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Helping Families Through Easter Seals Camp Horizon



At Cowboy Trail Brewery, we believe that great beer and great communities go hand in hand. We are proud to support The Powderhorn Saloon's Easter Seals Camp Horizon Benefit Bingo and Fundraiser by donating to an important cause dedicated to helping families and individuals facing financial, mental, and physical challenges.

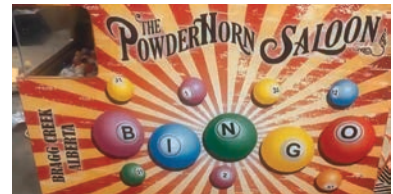
Stay tuned for the launch date, we will be sure to promote once licensing is in place. Tickets for the



fundraiser draw will be available for \$5.00 each, giving you a chance to win a premium \$3,000 smoker and accessory package, purchased from Barbeques Galore, complete with pellets and a box of meat from Sysco Foods, as well as other exciting prize packages.

Easter Seals Camp Horizon is more than just a charity - they provide life-changing opportunities for people living with disabilities and challenging medical conditions. The funds raised will help deliver essential services, including access to specialized equipment, financial relief for families, and unforgettable experiences like summer camp programs designed to build confidence, independence, and lasting memories.

This program provides more than financial assistance. They foster inclusion, empowerment, and connection, giving families and individuals the chance to experience joy and belonging that might otherwise feel out of reach.



At Cowboy Trail Brewery, giving back is part of who we are.

We invite everyone to join us in supporting Easter Seals Camp Horizon to continue their incredible work.

Benefit Bingo & Draw Date:

June 14 at The Powderhorn Saloon
(You do not need to be present to participate in the draw)

Ticket Purchasing Locations:

Follow us and The Powderhorn Saloon in Bragg Creek on Facebook and Instagram for ticket locations and further details!

We wish you and your families all the best! Cheers to the WEST!

Jason Traviss

Hoppertunity Leader & Beerpreneur

P.S. Stay tuned, we are working on an exciting project with details to be announced in the coming months!

Cowboy Trail Brewery products are locally available at the following

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Wine & Liquor, and many Bragg Creek restaurants



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LETTER FROM THE EDITOR

Often in life we're faced with unexpected change which can be challenging to assimilate into our lives. It could be the passing of a loved one (both expected and unexpected), a health diagnosis, job change, or change that impacts our society on a larger scale.

Darryl R. Conner writes in his book *Managing at the Speed of Change*, "How well we absorb the implications of change dramatically affects the rate at which we successfully manage the challenges we face, both individually and collectively."

"One of the most devastating things you can experience is being surprised at life's surprises."

Bragg Creek has recently lost some significant contributors to their community. This was a forced and unexpected change which is difficult to process. In one sense, it's hard to know how to move forward. No person can replace another person's uniqueness. Part of the grieving process is not just remembering all the good they did, but recognizing the values they held which

influenced their behaviour and in turn how they can then influence ours.

I have read that our resilience to managing change comes from three things:

Our capacity, our capability, and the network of support we have around us. Of the three, I think building support networks are probably the most difficult. This requires us to be vulnerable, and, if we're going to be a support, we need to learn to be looking beyond ourselves and into the needs of others. We need to become good listeners, not advice givers. People need a place to unload what they carry.

In the face of the change we experience both personally and beyond, we need to find the supports that can enable us not just to cope, but thrive.

Election

A reminder that there's a federal election on the 28th of April. If you're unsure on where or how to vote, please visit www.elections.ca. Before voting, take the time to understand your local candidates and who you feel will best represent your riding. Also consider the record, values, and platform of the political party they represent.

*From my family to yours,
Lowell Harder*



COVER ARTIST PROFILE

Kelly Day is a wildlife biologist and yoga instructor residing in the Bragg Creek area. Kelly and her family moved here in 2023, fulfilling their lifelong dream of living in the foothills. Prior to teaching yoga, Kelly worked across western Canada as a wildlife biologist for various organizations. She has been photographing barred owls since 2015, when she discovered a nesting pair on her cabin property west of Water Valley. In 2016, the old snag that the owls were nesting in fell over, which prompted her to put up a barred owl nesting box, in the hopes that the owls would select it for nesting the following year. And they did!! She enjoyed several years of photographing them there, but it wasn't until moving to Bragg Creek, that she captured her best photo of a barred owl yet. The sun created a perfect silhouette of golden light on that special day!

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.

ROCKY VIEW COUNTY Election 2025



**THE NEXT MUNICIPAL ELECTION
FOR ROCKY VIEW COUNTY IS
MONDAY, OCTOBER 20, 2025.**

ARE YOU CONSIDERING RUNNING FOR OFFICE?

The nomination period is now open and lasts until noon,
Monday, September 22, 2025.

Visit www.rockyview.ca/elections to learn more about the Candidate Nomination Process and Election 2025.





JACKIE (NELLIE) MCLENNAN

1931 - 2025

It is with heavy hearts that we share the passing of Jackie (Nellie) McLennan, our beloved mom, on Monday, March 10, 2025. She will be dearly missed, but her warm spirit and kind heart will always be with her family. Jackie was born on January 1, 1931, in Moorhead, Minnesota. At a young age, her parents, Newell and Effie Jackson, moved to Alberta, where her father was a grain elevator operator on the beautiful prairies. She shared her love of animals

with her mom and always enjoyed her horses, dogs, and cats throughout her life.

