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LETTER FROM THE EDITOR

I'm not sure whether to say, "Welcome to Spring," "Merry Christmas," or "Happy Easter." Spring in the foothills is always a tug of war with the longer days bringing some much-desired afternoon warmth, but cool nights reminding us of winter's tight fist along with the spring snow – welcomed by our farmers and winter enthusiasts and despised by most other humans.

I apologize that this paper is out a week later than I had hoped. In saying that, it feels good to be able to get back to work (significantly reduced, for all those checking in on me) and participate in my small way with our community.

For those of you who don't know, I gave my family a bit of a scare with a trip to Club Foothills (Foothills Hospital) early in the morning of March 7th. The medical team at the Foothills Hospital were truly outstanding and I am thankful for a second chance at life. The medical team reminded me often that I had a major heart attack and was very fortunate to still be on this side of earth.

It has been humbling to know how many people are standing with us as we navigate a new normal. At the same time, the recent turn of events motivates me to serve in our community, seeking its welfare as best as I am able. A good friend (Howie Kroon) gave me some advice while in the hospital of which I would like to pass along to you.

1. Fully celebrate each day, as one never knows what tomorrow will bring
2. Say the things you need to say to the people you love and care for today, not tomorrow.
3. In your daily pursuit of success (however that is defined within your own purpose statement) make sure you add in a little bit of significance.
4. Recognize that one needs a village to thrive/ succeed, particularly when we are dealing with some adversity, including our health. As such, make sure you nourish that village with kindness, thankfulness, and a positive attitude.

It is easy to get sucked into the "what's wrong" conversation. Although we don't want to be naïve to issues around us, celebrating what's right will give us a healthier perspective on life, enable and encourage those around us, and maybe put the "what's wrong" in a better perspective, and open our eyes to a solution. I encourage you to practice the above advice and see how you can "nourish" your village.

There are several great events happening throughout April, so please try and participate and support them as best as you are able. Also, a special thanks to all the contributors that send in articles and pictures every month. It truly becomes a community paper with such great contributions.

*From my family to yours,
Lowell Harder*



ARTIST PROFILE

Angela Lorenzen has been showing and selling her paintings as a professional artist since 1993. She fulfilled a lifetime dream of moving to the Alberta foothills in 2022 and is now happy to call Diamond Valley home. She is a self-taught artist and the subjects of her high-realism acrylic paintings range from Canadian landscapes and animals to still life and architecture.

Keep an eye out for Angela's paintings at the 21st Annual Juried Members Exhibition at the Leighton Art Centre (April 1 to June 4) and the Cultivation of Art Show and Sale at Vales Greenhouse in Diamond Valley (June 16-18). For more information and to view more of Angela's artwork online, please visit www.angelalorenzen.ca

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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MP UPDATE - Foothills

John Barlow

**OTTAWA, ON - John Barlow,
Member of Parliament for Foothills**

"After 8 years of incompetence, Canadians have lost trust in this Liberal government to put the public's needs above their own. Budget 2023 is yet another example of the devastating impact the Prime Minister's out-of-control spending has on Canadian livelihoods. On March 28, 2023, this Liberal government presented a tax and spend budget, including a massive \$43 billion deficit. The spending spree includes higher taxes feeding inflation and suffocating debt.

"Prime Minister Trudeau and Minister of Finance Chrystia Freeland continue to disregard the cost of living crisis and the tenuous financial situation facing Canadians.

"As the inflation rate in our country skyrockets, Canadians are left with an impossible cost of living. It is anticipated that 60% more Canadians per month will

turn to food banks to feed their families in 2023 as opposed to 2022. Everyday goods have seen an unimaginable rise in cost, pasta is up 23%, lettuce is up 20% and apples are up 16%. As Liberals spend the cupboards dry with this irresponsible budget, Canadians are left struggling to put food on the table and keep a roof over their heads.

"After our push for the Liberal-NDP coalition to cancel the carbon tax hike and no new taxes to make life more affordable for Canadians, the Liberals introduced more deficit spending which will fan the inflationary flames. On April 1, the Liberals will hike the carbon tax again resulting in higher costs of food production and higher food costs for Canadian families. The real consequences of this government's carbon tax will rob hard working Canadians of their hard-earned pay cheques.

"Our powerful and successful energy and agriculture sectors are critical for this country's economic future. They have the ability to be global powerhouses, geopolitical tools and bring economic prosperity to communities across the country. Canada has a wealth of resources and some of the best producers in the

world, however, once again these Liberals have failed to harness the potential of Canada. The outrageous tax increases on pay cheques and small businesses and bureaucratic red tape in this budget put us further into debt and makes us less competitive.

"This Liberal government should be focusing on the promotion of Canadian businesses, allowing them to do what they do best without increasing taxes and implementing unnecessary red tape and restrictions.

"It is evident, now more than ever, this Liberal government will continue to waste Canadians' money, fuel skyrocketing inflation and national debt. We need to focus on improving the cost of living, solving the housing crisis and unleashing our agriculture and energy sectors.

"It is evident in Budget 2023, under the authority of this Liberal government, the cost to Canadians will only climb."

For more information

John Barlow

Member of Parliament for Foothills

Shadow Minister for Agriculture, Agri-Food and Food Security

Office: (403) 603-3665

E-mail: John.Barlow@parl.gc.ca



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

Hi everyone, the following Division 2 information is for your use:

Springbank Area Structure Plan (ASP):

Since the Engagement Summary report has been prepared significant revisions have been made to align with the Regional Growth Plan, and to address community feedback and City of Calgary concerns. Prior to undertaking wider engagement and education sessions with the Springbank community a draft will be presented at the April 4, 2023, Governance Committee for Council consideration and direction. In the meantime, Administration is working on developing public engagement materials, graphics, and modeling to better define and convey the Springbank ASP vision and to support discussions on specific development forms. Administration is also seeking external support to verify that proposed employment areas are supported by demonstrated needs (both now and future). The next steps for the project include: presentation to Governance Committee (April 4, 2023), final Springbank ASP amendments (pending Governance Committee direction), presentation of the final land-use scenario to residents, stakeholders, and adjacent municipalities for review and feedback (Q2 2023); and a public hearing (Q2-3 2023). The project background, supporting documents, and public engagement summaries are available on the project website: www.rockyview.ca/springbank-area-structure-plan

Costco Application at Bingham

Crossing: Administration has conditionally approved the Development Permit for the construction of a Costco warehouse and ancillary uses, in the Bingham Crossing area of Springbank, on February 7, 2023. There were 2 appeals submitted, therefore a Subdivision and Development Appeal Board (SDAB) hearing is required and is tentatively scheduled for March 30th, 2023. The Development Authority have indicated that they have crafted the condition set for this permit after multiple submissions requested of the applicant over the last six months, with some conditions having been met and

removed with the technical submissions, and some conditions were added to ensure alignment with the overarching policy and intent. They are satisfied that all current conditions meet the intent of the County Servicing Standards and the technical submissions of the applicant.

The Development Authority's conditional approval of this Development Permit, pending the outcome of the appeal, provides confirmation to the developer that the concept is approved, but full release is dependent on additional design requirements that are required to be implemented, should they decide to move forward. RVC's senior administration has reviewed the revised application package against all applicable policies and bylaws and is confident in the Development Authority's future assessment of the design requirements to achieve compliance with the intent of the Conceptual Scheme and Master Site Development Plan. Further clarification on the project approval can be obtained by contacting: JTargett@rockyview.ca.

Edgewood Counseling Centre

(Commercial Court): PRDP20221653 (Counseling Centre) was applied for and refused by Development Authority. The applicant appealed to the SDAB, and the SDAB overturned Development Authorities decision, providing a limited time frame and suggesting a site-specific land use amendment for the use. The applicant re-applied for the Development Permit (PRDP20226012) in an effort to remove the limited time frame. This application was refused by the Development Authority and the applicant again appealed to the SDAB. The SDAB upheld the Development Authorities decision, and the application remains refused for a time extension. As of December 20, 2022, the file manager notes that the application is under appeal by the applicant at the Court of Appeal. Per the SDAB's suggestion during the hearing for PDRP20221653, the applicant

has submitted a redesignation application to request a site-specific amendment to include care facility (medical) on the subject lands (PL20220121). This application recently entered the circulation period and adjacent landowners were notified of the application. Resident responses have been received in response. No public hearing date has yet been set. It may be a while off from scheduling this application for a public hearing since administration has met with the applicant's and a Master Site Development Plan has been requested to support the land use redesignation application. This will take some time for the applicant to prepare. Should you wish to provide any comments related to this application, please forward your commentary to jkaur@rockyview.ca.

Tax Assessment Notices: On January 27th, Rocky View County mailed out the 2023 Property Assessment Notices. If you did not receive your assessment notice or should you have any questions or concerns about your assessment, please contact Assessment Services at assessment@rockyview.ca or call 403-230-1401. You may also access my.RockyView.ca to obtain property assessment information, property tax payments and balances, tax certificates, etc. If you wish to submit an assessment complaint, you will need to complete and submit the attached form and pay the associated fee by the deadline. The assessment complaint deadline this year is April 11, 2023. The fee varies depending on the type of property. The fees by property type can be found in sections 66-79 of the County's Master Rates Bylaw. A complaint can be filed in person at RVC's offices or a digital copy can be emailed to legislativeofficers@rockyview.ca. If you email the complaint, a board clerk will contact you to collect payment for the fee.

Take care!

Don Kochan – Division 2 Councillor
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NEWSLETTER

Judy Hunter - Ward 5 Trustee

The Board had a presentation from Bert Church High School sharing an entrepreneurship course in conjunction with Yellcanada.org. Yellcanada.org is a non-profit organization that partners with schools to provide support in teaching skills that develop an entrepreneur mindset. To apply, schools need to have a full class of thirty students who are committed to developing these skills, and then contact Yell Canada. Rocky View is currently considering a J block class where students from around the district could apply to join the class.

Another good news story about how curriculum is meeting student needs is a story from Brooks Alberta brooksbulletin.com/grasslands-public-schools-and-vancouver-film-school-team-up/

The community of Cochrane is growing rapidly and desperate for new schools and portable. Many years ago the Calgary Catholic School Board bought the Powell School Property for \$1.00 under the agreement when they no longer needed it, the school would be sold to Rocky View Schools for \$1.00. As Calgary Catholic has built a new school, the Powell Street School has been returned to Rocky View Schools. While the location is not ideal, we need space. Rocky View School Board approved a two-million-dollar renovation to bring the school to standards. Rocky View School Board has held two parent meetings asking for input on who should populate the Powell Street School. The Board is accepting all input from the public through the in person session and also through the Engage tool on the Rocky View Schools website. The Board will use this information to help determine an accommodation plan for the school on April 27.

The Board has launched its advocacy plan around "Space for Students" and is seeking parent and stakeholder support for new schools which are funded by the province.

March 9 the Board met with the Minister of Education who assured the Board that all four schools would be built. However, there was no timeline given. The minister also indicated that there are supply chain

issues with portables. Rocky View Schools has asked for 32 needed portables. That announcement is expected by May.

I read the book "A Minor Revolution- How prioritizing kids benefits us all" by Adam Benforado, published 2023. Mr. Benforado is a law professor at Drexel University. While the statistics look at United States data, I believe similarities exist within the Canadian context. The author considers changes to legislation to require a "children's impact assessment" for any new government mandates and legislation. The book challenges some of modern parenting strategies, government processes that harm disadvantaged family and university funding models that saddle students with debt. He advocates for greater voice in decision making for minors. His ideas are worth debating.

Bearspaw School hosted its annual "Pi Day" where kids compete to identify as many decimals of pi as possible. The kids were treated to slices of pie provided by parents.

Congratulations to Cochrane High School on a successful production of "Little House of Horrors". If you have not attended a high school drama production, it is worth investigating these opportunities. School drama productions hold their own against commercial productions. In addition, the school band department participation enhances the performance and celebrates the talents of our musicians.

Artificial Intelligence is making its presence in education. An app "ChatGPT" that will write an essay for students has been banned by many Boards. However one teacher makes a different case. "This is the future," said Piercey, who describes ChatGPT as just the latest technology in his 17 years of teaching that prompted concerns about the potential for cheating. The calculator, spellcheck, Google, Wikipedia, YouTube. Now all his students have Chromebooks on their desks. "As educators, we haven't figured out the best way to use artificial intelligence yet. But it's coming, whether we want it to or not." www.albertaprimetimes.com/national-lifestyle-news/amid-chatgpt-outcry-some-teachers-are-inviting-ai-to-class-6551731

The Springbank High School robotics team won a seat at the World Robotics Competition in Houston, the only Alberta Team to do so. The Team is awaiting approval to travel from RVS which disallowed travel outside of Canada this year.

The provincial government has distributed its budget allocation to school boards which is slightly better than other years which is good news. The Board is still working through the details of this budget and its rules. There have been some significant changes to the transportation rules with mandatory implementation in the 2024-2025 school year.

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

County Strategic Plan – Further Developments

Last year Council took the 2019 RVC Strategic Plan, and through a series of workshops put together 9 priority projects that required significant resources and budget to be able to execute well and in a timely manner. We invested about \$1M in these Council-initiated projects to help improve the County's governance. I have discussed the plans for this work in my prior articles. Most of the projects carried into 2023's. Review: www.rockyview.ca/strategic-plan for the 2019 strategic plan and corresponding 2021 annual report from the Mayor. The 2022 Budget can be found at: www.rockyview.ca/budget-finance for additional insight.

