will receive a Your Say Rocky View County card in the mail for their opportunity to participate. Some residences may also receive a phone call. Information collected in the survey will be used to guide future decisions

surrounding Rocky View County services, communications, public engagement activities, budgets, and plans. The survey will be conducted by mail, phone, and web by Leger, an independent third-party organization. The results of the survey will be shared back to the community in a What We Heard Report.

Springbank Area Structure Plan (ASP): Administration is getting closer to engaging the residents of Springbank to collect their thoughts on what the desired land uses should be in the proposed new Springbank ASP. It is hoped that as many residents as possible can provide feedback into the process to ensure the community needs are being reflected. Details of the process that will be followed will be posted on the Counties website soon.

Assessment notices: your assessment notices have been sent out for your review and if you feel they are not correct you may appeal the assessed value by submitting an appeal by the date shown on your notice. If you have any questions about your assessment, please send them to assessment@rockyview.ca. If you wish to appeal your assessment, the Assessment Review Board (ARB) will hear your complaint starting in the spring. On March 8th Council has revised the ARB's membership by removing councilors as

members. Membership is now composed of Council appointed community members.

Rural Municipality Association (RMA): Four council members will be attending the RMA in Edmonton from March 14 to 16. Along with the conference learning sessions we have a meeting scheduled with Minister of Municipal Affairs to discuss various items such as policing, grants, etc.

Jumping Pound Hall: an appreciation event was hosted by the executive of the Jumping Pound Association for all the donors that contributed to funding the latest renovations to the hall. MLA Miranda Rosin and I attended to observe the new renovations and that the hall is ready to accommodate community events

Springbank Offstream Reservoir (SR1): Preliminary construction has started with tree and brush removal. Members of the public will be provided with information regarding the community liaison contact, upcoming construction activities and traffic impacts/detours when available via a project email provided by the province. You may register for the updates at springbank-project@gov.ab.ca

Looking forward to spring, take care!

Don Kochan
kochandiv2@gmail.com

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MARCH NEWSLETTER Judi Hunter-Ward 5 Trustee

From January to the end of June, Trustees are visiting schools to see how the District's learning plan comes alive in each of our schools. It has been rewarding to visit with staff and students across the division and listen to personal stories of learning in Rocky View Schools.

As we move forward from the lockdowns, masking and isolation, students and teachers are excited to be returning to learning pre-pandemic. Although for many of our younger children and new teachers have not known anything different.

It was amazing to walk into our buildings and feel the energy, positivity, and excitement of our students. Our buildings are clean, well-maintained, open, and filled with light. Student art covers the walls and learning is acknowledged and celebrated throughout our buildings. All parts of the building are used for learning. Desks, tables, chairs, and fitness equipment pepper

the hallways and are filled with students, reading, sharing, and learning. Schools exude a free flow of purposeful human activity. Technology is accessible and used as needed.

Rocky View School Division has a 4-year plan that focuses on literacy, numeracy, and innovation. Attention to the tenants of this plan were visible in each school. Students were engaged in project-based learning, solving math problems in unique ways, engaged in scientific experiments, engaged in debate, novel studies, and creative writing.

Our younger learners are provided leveled reading materials and are receiving targeted literacy instruction. The division has invested in the "Layers of Literacy" approach to teaching reading and has purchased assessment tools to measure our progress. It was evident to me that the additional support staff in schools is having a positive effect.

The Division has also provided supports to schools both by way of pedagogy and materials but also in support of developmental delays in students. Flexible furniture has been purchased that allows teachers and students to easily rearrange

the learning environment to suit the learning purpose. Furniture and equipment have been purchased to address students who fidget or need to move and assistive learning tools such as language boards for non-verbal students.

All schools have been in-serviced in positive behavior intervention strategies to deal with students who are dysregulated. Staff has been introduced to mindfulness techniques to calm students or assist students who have anxiety.

Each school is equipped with a calming room and/or a support room where students can receive support. Elementary and middle schools have part or full-time Child Development Advisors trained to assist students with interpersonal issues. High schools are staffed with guidance counsellors.

Our technology, arts and practical arts at the secondary level are generally well equipped and provide a range of courses aimed to support student interests. Electronics, robotics, fabrication, carpentry, and media arts programs, foods, cosmetology all equip students with sophisticated concepts and skills. Most middle and high schools offer excellent band programs.

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A TASTE OF THE HIGH COUNTRY

Hartell Homestead - Foothills First Farm Store

Nick Shipley lost his job to Covid early into the pandemic. For most, this would have been devastating, but not for Nick. A farmboy to the core and resilient, he and his wife, Alli, surmised this was as good a time as any to start farming their 30-acre farm. Soon, neighbours and passers-by began to buy their products at the “gate” - mainly herbs, vegetables, and eggs. These short stops soon extended to longer ones as guests were keen to visit the farm and enjoy the farm animals that were treated more like pets than livestock. And so, the word went out quickly, and a steady stream of visitors started to show up. Pleased with the response, the idea of a farm store emerged in what seemed to be a natural next step.

Nick grew up on a farm in southern Ontario but graduated from Alberta's Old's College in Agriculture (specializing in livestock nutrition). Hooked by Alberta's



big skies and promises of untapped potential, he made the province his home. Back home, he grew up knowing a familiar concept unknown to our area - Farm Stores. Even though the concept had not been formally applied in the Foothills, he felt the community was ready for this. Much work went into developing the model and negotiating agreements with local governments. The Shipleys' hard work, though, paid off. Hartell's Homestead is now a destination for local communities and the “Sunday drive” crowd.

Farm Stores are the ultimate expression of farm to table stores. Their purpose is to sell a farm's products directly to consumers. But the Shipley's went a step further. They connected with over thirty local producers - vegetables, dairy, meat, preserves, honey, bread, craft and they offered to sell their products in their store and share in the emerging business. Thus, the Hartell Homestead farm store sells only sustainably produced products made locally.

Today the Hartell Homestead is a bustling Farm Store that comes complete with activities for the whole family. You can walk around the farm and check out the garden, chickens, ducks, and the cutest Highland cows. Or, if you call a couple days ahead of time, you can book a private educational tour. In season, you can u-pick vegetables, sign up for canning classes, composting workshops, gardening lessons, sausage making and even learn about animal husbandry.

Speaking to Nick, I quickly realized that his love for farming was equally matched by his passion for local history. With a deep sense of place and storytelling skills, he relayed the tragic story of the Hartley community. A once-bustling small town that disappeared overnight in a grass fire on February 14th, 1944.

Imagine a town with over eleven shops, two boarding houses, and a tent city for the oil workers and their families. Gone in smoke overnight! The remaining couple of buildings and standing church of Hartell was eventually moved to Longview. Hartell did not recover. Turner Valley and Longview became the town centres.

The gently rolling hills of Hartell are inviting but discrete. To find Shipley's farm store, it is best to Google “Hartell Homestead”. The farm is essentially halfway between Turner Valley and Longview. Look for a small sign and sandwich board that advertise the farm located on the Northside of Hwy 543, East of Highway 22.

Visiting the farm is a pleasant way to spend a beautiful day, learn about where the food comes from and stock up on quality products at decent prices. To learn more about the Hartell Homestead, visit www.hartellhomestead.com or call 587-873-6027. They are open all week except on Wednesday.



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Bragg Creek Centre

On Saturday, March 12, live music was back and Bragg Creek responded! The Gord Bamford Kick COVID in the A** tour brought 324 country music fans together at our facility and the crowds were not disappointed. Opening acts CJ Sargent & Ryan Lindsay started the evening with a great arrangement of their own songs, prior to Gord Bamford taking the stage. The encore performance of the evening was a true crowd pleaser and one that is still talked about on social media. We would not have been able to host an event of this magnitude without the assistance of our organizing partners Swamp Donkey Musical Theatre and Bragg Creek Performing Arts Society and the numerous volunteers onsite willing to take on the many tasks allocated to them. The shining stars of the evening were the Bragg Creek Ladies Auxiliary, who spent the entire day onsite preparing meals for the band and continued throughout the

evening working the bar and concession and remained behind to clean after the event. We are extremely thankful for all those who lent a hand in making this a memorable musical event for Bragg Creek!

We are looking for feedback from the community to better determine the evolving needs of area residents after two challenging pandemic years. We recognize these needs have changed and are conducting an online survey to gain input on events and services local area residents are interested in accessing at BCCA. Those who complete the survey will be entered to win a gift card from a local restaurant or cafe. We would like to thank the following establishments for providing gift cards for the survey: The Bavarian Inn, Bragg Creek Cafe & Baking Co. Bragg's Korner Kitchen, The Cinnamon Spoon, Creekers Bistro, Handle-Bar, the Heart of Bragg Creek, Mabel and Marie's, The Powderhorn Saloon and Rockies Tavern & Grill. Please visit our Facebook page www.facebook.com/braggcreekcommunity if you are interested in providing this much needed information to the Centre's Board of Directors and staff.

Upcoming Programs:

Contant Lily Lee, Program Coordinator for more info or to register 403-949-4277

Spring Break Easter Nature Camp: Join Rediscover Play for a week of outdoor adventures. Children will learn wilderness & wildcraft, shelter making, fire building, creative play and so much more.