At our March 7th Governance Committee, as Agenda Item D-1, Council received a comprehensive update on the progress these projects. The full agenda and a video recording of the meeting is posted on our meetings page if you are interested in the details: www.rockyview.ca/meetings-hearings. To save folks from digging, a direct link to the

single administrative report for Item D-1 "Priority Projects Update" is here: pub-rockyview.escrimemeetings.com/filestream.ashx?DocumentId=9580

The report provides a concise overview and update on the 9 projects including timelines and tracking to budget for:

Service Excellence

- Strategy Refresh
- Service Capacity Project
- Governance Improvement
- Organizational Excellence

Financial Health

- Long-term Financial Forecast
- Economic Development Strategy
- Soft Levies

Responsible Growth

- Area Structure Plans (ASPs)
- Solar Farms

The "Strategy Refresh" (project #1) is just over 80% complete. We have a second round of one-on-one interviews with each Councillor in late March, and 2 more working sessions with Council and Administration in April. The purpose of these last sessions is to provide a little more visionary reach as a tune up of our 2019 Strategic Plan. It is important work for Council to continue the drive to define what Rocky View will look and feel like years from now, how the quality of life will be improved, how we took care of the environment we live and play in, and how we shaped development for fiscally responsible growth.

Division 1 Open Houses / Town Halls

With budgeting and taxes finalizing in April, I promised to schedule Rocky View County open houses for Division 1 residents. These are resident meetings that RVC Administration will be hosting along with Division Councillors. These will likely be more drop-in style department information and Q&A, rather than formal a Town Hall format.

The first event will be a combined Division 1 & 2 event. It will be at the Springbank Heritage Club in late May, with Don Kochan and I hosting. Following that will be a second event in June in Bragg Creek. Administration is still working out timing with the BC Community Centre for dates. I am also exploring something closer to home for Elbow Valley at the Resident's Club, likely with an early fall time frame.

Notification will be by "Safe & Sound" e-mails by the county, in the Rocky View Weekly, and with road-side signage closer to the event dates.

Calgary Municipal Region Board

I recently was elected by my municipal neighbour peers on the CMRB to fulfill the vice-chair position for this coming year. This continues Rocky View's strategy of working collaboratively with our all of our neighbours.

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



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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Marketing your business - your input please!

Hello everyone,
We have some marketing ideas and we need your input. Would you like the Chamber to have a booth at the BCCA Farmers Market this summer? Member businesses will take turns being in the booth to promote your business. Let us know if you want to commit to participating on Sundays.

Also, we want to continue the efforts a wonderful volunteer put together to create a Welcome Basket for new community members. This means we also need to know if you want to have an incentive to offer so we can include it in the basket and to showcase at the Farmer Market. The Chamber endeavours to create exposure of your business, now what is your creativity to entice them to call or come in?

NEXT MEETING is April 19, 7 PM at The Post House 36 White Ave.

Last mix and mingle meeting was so much fun we are having it again! Bring your business cards. We will have a short meeting, do round table business introductions and close. Following is free time to enjoy some nibbles and beverages while you network.

In March 2022, the Board of Directors submitted a request to expand the boundaries of Bragg Creek and Area Chamber of Commerce. In February 2023, we were advised that Her Excellency the Governor General in Council approved the change of district of the Bragg Creek and Area Chamber of Commerce. The change, Township 22 of Ranges 3, 4 and 5 West of the 5th Meridian, are now part of the Bragg Creek Chamber boundaries. Township 22 Range 3, 4 and 5 are in Foothills County and goes as far as Priddis. All businesses are welcome to be members of our Chamber. This change allows businesses south and east of Bragg Creek to be part of our Chamber community. Contact office@braggcreekchamber.com for further information.

COMING UP is Arts, Eats and Beats Sept 16! Please rustle up some musicians to play outside your store, and the rest will be provided by the Chamber at main stage.



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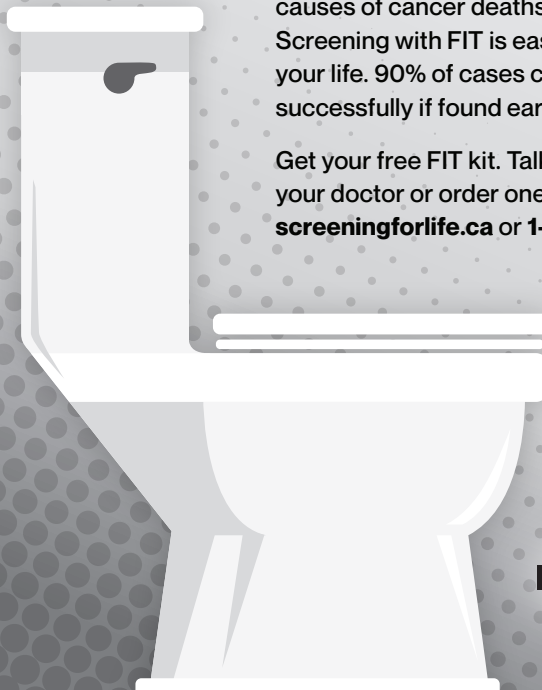
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TFSA: Leveraging the Benefits

The Tax-Free Savings Account (TFSA) was introduced in 2009 to offer Canadians an incentive to save over their life-times. TFSAs provide tax-free growth, flexible investment options, and easy set-up and withdrawals, making this registered account a powerful tool for financial well-being.

Below are some key features:

1. Save for Anything

TFSAs can be used to save for anything, like purchasing a car or home, paying for education, travel, emergency funds and long-term financial goals.

2. Flexibility and diversification

TFSAs offer an excellent diversification tool for savvy investors and a solid foundation for those just starting to save. These accounts can hold a mix of savings and investments, including mutual funds, securities, and bonds, GICs and cash. This flexibility lets you customize your portfolio to suit your risk tolerance and goals.

3. Easy access

Where other registered accounts such as RRSPs (Registered Retirement Savings Plans), etc. have taxes, fees, and conditions when you make withdrawals, the money in your TFSA is yours to access - tax-free - whenever you need it.

4. Sheltered gains

TFSA's gains can compound with time, so when you allow savings to accumulate, your investment grows faster than it would within a registered or non-registered savings account. Additionally, because you don't pay taxes on this growth, all that money can continue to compound each year. It's important to note there are some scenarios in which you will pay taxes on a TFSA, including over-contribution and investing while not living in Canada.

5. How do I open a TFSA?

As long as you're a resident of Canada who is 18 or older with a valid social insurance number, you can open a TFSA provided you've reached the age of majority in your province. You can open a TFSA account with almost every large financial institution and you can hold TFSAs with multiple financial

institutions at the same time. However, your TFSA contributions to all your various TFSAs can't exceed your established contribution limit (see below). There's usually no minimum to get started, and you can make deposits whenever you'd like, whether annually, per paycheque, from bonuses, tax returns, etc.

6. What happens when you pass away?

Your TFSA account can have a designated person or persons as your beneficiary. When you pass away the assets are transferred to your beneficiary or beneficiaries TAX FREE.

7. How much can I contribute?

Three factors determine how much you can contribute to a TFSA each year. The first is the annual maximum determined by CRA, which is \$6500 in 2023. The second factor is any unused TFSA contribution room you have

from previous years. This can start as far back as 2009, when TFSAs were introduced, or the year you turned 18. The third factor determining maximum contribution is withdrawals made from a TFSA in the previous year. For example, if you withdrew \$500 from your TFSA last year, your contribution room in 2023 would be \$6500 + \$500 + any unused contribution from previous years, as explained above.

Make TFSAs work for you

Whether you're just learning about TFSAs or ready to take investing to the next level, the key is to start now. A qualified financial advisor understands the nuances and benefits of using TFSAs as part of an overall financial strategy and have the expertise to make them work effectively for your goals.

Contact my office today if you have questions about TFSAs.

I am here to help.

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

Should I use social media?


Last month, I posed the question of whether or not you should be using social media. That's a no-brainer. The answer is "f—k ya". Facebook, Twitter, Instagram, LinkedIn and a whole host of others are at your disposal. Many other niche platforms that cater to specific interests and/or demographics are on the rise. You should be using social media to promote and grow your brand.

So how do we use social media to help build brand awareness? It's simple. By sharing interesting, relevant and memorable content, you can attract followers, build trust, and create a community around your brand. Okay, maybe not so simple. That's why so many social media companies, influencers, platforms, and channels exist. You should establish an online presence to engage with your current and potential customers.

Regardless of what social media platform to use, you should establish a sound marketing strategy, know your target audience and lay out a realistic budget. From there, you must create engaging content (or hire professionals). At the end of the day, content trumps all. You can have a plan in place, but without engaging and emotional content, you're gambling with your dollars.

Here are some social media no-brainers to get you started:

- 1) Define what you want social media to do for you/your business. Build relationships, make the cash register sing, grow an audience, etc? Define a clear goal.
- 2) Know who you want to engage with. Define your target audience. You wouldn't speak to me like you would a 16-year-old to buy sneakers (one wants to look cool, the other, pure comfort)? Focus on who you want to reach and speak their language.
- 3) Determine where your audience hangs out and select the right platform. Does your audience watch videos, listen to podcasts, read news posts, follow influencers, etc? No two platforms are the same so do your research. You don't have to be on all of them.

- 4) Create engaging content. I repeat, create engaging content.
- 5) Remember to treat your social media content as a one-on-one opportunity to have a conversation. Reply and engage with those who reach out to you. Build relationships and connections. It's networking.
- 6) Paid advertising for social media is another option to help grow your audience by getting your message out to a larger target. I'm no media expert (I'll have to speak to my colleagues for their expertise).
- 7) Finally, have a professional analyze your data. You can do it yourself with various analytic tools but it's a science on its own to understand bounce rates, views, your , etc. The data will help you to shape further engagement tactics, redefine your creative content, etc to help improve your goals.

This is a broad overview as to the power of social media and its effects on brands. If you haven't fully engaged, it's better late than never.

*Until next month,
follow me on YT, FB, IG, TW and LI.*

Cheers, mark

MOVIE DOUBLE FEATURE
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Social media is a medium that should not be ignored in growing your brand. You should consider an arsenal of traditional mediums such as radio/tv/print and non-traditional mediums such as influencer/social media/guerilla tactics. Of course, it depends on your audience. We can help with that.


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ANISOMELIA

By Jennifer Gordon

It sounds like a pretty name from an exotic dialect. It actually is the medical term for a leg length discrepancy (LLD). So, sorry, don't name your child that! This condition is described by the difference in length of the long bones of the lower extremity – most commonly the femur (thigh bone). LLD continues to be a controversial issue among researchers and clinicians. It has been shown that differences exist in most people. In fact, Knutson et al 2005, did a study with precise x-ray methods and found that 90% of the population have an average leg difference of 5-9mm. This means that only 10% of the population have exactly equal leg lengths!

There is however, little consensus in the research as to the clinical relevance, prevalence, reliability and validity of measuring methods for LLD. Research and the debate continue regarding the effects of LLD in function and its role in various neuromusculoskeletal conditions (Physiopedia 2023).

There are two types of LLD, structural and functional. Structural conditions are a physical shortening of one limb that may be a congenital developmental abnormality or an acquired condition from trauma, fractures, degenerative diseases or surgical implants, such as a joint replacement. A systemic review in the literature evaluated the prevalence of LLD by radiographic measurements, showed that 90% of the

NORMAL population have some variance in bony leg length, with 20% having a difference of >9mm (Khamis et al. Journal of Orthopaedics, 2017).

A functional LLD is a “unilateral asymmetry of the lower extremity without any shortening of the osseous (bony) components of the lower limb” (Physiopedia '23). This functional difference may be caused by lower body mechanics, adaptive muscle shortening, or muscle imbalances. It is impossible to detect this type of difference using static radiography (x-ray, CT), as these faulty mechanics may develop over time due to abnormal movement at the hip, knee, ankle or foot in any of the three planes of motion.

Other than precise x-ray methods, which are expensive and impractical, we may conduct some observational tests to determine if LLD may be contributing to a patient's discomfort. It may be concluded

that a LLD or abnormal foot mechanics may be the cause if a patient complains of lower back pain with standing and walking, has an observational difference of >1cm or presents with bilateral or unilateral flat feet (overpronation). Inexpensive insoles may be a solution that can be effective, or for differences of greater than 2cm – gradually correcting inequality with shoe inserts or custom orthotics. The bottom line is leg length differences continue to be debated in the literature! If you are concerned with your alignment or are suffering from lower back or lower leg issues our team of therapists and our Orthotics in Motion Pedorthist are well equipped to help straighten you out!

Jennifer Gordon (BSc.PT, AFCL, GunnIMS)
Physiotherapist
Bragg Creek Physiotherapy
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Be a Wild Gardener - Working With What Belongs Here

I'm not originally from "round here", as you probably noticed if you've read this column before! As a gardener from a very different climate, I've had some notable failures trying to cultivate some old favourites here. But I've also had some "aha" moments. One of them was when I came to the conclusion that there was no need for me to try and beautify what's already beautiful. Where we live, we're surrounded by majestic trees, gorgeous vistas, the sights, sounds and smells of this land. So now when I plant something, it's usually because I want to eat it.

There are obviously things to consider when planting veggies and herbs and so on here. Where I'm from, snails and slugs are the enemy – and I'm forever grateful that they aren't a major opponent here. On the other hand, I don't want my deer neighbours eating what's destined for my kitchen. With that in mind we can think about fencing off veggie gardens so that they can't munch their way through our precious shoots and leaves. It's clearly important to consider wildlife corridors as we do this, and keeping enclosures small can help. We can also watch where and how the animals tend to move through the space. At our place we have clear trails around the house and the surrounding land, so it makes sense to avoid placing beds and enclosures where those routes will be blocked.

Phot cred: Renée

The other thing we can do is work with the ecosystem, rather than against it. We can plant native species that are adapted to the way the season work here, and that don't need a lot of water, for instance. Native plants won't need to be fed, fertilized and protected with pesticides in the way introduced species might. They've evolved to survive what the local ecosystem presents them with.