April 18 - 22, 9:00 am - 3:00 pm
Ages: 5 - 12
\$290

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- The First Aid and CPR course will be a comprehensive two-day course that meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.
- The fire extinguisher course is a one-hour interactive class with both classroom learning and hands-on demonstration and practice.

April 28 & 29, 8:00 am - 4:00 pm
BCCA Meeting Room

Kim Perraton
BCCA General Manager

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PRIDDIS NEWS

Priddis Garage Sale:

Finally, after two years of dealing with Covid restrictions, the Priddis Garage Sale is returning to Priddis. Pack up all those treasures and bring them over to the Hall.

The annual Priddis Garage Sale will be held on Saturday, May 7th from 9am to 12pm. Donations may be dropped off at the hall on Friday May 6th from 10am to 8pm. We will only accept clean items in good working order. Please do not drop off box springs, mattresses, old encyclopedias or readers digest condensed books. We do not want computers or monitors that are more than 4 years old, and no TV's that are not digital as they do not sell.

This is a fundraiser for the PCA and we appreciate all the support we receive. Thank you in advance for your donations. Food will be available for purchase from the concession. If you would like to help out at the garage sale this year, contact Arlene, at: aljelfs@gmail.com

Internet in Priddis:

Mage Networks will be holding an information session at the Community Hall April 13th from 7-8pm. Mage uses MagiNet technology to deliver fast, reliable, high speed internet to remote and rural areas.

Priddis Panthers:

Our Panthers topped off another fun and successful season with our year end tournament taking place in Black Diamond. Thank you to all of our dedicated volunteers who put in endless hours each season. Without you, the Panthers would not exist. A highlight for all of us this year has been hosting games on our home ice. We would also like to thank the Millarville Wildcats, The Black Diamond Phantoms, and the Bragg Creek Bears. The Panthers are fortunate to be a part of this organization that we are all so passionate about. See you all next season.

For more information, email Kyle McGill @ priddishockey@gmail.com priddispantherhockeyassociation.teamsnapsites.com/

Follow our Facebook page: www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/

PCA Casino 2022:

The Priddis Community Association is having our AGLC casino this year. Dates are Tuesday and Wednesday, May 17th,

and 18th at the ACE Casino Blackfoot, 42 Avenue SE, Calgary. Come and join in the fun as several positions on each shift need to be filled. If you have never worked a casino before, no problem. Training is provided. Meet your neighbours and make new friends. All proceeds from the casino go towards hall maintenance and improvements. If you would like to volunteer, please contact Wayne or Carmen at 403-931-3875

Parent & Tot Playgroup:

Playgroup is back at the community hall. Join us every Friday 9:30 - 11am for a chance to socialize with other parents while your children engage in free play. Free for PCA members. \$5 drop in for non- members. Please contact pcayoungfamilies@gmail.com for more information and be sure to follow our social accounts for community event updates. @priddiscommunityassociation on Instagram and Facebook page.

Priddis Early Learning Program - PELP:

In search of a Lead Preschool Teacher for the 2022/2023 year. Must have Level 3 Child Care Supervisor Certification. View the full job description at www.priddisalberta.com

Our fundraiser is ongoing: Mabel's Labels - order your very own personalized holiday labels and stamps. Once on the website,

click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

Please email our program director for more information: pelppreschool@gmail.com pelppreschool.wixsite.com/pelp/registration

Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family, Business etc.

Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Own your own business? Purchase a membership and receive the added perk of free advertising on our social media pages twice a year. NOTE: Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities.



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Priddis Library:

The Priddis Library, located in the old schoolhouse, is open Tuesday and Thursdays from 3:00-5:00, and now every Saturday, 10:00am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Your donations are appreciated but we will not accept encyclopedias, textbooks, older cookbooks, readers digest condensed books, or any books more than 20 years old. Currently volunteering at the library are Arlene, Carole, Sonya, Barb. Thanks Ladies, for volunteering your time to keep the library operational for the community.

Booking the Hall:

We are taking bookings for the Hall for 2022. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments online. To view or book the Hall, contact the Hall Rental Director at PCAhallrentals@gmail.com Check our website www.priddisalberta.com for availability, pricing, and updates.

Staying Connected:

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

- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- [@priddiscommunityassociation](https://www.instagram.com/priddiscommunityassociation) Instagram photos and videos



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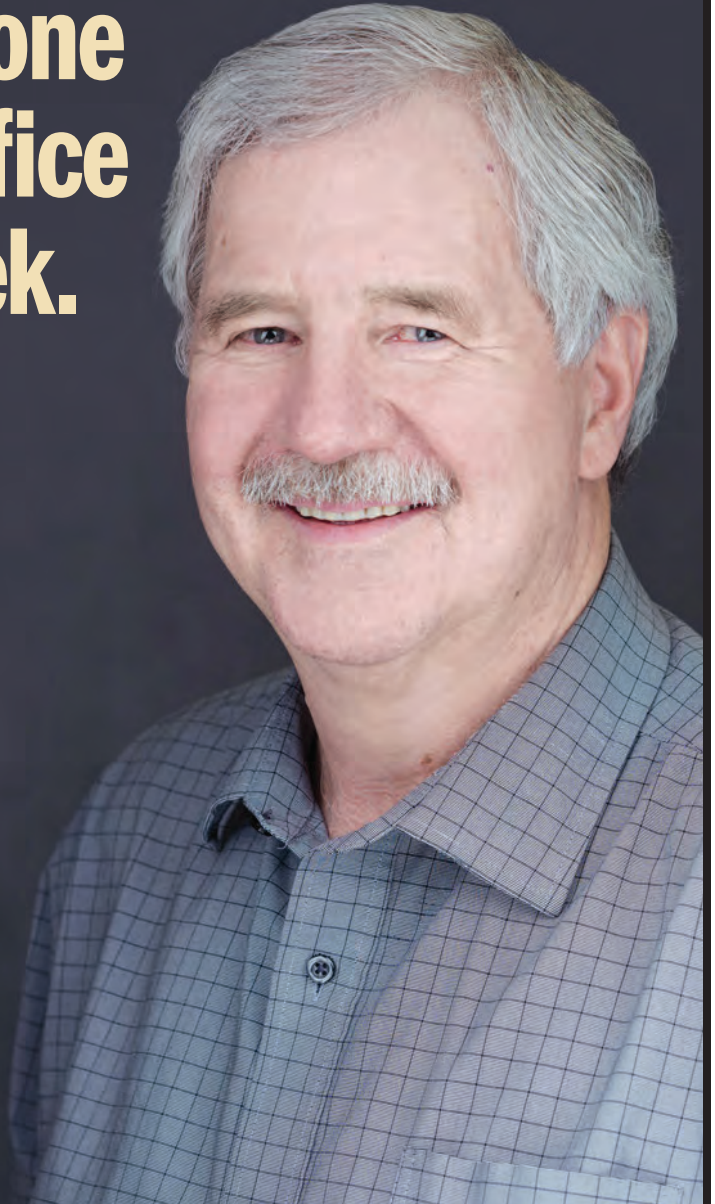
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THE LITTLE SCHOOLHOUSE

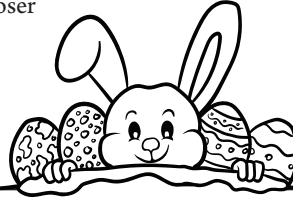
We at The Little Schoolhouse are enjoying all the sunshine and warmer weather Spring brings! Lots of outdoor discovery and inquiry for all the classes as we move into warmer seasons. The past few weeks we have experimented with primary colours to discover the different shades and colours that can be created. We have enjoyed lots of fun stories, rhymes, songs and created some great art work that focus on the exploration of colour and rainbows.

Our kindergarten class has dived a little deeper with experimenting with colour by making rainbow water, as well as creating a walking rainbow! They have enjoyed learning more about colour by increasing our artistic skills and creating some beautiful art! Community has also been a focus in our school recently. The kindergarten has enjoyed a visit from our local fire fighters, a tour of our dentist office and grocery store! We have an amazing community and are so grateful to those that allowed our students a closer look at their space.

Preparations for the 2022/23 year has already begun! Registration for both the Morning and Afternoon Preschool Programs, as well as our Kindergarten is ongoing. If you would like more information please see our website, www.thelittleschoolhouse.ca

Wishing you all a happy, healthy and happy April!

Ms. Shelley
www.thelittleschoolhouse.ca



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MILLARVILLE MUTTS AND MUSTANGS 4-H NEWS

In the start of our 2021/2022 4-H year, the Millarville Mutts and Mustangs are off to a positive start with a total of 50 club members! Our chair members consist of: our club President - Joy Den Haan, our Vice President - Hailey Mazubert, our Secretary - Bailee Smith, our Treasurer - Tori Ackerman, our Club Reporters -

Ella Hamilton and Declan Chupka, our Historians - Russell Hodson, Syd Anderson, Kenzie Blyth and Brianna Maull, our Parliamentarian - Jenaya Morrison and our District Rep - Kiera Sweeney. Our general club leader is Tammy Mazubert.

The club options consist of the Archery Project, the Equine Project and the Canine Project.

4-H is such an amazing program to be a part of, it entitles you to valuable life skills and you meet tons of new friends within.

So far, we have attended our Christmas Party which was an outdoor event held at the Black Diamond Lion's Campground,

and our public speaking events. Public speaking is a great skill to grow up with, important for jobs and confidence.

Although 4-H is a commitment, I have never had second thoughts about being part of such an amazing program. If you have been thinking about joining 4-H, I highly recommend it! The youngest you can be dependent on the club is 7 years old, the oldest you can be is 21 years old.

The Millarville Mutts and Mustangs are amazing, welcoming and a great club to be a part of! We run out of the Millarville Race Track, famous for the Millarville Heritage Rodeo/Christmas and Farmers Markets.

If you would like more information, you can contact our club at millarvillemuttsandmustangs@gmail.com.

Club Reporter: Ella Hamilton



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MILLARVILLE COMMUNITY LIBRARY

We survived the winter (thanks to our libraries) and lockdowns (thanks to our libraries)!

By the time you get this Spring will be springing (we hope), Covid restrictions are no longer but we are still being careful with each other, so it does look, maybe, that this year Summer will be in full swing.

Our library hours remain the same until the end of the school year (Easter/Spring break? Did you know that our library is run by one part-time, hard-working librarian, Natasha Grusendorf (who actually manages to fill the very large shoes left by our longterm librarian, Norma Dawson, now retired). And a posse of enthusiastic volunteers who make up the library board and work as part-time librarians. We do have positions on our library board and also for library volunteers. Both opportunities are a great way to connect with your community, have first dibs on new books, and meet book-loving people in your community. Training is provided. Call Natasha at the library at 403-931-3919 or drop in on Wednesday between 3:00 and 7:30.

With the cost of living rising at a very quick rate here are some titles and ideas to help you save some money.

Nature play workshop-outdoor learning for families by Monica Wiedel Lubinski and Karen Madigen, Have fun outside and learn something too. Ideas for all seasons.

Cooking with scraps by Lindsay-Jean Hard. Using the little bits and often discarded pieces of food to create new meals.

Calgary's Best Walks by Lori Beattie. Get outside and discover someplace new. Lots of different endurance levels.

The Prairie Gardeners series by local authors Janet Melrose and Sheryl Normandeau

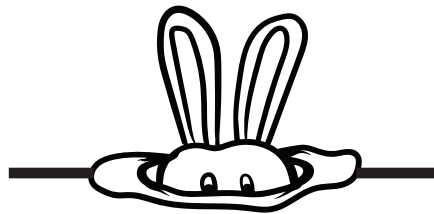
Books on learning something new:

- Blacksmithing
- Bee Keeping
- Cheesemaking
- Making sausage meat
- Curing meat
- Fermenting foods
- Learn to garden

Check out the e-resources that you get with your library card. You can get consumer reports, flipster tons of popular magazines, automotive repair, and brand new Creative Bug, tons of all sorts of crafting videos, ideas and how to dos.

The creative and informative Indigenous Art from the Grade 5 class exhibit is still here and we also have some new art by Penny Corradine in the library.

In today's troubled and cruel world many book clubs are reporting that their members are asking for "happy" books. This is not escapism. We need to build our resilience through involvement with the world, at the same time protecting our own mental health. Why not dip into "This is Happiness" by Irish author (The History of Rain) Niall Williams. This is a story about the beginnings of love and the persistence of affection, about the loss of faith and the recovering of belief. If you're a reader of a certain frame of mind, craving a novel of delicate wit laced with rare insight, this truly is happiness.



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, usually at 7:30 p.m. We are currently in the process of finding a new place to hold our meetings.

In April, the meeting will be a bluebird house workshop and an update on last year's bluebird situation. The date will be confirmed. If you are interested in attending or purchasing a bluebird house kit, please contact millarvillehorticulturalclub@gmail.com. The kit fee will be \$20.00. Our Facebook page will be updated with the details as well.

If you are interested in attending any of our presentations, please contact Gail Dziuba (587-578-3798) at millarvillehorticulturalclub@gmail.com. The presentation is free for members and \$15.00 for non-members. Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family.

Millarville Horticultural Club
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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Ambulance Situation: A welcome announcement came out from the Province on March 10, 2022. In an effort to address ongoing concerns in both rural and urban settings, funds and workplans have been allocated towards securing more ambulances on the street and to improve response times. While the project has just been rolled out, we look forward to seeing the results of the additional \$64 M price tag and the review currently under way by the EMS Provincial Advisory Committee. Apparently, we can expect additional ambulances, an attempt to keep rural ambulances at home to serve their local areas, a rework of interfacility transport and initiatives to improve working conditions. More will be reported on this, ongoing.

Highway 22 & 352 ST W Intersection News: I'm sharing some good news about the future improvement scheduled for this intersection location. After reaching out to our MLA Miranda Rosin (thank you), who then contacted Alberta Transportation administration, the following update is provided: As you may know, there are currently no turning lanes to and from 353 ST off of Highway 22, even though a review in 2008 recommended the intersection upgrade. In 2012, when a pavement overlay of Highway 22 was done, there wasn't enough money in the budget to complete an upgrade. There is another pavement overlay project planned for within the next five years and this

intersection improvement will be included in the scope. Let's keep a watch out for this project.

Highway 2 & 338 Avenue Interchange: Due to an increase of traffic on Highway 2 in the County, investigations for solutions are under way by Alberta Transportation, Foothills County, the Town of Okotoks and consultants, to address safety concerns. Discussions continue about closing the medians at 370, 338 and 306 Avenues, while a Functional Study is now under way for a new interchange overpass at the increasingly busy 338 Avenue location. This overpass has ranked high as a solution in both regional and provincial infrastructure evaluations. Three finalist configurations for the interchange design are now being presented to the public and area landowners. In March, a first-round of online engagements took place. Next up, feedback will be collected and further involvement of the community will contribute to choosing a preferred option by the end of 2022. Check out the link to see more about the proposed options and plans: www.alberta.ca/highway-2-to-338-avenue-interchange.aspx

Reminder: As a follow-up to our Spruce Budworm Workshop in 2021, we have posted our "Spruce Budworm" summary on the Foothills County website. We are monitoring the situation with our neighbouring municipalities and the Province, and offer to provide advice to our residents on this issue. We are not planning any large-scale intervention measures. Our Agricultural Services is also available to help with specific questions. You will find the details here: www.foothillscountyab.ca/services/agricultural-services/spruce-bud-worm.html

Status of Priddis Flood Hazard Study: I recently learned that this study on the Fish and Priddis Creeks is near completion and may be released soon in 2022. Visit: www.alberta.ca/draft-flood-maps.aspx

Scroll down to "Priddis River Hazard Study", click on the study update and visit the next link to see more details.

Dark Sky Country: Here in Foothills County, we enjoy viewing the night sky, and hope to protect healthy cycles of nature and the functioning of our local Rothney Astrophysical Observatory. The type of outside lighting that we use makes a difference to all this. Our Dark Sky Committee invites you to be a part of the solution to reduce light pollution. Please consider installing full cut-off, downward shining, non-glare outdoor lights and use only when needed. Your neighbours will also thank you. Take a moment during "Dark Sky Week", April 22-30, 2022, to discover the night: idsw.darksky.org/ The International Dark-Sky Association vision, reads: "The night sky, filled with stars, is celebrated and protected around the world as a shared heritage benefitting all living things." Learn more about our local initiative and our committee partners: Foothills County, Rothney Astrophysical Observatory, Cross Conservancy and Royal Astronomical Society of Canada. Visit: www.darkskycountry.ca

Fish Creek Watershed Association: is moving ahead with their "Upper Fish Creek Watershed Management Plan", which includes our area. FCWA would like to hear from interested residents, including those who live next to Fish and Priddis Creeks. If you are interested to join in the conversation, let me know and I will connect you to the group.

*With Best Regards,
Suzanne*

*Other News & Updates:
Facebook: www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With Best Regards, Suzanne*



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COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

Greetings from Foothills County, Division 3 and a huge welcome to Spring!!!

It has been a busy month both in Council and in committee meetings.

Something new has been brought forward by staff. Foothills County has required most businesses operating in the County to obtain a business licence since 1981. However, the current bylaw that provides for licences and outlines requirements, fees etc. is outdated and too complicated. Council has given municipal staff direction to undertake a review of business licences. As part of this project, we would like to hear from County landowners and from businesses operating in the County to understand their opinions on business licences and the licensing process. Here is the link to the survey:

www.surveymonkey.com/r/KZ29X7H

Council met with Foothills School Division at the beginning of March to discuss CMRB, Joint Agreements, COVID, the Blackie School modernization, plus priorities for other school modernizations, and Emergency Response Planning. We also discussed school playgrounds and the opportunities to access Provincial Grants for revitalization of some of the older playgrounds.

Council had a very productive meeting with MLA RJ Sigurdson who brought us up to speed on Provincial matters regarding first responders, CMRB, and the Provincial budget. It is always beneficial to have discussions with our Provincial and Federal elected officials whenever we have the opportunity.