Lowell Harder, from Harder and Son's Exterior Maintenance Services in Bragg Creek, agrees. "The simplest way to build a beautiful yard bursting with local birds and pollinators is to work with what you have. Once we understand your soils and microclimates, we can select and source the native trees, bushes and perennials best suited for you and plant them where they will grow best. Doing so promotes biodiversity and makes gardening and yard maintenance a breeze."

This is especially something to consider when it comes to lawns, which are often extremely hard work to maintain, and which are a much less rich habitat for butterflies, bees and other pollinators. Did you know that the types of grass usually used for lawns is non-native? A native alternative grass can be less work, more drought tolerant and still beautiful.

Native wildflowers are a great addition. They will encourage and nourish pollinators, supporting larger species as well – and so on up the food chain. Please don't use just any wildflowers, though. Check what is locally native. A general mix such as you might buy in some garden centres could contain species that would not survive here, or worse – there may be some invasive species included.

And don't be tempted to take them from where they're already established and

growing. Leave those for everyone to enjoy in their natural setting.

There are some very interesting projects and resources locally, nationally and around the world where people are 'rewilding' or reintroducing native species to the patch of land they live on. For further reading and inspiration you could check out the links below – and why not try it this coming season?

Harder and Son's Exterior Maintenance Services; provides full services including designing natural landscape around your home, sourcing and planting native plants as well as year around yard maintenance. www.exteriormaintenance.ca

ALCLA – Native Plants Nursery; an excellent source of native plants to Southern Alberta – grass, herbs, flowers and shrubs. They are located in the Bearspaw area. Please call beforehand to make sure they will have time to answer your questions and help you select the plants that are best suited for your surroundings. www.alclanativeplants.com

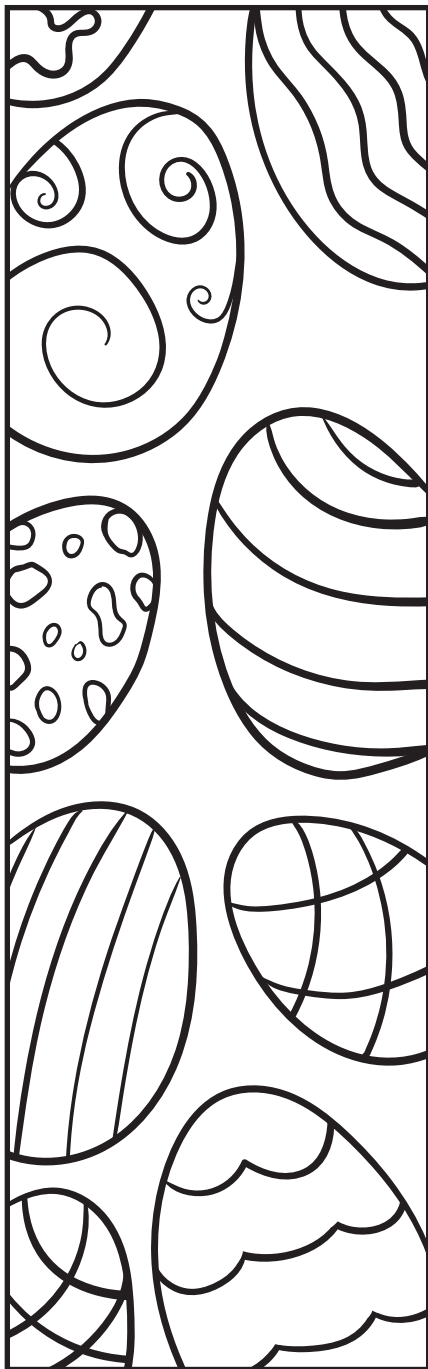
www.wildaboutflowers.ca is an Okotoks/Black Diamond nursery that specializes in native flowers and plants. They offer seeds, plants and advice on planting them.

City of Calgary's website offers a page full of ideas and suggestions on native plant selections. Google "yardsmart plants, city of Calgary"

www.Rewildingmag.com offers articles and tips on how to support wildlife from butterflies to larger mammals. Check out the article – "How I turned my suburban Yard into a wildlife habitat"

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BCCA

Let's get busy! Time to breathe in deeply and energize ourselves inside and out with Spring freshness and colour.

Bragg Creek knows how to party! A bit of snow (well ... a lot really) and the cool temps hanging in there didn't stop our crowd from a Beach Party right here at the Community Centre! Thank you Skuzzy & The Woodticks – We Love You! Special appreciation to Peggy Rupert, Lisa Johnston, Rose Dallyn, Tanya Kamachi, Sher Hayes and the Bragg Creek Ladies Auxiliary. A heartfelt "Thank You" to the BCCA Staff and all the tremendous volunteers who set it up, took it down and partied with the lot of them. Check out our social media for fun photos - you may be in one of them!

Wow, talk about a great turnout! 80 eager artists signed up for our David Zimmerman's Paint Night on March 31st and our event sold out FAST! Not only is David a talented artist that shares his love of the craft, he also serves the Bragg Creek Family Church. He is well known across Canada and into the US so it's no wonder he drew a crowd. All proceeds for this event will go to support "Hands at Work", aiming to bring hope and healing to the most vulnerable children in the poorest of the poor communities in Africa.

While you are freshening up your kitchen drawers, sorting through the storage closet or outside hauling junk out from under

the snow, check out what's in store for you at the Community Centre. We are busy making it happen and want to see you out and about.

- **LUNCH & LEARNS!** Our March event was a tremendous success! Many heartfelt thanks to Michelle Minke for sharing her journey & insight with us. What's up for April's Lunch?
*April 19 @ 11:30am – Gardening Under the Arch with Dawn Godfrey. Tickets are \$25 and include lunch. Call the BCCA (403-949-4277) to register soon because space is limited!
- **MOVIE NIGHT** returns to BCCA! Join us Friday, April 14 for a Double Feature!
*Wonder Park showing from 5:15 pm to 6:45 pm followed by:
*Green Lantern from 7pm to 9pm.
Members: \$2/show. Non-members: \$5/one show or \$7 for both. Pop, popcorn, candy & hotdogs available at our cash concession. Kids under 10 must be accompanied by an adult.
- A Favourite! The Taste of Bragg Creek is making a comeback on April 21st! Watch your membership email for details.
- The Cochrane Public Library is bringing the fun on Friday afternoons for 10-12 year olds. Drop in on April 14th and May 19th for the Junior TaskMaster Program. The dates work right into your "No School Fridays" from 1:00 – 2:30pm.
- For the Adult Artisans, we have excellent workshops to sign up for:
*Creating Felt Landscapes Workshop: April 29, 10am to 4pm
*Linocut Printmaking Workshop: May 6, 10am to 4pm

*Blooms & Vessels Watercolour Workshop: May 27, 10am to 4pm

Of course, we still have all your favourites like Pickleball (new session added), Yoga and Artsy Afternoons. Rumble and Roar is rolling into spring and having a ball. Ask us for info and join in anytime.

The Multi-Sport & Touch Rugby classes were so popular we are creating a summer program! We will be hosting two Rugby Canada Youth Groups in July. More on that as soon as we can.

Out on the streets there is dry pavement and, on the trails, there is fresh ground making a showing. Let's get out there and check out the new shops that have opened their doors and pay a visit to those who made it through. They've been busy and definitely worth a look see.

Stop by the Community Centre anytime to see how we can help you get energized and pass it on to your neighbours. Let's look for the opportunities and seek out the thrills. Soon the colours of Spring will take over and bring us along for the ride.

Happy Easter to all.

The Bragg Creek Community Association

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BRAGG CREEK TRAILS

We made it, the Winter Season is over! Thank you to our amazing fatbike and XC Ski groomers. Whether they were scrounging for each white flake or slogging through a heavy snowfall, every new day in the past 4 months was so awesome, it made yesterday jealous! And now, we're into Spring adventuring. If you hike, bike, or ride horses on multiuse trails, you are already aware of trail etiquette and who has right of way. Right?

Common sense reigns, but there are clear-cut hierarchies to help us get along. Really, it's Right of Way Situations, Slow Goes. The easiest way to think about this is that the slowest going on the trail have the right of way.

- Horses or Stock — Have the Right-of-Way in All Situations
- From There, Bikers Yield to Hikers

- Hikers vs Hikers: Uphill Users Have Right of Way
- Individuals vs Groups: Yes, groups have the right of way. If you're hiking in a large group, drop into a single-file line while passing others and try to stick to the trail to avoid damaging flora on the trail's edge.

Want to volunteer for BCT? Love rocking the fashionable reflective vest as you dig a trench? Relish asking for the "Pulaski" all day long? Or do your talents reign in the indoors? The list is extensive, from trail maintenance, fundraising, event planning, social media, design, trail hosting and more. Still not convinced? Check out this bonus – get a free Canmore Nordic Pass and Kananaskis Conservation Pass after 40 hours of volunteering! Come on out to Rockies Tavern and Grill on April 18 from 5pm - 8pm to chat with some fabulous current volunteers.

Lastly, catch Spring Rising at BCT. Come May, we'll have Sombrio custom MTB jerseys, new hat designs (including a smaller fit for youth) and tees. Open your

heart and your wallet to the most awesome Bragg Swag yet! The heart wants what the heart wants!

Not a BCT hat wearing, t-shirt sporting aficionado? Give BCT the key to unlocking awesome trails by donating through direct deposits, recurring donations or gifts of securities. Or watch for a fundraiser supporting new equipment for singletrack grooming and tool management. Trust us, we've found a way to take your money!

No matter how long the Winter, Spring is sure to follow... so welcome to a new season at Bragg Creek Trails!



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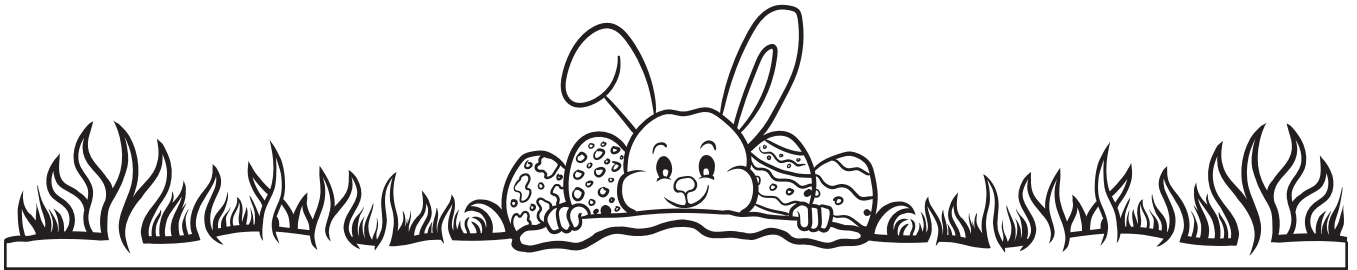
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THE LITTLE SCHOOLHOUSE

The Little Schoolhouse is bursting with Spring excitement! We have been busy learning all about Spring farm animals in preparation for our field trip to Butterfield Acres.

We have been very fortunate to provide all our classes opportunities to attend educational field trips. We have explored Telus SPARK, Bow Habitat Station and soon Butterfield Acres.

In March our kindergarten class had a very important visit from a Blackfoot Elder and Glenbow Educator Sheldon Sky Rider. He graciously shared his culture and reminded us of the importance to live in our world peacefully and help each other. To build upon this theme later in April the Cochrane Ecological Institute will be visiting our kindergarten class to help us understand local wildlife and coexistence.

We are very grateful to have such a wonderful community of families that support and help us provide these opportunities.

Our school year has flown by, and we are looking forward to more learning, fun, exploration, and adventures.

If you would like to join our amazing community of families and learners, please check out our website, thelittleschoolhouse.ca to learn more about our program and how to register.

~Ms. Shelley and The Little Schoolhouse team



TASTE OF BRAGG CREEK

Something's cooking in the Creek

We're Getting Back to Our Roots!

After a long hiatus due to forces beyond anyone's control, everyone's favourite event is back and we are ready to let loose! Covid 19 brought our 8th annual Taste of Bragg Creek to a screeching halt in March 2020. These past 3 years have allowed us to reflect on our past; what does Taste of Bragg Creek mean to us, our vendors, our community? When we started TOBC in 2013 we wanted to bring people to our quaint hamlet to not only showcase our world class cuisine, but to show them the warmth of our community, and the hospitality of the many staff and small business owners, surrounded by the beauty of the foothills. We're going back to our roots!

On Friday April 21st, 2023, head to Bragg Creek for the NEW 8th annual Taste of Bragg Creek. Local and area restaurateurs, caterers, and food and liquor merchants will prepare and serve unique "tastes" at booths at the Bragg Creek Community Centre. Once you have experienced all the delightful dishes and libations at the centre we encourage you to grab a map and discover our local shops, boutiques and restaurant store-fronts.

New this year, if you have extra tasting tickets at the end of the night you will be able to exchange them for vouchers from

local restaurants that can be redeemed for two weeks following the event. This is in an effort to get you coming back to experience all Bragg Creek has to offer.

"Our theme this year is 'keep it simple'. Each year we have tried to come up with something new to continue to draw a crowd, but we realized that was unnecessary," says founder Charlie Holschuh. "Hundreds of people from Calgary, Cochrane and all over southern Alberta come back year after year for the same reason; great food and drinks, friendly hospitality, good company and conversation and to take in the beautiful spirit of Bragg Creek and it's people"

We'd like you to experience Bragg Creek every day of the year, but you'll definitely want to be here on Friday April 21st, 2023, for Taste of Bragg Creek.