In early March the Joint Steering Committee met for the first time since the election. It was a chance to get to know the Councillors and staff from Turner Valley and Black Diamond who have been appointed to the committee. The main topic was the development of the Terms of Reference for the proposed Intermunicipal Committee (IMC).

The Dark Sky Stakeholders Working Group (AKA Dark Sky Committee) met via ZOOM at the end of February. The meeting was attended by 10 very enthusiastic people. Lots of excellent discussion, input from experts, and go forward ideas. Light pollution in Foothills County was the Number 2 complaint while I was campaigning. The committee came up with a very lengthy Action List. The main thrust of the evening dealt with how to get the word out to newcomers to Foothills County and to work with neighbours to make our Dark Skies a reality.

Many people do not know about the Dark Sky bylaws in Foothills County, and maybe do not even know they are projecting light out into the sky or the neighbours' yards. Be mindful where the light on your property is directed. Be a kind, thoughtful neighbour. Remember light should be directed down, not up and out from your property.

You can learn about Dark Skies on the Rothney Astronomical Observatory website. We are so fortunate to have this facility in Foothills County. Not only is it a research facility, but an educational centre for the public. Watch for upcoming events that you and your family and friends can participate in. science.ucalgary.ca/rothney-observatory/community/dark-sky-country

Sheila Hildebrandt, a Foothills County resident, contacted me to send this information for all residents:

The Rural Mental Health Project (RMHP) has arrived in Millarville!!! The RMHP has

been designed by Canadian Mental Health Association (CMHA) to further our community's mental wellness.

- What things do you currently do to keep mentally healthy?
- What types of services or groups would you like to see to help your mental wellbeing?
- What groups are being served well and what groups need some more help? Are the seniors' needs being met? Can more be done for the youth in our community?
- This project is for you and your family. What do YOU want to see?

Sheila is more than happy to meet with established groups for presentations on the Project and will also be set up in the coming months at various places in and around the Hamlet of Millarville for drop in coffee time chats. Stay tuned to the Facebook page for when and where these meet ups will occur.

Please feel free to reach out to the newly trained animator for Millarville, Sheila Hildebrandt. She can be reached at: 403-554-0318 samhil55@gmail.com

Facebook - Millarville Rural Mental Health Project

If you have anything to add to my Newsletter, please contact me.

My flowers and veggies are growing like weeds and ready to go into the greenhouse. Happy planting!!!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

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SQUARE BUTTE COMMUNITY

A Lesson in the Benefits of Volunteerism

I was reading an article recently (that was published in the "Journal of Happiness Studies" - didn't know that was a "thing") regarding the benefits of Volunteerism. It focused not on the benefits that Volunteers have towards helping their communities, but primarily on the boost that volunteers experience in their mental health as compared to those who don't volunteer. What the article pointed out, rang true for our Community and what many of us have been a part of for decades.

Volunteers are the absolute core and reason for our Community Hall and Association. From the early days of building, developing, expanding,

improving and hosting events, it seems to me that "volunteerism" wasn't necessarily something that was talked about as a "thing". It happened without being shown "how to" or taught - it was simply woven into the fabric and way of being for everyone who lived in the area. Our Community Hall was a gathering place, a social outlet, a right of passage (of sorts) for the multi generations that it has, and continues to benefit. Everyone pitched in... it was simple. Nobody had to ask another to help out - they just did because they wanted to - it was important - it was natural - it was FUN!

Our facility and community grew through tireless fundraising efforts which were not only required for the day to day upkeep of the hall (utilities, insurance and maintenance) but also for all expansions and improvements. From monthly events like dances and dinners our repertoire grew to include garage sales and auctions, bingo night, live entertainment, silent auctions,

wine and whisky tasting, themed events and multiple other gatherings. Each dollar earned from volunteer efforts were put back into the Community Association so that everyone who became a part of our Community benefited.

Our Community also helped sponsor and facilitate other groups and their fundraising efforts, like 4-H and hosting public speaking, local boy scouts and girl guides, local school band associations, preschool and playgroups. Because we are so fortunate to have the facility we do, many other user groups have benefited from being able to utilize it and we are happy to be a part of a much larger community in the process!

To this day, volunteers are responsible for every function of our Community Hall - from the building and landscaping maintenance, upkeep and improvements; to the planning and execution of the many events we host that bring community together; to the bookkeeping and record keeping of all the community's financial and planning information; to renting our facility and cleaning, monitoring and ensuring its integrity and viability.

Going back to the Happiness Study mentioned earlier, it has been shown that people who have volunteered within the past year were more satisfied with their life and rated their overall health as better. Those who volunteer on a monthly basis fare even better and report better mental health than those who volunteer infrequently or not at all. People may ask why this is so...but its easy to explain.

When we help others, we experience a "warm glow". We also feel a deeper sense of social connection. Volunteering can also be a way to build professional skills and develop leadership opportunities (so important especially for our younger generations). We have all experienced some very challenging times these last couple years and volunteering can also help bring us a sense of control to help combat stress. It's a lesson we can learn from our Community's history - let's heed it and prove it by example!

Submitted by Susan Graham
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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.
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SHEEP RIVER LIBRARY

We are mid-way through March at the time of writing with warmer temperatures and no COVID restrictions. Patrons are not required to wear masks, physical distance or observe capacity limits. We are slowly seeing programs return to the facility such as the Community Drumming Circle (First Friday of the month at 7 pm), Poetry by the Fireside (Last Thursdays at 10:30 am), Mom's Coffee Time (Monday mornings at 10:30), Create Recovery Group (Wednesdays at 7 pm) and Diamond Valley Book Club (2nd Tuesdays at 1:15). Other programs either returning or starting in the spring are Inductive Bible Study (Wednesdays at 10 am), Qi Gong (Mondays at 1:45 pm) and Music Together, a six-week program taught by Kaitlyn Southgate of Prairie Winds Music, with two sessions for 0-3 years (9:30 am) and 4-5 years (10:30 am) on Tuesdays. Although the program began on March 22, there are still 4 sessions in April. Cost is \$12.50 per session. Call 403-933-3278 for details. Please check our Webpage and Facebook page to find out what programs we have running or will have running in the near future.

As the weather warms up, many of you will be wanting to get back out with the Sheep River Ramblers. If you have not joined this group, please come in to fill in the necessary paperwork. For those who are already members, please remember to fill in a new waiver when you renew your library membership annually.

With Discovery Days planned to take place the first weekend of June, the library will have its annual book sale. For the months of April and May we will be happy to take donated books to sort for the sale. All books must be brought into the library, not deposited in the outside drop box. Please avoid leaving boxes of books outside the library when we are closed. We will accept most items except Reader's Digest condensed books, encyclopedias and textbooks. All items will be sold by donation rather than set price. (Even though we know

this creates a moral dilemma for people - what you want to pay versus what you should pay. We'll leave it to you to figure it out and if you are still having trouble, there will probably be a book in the philosophy section that can help you out - but you will have to buy it. By making a donation.)

We know that in general libraries and librarians are amazing - many of our patrons tell us this on a regular basis when we find obscure items for them, arrange a program they've been dying to attend or drop items off at their homes when they are housebound. But nothing beats this statement put out by the Ukrainian Library Association regarding their forthcoming conference which puts my daily to-do list into perspective: "We will reschedule just as soon as we have vanquished our invaders."



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ANN AND SANDY CROSS

Dark Skies in the Foothills

**Roland Dechesne,
Foothills Dark Sky Committee**

Have you ever wondered what's up with those Dark Sky Country signs in the north part of Foothills County? Did you know that there's a group of people who collaborate on protecting the natural dark night skies in defense against the pressures of Calgary urbanization?

One of the things that makes Foothills County special is that despite abutting one of the country's largest cities, there is a rural feel to the County. With all the pressures for development, protecting what country residents like about their lifestyles doesn't come easily. Through Foothills County council and staff collaborating with interested citizens, and stakeholders such as the Ann & Sandy Cross Conservation Area, the University of Calgary's Rothney Astrophysical Observatory and the Calgary Centre of the Royal Astronomical Society of Canada and their observatory, also in the County, best practices for nighttime lighting are discussed and implemented. These

people also celebrate the natural dark skies of Foothills County through educational events. Watch for upcoming events celebrating International Dark Sky Week, April 22-30.

Dark skies are vital to astronomy and the research conducted at the Rothney Astrophysical Observatory. But we also recognize the value of dark skies to all life on earth and closer to home the rural lifestyle of people in the Foothills County. We are celebrating Dark Sky Week on April 22nd to 30th with our first public event on Saturday April 23. This is an opportunity for us to share how incredible it is to spend time out of doors to observe the spring constellations.

While we all need some light at night, it turns out that much lighting is poorly designed and installed or installed in an attempt to improve a situation but actually makes that situation worse. For example, within a home we often consider 'task lighting' where a carefully shielded light source illuminates a particular area, such as a desk, or a set of stairs. Inside, we strive to find fixtures that direct the light to the target and don't create glare; after all, who would want to live in a house that looks like a used car lot? The same mindset should be applied to outdoor lighting. Instead, we commonly find unshielded lights on poles, or wall-mounted fixtures that spray light as far as possible, creating glare. Glare always reduces visibility.