Event Details:

Date: April 21st, 2023

Time: 5pm-9pm

Place: Bragg Creek Community Centre

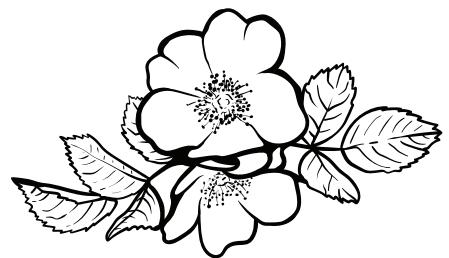
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www.braggcreekchurch.ca



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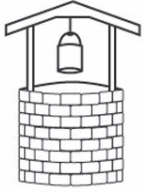
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COLLECTION DATE:
SATURDAY, APRIL 22
10 AM - 1 PM

PLEASE LEAVE YOUR BOTTLES AT THE END OF YOUR DRIVEWAY

OR DROP-OFF LOCATION: BRAGG CREEK COMMUNITY CENTRE

(Between now and April 22 you may also take your empties to Springbank Bottle Depot and let them know you would like to donate your returns to the Banded Peak Grade 8 Graduating Class!)



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

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I captured this shot of a whiskey jack while hiking Prairie Mtn last week.

I thought other readers might enjoy it.

*Regards, Kathleen Grant
Millarville*

Editors Comment

If you have a picture that captures the beauty of our surroundings, please feel free to send it to info@highcountrynews.ca. We will do our best to incorporate it into our paper. Please send as a high resolution photo to ensure a better print resolution.



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A TASTE OF THE HIGH COUNTRY

The 'Grande Dame' of All Grapes - Pinot Noir

"Maya - Why are you so in the pinot?"

Miles - I don't know. I don't know...

... It's a hard grape to grow, as you know. Right?

Thin skin. Temperamental. Ripens early.

It's not a survivor like cabernet which can just grow anywhere, thrive even when it is neglected.

Pinot needs constant care and affection.

In fact it can only grow in these really specific, tucked away corners of the world.

And only the most patient and nurturing of growers can do it, really.

Only someone who can really take the time to understand pinot's potential can then coax it into its fullest expression.

Then, Ahh! It's flavours are the most haunting, and brilliant, thrilling and subtle and ancient on the planet."

Sideways, 2004

This scene in Sideways catapulted the grape to stardom, making the fortune of some growers while destabilizing others as consumers stampeded to all and any pinot noir producers. Today, the movie is still

celebrated for its essay on pinot, and our fascination for the grape remains strong.

Pinot noir's fascinating history dates back to French antiquity in Burgundy. Roman invaders, fine wine connoisseurs in their own rights, quickly recognized the grape's potential and traded it within the empire on their way to England and back to Rome. However, Pinot noir's modern rise to fame emerged out of the dark ages in medieval France. The newly established Order of Cistercian monks applied the "scientific method" of observing and keeping constant detailed records of the vine-growing needs (weather, soil, geography, etc.) and wine-making processes. Over time this revolutionary approach to viniculture and wine making is what established Burgundy's reputation for high-quality wines. Fast-tracked six to seven centuries later, pinot noir is now grown in many choice locations worldwide, notably in Germany, California, Oregon, New Zealand, Australia, South Africa and Canada.

The main challenge with Pinot noir is its delicate nature. It buds early and has thin skin, making it vulnerable to frost, disease and mould. Because of its fragility, pinot noir's mythical aromatics can easily be lost over seemingly innocuous weather

variations or soil composition. Once harvested, the fruit must also be processed quickly to preserve its qualities. In short, Pinot noir is a pain. But the potential rewards are great when everything falls into place and is done right. For those reasons, the notion of vintage is crucial and influences the cost of a good bottle.

There are different expressions of pinot noirs. "Cool wine regions" such as Burgundy, Canada and Germany produce lighter versions of pinot with fresher acidity, carrying aromatics of red berries, cherries, and tomato leaves. "Warmer regions" such as Oregon, California (Russian River and Sonoma), South Africa and Australia produce bolder wines with darker fruits such as dark cherries and raspberry on the palate. When the wine ages in barrels, it develops earthy aromas of mushrooms, wet leaves or even "barnyard" (yum!) in addition to the berries mentioned above.

Well-made pinots have delicate, complex aromas and can be "seductive." I still remember a client who opened a \$300 bottle of Burgundy. It was about three years ago, and to this day, I still can taste the wine and the moment of Ahh! it engendered. That bottle was worth its weight in gold.

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You guessed it. And what better place to enjoy the favourite meat for Easter celebrations than the Bav Tav. If you're in the mood for something other than our swine specialties, try the Beef Rouladen or our mouth-watering Wapiti Burger. Whatever your special occasion or meat preference, we can serve it up. Adorable piglet seen in this ad not served here.

THE BAV THE TAV

MOUNTAIN DINING

MOUNTAIN DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB

Pinot noir is versatile and pairs well with various foods, including grilled salmon (select a light style of the wine), roasted chicken, turkey, boeuf bourguignon, pork, risotto, and charcuterie. The wine also pairs well with earthy flavours like mushrooms and semi-soft cheeses like Gruyère, Comté, and Gouda. It is one of those go-to wine if you do not know what to select with your meal.

Finally, it is worth noting that pinot noir makes refreshing rosé bursting with fresh spring berries and grapefruit flavours. It is also used in Champagne - those "blanc de noir" style of bubbly lending weight to the sparkles.

Due to the capricious nature of the grape, I recommend you visit a reputable wine boutique and ask for help to select the best bottle in your price range from a classic pinot region. It will not disappoint if enjoyed with your favourite dish or while watching the movie Sideways.

Cheers!



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Make dinner plans for Bragg Creek on April 21st

Taste of Bragg Creek is back after a hiatus due to "you know what." Well, now that "that's" behind us, gather up the herd and hurry to Bragg Creek. Year round, wine and food merchants, caterers, and restaurateurs offer culinary experiences to fit every occasion. On April 21st, from 5:00pm – 9:00pm, at the Bragg Creek Community Centre and surrounding Hamlet, we celebrate a variety of local tastes in one sitting. This event helps raise funds for the Bragg Creek Community Centre and Swamp Donkey Musical Theatre.

For complete details visit tasteofbraggcreek.ca

facebook.com/tastebraggcreek [@TasteofBragg](https://twitter.com/TasteofBragg)

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To Light or Not to Light

In a previous article I did on landscaping to deter criminals, one of the practices suggested was the judicious use of light. There is a debate among experts, and among neighbours over whether outdoor lighting deters crime on your property or not.

First of all, what time of day do most burglaries occur? FBI crime statistics in 2012 have drawn a conclusion that the majority of home burglaries happen in the daytime, rather than at night. This is usually attributed to people being away at work. However, during a ride-along I had in 2020 with Turner Valley RCMP, when I asked Constable Scharff about his thoughts on rural Break and Enters, he said the majority of them occur at night or when owners are away for an extended period of time. In this particular case I would defer to Turner Valley RCMP since they are local, and they are rural.

One of the other things the RCMP has said concerning the deterrence of criminal activity is to use lighting, "Criminals are like rats, they run away from light".

Which brings us to the important question, does lighting actually deter criminal activity at night? Roland Dechesne, who

has studied light pollution for over 30 years and is a member of the Royal Astronomical Society of Canada, a landowner in Foothills County (but lives in Vulcan County), has said that lighting up your yard/acreage/farm at night may actually encourage criminals. Roland spoke at the Millarville Racetrack at a HCRCWA meeting 11 years ago on lighting and crime. During the discussion period after his talk, numerous residents who did not have a yard light reported none, or very little crime. Meanwhile residents who had a yard light experienced more crime. Why is that?

Roland speculates that since a lot of crime is a crime of opportunity, a thief is likely to take what he can see. If a yard is purposefully lit up, a thief can see what you've got - his "targets" so to speak. It's equivalent to urban thieves seeing an Amazon package on the porch. On the other hand, if it's dark, then there are no targets to be seen. This line of thinking is re-enforced by Marcus Felson, a professor at Texas State University and an expert in criminal justice who states, "If you're in a rural area, you're basically in a secluded area — you're better off turning off the lights because the lights would help an intruder actually see."

If you need to see where you are going or what you are doing on your property at night, one solution is to turn on a barn light/yard light while you are working, but then turn it off when you are done. Another solution is motion sensor lights. A motion-sensored light comes on while you are there, but then goes off after you've left. In both circumstances the yard is unlit except when you need it.

Roland made a point of another important factor: there is a link between an increase in crime and less surveillance. Therefore, when people are around, crime goes down. If you leave your outdoor lights on, but if it's obvious no one is home, or the owners are asleep, then leaving outdoor lights on does not help. Roland says, "People feel safer, but they're not actually safer".

One thing I have not seen mentioned anywhere is that if your property is dark then intruders are going to have to bring their own light. It might be vehicle lights, a flashlight or something else. Whatever it is, it will be noticeable. If you are not home, obviously you won't notice it, but a neighbour might. If you're asleep and the dog starts barking, or you hear a vehicle crashing through your locked gate, or your home security system goes off, you're likely to notice the light from an intruder. This is why you need to use as many defenses as possible to deter criminals, and not just adopt one deterrent.

If you do choose to use outdoor lighting at night, please follow the Foothills Dark Sky Initiative bylaws to help prevent light pollution. Three basic tenants of Dark Sky Lighting are: 1) use Dark Sky compliant lighting where the light fixture only allows light to be projected down and not up into the sky, 2) turn off outdoor lights when you are not using them, or use motion sensor lighting, and 3) use light that is toward the Amber side of the spectrum rather than Blue light. Blue light upsets the circadian rhythms of plants, animals, and you.

Dave Schroeder
HCRCWA Board Member



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ANNUAL XC SKI COMPETITION RETURNS

XC Bragg Creek proudly hosted the 10th annual Alberta Youth Cross Country Ski Championships (AYC) in West Bragg Creek on March 4th and 5th. This amazing event featured close to 120 athletes, aged 10 to 14, from clubs across Alberta, British Columbia, Saskatchewan and NWT. Skiers raced in three events: classic sprints, costumed club relays, and freestyle distance.

Our home team was made of XC Bragg Creek athletes from our cross country, biathlon, and recreational programs. Together, the 20 skiers took home 18 top-ten finishes!

Andrew Thompson - 6th in relay

Evelyn Peperkorn – 4th in 2011 classic sprints, 3rd in free, 6th in relay

Hugo Borycki – 10th in classic sprints, 10th in free

Ian Thomson – 10th in 2009 classic sprints, 5th in free, 6th in relay

Isla Borycki - 6th in free

James Bopp – 8th in 2012 classic sprints, 9th in free

Logan Rostoker – 3rd in 2010 classic sprints, 1st in free

Maxwell Van Vliet – 6th in 2010 classic sprints, 8th in free

Marion Blik – 6th in in 2011 classic sprints, 7th in free, 6th in relay

Nathan Habijanac – 7th in 2009 classic sprints

Reed McArthur – 6th in free

This event was made possible by the many parents and community members who volunteered their time, as well as Bragg Creek Trails groomers Seth Ryder and

David Cebuliak, who set some beautiful tracks and corduroy, and the whole BCT team.

Our coaches and athletes graciously thank all the trail users that weekend for their patience and cooperation, as we used many of the core trails for our races.

A special thank-you also goes to our generous sponsors:

- Arborist Supply Co. Inc.
- Biathlon Alberta
- Bragg Creek Foods
- Bragg Creek Trails Association
- Canmore Biathlon
- Cindy Low (Zone4)
- Lifesport
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Joni Peperkorn, XCBC coach



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XCBC skier Evelyn Peperkorn competes in the freestyle race at AYC 2023.



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SQUARE BUTTE COMMUNITY

Happy March everyone! It's my turn to pen the Square Butte Community article. The word 'community' is truly exemplified by the Square Butte Community Association (SBCA). The fact that I am writing this article, formerly narrated by a much-missed former Board Member, demonstrates our commitment to collaboration, communication, and cooperation – fundamental pillars of a solid community.

Since I get carte blanche to articulate my thoughts and allow my personality to permeate these paragraphs, I want to diverge from the subject matter of prior issues. I recently came into possession of a wonderful book called Foothills Echoes, courtesy of friends in Millarville. Future SBC updates will extract entertaining nuggets from that weighty tome (Hint: Do you know the real history of Brown-Lowery Natural Area? Have you 'herd' the tale of Shorty the Cow?). But for now, I wish to shine a light on the wonderful humans behind the SBCA, so you can get to know us better...

Our newest member Meghan cares deeply about our community. She brings fresh ideas and an interest in expanding opportunities for young families.

Our long-time volunteer coordinator Malcom records our thousands of volunteer hours (annually!) and has helped me take the reins of Property Management. And there is Damon, who joined us last spring to support various SBC initiatives. He exudes a calming presence, while always sharing a kind word with everyone.

Katie is a burst of energy and positivity, and was the mastermind behind the NYE Party, along with Lisa, who can not only keep up with Katie but also coordinates Hall bookings and post-event management, while contributing her business-savvy to Association matters.

Our Treasurer Becky keeps us on the straight and narrow, instilling quality and financial acumen throughout our operations. And she can wield a line-trimmer during spring cleanup like nobody's business!

Our Secretary Wanda is steadfast in her attention to detail. She brings neutrality and insight to all aspects of our operations and binds us to our words through meticulous meeting minutes.

Our Vice President Sandi passionately activates the community on many important issues, along with event planning and connecting us to amazing people throughout the Foothills.

Our President Clayton, is a hard working, local business owner who makes us all feel valued and welcome, offering a smile and a helping hand for anyone in need... and sometimes a sip of some well-curated spirits from his personal collection!

Another new Board member had to step away due to exciting career opportunities, but we look forward to seeing Annie at events and volunteer days. This also means a Board position is open, stay tuned.

So, this is us! In the spirit of new beginnings, the anticipated awakening of Spring, and a great year ahead for our Community, we encourage you to come out to events, volunteer, contribute, reach out, get involved, and share your ideas.