Some of these lights were installed to increase visibility for the home or business owners when working around the yard at night and these lights increase safety because everything becomes visible, including tripping hazards. But some of these lights were installed by home or business owners in an attempt to increase 'security', to reduce nighttime crime, but these lights actually reduce security and can lead to an increase in nighttime crime because

everything becomes visible, including valuables. It's as if you supplied a table full of free flashlights and expected nighttime crime to go down. In studies that measured crimes throughout a 24 hour period, it appears that nighttime illumination shifts some of the daytime crime into the nighttime hours.

People often imitate what they see others do, so do your best to set a good example. You may want to stand on your own property and look back toward your house to be sure that your lights are not offensive to your neighbors. Lights need to be shrouded and aimed in such a way that the neighbors won't be bothered, but also so that you don't inadvertently create glare and reduce your own visibility. Illuminating your home with soft landscape lighting can also make your home feel well lit without needing large powerful flood lights that shine out onto streets or neighbor's windows.

Top Tips for Improving Lighting Quality

1. Decide whether a light is needed at all. Sometimes the best solution is to not create more issues with bad lighting.
2. Is lighting appropriate for the locale? Natural areas shouldn't be illuminated. Nighttime light can also legitimize the presence of strangers.
3. Use minimal light, pick the lowest lumens required for the situation.
4. Choose amber lamps instead of bluish ones. There's less environmental impact, and blue light triggers the eye's glare response.
5. Choose when to light. Timers, dimmers and motion sensor lights reduce light pollution.
6. Keep light aimed to the target. Don't attempt to 'throw' light too far, or waste it by shining above the horizontal. If you can see the bulb, it's not right.



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HELLO DIAMOND VALLEY

Hello, Diamond Valley. It's that time of year when April showers bring May flowers... or in Southern Alberta, when April snow covers the tulips struggling to peek their little heads above ground. Diamond Valley Community Garden is accepting registrations for plots in their Garden. \$60 per year includes raised plot with soil, and access to gardening tools, water, gardening books, fellow gardeners, and they usually have a BBQ sometime during the season. To register a plot or for more information, email at diamondvalleygarden@gmail.com. The Garden is located in Black Diamond.

We are getting two new bins in addition to our garbage bins, a green one for organics and a blue one for recycling. They will be delivered to all single-family households throughout the month of April. The towns will also be delivering kitchen pails to start your organics collection. Inside the pail will be a guide to waste collection booklet and sample compostable bags. Hopefully our town bills will remain the same, and it will be nice not to have to store your recycling and take it to the recycle center. Now we just have to find room on our properties to store the bins! I'm also getting the hubby to make a compost bin for our garden.

We had the Repair Café last month at the Griffiths Center, and many of us took advantage of this to bring our lamps, stereos, chairs, what have you that were broken and the wonderful volunteers at the Diamond Valley Sustainable Living Centre did their best to fix the items, all by donation. This keeps items out of our landfills and money in our pockets as we don't have to buy a new item to replace the broken one. The DV Sustainable Living

Centre does many great things such as gather, process, and distribute unwanted fruit and vegetables in our area, promote efficient water use practice, install water capture/reuse systems for homes and businesses, education and apprenticeships, upcycling resources, and energy security. With prices soaring for gas, groceries, and utilities, this is something we should look into and absorb into our lifestyles. For more information, visit dvslc.ca.

The Valley Neighbours Club in Turner Valley is fully open again, and also available for daily rentals. The physical activities available are geared for all levels of mobility, including an exercise program Tuesdays at 9:30am, specifically for strengthening, cardio, and balance, and a robust fitness dance and barre exercise evening on Tuesdays. Beginner line dancing is Wednesday mornings and a regular line dancing class is Thursday mornings. A variety of card games are also played throughout the week with Bingo on Friday afternoons. For more information on this long-standing club and all it offers, call 403-933-4455.

Right next door to the Valley Neighbours is the Sheep Creek Arts Council, and they are pleased to announce that they are open again for art classes and clubs. Needle felting and Mosaic classes start in April, painting classes in May, and a collage class in June. They ask anyone taking classes be a member. Their classes are inexpensive and they do have a subsidy program for low-income residents. To register or to find out more, visit sheepcreekarts.ca.

The Turner Valley Legion is pleased to start offering their programs and specials again, and their famous buffet will start again in April. They offer a Youth Night on Mondays from 7-9. This includes darts, foosball, board games, puzzles, coloring, wifi, and a snack concession. More details on this fun night can be found on their

Facebook page. Also, they will be trying out a Saturday jam every couple weeks, with the first one March 19, from 4-8. For more info on the Legion and what goes on there, visit the Facebook page or drop in! And please take a moment on April 9 to commemorate the Battle of Vimy Ridge, the most significant battle of WW1, in which Canadian Corps gained victory over the Ridge and ultimately defused Germany's attempt to control Europe. Many lives were lost in this battle, and we respect their service.

Canada Post offers funding for community projects for children. The annual grant application process is open from March 14 - April 7, at canadapost.ca/community. Registered charities, school programs, and community organizations are invited to apply for funding of projects consistent with the Foundation's objective to support initiatives that benefit children.

Pound Rescue, an animal rescue organization based in Okotoks, is in desperate need of foster homes. There are so many abandoned and homeless dogs and cats that their volunteers are struggling to find room for them all. If you are an animal lover, please consider fostering an animal! Poundrescue.com for more information on how you can help.

The annual Hike for Hospice is happening in May. This fundraiser is to help raise \$60K for patients and loved ones in our community Hospice. The group hike is on May 1. If you prefer to hike solo, you can complete your 5km hike challenge anytime between May 1-7, as a virtual participant. To register and to find out more, visit countryhospice.org.

If you have any events or news for the month of May, please drop me a line at elaine.w@telus.net. The deadline for this issue is April 15.

Happy Spring!
Elaine Wansleben

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DE WINTON COMMUNITY ASSOCIATION

WALTER TURNBULL AWARD

The A Walter Turnbull Memorial Plaque was established in recognition of the exceptional volunteer community service provided by Mr. Walter Turnbull over the many years he lived in our community. The award is an opportunity to appreciate and recognize the tremendous contribution of our many volunteers in making this community a wonderful place to live.

Each year we ask our members to help us by nominating candidates to be considered for addition to the plaque each year. These Candidates must be long-standing members of the De Winton Community Association who have provided many hours of volunteer service to the community throughout their membership.

We are very blessed to have so many helping hearts and hands in our community and we received four nominations this year which made our decision very hard. Every nominee is important to us. However, after careful consideration the DCA Board has awarded this honour to:

Donna and Robert Poffenroth

Next month we will feature our article on Donna and Rob and why they are this year's winner of the A. Walter Turnbull Memorial Plaque.

About the De Winton Community Association

We were founded in 1918 and have been an Alberta Association Member since 1962.

Are you new to De Winton? On behalf of our amazing community, please allow us to welcome you and your family. We have a welcoming gift for you, along with some information about our local happenings, activities, and fabulous pre-school. Please contact us directly at the Hall by phone or email. Also visit our website and sign up for our newsletter. Once again, welcome!

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De Winton Community Preschool Registration is now open for the 2022-23 school year. Visit our website www.dewintoncommunitypreschool.com for more information. The De Winton Community Association is also looking for a new volunteer Preschool Director. If you would like more information, please reach out to our Parent Committee at dewintoncommunitypreschool@gmail.com.

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DUANE HARDER

Keep On Climbing

"Everything worthwhile is uphill. Sadly, many people have uphill hopes and downhill habits." (John Maxwell) He went on to say, "Nothing that is good in life comes easy. And very little that comes easy is good." We may not like the implications of his statements, but they ring true to me. We want instant coffee, instant porridge, Instagram, and instant success. We want shortcuts on our computer, fast track on our deliveries and the fastest route to our destination. Heaven forbid that the slow vehicle in front of us should add two minutes to our journey.

Virtually anything that has value and purpose requires work to attain it. Effort is required to get what and where you want. Whether it's a good marriage, a successful career, a healthier, better-looking body, you name it, you must work at it.

"Put differently, anything and everything you desire in life, everything you would like to strive for, is uphill, meaning that the pursuit of it is often challenging, grueling, exhausting, strenuous, and difficult. No person who has reached the pinnacle of

excellence ever said, "I have no idea how I got to the top of this mountain. I just woke up one day, and here I was." Any climb uphill must be deliberate, consistent, and willful. It must be intentional. And the climb also requires tremendous self-discipline, which is essential for a successful life."

What is at the top of your hill? What new skills would you like to learn? What mark would you like to get on your final exams? What new activities would you like to include in your life? What countries would you like to visit? What career advancements would you like to have? Some of our desires are small hills others are like the Himalayans. Whatever the size of the hill, it's imperative that you make a choice to start climbing. You must put one foot in front of the other and begin your climb. You will grow and stretch yourself every day.

It takes more than an injection of enthusiasm to get us up the mountain. Before I start the journey there must be some serious Evaluation. 1. What benefit will the result bring to others and me? In other words, who will benefit in what way for how long? 2. How much will the journey cost? What activities am I willing to dispose of to buy time for my climb? 3. What skills do I need to develop to take me to the top?

Furthermore, I must not let presumption stop me from acquiring the Education that I need. This can be formal education or experiential. Formal education brings a foundation of knowledge that helps give me a secure place for my feet. Having the right knowledge can alert me to dangers, advise me of alternatives and provide adaptive skills for the unexpected.

Humility enables me to enlist the counsel of others who have made a similar journey. Their mountain may not be the same, but their experience can bring valuable insight into my journey. Pride keeps me on a course of self-sufficiency and self-determination isolates me from the valuable input from others.

When it comes to reaching the top, we are usually our own worst enemies. We sabotage our own success. Every person possesses within him or her the raw material necessary for manufacturing his or her own defeat. None of us is exempt. Consider these indicators of dysfunction: a drive to succeed, desire to be accepted, irrational fear, a need to be in control, perfectionism, or various compulsions. The compelling drive within us can be an overcompensation for needs that have not been met in our lives and the lies we have believed.

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"You are just a dumb blonde." "You only have half a deck of cards." "I bet your mom almost died when she saw how ugly you were." "How could you be so stupid?" "Why can't you be smart like your sister?" "What have you done today to deserve to be alive?" These self-defeating lies get planted in the mind by well-meaning people who have no idea of the damage they are initiating. If we are going to succeed we need to stop letting others define our value.

My physical mountain climbing experience is very limited - two small ones that stretch the classification of mountain. Life mountains, now that is a different story. Some of them left me with painful emotional scars. Others were enshrouded

with thick fog that left me groping for my path. Others were steep and hard to navigate. All of them taught me valuable life lessons but none of them really prepared me for my present mountain. At 80 I am facing a mountain of grief - the loss of my beloved wife of 57 years. This mountain has caves you can hide in and nurse self-pity. It has spas where you can rest and ponder the "what ifs" of your past decisions. In fact, there are even loudspeakers that remind you of regretful decisions.

I choose to keep climbing despite the obstacles I encounter. I am choosing to replace lies with truth statements. Rather than wallowing in self-pity I will allow my pain to sensitize me to the pain of others. I will stop saying "what if" and in its place look for valuable life lessons. Is there pain in grief? YES! Are there days when I have lost my footing? YES! I know one thing! I am not going to stop climbing. I look forward to seeing you at the top.

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TIPS FOR CREATING A 5-STAR HOTEL FEELING IN YOUR BATHROOM

Bathrooms are important. In them, we wash the sleep away each morning and prepare ourselves for bed each evening-and these daily 'clean and preen' rituals are more satisfying when they take place in a spa-like space.

Here are six tips for giving your bathroom that '5-Star hotel' feeling.

Replace Bathroom Accessories

The easiest, most inexpensive way to refresh a bathroom is to purchase colour-coordinated accessories. Matching soap dispensers/dishes, toothbrush holders, cups and even tissue

boxes are available. Look for items that best match your bathroom's style!

Add Plants or Flowers

Fresh cut flowers and potted plants add freshness to bathrooms, and they also clean the air. Cut flowers need replacing each week, so if you have a bathroom window that provides enough light for a plant to thrive, then buy a plant and-if possible-pot it in a bowl that matches your bathroom accessories. If your bathroom is small, select a small plant that can sit on the countertop, such as jade or bamboo. If your bathroom is larger, a floor-standing plant that enjoys the steamy, bathroom environment will create a 'forest bathing' feeling you may enjoy!

Change 'Texture'

Bathrooms have hard surfaces-countertops, cabinets, tub bases and tile floors-that don't always feel relaxing. To create a softer 'texture' in your bathroom, the easiest thing to do is to stock it with lots of fluffy,

soft towels. Consider investing in floating shelving or open front cabinets to display their luxuriousness, and also think about purchasing a soft but durable bathroom mat that matches your colour scheme. Window coverings or draperies can also add softness and texture to the bathroom, and if you are motivated to do more, a soft-looking, textured 'accent' wall can be created using textured wallpaper.

Change Wall Colour

Painting your bathroom walls can produce dramatic results. If you choose to do this, consider that:

- Neutral colours keep your bathroom feeling airy and light.
- Accent walls can add a touch of elegance.

Your accent wall can simply be a different color than the other walls, or it can be finished with a different material, such as tile, wood, or even stone!

Upgrade Light Fixtures

New light fixtures can change your bathroom's look from functional to fun. Often, simply changing your ceiling-mounted light can provide a fresh look; however, if you are more adventurous, installing pot lights or a decorative wall sconce-or bright fixtures above the counter where you apply your makeup-can ensure you have the lighting you need.

Counter and Floor Finishes

For counters and floors, use classic materials such as marble and porcelain if you can, as the veining in them gives a sense of movement and space. If such materials are unavailable to you, opt for choices that mimic them. There are some amazing quartz and tile products out there-and even some vinyl flooring that looks like tile!

Relax

Enjoy your newly refreshed bathroom!

Karen Horte, DID

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MORTGAGE MATTERS

Rate Hikes Are Here ... Why?

The Bank of Canada has finally increased its key interest rate to 0.5%, the rate had been held at 0.25% since the pandemic broke out in early 2020. This jump is the first increase to the key interest rate since October 2018. This key interest rate is what determines each lender's prime lending rate. The prime rate in Canada is now currently 2.70%. The prime rate is the interest rate Canada's banks & mortgage companies use to set interest rates for variable rate mortgages and lines of credit.

The bank rate reached an all time high of 21.25% in August 1981 and record lows of 2.00% in both October 1950 & August 1955.

For the past years, we've enjoyed rock-bottom fixed interest rates. Even before the pandemic, fixed rates were below 3%. Interest rates in the bond market, which are used to price fixed term mortgages, have

been moving upwards for months now, increasing fixed rate interest costs.

During 2021, you could get a 5-yr interest rate for well below 2%, now the current best rate is *3.14-3.34% and up.

During the pandemic, fixed mortgage rates were the lowest in history at ~1.39% (some promos even lower). The highest rate recorded was on August 31, 1981 at 21.75%.

Higher interest rates can also be good news. Savings in a high-interest bank account, fixed-rate investments, guaranteed interest options and guaranteed investment certificates (GICs), could grow faster and give you higher returns.

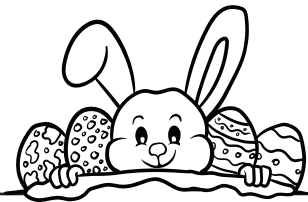
Much of the news around rate hikes is an attempt to slow inflation. Inflation is the increase in the price of goods and services in an economy. Economists like to keep inflation at 2% (midpoint of a control target range of 1-3%). That means something you buy this year for \$1 should cost \$1.02 next year. Currently, inflation in Canada is reaching heights not seen since 1991 and is increasing at a pace faster than the Bank of Canada had anticipated.

When inflation starts to climb, the Bank of Canada will raise interest rates, which attempts to curb how much money is circulating in the economy, which in turn helps curb inflation. Beyond inflation, higher interest rates can cool the hot housing market which is an intended consequence of these increases too.

In the past, some governments have made major errors in dealing with inflation and those economic errors of the past are guiding what economists do today. Of course, it's not an exact science and the Bank of Canada can't fully control the economy with its policies, but it can certainly help things progress calmer by adjusting interest rates and the money in circulation.

* OAC. Rates subject to change without notice.*

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ADHD AND OCD

What is OCD?

Obsessive Compulsive Disorder (OCD) is characterized by 'unreasonable' obsessions (intrusive, upsetting thoughts) and/or compulsions (repetitive behaviours) and can cause great anxiety. No, OCD is not a gift. It's not fun. It's not exciting. It's not "I've got everything sorted and together because I like it that way". It can take up a lot of time and get in the way of other things. Symptoms can range from cleaning, skin picking, hoarding and counting to performing intricate rituals in order to prevent something terrible from happening.

What is the connection?

The behavior overlaps between Attention Deficit Hyperactivity Disorder (ADHD) and OCD is complex. Both conditions are affected by the pre-frontal cortex which is responsible for executive functioning i.e. organizing information, regulating the mind and body. This area of the brain seems to under-function for people with ADHD and to over-function for those with OCD. Both are impacted by mood-affecting neurotransmitters. ADHD correlates with a lack of dopamine, while OCD involves serotonin deficiency.

Are you born with it?

Typically, both ADHD and OCD have a strong genetic component and tend to run in families. Developmentally, ADHD occurs before age 12, while the age of onset for OCD is between 10-12 or late teens into early adulthood.

Is obsessive compulsiveness a personality or psychological disorder?

Both! OCD and OCPD (Obsessive Compulsive Disorder Personality) sound alike, but are very different conditions with its own symptoms and treatment plans. ADHD and OCPD together, are less common though.

Can boredom or inattention make OCD worse?

The symptoms can intertwine with each other. For scatter brained ADHD people, their world often feels out of control. They can overcompensate for their tendency to be disorganized, distracted and inattentive by

adopting OCD-like coping skills i.e. rigid lists and double-checking things or else they could forget. The way my ADHD works, is that I find clutter to be visually distracting. I clean my workspace every time before writing a report. My meticulous cleaning (and procrastination!) means I do need my space to be clear to think straight. It is important to understand the basis and motivation for certain behaviours.