Check out the Square Butte Hall on hwy 762, 3km north of hwy 549, or connect with us any time at:

Direct: info@squarebuttehall.com

Web: squarebuttehall.com

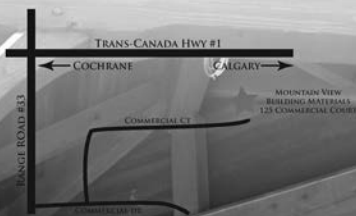
Social: facebook.com/squarebuttehall

Until next time! Lindsey Kindrat, SBCA – Director, Property Management (and interim Archivist)



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MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m. The meetings are held at the Millarville Anglican church house.

Our next meeting is April 11, 2023. We are having a travel presentation on Patagonia. John Lowry will be showing the variety of flora and landscapes in this far away region.

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. Check us out on Facebook as well

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well, we are officially in spring now, it sure has felt like this winter was a long one, with snow coming and going. Let's hope for a beautiful summer like we had last year. It is also now officially the start of gardening season, which is always a pleasant pastime for a lot of us.

Turner Valley now has a community garden, as well as Black Diamond. You can register for a plot if you don't have room for a garden at your property. The cost is minimal and includes your 16 X 14 raised bed, soil, a compost bin, and use of water and gardening tools to borrow. They also have barbeques, plant sales, and gardening talks a few times a year. To find out more or to register for a bed, contact each town to find out how.

We have the gardening zone of Zone 3 here in the Foothills, and Krista Green of her Facebook site will present the topic of growing in Zone 3, such as cold-hardy vegetables, when to plant, protecting plants from frost, and container planting. This presentation will be held at the Sheep River Library April 1st from 3-5.

We have several gardening clubs you could check out, such as the Valley Neighbours Garden Club, the Millarville Horticultural Club, and the Foothills Horticultural Club. And for seed and gardening shopping and more gardening advice, you can't beat our very own Vale's in Black Diamond, which is also just a lovely place to walk around and breathe in that awesome greenhouse smell, or you can also check out Kayben Farms, Beaver Dam Nursery, Country Depot, or the Saskatoon Berry Farm. Gardeners have been proven to have lower levels of depression and stress as the fresh air, sunshine, and earth have a positive effect

on us. And if a full time garden is not for you, you could always volunteer with the High Country Lodge's gardens, or help out with the town's pathways.

It's the Sheep River Library's 40th anniversary this year, and they are celebrating with a party on Saturday, April 29, from 1-4. This milestone event will feature an afternoon of entertainment, children's activities, local dignitaries, snacks, and some amazing door prizes. The Library is just the nicest place to go, not just for books to read, but they offer tons of programs for all ages, computers, online help, art shows, and much more. Congratulations on 40 years Sheep River Library!

Just down the road from our Library is the Sheep Creek Arts Council, and this spring they are offering more classes. For April, Joyce Brown is teaching both beginner quilting and thread painting. Christine Drake is teaching a class on mosaic-stepping stones. And there is a one day workshop taught by Connie Geets on how to paint a highland cow, and a beginner workshop on using alcohol inks. The SCAC offers many different and unique art classes and much more, visit sheepcreekarts.ca to register and to find out more.

Up the road from the SCAC is our own Turner Valley Legion. They are hosting a Trivia Night on April 14 at 7:00pm. Eat, drink, and tease your brain in this fun event. The cost is \$5 per person, with a maximum of 6 people per team. There will be a cash prize for the winner(s) with the remainder going towards the Legion. The special from the kitchen that night is a Rib Dinner. Give the Legion a call at 403-933-4564 to register your team! And remember that April 9-14 is the anniversary of Vimy Ridge, the most significant battle of WW1, in which Canadian forces were recognized as an elite military force, and we honour those who battled and gave their lives for our freedom.

Beneath the Arch Concert Series is pleased to present the Lonesome Ace Stringband on April 29 from 7-10. An old-time band with bluegrass chops, they play some righteous folk and country music with a depth of groove and great vocals. It is also time for the Arch's Adventure Raffle, which benefits their bursary program for youth in the arts. With generous donations from local businesses, these \$5 raffle tickets can win you prizes worth over \$3000, including a canoe, golf, or e-bike package. For tickets to the show or for information on where to get your raffle tickets, go to beneaththearch.ca. And for youth who would like to apply for their bursary, the deadline is towards the end of April, more details can be found on the Arch's website.

Black Diamond Hotel is excited to present a tribute to Elton John on April 29, featuring Rob Skeet and the Husky Tower Band. Tickets will go fast for this fun event, you can get yours at the Hotel or at Sobeys in Okotoks, visit blackdiamondhotel.com for more information.

Over in the Diamond, the Griffiths Center is hosting a corn hole toss exhibition on April 15 from 1:30-3:30. This is a very popular game in the States, in which you toss a beanbag into a ramp with holes in it to score points. It is a family oriented game and all are welcome, whether you are a member of the Griffiths or not. To find out more or to register, please call volunteer Ben Potter at 403-933-9770. The Griffiths Center offers a ton more classes and programs, to find out more, drop by at 122 Government Road or visit griffithscentre.ca. And they will also be hosting another Repair Café in April, to make an appointment to have your item looked at and hopefully repaired, call 403-797-0170.

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

*Happy Spring everyone,
Elaine Wansleeben*



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Please call: 403-837-0220. Thank you!





LONGVIEW LIBRARY

It's almost gardening season and so we are having our seed exchange again this year. Along with some excellent gardening books, tomato and peppers seeds are available now in the library. On April 5th, we will be having a seed exchange party with door prizes, snacks, tea and coffee.

Just a reminder that the library has smart hubs, iPads and literary kits to check out for our library patrons.

Our most successful fundraiser of the year, Highway Clean Up is on Saturday, May 6th. We are asking for volunteers to help us with this. You are usually finished by noon, so mark your calendars for this important date.

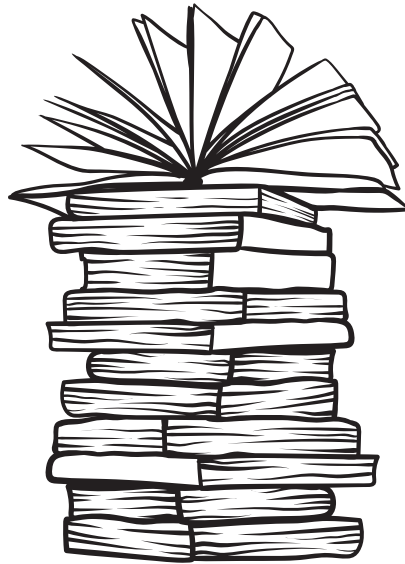
The movie *Women Talking*, based on the novel by Miriam Toews, has been ordered for our library. It was directed by Sarah Polley and she won a well deserved Oscar for it last night!

The book club is starting up on March 10th. It will be meeting the 17th, 24th. And 31st. at the church. Everyone is welcome. The Facilitator is Kathryn Richmond. The book this month is *Boundaries: When to Say Yes and How to Say No*.

New books for the library are: *The Librarian of Burned Books* by Brianna Labuskes, *The Last Chairlift* by John Irving and *The Rising Tide* by Ann Cleeves.

Lessons in Chemistry, by Bonnie Gamus is an unforgettable and wonderful read. It is clever, funny, yet a profound insight into the sexism women faced in the 1950s and 60s, and in many ways still do. It is the story of a young chemist struggling to find her way in a male dominated world. Her struggles are eased by supportive friends, colleagues, a loving husband and a deep connection to her dog, Six Thirty. It's a book you will be loathe to put down.

Sylvia Binkley
sliv@telus.net



PRIDDIS COMMUNITY

Greetings from the Priddis Community Association. Here is what is happening in the coming weeks:

- Pickleball continues in the hall each Thursday. 1-3pm, 3-5pm, 5-7pm are the available times and can accommodate 4-5 people per time slot. Drop-in fees (\$5 for members, \$10 for non-members) are payable in cash to the donation box at the hall. The board is looking at utilizing an app called TeamSnap to try to coordinate drop-ins. If you would like to be added to this email list, please contact pcahallrentals@gmail.com.
- Kids' Clothing & Toy Swap is back on April 15th, 11am -3pm at the hall. Please contact Leah (spruceandpinehome@gmail.com) if you would like to donate items to the swap. If you do not donate, you can still shop for a small cash fee.
- The PCA is incredibly excited to bring Pocket Dial to the hall on April 22nd for an evening of live music and dancing. Doors open at 7:30pm with refreshments available for purchase by cash. All proceeds go towards the refurbishment of the community tennis/pickleball courts. Tickets can be purchased, beginning March 17th, either online using a credit card: pca.getcommunal.com/parent_programs, or in cash at the Priddis General Store. This event will sell out so purchase your tickets early to avoid disappointment.

The PCA would like to extend a big thank you to all of the volunteers that made the hockey season a success. Did you know that there are hundreds of volunteer hours that go into planning and execution of the season, as well as maintaining the ice? Not one person holds a paid position within Panther's. Congratulations, everyone, on another successful season!



Chicken like Grandma
used to cook!

Jerry & Nancy Kamphuis

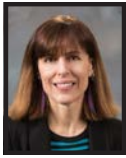
• Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!

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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

International Dark Sky Week: Celebrate the wondrous night sky April 15-22, 2023! Take a moment to look up at the stars and enjoy the view. Learn more about IDA's "Discover the Night": idsw.darksky.org/

Locally, since 2009, Foothills County has partnered with the Rothney Astrophysical Observatory, Cross Conservation Area, Royal Astronomical Society of Canada and interested residents on supporting our Dark Sky Initiative. Thanks to all our members who volunteer their time and talents!

Our GOALS are to create awareness about Dark Skies, in a friendly manner, and lead people to be curious to "look up" and find information about preserving Dark Skies, participate in reducing light pollution and consider using exterior lighting that makes sense such as motion sensor lighting. We'll also be hosting several Dark Sky and Star-related events throughout 2023.

With all these efforts, we hope to help mitigate the effects of light pollution on natural biological processes, human and animal health, our connected landscapes, viewing the stars as part as the enjoyment of country living, and preserving the functioning of this world-class Observatory and the Cross Conservation Nocturnal Preserve.

We continue to post our DARK SKY COUNTRY signs in the County. We assist Interested neighbourhoods, who can contact us to arrange this. Our next collaborative project will be rolling out very soon. I hope to share more information with you in my the next HCN article.

You can help too! By learning about Dark Skies... Changing a light fixture... And, sharing with a friend. Visit: DarkSkyCountry.ca

Flood Mapping Resources: Whether you are considering a building project near water or looking at purchasing a piece of property, flood prediction mapping is a

helpful resource to include in your research. Foothills County provides a flood overlay on our mapping to assist with identifying potential risk on properties. You can access information by contacting our GIS department. Let me know if you want to know more about this.

Additionally, this provincial website provides detailed information about flood potential on many creeks and rivers throughout Alberta and for some within Foothills County: floods.alberta.ca/

The creation of this mapping has taken place over many years. As a result of ongoing work, plus additional investigations and modeling after 2013 flooding, we now have a few types of maps to learn from. You can explore the "Hazard" maps defining the floodway and flood fringe areas, "Inundation" maps showing areas at risk for different sizes of floods, "Likelihood" maps which illustrate cumulative flood risk over 30 years, and "Range" maps comparing two different sizes of floods.

On the "floods.alberta.ca" home page, you will also see a button-link that leads you to view the more extensive "Draft" flood inundation maps, from new studies, that are in the stage of being finalized. Three of these draft maps are situated in Foothills County, including the Priddis River Hazard Study (includes Priddis & Fish Creeks), the Sheep

River Hazard Study and the Highwood River Hazard Study. The website states that these flood inundation maps show areas at risk for different-sized floods, including ice jam floods in some communities. These maps also identify areas that could be flooded if local berms fail, and are typically used for emergency response planning and to inform local infrastructure design.

Alberta Water Well Database: If you are interested in doing some homework regarding groundwater on your own property or other areas within the County or Province, you can find a lot of groundwater well records through the Alberta Water Well Information Database website, which hosts a database of approximately 500,000 records with some 3,000 new records added each year. Shared public information includes water well drilling reports, chemical analysis reports up to the end of 1986, geophysical logs, springs, flowing shot holes, test holes and yield tests conducted on water wells. Data is submitted to the Groundwater Information Centre through the Water Well Drilling Report Submission System. You can view and print individual well records, overlaying map(s) that show individual well records in relation to other wells, roads and other physical features. The entire database can also be downloaded using the "data" tab found on the website. For directions on how to use this database, click the "introduction" tab on the top right-side. All this information can be found here: groundwater.alberta.ca/waterwells/d/

Volunteers Needed: Hope you are able to take part in our local events throughout the year! Congrats to all Community Associations and their volunteers for making these fun events happen. Please consider joining with the teams in our community to make a difference and to add your valuable perspective and a helping hand. Let me know if you are interested and I can refer you to a local organization or county committee in need.

For Other News & Updates: Facebook: www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With best regards,
Suzanne



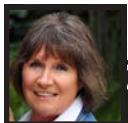
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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Spring is here!!!

We are so fortunate to be close to nature and enjoy all seasons in this unbelievable area of the Foothills. This newsletter is all about the wonderful community we live in. Wait until you see all the upcoming events in this little section in the Foothills. If you are new to this area and are looking for a way to volunteer, this is the place to find out!

The Northwest Foothills Recreation Board

The Northwest Foothills Recreation Board (NWFRB) needs more Board members. The Board has been meeting by ZOOM every two months, but occasionally meets at the Seaman Sports Park.

If you live in Division 3, 4, or 5 and would like to join the Board, contact me and I can provide you with more information.

The Millarville and District Recreation Board

The Millarville and District Recreation Board is now accepting applications for funding for non-profit organizations for 2023.

Details can be found in the March edition of the MRAS Track Watch newsletter: www.millarvilleracetrack.com/newsletter

Each year the board receives a grant from Foothills County and disperses funds to successful applicants. In previous years funding has been provided to local associations.