ADHD and OCD treatment

Treatments may include medication and therapy. It works if you do it right and stick with it. If both conditions are present, it can be tricky. It depends on the severity and on which is the primary or secondary condition. In many cases, the OCD gets managed first. The stimulant medications used to treat ADHD can sometimes quiet the mind and other times exacerbate the

OCD symptoms i.e. focusing on the obsessive thoughts more.

What can you do?

Having either ADHD or OCD can be challenging on its own. It is essential to work together with health professionals who can identify, understand and address both conditions. If you know of somebody who may have either or both conditions, it's important to validate their concerns and encourage them to seek treatment. Living a healthy life is possible.

References:

The OCD-ADHD Link: What you should know when you have both (Olivardia, R.) International OCD Foundation (IOCDF); Children and Adults with ADHD (CHADD); Attention Deficit Disorder Association (ADDA).

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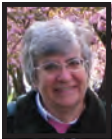
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PRAYER by Andrea Kidd

Divine Intervention

Quintus lay sprawled on his back in the dirt, arms and legs flung wide. His helmet had tumbled out of reach when he was thrown back. Puzzled, he gazed up into the dusky dawn sky. Then, instinctively, he rolled over to protect his vulnerability, staggered to his feet and collapsed to his knees, his head spinning dizzily.

"What happened?" he wondered. "Where am I?" His eyes met those of Marcus, who was also trying to focus his gaze. Gaius lay between them, lying insensibly on his side. Appius, however, had recovered quicker than his companions. He stood, feet spread apart for steadiness. Eyes wide with fear he called, "Quick! Quintus! Marcus! Come! Gaius is still out cold. We must check on the grave!"

Quintus' memory shot back into gear and panic gripped his gut. He saw the cave mouth gaping open and the massive stone thrust aside. The body! Was it still inside where it had been laid two days before? Were the robbers they had been guarding against still in sight? Could they make an arrest?

Quintus, Appius and Marcus peered into the gloom. They assured themselves of the facts. The body was gone. There was no sign of robbers, not even fresh footprints in the dust, apart from their own. Then the most serious fact of all sank into their befuddled minds. They had failed in their assignment as guards of a dead body. They had stood on guard outside the sealed tomb for their four hour shift. They had been diligent. They hadn't shirked, dozed or even slouched for a moment. They had performed their duty as sentries until the unimaginable had happened. A sick dread pervaded each of their stomachs. They knew the penalty for their failure. They were doomed to execution.

Gaius stirred and, hearing the anxious voices of his companions, he stumbled over to them. "Quintus, You stay here and guard the tomb," ordered Appius. "Marcus, you go one hundred paces in that direction and look for evidence of robbers. If so, call. Gaius and I will come to your assistance. There may be a large group of them to move that stone. Gaius, you do the same but go in that direction. I will go this way. Arrest anyone you meet. No questions. Then come straight back here."

Minutes later the Roman guardsmen reconvened at the open grave. Early morning sunlight streamed through the darkness of the cave entrance. The soldiers' faces were grim as they faced the reality of their situation.

"We should fall on our swords here and now," said Marcus. "We should inform the centurion," suggested Gaius, "he needs to know everything we know." "Falling on our swords is cowardly," said Appius, "I am a trained Roman soldier. I will take my punishment." "We took our orders from the Jewish priests, not our Roman Governor," said Quintus. "Our Governor, Pilate, gave permission for the Jews to have a guard from us, but he doesn't care; he just wants to wash his hands of the whole affair. I heard him say so myself when I was on guard at the palace on Friday. Why don't we report to the Jewish Chief Priests? They were the ones who wanted this guard placed. Let them inform the Governor."

So, the four guards dusted off their tunics, arranged their armor and weapons and marched in military formation to the temple. "Just before dawn an earthquake startled us as we stood guard," explained Appius. "Yes, we felt it here, too," said one of the chief priests. "It was violent enough to shift the stone from the mouth of the tomb. There was a sudden blinding white light coming from a person. It was he who was rolling the stone away. He seemed heavenly, not earthly like a man, but an angel. The last thing we saw before we blacked out was this man sitting on the rock. But the shock of it all knocked us all unconscious. When we regained consciousness the grave was empty."

The priests frowned angrily at this account and went aside with their elders to discuss what was to be done.

They returned later with four bags, heavy with money which they handed to the guards. "Take this money," said the chief priest. "You are to say, 'His disciples came during the night and stole him away while we were asleep.' If this report gets to the governor, we will satisfy him and keep you out of trouble."¹ The guardsmen were astounded, but, with military discipline they marched away, money bags dangling heavily from their belts.

"You were right, Quintus," said Appius, later. "I am glad we went straight to the Jews and told them all we know." "They believed every word!" said Quintus in wonder. "It's amazing," replied Appius, "instead execution we get a reward!" "It's a miracle!" said Marcus. "Jupiter be praised!" "It's nothing to do with Jupiter," Appius retorted. "This is something much greater! The One who created life gave life back to this dead man, Jesus. We haven't heard the end of this story yet." "Well, I'm washing my hands of the whole thing," said Marcus. "I've got my money and been real lucky! I'm going to keep my mouth shut and stay out of trouble. It's a good omen, that's all." "I remember that night when Jesus was arrested," said Quintus. "I was on duty at the hearing with Pilate. Jesus said he was the King of the Jews. I would like him to be my king, too." "I wonder where he is, now," murmured Appius. "Right here, I wouldn't wonder," mused Quintus. "I was at that crucifixion on Friday," said Gaius. "Jesus didn't behave like anyone else I've ever seen crucified. He was different. When he was dying he even asked his god to forgive us. Our centurion was there, too. He said, 'Surely this man was the Son of God!'"² Well, he certainly wasn't the son of Jupiter! God of all gods, I would say. It's one thing to be immortal, but quite another to be mortal, die and then come alive again!" "I'd like to know more about this teacher," said Appius. "Extraordinary person, if you ask me."

Andrea Kidd

¹Matthew 28:13, 14. NIV

²Mark 15:39. NIV

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OUT OF THE RUT

Chapter 140

Well. Here I sit in a parking lot in Shawnessy, a tenuous hold on external communications through the wonder of free wifi from a helpful restaurant. As many others in the area, I was somewhat excited to get an email from Starlink last month telling me they were ready to take more of my money if I still wished them to send me an installation package. Joy!

One wonders how much they made from the investment of, presumably, several thousands of people who made a deposit to get "on the list" over the past two years. Enough to fund the system expansion to launch the service they dangled like a star-spangled carrot before our rural internet-starved eyes. Crowd-funding in action.

Strange how times alter so many things. I can't think of many services that I would have been prepared to shell out a deposit for, over two years in advance. Communications have morphed so dramatically over the last decade or two. My early days in Calgary saw me inadvertently plunged eye-deep into the blooming world of new technology and mind-boggling innovation.

I arrived in Canada when Fax still trumped E-mail. When people were still writing E-Mail, not email. When no-one knew what a JPG was and a PDF had yet to be invented. When mobile phones were still the size of small bricks and only the most tech-savvy had yet invested in a laptop each.

I have bags of hand-written missives either from others, or myself, saved and returned to me by friends who kept them like a time-lapse log of our lives. There are reams of tales in wafer-thin gossamer-fine email

papers from my time in Iran and other places... when we wrote in tiny script to pack as much information as possible onto the least amount of paper. Airmail was expensive.

Imagine the plethora of words I used to spray out around the globe to keep in touch with my far-flung family and friends. Less than a generation later and I can blast off an email to a few hundred with one touch.

In 2010 when I first collapsed the tent of life in Canada to erect a new, more nomadic one in Thailand, I did not own a computer or a globile phone. I did not have a FB account. Not long after arriving in Chiang Mai I was the owner of both. Keeping in touch with the burgeoning list of new friends and contacts from all over the world devolved to FB. That was it. Now we have at least a dozen alternative methods of connection across the ether.

For the first few years on the road, I travelled with Fantuzzi and his spare phone was my phone. It was a carefree time, a honeymoon period when I existed in a bubble of magic, weaving endless dreams of music and colour and light. Everywhere we went, we made people smile, dance, laugh and sometimes cry with the discovery of light within. Looking back now, much floats in a fuzzy amalgam of memories, much more is written down in XXXX prose that may or may not see the light of day. Meanwhile... a simple phone, some FB posts and a few emails were all it took to grease the eternal wheels and keep us moving.

Fast forward a couple more years, my parents strong-armed me into getting a smart phone so they could stay in touch with me as I travelled at lightning speed around the globe. It was, no doubt, a double-edged sword which I resisted for as long as possible. When the parents dump the money in your lap and insist on you buying, it's time to give in.

I was right about one thing, my ability to resist the (deliberately) addictive setup of these things. Natch. I had to uninstall app after app - every time you get a new phone/replacement, it is littered with 'helpful' bundled apps. Helpful if you want your life to dissolve into a tiny glowing screen. I want to stay out in the real world, with plants and animals and sky and earth. It's so hard not to fall down the rabbit hole. I fail and fail daily.