If your group would like to apply for a grant, please email your request to: chemguy1@mac.com

Please include your group's 2023 proposed budget and a 2022 financial statement. The deadline for applications is April 30, 2023.

Millarville Racing & Agricultural Society's Playground Project

The Millarville Racing & Agricultural Society's playground project is almost a reality.

They are hosting a playground building event May 3 to 6 and are seeking volunteer help to get to the finish line!

The sign-up schedule and task detail for this project is available at:

www.volunteersignup.org/RMJYK

If you have any questions, please contact the MRAS office at 403 931-3411.

Priddis & Millarville Fair

The Priddis & Millarville Fair donation campaign is under way and the current organizing committee is determined to make the 2023 fair the best one yet. That is where they could use your support.

If you are interested in donating to this year's fair, please check out the website at: www.millarvilleracetrack.com

Go to the donate button for the 2023 fair donation form. All donors of the fair will be recognized by signage during the fair weekend, August 19 & 20, 2023.

Leighton Art Centre

Two upcoming events:

SPRING FLINGS & EASTER THINGS
(3 TIMES AVAILABLE)

APRIL 8 @ 10:00 AM - 4:00 PM

Registration cost: \$20.00 (general admission)

*GST & Eventbrite fees not included

www.leightoncentre.org/events/workshops

Description: A family-oriented day where we indulge in all things Spring. Bring your family for a scenic scavenger hunt that is sure to please – an adventure in art history and nature that wraps up with delicious treats! Afterwards, make even more memories together with a fun family Easter art activity. Three different time slots available (10am, 12pm, 2pm). Total running time is approximately 2 hours.

Please leave your furry and four-legged family members at home for this event.

Audience: All Ages welcome! Ages 2 and under are free. Children must be 3+ to participate in the craft portion of the event.

Supplies: Please dress accordingly for the weather. Bringing your own beverages is encouraged as there are no food services on site. Note that our pathway systems are not suitable for most strollers.

April 15, 2023 @ 12 - 2 pm

\$20 pp, for ages 14+

www.leightoncentre.org/events/workshops

Photograph and sketch the Leighton landscape as it comes back to life after a long winter! Enjoy a casual wander

around the stunning 80 acre property, with historical insight and photography advice from one of our very own art & nature instructors! Guests will have an opportunity to explore the landscape, museum, and gallery in an intimate setting with this private tour. Includes an outdoor sketching activity that is also sure to please your inner artist.

About the Instructor: Pamela O'Brien is a local educator, published poet & experienced hobby photographer.

Millarville Spring Market

2nd annual Millarville Spring Market

Saturday, April 29th from 9am to 2pm.

Entry Fee is by donation for this event.

Over 100 Vendors have registered.

Millarville Historical Society

The Millarville Historical Society will be showing the movie:

John Ware Reclaimed

April 29th, 2023 at 7:00pm

Millarville Community School Gym

Adult Admission - \$5.00/person

Children admitted Free

(Film has some strong language)

70-minute film screening followed by an interesting panel discussion.

RSVP via email by April 26th to secure your popcorn order.

millarvillehistoricalsociety@gmail.com

My flowers and veggies are growing like weeds and may already be in the greenhouse by the time you read this.

Happy planting!!!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountyab.ca

Website: www.barbcastell.com

FaceBook: facebook.com/barbcastell.ca



FLOWERS IN BLOOM - Spring Photo Walk with Pamela O'Brien



SHEEP RIVER LIBRARY

40th Anniversary Celebration

We are very excited about our library's 40th anniversary celebration on Saturday, April 29!

Check out these wonderful door prizes on offer at the party. You could win a two-hour trail ride from Anchor D Guiding and Outfitting; 18 holes of golf at Turner Valley Golf Course (including a golf cart and \$100 gift card); Family Pack from Dawgs Baseball with a gift card for the concession stand; a \$150 gift card for local swimming pools; plus cash prizes of \$200, \$300 and \$500. To be eligible to win, just come to the library from 1-4 pm on April 29 and fill in a ticket for the draw. Get additional chances to win a door prize by participating in the "Stampin' Around" challenge at the celebration.

Local musicians and a magician will entertain, and you can enjoy performances by some of the groups that have made the library their meeting place. Displays will feature a timeline of the library's history and its evolution to the amazing place it is today. Crystal Salamon is designing a special colouring page and will be on hand to guide children in all sorts of colouring activities. Enjoy catered food, drinks, scrumptious cake, and very short speeches. And come to cheer as we announce the winners of the student essay contest (writing on the theme, "What Does the Library Mean to Me? What should the Library Look Like in the Future?").

It was in 1983 that the towns of Black Diamond and Turner Valley developed an agreement for joint support of library services for both communities. Previous to that, dating back to 1974, volunteers maintained a library in the Griffiths Centre. In 1979, the library moved to the basement of the Black Diamond town office where it came under municipal jurisdiction. In 1985, the library was officially named the Sheep River Library.

In 2008, under the leadership of Chairperson Diane Osberg, the library board began to envision a lifelong learning centre that would partner with various community groups such as Literacy for Life, MCG Careers, art groups, music clubs and volunteer organizations. It soon became clear that this type of library would outgrow its existing basement space. In 2010, the Town of Turner Valley donated the land for the new building and the official sod turning was held on June 30, 2010. In April, 2011, the new building opened and has continued to flourish, providing thousands of lifelong learning opportunities, a place for community groups to meet, and an ever-growing collection of library materials.

We look forward to having you join us on April 29. Bring your family and friends.

The library will be closed Friday, April 7 and Monday, April 10 for Easter Weekend.



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First Aid Training NEW Requirements: Part 11 OHS Code
There have been some recent changes to First aid training for workers and to First Aid kit requirements.

Effective March 31, 2023, First Aid Training for workers must meet CSA Standard Z1210-17 (First Aid Training for the Workplace) and First Aid Kits must meet CSA Standard Z1220-17 (First Aid Kits for the Workplace). Depending on your work site,

you may have to add additional items in your first aid kit, to meet the new standards.

What does this mean for your workplace? Visit the link below to Find out more at: ohs-pubstore.labour.alberta.ca/lh001



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TURNER VALLEY OILFIELDS

Turner Valley Oilfields Camera Club Celebrates 60 Years

In 1963, a group of local residents formed a club to explore their passion for photography, improve their skills, and share images of the stunning Alberta foothills and mountains (and much more!)

Sixty years later, the club is still going strong with about 30 enthusiastic members who meet monthly at the Sheep Creek Arts Council in Diamond Valley.

The club will be celebrating its sixtieth anniversary at a year-end banquet at the Turner Valley Legion on Tuesday, May 9 at 5:00 pm. All past members or interested photographers are welcome to attend.

Many photographers of all levels have become members of the club over the decades, including five lifetime members: Peggy Orr, who passed away in 2020 at the age of 101, Nola Middleton, who passed away in 2017, Bern Dayment, a member

since 1979, Sheila Smith, a member since 2006, and Ted Dawson, who was the annual competition judge from 1979 to 2021 and awarded a lifetime membership in 2023.

Anyone with an interest in photography is welcome to attend a meeting to learn more about the club. The club meets on the last Tuesday of each month, September to April (excluding December) at 7:00 pm. Annual fees are \$50, which includes a membership in the Sheep Creek Arts Council.

Meetings feature an educational presentation, a friendly photo competition, and an opportunity to meet and mingle with fellow photographers. Please contact the club's membership director at membership@tvocc.org for more information.

If you are interested in attending the banquet on May 9, please contact sheila77.smith@gmail.com. More information about the club is available at tvocc.org.



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DEWINTON

ArtWorks announces Spring Show

After some of the dreary winter weather we've been experiencing lately, signs of spring are definitely embraced with joy. And what happier sign of spring could we ask for than an art show brimming with quality hand-crafted pieces, each a spirit-raiser and a delight in its own way!

Based in DeWinton and comprised of members living in and around the area, ArtWorks is a group of local artists and artisans that strives to present a fine-quality show pleasing to many tastes. Looking for that perfect painting to go above a couch or on a feature wall? Come and view our original pictorial representations of places and/or subjects dear to your heart. Looking for that unique piece of jewelry, pottery, or hand-woven clothing? Come and choose from the wide selection our artisans have on display. Looking for a good book to read? We have a novelist there as well, an official 'Goodreads' author, whose entire book proceeds go to support mental health. At ArtWorks, there is truly something for everyone.

A love and appreciation for local art is the only entry fee. This year's participating artists will include Angie Denovan, Ann Beswick, Carol Beswick, Marney Delver, David Kitler, Elizabeth Ellis-Bassett, Fran Porter, Jim Prescott, Kim Berlie, Linda Vowell, and one or two guest artists. We'll all be ready to welcome you at DeWinton Community Hall on Friday Apr 28th 2:00 p.m. to 8:00 p.m., and Sat. Apr. 29th & Sun. Apr. 30th 10:00 a.m. to 4:00 p.m.

There's never any pressure to buy--though be warned, you may not be able to resist! We hope you'll stop in and see us, and we look forward to welcoming you.



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DUANE HARDER

The Power of Determination

This month's article is from "Today's Helping of Chicken soup for the Soul" and is dedicated to our son Lowell, the editor, and owner of this paper. Lowell's story does not involve overcoming a major physical handicap, but he has persevered through some major setbacks. His endurance, perseverance, and stamina in life have been manifested in the several marathon and ultra-marathon events he has entered. It was his influence that led to my running two marathons with him. He now faces the challenge of overcoming a major heart attack. That is why I want to dedicate this story to him.

"The little country schoolhouse was heated by an old-fashioned pot-bellied stove. A little boy had the job of coming to school early each day to start the fire and warm the room before his teacher and classmates arrived.

One morning they arrived to find the schoolhouse engulfed in flames. They dragged the unconscious little boy out of the flaming building more dead than alive. He had major burns over the lower half of his body and was taken to the nearby county hospital.

From his bed the dreadfully burned, semi-conscious little boy faintly heard the doctor talking to his mother. The doctor told his mother that her son would surely die — which was for the best since the terrible fire had devastated the lower half of his body. But the brave boy didn't want to die. He made up his mind that he would survive. Somehow, the amazement of the physician, he did survive. When the moral danger was past, he again heard the doctor and his mother speaking quietly. The mother was told that since the fire had destroyed so much flesh in the lower part of his body, it would almost be better if he had died. Since he was doomed to be a lifetime cripple with no use of his lower limbs.

Once more the brave boy made up his mind. He would not be a cripple. He would walk. But unfortunately, from the waist down, he had no motor ability. His thin legs just dangled there, all but lifeless.

Ultimately he was released from the hospital. Every day his mother would massage his little legs, but there was no feeling, no control nothing. Yet his determination that he would walk was as strong as ever.

When he wasn't in bed, he was confined to a wheelchair. One sunny day his mother wheeled him out into the yard to get some fresh air. This day instead of sitting there, he threw himself from the chair. He pulled himself across the grass, dragging his legs behind him.

He worked his way to the white picket fence bordering their lot. With great effort, he raised himself up on the fence. Then, stake by stake, he began dragging himself along the fence, resolved that he would walk. He started to do this every day until he wore a smooth path all around the hard beside the fence. There was not he wanted more than to develop life in those legs.

Ultimately through his daily massages, his iron persistence, and his resolute determination, he did develop the ability to stand up, then to walk haltingly, then to walk by himself — and then — to run.

He began to walk to school, then to run to school, to run for the sheer joy of running. Later in college he made the track team. Still later in Madison Square Garden this young man who was not expected to survive, who would surely never walk, who could never hope to run — **THIS DETERMINED YOUNG MAN**, Dr. Glenn Cunningham, ran the world's fastest mile!" (By Burt Dubin from *Chicken Soup for the Soul* — copyright 1993 by Jack Canfield and Mark Victor Hansen)

Don't let victimhood, self-pity, or self-doubt define your past, darken your present or direct your future. You cannot change what has happened to you, but you can change your attitude toward it. With dedication, determination, and devotion to the One who created you, **YOU CAN CLIMB THE MOUNTAIN**. See you at the top!

Duane Harder

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ADHD AND DEPRESSION

What is the connection?

At first glance, ADHD and depression have a lot in common. Both make it difficult to concentrate, remember things, feel motivated or sleep well. They are also associated with moodiness and irritability. Once you get into the details, they look very different. ADHD and depression can occur together though.

Whis the difference?

Depression comes and goes. A person could spend large parts of their life not being depressed. The biggest difference is that ADHD has pretty much always existed across most aspects of your life.

Do people with ADHD get easily depressed?

Just because you have ADHD does not guarantee that you will develop depression. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships. You may forget about assignments or do poorly on tests because you could not force yourself to

study. These issues may persist into your professional life, difficulty with paperwork and punctuality, or just trying to keep up with it all. You may be upset and offend somebody without thinking. You may seem disinterested in other people because you struggle to focus during social interactions. You can become so demoralised in a desperate struggle to keep everything straight. "ADHD makes a person's life harder, so it makes sense that they have more to be depressed about. This is especially true when ADHD difficulties persist. Bear in mind that the ADHD environment does not always lead to depression. Also consider genetics, biological or neurochemical factors. Everybody reacts differently" (Greenberger & Padesky, 2016).

What to treat first

If ADHD struggles are driving the depression, then it is primary and needs to be considered first. "This often results in a two-for-one, because treating the ADHD improves the depression, making a person feel more effective and feel better about themselves. If the depression is severe enough that it interferes with the ability to address the ADHD, then that becomes primary" (Tuckman, 2012). Most of the time, we treat both simultaneously, at least in therapy.

What can I do?