Getting back to Fantuzzi after over two years of forced separation was such a balm to my soul. Hanging out with friends I haven't seen in four years - those evenings of music and sharing - no amount of technology can replace these treasures.

Yet... the glorious, instant access to information, answers to questions, addresses & maps, to booking flights and accommodations, to paying bills and automating boring necessities, there's so many marvellous, intelligent, useful, fantastic applications of technology. Wow!

How incredible being born now; ubiquitous internet, wearable devices, magic machines that one merely have to speak to and... the oven is on, the curtains closed and the dog has been fed... and you're talking to it through your phone sitting in a traffic jam in NW Calgary instead of in front of your fire at home in West Bragg. These are the things I read of in book after book as a child. The stuff of what was then referred to as science fantasy. How the world has changed. Robert Heinlein was a great prophet.

Appreciate the prophets among us. They take any form they like.

I hope you are in good health and mental focus. You have what you need and like what you have. See you on the trail from here to there.

With gratitude and love,
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IN NATURE, BRAVERY IS NOT A REFLECTION OF SIZE

By: Laura Griffin

The world news lately has been a little overwhelming; how often have we heard the term David and Goliath to describe the situation in Ukraine? The Ukrainians have shown the world that despite your size, one can be tenacious and resistant to what could be described as overwhelming odds. If I could choose a wild neighbour to represent the strength they've shown it would have to be the Northern Pygmy Owl.

The first time I saw one in the wild I was in west Fishcreek. It was perched in a spruce tree overhanging the creek. It had bold white markings on brown feathers and its piercing yellow eyes showed all the ferocity that you would expect from an owl (incidentally it has false eye spots on the back of the head so that both sides can be intimidating). Clutched in its talons was a vole which seemed to confirm my suspicions that here was a fierce predator, and at the same time made me think,

"you're so little". The vole was about the third of the size of this robin-sized owl.

The Northern Pygmy Owl, despite being able to fit in one's hands, has been known to be apathetic or bold to humans who happen upon it during its diurnal (daytime) hunts. It may look at you or give you its attention briefly, but then it is back to business. As a hunter, not only does it take small rodents and insects, but it also captures songbirds with aerial attacks and has been known to take on prey several times its own size. This bravery and tenacity are well noted; a wildlife biologist Gordon Court, once said, "if Pygmy Owls were as big as beavers, cows wouldn't be safe." Truly this minute owl embodies the idea that it's not the size of the dog in the fight, it's the size of the fight in the dog.

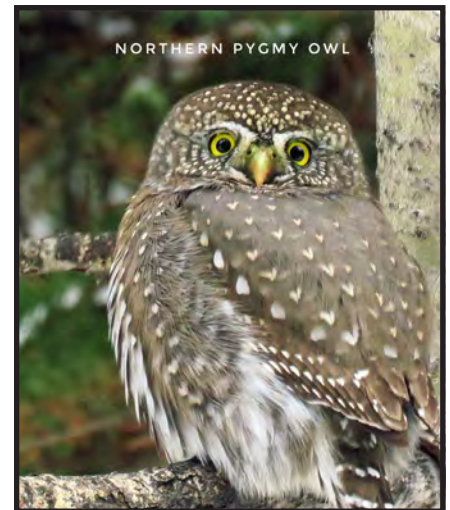
However, even the mighty need a place to call home and to raise their broods in safety. The woodpecker neighbours provide this with all the cavities they've put in the forest. These holes in snags are where the 2-7 eggs are incubated by the mother, who is fed and defended by the father. If the brood is successful owlets soon emerge ready to fly. But cavities in snags are not enough to keep this owl off of Alberta's Species at Risk list. They receive a status of Sensitive because of the threats to their boreal forest, mountain, and foothills habitats. If we do not protect their

habitat no amount of tenacity will sustain this owl's population.

Which brings us back to the Ukraine, a country seemingly up against insurmountable odds. They have the bravery, the sheer will and loyalty to keep their culture alive and to not give in to this invasion by a larger nation, but there is nevertheless destruction throughout their homeland. The Ukrainians deserve a safe place to call home. The world needs to come together to find a way to restore peace in their country.

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Photo: Jackie Sills



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Seeking Amazing Volunteers. Wild Rose Community Connections is looking for generous, compassionate individuals to volunteer their time driving seniors in Black Diamond/Turner Valley. Current needs : Drive an individual to dialysis at Calgary South Health Centre once a week
Drive a senior to essential medical appointments
Please call for more information. Contact: Cathy
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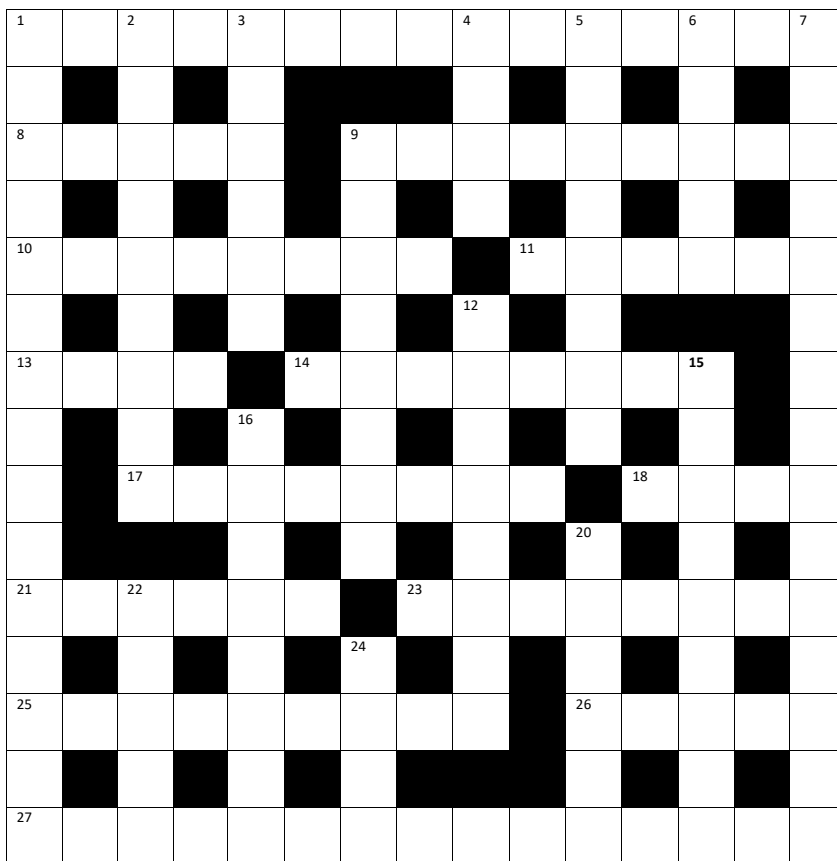


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Cryptic Crossword #11 By Jan Burney

KIDS ZONE

Extra 26. Lung
12. Spaniard 15. Hyperbole 17. Toolkits 22. Scoped 24.
Garments 6. Atlas 7. Stage directions 10. Glorious
1. Misapprehension 2. Grievance 3. Insult 4. Need 5.
Down:
27. Near-sightedness
18. Bpée 21. Needle 23. Bacarat 25. Intrigued 26. Photo
Measle 13. Runt 14. Dispatch 17. Eloquent
1. Magnifying Glass 8. Ships 9. Guerilla 10. Pavilion 11.
Across:
Answers:

Across.

1. Flying man's gag is deranged when looked at through this lens. (10, 5)
8. Mistakes about ladies' undergarments. (5)
9. Sounds like irregular fighter could be a primate. (9)
10. Quietly, French plane takes fifty-one Romans to a pleasure palace. (8)
11. Red spot develops when in came a sleazebag. (6)
13. Force lost bishop in the beginning to become the weakest of the lot. (4)
14. Sid came back to repair transmission. (8)
17. Queen Lottie loses bond in explosion but remains articulate. (8)
18. Parking within audible ease allows for fencing weapon. (4)
21. Provoke the undesired when the Schutzstaffel are dropped. (6)
23. Nasty crab gets air conditioning at this casino card table. (8)
25. Broken rig, nude found it aroused curiosity. (9)
26. Vietnamese soup gets to be in this snapshot. (5)
27. I got close and saw a Scottish monster with this eye disorder. (15)

Down:

1. Double parking in awkward sheer mansion, I cause mistaken belief. (15)
2. Demented craving gets poet Cummings' complaint. (9)
3. Sometimes an affront is found in twins ultimatum. (6)
4. Two-thirds of 23 across is a requirement for this answer. (4)
5. Get clothing by twisting rags around men with a little tailoring. (8)
6. Expression of pity, if given enough time results in book of charts. (5)
7. Regular dice irregularly found in stations help actors. (5, 10)
10. Half glad for topless promissory notes is marvelous. (8)
12. He receives endless praise and inhabits a European country. (8)
15. A highly strung tree trunk is an exaggeration. (9)
17. Boxes for implements hold messy kilts, too. (8)
22. Looked carefully at the way sulphur survived. (6)
24. Got more than enough in latex trappings. (5)
26. Flung loudness away for windbag. (4)

KIDS! Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print!

We will include your first name and age if you include that information

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