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your depression. Potentially it could really turn things around in more ways than one.
- Take action, even if you are not motivated. Sometimes we can do things even if we don't really want to. When you are feeling just plain blah, tell yourself that 'this will make you feel better or at least take a chance that it might'.
- Don't let your negative self-talk loop kick in. Evaluate how you feel. Decide what your 'best' will look like for today.
- Life is not perfect. Appreciate the little things that help you get through the day.

Sources:

Greenberger, D. and Padesky, C. (2016). *Mind over Mood. The Guilford Press, New York, New York.*
Tuckman, A.(2012). *More Attention, Less Deficit. Specialty Press, Plantation, Florida..*
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MASKS OFF, ARE YOU SMILING?



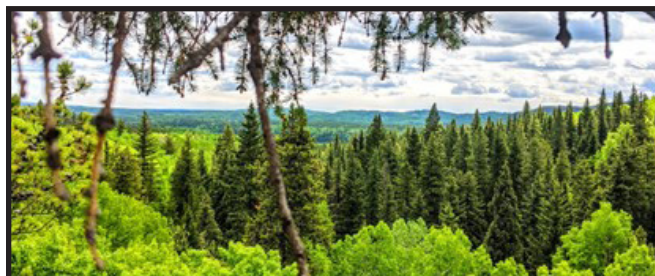
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MORTGAGE MATTERS

Semi-Annual State of the Housing Market Report

Canadians anxious about home-buying, unpredictable market and affordability: mortgage survey. Mortgage Professionals Canada (MPC) is proud to release the Housing Market Report: 2022 Year-End Consumer Survey and Outlook. The Year-End Consumer Survey and Outlook report is commissioned by MPC from Oxford Economics, a world leader in global forecasting and quantitative analysis. The report utilizes data collected from an online survey of over 2,000 Canadians across the country, issued in December 2022 and tabulated by MPC partner firm, Bond Brand Loyalty.

Canada's housing market has undergone a dramatic shift since the middle of 2022, with home prices down and interest rates up significantly. We see this across the economy with GDP growth at zero in the last quarter of 2022 and new mortgages down among the chartered banks. There is broad anticipation for how the Bank of Canada will consider this in its interest rate

decision March 8 (note, for the first time in a year, the Bank of Canada left its overnight target rate unchanged, keeping it at 4.50%).

That said Canadian homeownership demand remains strong. Close to 80 percent of respondents see real estate as a good long-term investment, virtually unchanged from previous surveys. The current market volatility underscores the value of speaking to a mortgage broker. A mortgage should be tailor-fit to meet the homebuyer where they are at and where they will be. It is fundamentally about the ability to pay.

"That's where mortgage brokers play a key role. What we heard from Canadians is that close to half of first-time home buyers would work with a broker to help them navigate the largest investment of their lives."

-Lauren van den Berg, CEO of MPC

Fixed vs. Variable

- As of the second half of 2022, 69% of all mortgages had a fixed rate (vs. 66% in 2021), while 25% had a variable rate (vs. 26% in 2021)
- 3-in-10 variable-rate holders are actively planning or considering a fixed-rate. Another third (35%) considered but decided against.

Interest rate forecast

- Looking ahead, we expect the Bank will hold the overnight rate steady at 4.5% through 2023 before beginning to ease to a neutral setting in early 2024.
- Stable mortgage rates and lower house prices could support mortgage demand in 2024 and ultimately improve housing affordability across the country.
- So far, mortgage delinquency rates have stayed low (just below 0.2%) across Canada, and survey results suggest that 74% of mortgage holders can afford payment increases of up to 10%.

After national housing prices rose by 8.5% in 2020 and 22% in 2021, record unaffordability along with tightening monetary policy put downward pressure on prices.

Looking ahead, expect the housing correction to continue into 2023 but affordability will support mortgage growth:

- We now foresee a more prominent 30% peak-to-trough drop in house prices by year-end 2023.
- In the near term, this decline will be supported by new national policies targeting affordability, such as prohibiting foreigners from buying Canadian real estate.
- Over the medium term, more robust growth in housing supply should help restore affordability and support mortgage growth.
- And, with higher rates on the horizon, many households will have to look for more affordable homes, which will help extend the robust recovery of the mortgage market moving forward.


By release MPC March 7, 2023.

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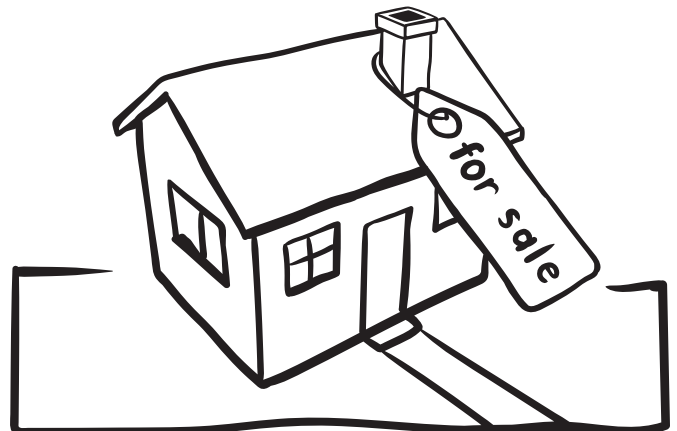


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OUT OF THE RUT

Chapter 152

It's definitely a journey. As I begin to emerge from my healing cocoon and venture forth into the world, it's a blessing that the earth is doing a similar thing. We are slowly – oh so slowly – inching from winter to spring, a brief and intense blast of the spring thing and before we know it, it will be summer again.

Transitions, change, stuff keeps happening and new alliances are formed. As I am aware of what is happening beneath the surface of my body, I am made aware of how much I don't know. This is a daily reminder to approach life with a beginner's mind. I am on a constant learning expedition. While I sat immobilised things wasted away, bringing things back into balance and power is a long, slow journey.

In order to walk, we use a complex system of pulleys, fulcrums, levers... muscles, tendons and bones. Walking is often described by those in the professions as controlled falling... which, when you stop and think about it, is pretty accurate. You swing a foot out in front of you and your bodyweight begins to fall towards the weight and momentum, but the million subliminal reactions and responses within the body instead create a planting of a foot, then a lifting and follow through with the

other. Hips, shoulders, head and arms all sway and move to counter-balance the flow and with luck, the muscular strength in the legs prevents everything from crumpling into a ragged pile of skin and bones.

When we sit on a horse, the dynamics change. I'm so freakin excited to be on horseback again. Trying not to get ahead of myself of course. I note with greater clarity how when riding, the degree to which one's legs bow out and bend around the barrel of the horse. I note the flexion in the hip, knee and ankle joints and the weight of the body supported both through the legs and through the seat. When the horse begins to walk, all sorts of exciting things happen, each of the four legs moving individually in the walk. As the hind legs move, the horse's hips roll from side to side and forward and back, this creates a fascinating and frequently challenging figure-of-eight rotation that will highlight any lower back or hip issues in the rider.

Tension in the human body will transmit into the equine body resulting in the two becoming a bundle of nerves and tension. A deep breath and a calming exhalation not only brings stress or anxiety levels down in the human, but this lowering and leavening is also transmitted directly to the horse. Horses are such unique, incredible and profound healing helpers and educators, they mirror back to us some truths that we often find easier to ignore.

The union of human and horse is a fascinating and lengthy story dating back centuries. The Athenian cavalryman Xenophon's Art of Horsemanship was

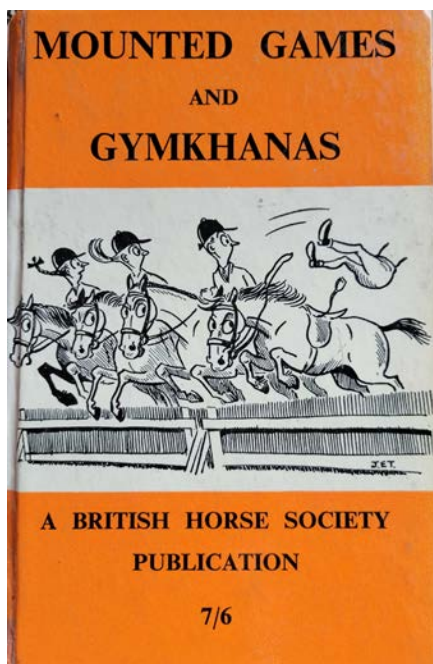
written around 360BC. Born out of conflict and war, it still remains a useful tool in the understanding of the horse. Xenophon gave instructions on handling the horse, the relationship between groom and horse (what I call the yoga of the horse) and not just the rider, whom he proposed should be able to mount quickly from both on and off-side, and should ride "as though he were standing upright with his legs apart (not in a chair seat)". This is an important distinction, we are not 'sitting' on a horse, we are 'riding'. It is different.

The challenge of the horse (and yoga) is to fully understand and create a harmonious outcome leveraging the strength, suppleness, softness and power of our bodies. In my equine training we placed an emphasis on playing games and undertaking wild and wacky challenges to give us greater resilience, flexibility and accomplishment. Practicing skills in an undemanding arena before having to rely on them in serious or more demanding situations is the way to go. Learn to walk before you run. Some of my reference books go back decades if not centuries (I do have a copy of Xenophon's book, probably not an original). My copy of Mounted Games and Gymkhanas was reprinted in 1967, a mere 19 years after originally published.

Putting a horse into this equation of training and body awareness makes it more fun, more challenging and infinitely more rewarding when you achieve success. Accommodating another's needs, fears, moods and physical or mental limitations is part of life. Adjusting our methods of perception to include a different species stretches the brain muscle and leads us into even deeper lessons... emerging the other side is like breaking the surface of the lake into the heat of the mid-summer sun. What an amazing sensation it is when something works out.

*Keep looking up and
enjoying what's all around us!*

Kat Dancer
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ACTIVITY RIDE



MAC by Andrea Kidd

Mac was most endearing. I was captivated by his gaze. He was just out for his morning walk, but he stepped away from his walking buddies and let them pass him by. He waddled over to where I was standing and gazed kindly into my eyes. His gaze was inquisitive, as though he were saying, "Would you, could you, be my friend?" I was flattered, pleased, honoured by his gift of attention and interest in me.

Mac's gaze crossed the boundary of green chains that dangled between us. It would have been so easy for either of us to cross that gentle barrier. But a greater gulf separated us and prevented our close union.

Mac is a king penguin living at the Calgary Zoo and I am a human resident of Longview. We live close enough for a friendship to be possible, but a friendship with a fellow creature on this planet has its limitations when the two are not of the same species.

Still, my brief relationship with Mac was satisfying, pleasurable and encouraging; it gave me a hopeful attitude towards future relationships with God's creatures and His

people. Mac's fearless, friendly, engaging, curious and enquiring gaze reminds me how good it is to interact with others.

Mac continued to engage my attention as he cocked his head first to one side and then the other. Finally, he took one last long look and joined the other king penguins as they waddled down to the bridge at the bottom of the hill.

Later that day, as I was leaving the zoo, I visited the penguin habitat where Mac lives. King penguins, Humbolts, Gentoos and Rockhoppers all go about their daily lives there, diving, shaking water off their backs, feeding babies, scrambling over rocks or calling for a mate. We laughed at the crazy long yellow ear tufts of the Rockhoppers, but the king penguins in their smart black and white suits accepted them as normal penguins, which, of course, they were.

Suddenly, a certain king penguin leapt up onto the barricade that separated us and he gazed at me. Mac was back for another look! "Would you, could you be my friend? Could we be good companions in life, you and me?" he seemed to say and I thought he was going to jump down to be with me. Kindly penguin keepers came to provide a gentle buffer between us. Mac could do as he pleased, come down or plunge back into the cool water of his home; however it was clear that no encounter harmful to either of us would ensue. The penguin keepers provided a boundary between

Mac and myself, but a good one. We had a boundary that gave us a safe space for good interaction where we could explore our relationship without fear.


Mac turned, dove into the water, propelled himself out onto the rocks and mingled with the other king penguins, calling with a loud raucous voice that he was single and looking for a mate.

Good choice, Mac! Some relationships are only meant to go so far. I will also seek amongst my own kind for companionship.

Sometimes I find a barrier stands in the way of developing a worthwhile human relationship and I am disappointed. Then I talk it over with God and I am amazed as I realize God has removed all barriers between Himself and us, even though we are not of the same species.

God is God and I am not. I am human and God is not, although, for a while, He did take on human flesh and live among us. We are so different and yet God invites us to be His friend. He dissolves the barriers between us and Himself by His love; He deals with the shame, blame and guilt that build a wall between us; He repeatedly tells us not to fear; His commands are set as barriers to help us not hurt one another or ourselves. God is a true friend with whom there are no barriers to a close relationship that is satisfying, pleasurable, encouraging and hopeful in all situations.

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Quebec City hosts the next Canada 55 Plus Games in August 2024.

If you'd like to enjoy Canada's oldest city with us, you must first qualify at the Zone level, then at the Provincial level. You can do it!

The AB 55 Plus Summer Games will be held August 17-20, 2023 in Brooks, AB.

Zone 2 Qualifiers are listed below. Details will be sent out four weeks before each qualifier with pertinent information including how to register.

Check out the website, alberta55plus.ca (we're under the "Zone 2" tab).

Take a look at the upcoming event qualifiers. The deadline for entry into the next one, floor shuffleboard, is March 18.

Our zone – administered by Big Country Seniors Sports Society, BCSSS, - stretches east to west from the SK to BC borders,

With Sundre, Olds, Three Hills being our northern boundary, and Longview, High River, Gleichen, then east along the

South Saskatchewan River being our Southern boundary.

Hoping to hear from many of you. Suggestions, criticisms, always welcome.

Douglas E. Campbell, Director Zone 2 (Big Country Seniors Sports Society)

Email dec@cabsi.ca

Cell / Text 403-932-6866



Remaining Qualifiers for Brooks Summer Games

April 04, Tuesday	Swimming	Calgary
April 13, Thursday	Military Whist	Strathmore
April 15, Saturday	Cornhole	Strathmore
April - tbd	Horseshoes	Calgary
April 29, Saturday	Pickleball 3.5+	Cochrane
May - tbd	Track & Field	tbd
May 13, Saturday	Bocce	Cochrane
May - tbd	Cycling	tbd
May 25, Thursday	Golf	Turner Valley
June - tbd	Slo-pitch	tbd

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APRIL SOLAR SHOWERS MAY BRING AURORA FLOWERS

By: Laura Griffin

Hello Darkness, my old friend, I've come to walk with you again. I cannot count the times that I have strolled out into the dark of night to clear my thoughts. Perhaps it is the cool air touching my face, the sounds that are suddenly more perceptible from the temperature inversions, or the smells that linger longer in the calmer winds that make me feel more grounded. It is at night when there is a chance to look up and see beyond my solar system, past the atmosphere and our own sun and moon into the vast expanse of the starry universe that I can find a way to make whatever is troubling me seem, by comparison, rather insignificant. However, there is one nocturnal phenomenon that each time I am lucky enough to witness it makes me feel blessed: the aurora borealis, also known as the northern lights.

An aurora is the end result of a huge amount of plasma being ejected from the sun, sometimes called solar winds, due to the fusion of hydrogen and helium at the sun's core and then interacting with the Earth's magnetic field. This solar wind is very fast, arriving at earth in 18 hours, and very hot at over 1500 °C; without the magnetic field to protect us we would be very dead. As the solar wind interacts with our atmosphere the elements of oxygen and nitrogen are excited and release photons (little bits of light) which is where the pretty waving colours of the aurora come from. This causes the humans in visual range down below to become excited and they release gasps (little ooo's and ahh's). When I see the aurora I am "blown away" by the beautiful light show that demonstrates how unique the Earth is when it comes to being able to maintain life. Through the wonders of nature this magnetic field keeps all life of on this planet protected, which makes me feel "universe"-ally less insignificant.

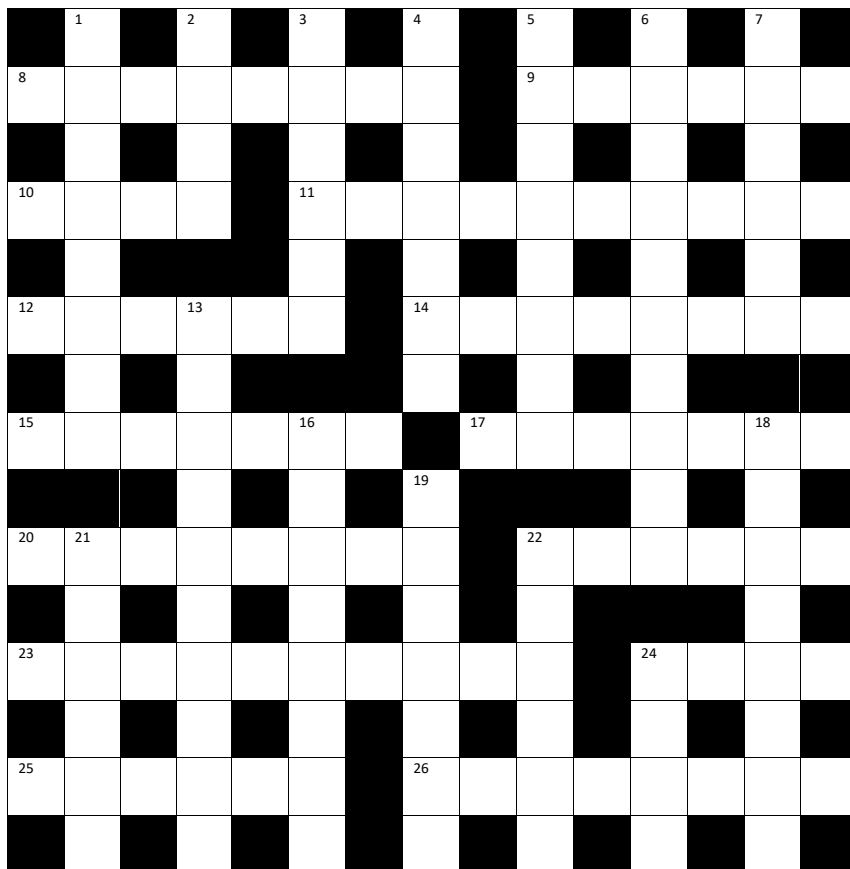
Given that we are fortunate enough to live in Dark Sky Country it is possible to see the dancing blues, greens and rarely red

lights of the aurora with no equipment if you know what to look for. Usually what catches my eyes is some oddly shaped clouds in the North with a slight greenish discoloration (not to be confused with the yellow haze of Calgary's light pollution, seen in the bottom right of the photo). In the spirit of celebrating International Dark Sky Week from April 15-21, I would encourage you to turn off your outdoor lights (especially between the hours of 11pm-6 am), grab a friend or family member and strike out into the dark in search of your own auroras or dark places of refuge to view the stars. This website helps to predict which nights auroras are more likely to be seen and where www.spaceweatherlive.com/.

For more information about the wonders of the night sky, events for dark sky week or to learn ways to protect the dark for our wild neighbours' health and our own, check out the International Dark Sky Association idsw.darksky.org/ or contact your friendly neighbourhood astronomers at the fantastic Rothney Astrophysical Observatory science.ucalgary.ca/rothney-observatory/community/dark-sky-country



Photo Credit: James Griffin, the best brother and aurora chasing buddy I could hope for.



Cryptic Crossword #22 By Jan Burney

KIDS ZONE

Answers:
 1. Reprieve 2. Halo 3. Ignite 4. Adjoin 5. Criminal 6. Disinvests 7. Silent 13. Petrifying 16. Unbroken 18. Esoteric 19. Pelican 21. Chaste 22. Hoarse 24. Gash
 Down
 8. Deranged 9. Raisin 10. Trio 11. Iron Maiden 12. Temple 14. Renovate 15. Restful 17. Fluster 20. Scribble 22. Hyssop 23. Lady Godiva 24. Ghee 25. Stance 26. Assassin

KIDS!

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

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Across.

8. Called in an act and became unhinged. (8)
9. Rearin' or growin' dried fruit? (6)
10. Out of control riot to see these musicians. (4)
11. A heavy metal band used as an instrument of torture. (4, 6)
12. A short fuse takes in large house of worship. (6).
14. Make over sounds like bird has egg with endless tea. (8)
15. Confuse 17 across to obtain the opposite. (7)
17. Loudly desire Her Majesty to unnerve. (7)
20. Word game replaces a tile with one to write illegibly. (8)
22. Kathy's so preoccupied with flowering medicinal plant. (6)
23. Avail dodgy naked woman of Coventry. (4, 6)
24. Reportedly, clarified butter causes one to express mild surprise. (4)
25. Viewpoint expressed when occasion loses popularity. (6)
26. Repeated fool is a popular killer. (8)

Down:

1. 1977 movie made only from straw. (4, 4)
1. Let off the hook, always coming up around over ripe. (8)
2. Initially, have a light ring. (4)
3. Add half of sprite to gin cocktail and set alight. (6)
4. Finish up and travel around a day in France. (7)
5. Felon replaces minutest head with crown. (8)
6. Liquidates assets when immoral act is committed in sleazy bars on a backward street. (10)
7. Shh! Listen oddly or enlist tinsel. (6)
13. Terror stricken trees changing into mineral deposits. (10)
16. In one piece, nun comes around the poverty stricken. (8)
18. A couple of points to go back to for Eric to understand obscure knowledge. (8)
19. According to Spooner, Kelly Pan is a long-billed water bird. (7)
21. Reportedly hunted for the pure. (6)
22. Sounds like stable animal has a sore throat. (6)
24. Gasp! Lose parking space at hospital to fix wound. (4)



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Baby Sitter Needed. Contact: Anne Wagner
Price: \$22.00 More Information: Hello! We are looking for an enthusiastic and caring part time caregiver for Mondays-Tuesdays- Wednesdays from 3Pm to 7pm. Our daughter is 8 years old.
For more information regarding the position email: annewagner607@gmail.com

HELP WANTED "We are looking for a home care provider to assist in the evenings preparing my disabled wife for bed and moving her into bed. Fees will be discussed. We live in the Priddis Greens area. Please email Phil at gr8flyer@gmail.com."

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Phone: 306-641-4447 More Information: I'm a licences buyer paying cash for unwanted firearms in any condition , ammunition and accessories in Okotoks, Black Diamond , Calgary and surrounding Area, registered or not.

WANTED: CABIN OR SMALL HOUSE ACCOMMODATION Responsible, semi-retired individual looking to rent a dwelling year-round. Please call Marc at 403-923-5676, or email marccouture25@gmail.com

WANTED: PLEXIGLASS FOR BARN WINDOWS. (2' x 20' opening, 1/9"- 1/4" thick **LARGE SIZE CHEST FREEZER**- good working **FARM GATES** - (4) - 6 ft. **CATTLE PASTURE** for 20-25 cow/ calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. **HOME WINDOWS** - Double painned, opening, sizes flexible. Phone: 403-931-2201

COUNTRY LANE QUILTERS GUILD meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

WANTED- CATTLE PASTURE for 20-25 cow/ calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. - **CHEST FREEZER, LARGE**, in good working order. **FOR SALE** - **STRAW** - **SMALL SQUARES** of Barley Straw, not desiccated, 35 lbs. \$4.00/bale - pick up. Min. Delivery of 20, price based on mileage. - Fanning Mill with multiple screens. Cleans multiple grains - \$100. - Used **HOCKEY EQUIPMENT** - best offer. ph. 403-931-2201

FOR SALE

BLUE METAL BUNK BED. Great condition. Double on bottom and single on top. Bragg Creek area. 403-949-4041

ELDERLY MOWER NEEDS WORK but 42-inch blade and chains for 20x10.00-8 tires with 2x20kg weights have handled snow well. This can be yours for \$300. Duane - millarviller@gmail.com

FOUR FIRESTONE R225 60R 16 97T WINTER TIRES FOR SALE. Only used one season. First \$400 takes them all. Call 403-949-2276 for directions. Ask for John.

CUSTOM WILLOW CREEK HIGH ROPER SADDLE 16" seat semi quarter horse tree. Used only for trail riding, good for a horse with a higher wither, very good condition \$2300 including breast collar 403 931 4261

TOY POODLE CROSS CHIHUAHUA PUPPIES. 2males, 1female. First shots, very healthy. Looking for new homes. text/call, 403-768-1978

MEN'S SIZE 3XL "XPERT" HEAVY DUTY BLACK LEATHER, Kevlar reinforced, armored Motorcycle jacket with removable "Thinsulate" lining and front, side and back vents. \$100. **WOMEN'S SIZE L "XPERT" HEAVY DUTY BLACK LEATHER** armored Motorcycle jacket with removable "Thinsulate" ling and front, side and back vents. \$100. **WOMEN'S SIZE S ADJUSTABLE HARLEY DAVIDSON BLACK LEATHER CHAPS** with side pockets \$100. Call: 403 606 3030

NEW NEWAIR 15" BUILT- IN 29 BOTTLE DUAL ZONE WINE FRIDGE. This is a stainless steel and glass wine fridge that has never been used and its shipping box has never been opened.

Dimensions: 33.75 H X 14.8 W X 25.25 D Weight: 74 lbs. Fits into a Kitchen Aid trash compactor opening. \$900.00. Pics available of this model upon request and a pic of the shipping box. Email: jscheel@shaw.ca

BIRD CAGE: 14W x 16D x 24H suitable for budgie to cockatiel with 2 door wheeled microwave cart used as a stand and storage. Photo available. Send request to cwmcnabb@telusplanet.net for more info. Price: \$ 65.00. **STORAGE SHELVING.** Bolted heavy duty steel 6 shelf storage rack, 36W x 12D x 72H \$85.00 **FILE CABINET** All steel 3 drawer lockable lateral file cabinet, 36W x 18D x 40H \$110.00 **MICROWAVE** Kenmore 0.8 cu ft 800W microwave. Good working condition. Outside dim 20w x 16d x 11h. \$20.00 **PATIO TABLE:** Beige color metal framed patio table with tempered glass top, rounded corners, 72 in x 42 in. with 2 chairs and cushions. \$60. **Warren 403 949 3452**

DE JAZZY SELECT 6 POWER WHEELCHAIR
Contact: Marilyn Phone: 403-949-4062
Price: \$ 1,000.00. More Information: Price reduced! Very good condition electric wheelchair. Includes removable rehab seat and backrest for extra comfort, really comfortable seat is in top condition - no tears or holes. Battery is 18 months old and works perfectly and chair is 3 years old and only used indoors. Includes charger. Easy to use joystick. Original owners. Great for indoor use. Paid \$6000.

DANISH TWIN BED FRAMES (2). Solid mahogany, Danish, mid century, adult twin bed frames. Length: 190 cm; Width: 80 cm. Excellent for children's rooms or guest bedrooms. \$200.00 each or 2 for \$350.00. Pics available upon request. Contact: jscheel@shaw.ca The following items are for sale by Crystal who can be contacted at 403-933-3633. Futon: \$100. Vintage early American 27 piece punch set: \$100. Singer sewing machine with cabinet: \$300. PFAFF Hobbylock serger: \$100. Steamer Trunk: \$300. Two chest of drawers: \$25 each. Six brass tankers on serving tray: \$25. Two silver tea set: \$50 each. Two electric heaters: \$50 each. Two copper tea pots and vases: \$50. One oak rocking chair to restore: \$50. One rocking chair: \$25. One Weavever canner/roaster \$25. Desk \$25. 2 wooden chairs: \$40. 2 black folding chairs: \$20. Bird cage with stand: \$80

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