On March 22, 1952, Jackie joined hands in marriage with Robert "Bob" McLennan of Calgary. Together, in 1955 they built a loving home in Bragg Creek where they raised their six daughters. Her commitment to family was her greatest joy, and she was known for her unwavering support, and always encouraged her family to make the most of life.

Jackie was a woman of remarkable strength and a huge heart. Jackie had a variety of jobs throughout her life, notably she ran the Bragg Creek Post Office in the family home from 1962 to 1980, managing her duties with grace and efficiency while nurturing her growing family.

In 1977, Jackie and her husband, Bob, embarked on a labour of love when they started Homestead Antiques in Bragg Creek. For the next 25 years, Jackie thoroughly enjoyed all phases of the antique business, especially the buying and selling.

Beyond her endeavours, Jackie was an avid reader and a talented artist, creating paintings in her favourite medium of oils. Her canvases reflected her love of life and her keen eye for beauty in the mountains.

Above all, she adored her grandchildren and great-grandchildren, always taking a keen interest in their lives and celebrating their accomplishments. Jackie leaves behind her six daughters and one niece who will forever cherish her memory, Lynda (Tom) Galeski, Shelly Thomsen, Sharon (Mark) Kelly, Sue Coy (Lloyd Wilder), Sandy McLennan (John Dahrouge), Bonnie McLennan-Chanig (Trevor), and Bonny Boyd. She also leaves behind her thirteen grandchildren, Rebecca, Beau, Chris, Kirsten, Ben, Justin, Lindsey, Allison, Robert, Chantelle, Charlene, Cassy, and Carson; and her thirteen great-grandchildren, Gregory, Kyra, Jessi-Anne, Cole, Hank, Ryder, Lily, Jackson, Brody, Hope, Paisley, Benjamin, and Ava. She was predeceased by her loving husband Bob, and her sister Donna Marie.

A Family Service was held on Saturday, March 22, 2025 at the Snowbirds Chalet in Bragg Creek. Following the service, relatives and friends joined in an open house celebration of Jackie's life. Thank you to all for your kind words and joining us to celebrate Mom.

Sincerely, The McLennan Family



MARGARET (MICHELE) MCDONALD BRAGG CREEK, ALBERTA

September 29, 1959 – March 23, 2025

It is with deep sadness that the family of Margaret "Michele" McDonald (nee Williamson) announces her sudden passing on March 23, 2025 at the age of 65. Michele was born on September 29, 1959 in Edmonton, Alberta to Hector and Jean Williamson.

Michele was a loving mother to her two daughters Shelby and Sydney McDonald, devoted friend, and pillar to the Bragg Creek community. Her career, most recently as a Civic Partnership Consultant with the City of Calgary, was marked by her unwavering commitment to service, hard work, and community spirit. Michele will be deeply missed by all who loved her.

Michele is survived by her two daughters, Shelby and Sydney McDonald; her brother and sister-in-law Kent and Luree Williamson; and her niece and nephew, Ryley Kuehn and Blake Williamson. She was preceded in death by her parents, Hector and Jean.

A Celebration of Life to honour Michele will take place on April 11, 2025, at 2:00 PM, at the Bragg Creek Community Centre (23 White Ave, Bragg Creek, Alberta), followed by a toast to her life at the Powderhorn Saloon. In lieu of flowers, donations can be made to the Bragg Creek Foundation in Michele's memory.

The family extends their heartfelt gratitude to the Bragg Creek community and to all those who have offered support and comfort during this incredibly difficult time. Michele's legacy of kindness and community will live on in all who knew her.

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SPRINGBANK HERITAGE CLUB

Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. We are located at 244168 Range Road 33.

Our Annual General Meeting was held on March 18, 2025. There were six vacant positions on the Board, the following members were voted in to fill those positions: John Batiuk, Chris Brodeur, Peter Heerschop, Ron Kehler, Deb Kerr, Tim Maitland, Karen Sobel, and Penny Visser. Congratulations to the 2025 Board, we look forward to your contributions:

- Janice Lambert – President
- Deb Kerr – Vice President
- Brian Holtsbaum – Treasurer
- John Batiuk – Secretary
- Chris Brodeur – Director
- Peter Heerschop – Director
- Ron Kehler – Director
- Tim Maitland - Director

- Ed Mullens – Director
- Karen Sobel – Director
- Penny Visser – Director

We would also like to thank the outgoing Board Members for all their hard work in making the Heritage Club a great place. These will be tough shoes to fill!:

- Gary Baptist
- Glen Eliason
- Klaaske Grimm
- Ellie Janz
- Valerie McGillivray
- Brenda Watson

We are fortunate and appreciate all the volunteers who contribute to the Heritage Club for keeping our Club active, fun and successful!

NEW! – The Heritage Club now has a book club! Book club meeting will be the 2nd Friday of every month from 10:15 am to approximately noon. The initial meeting will be April 11th. The first book is “Cold Edge of Heaven” by Whit Fraser. The book is available at Calgary Public Libraries as well as on Kindle. Hope to see you there!

Spring Exercise is coming up in April, continuing with three days per week – Monday, Wednesday and Fridays from 9:00-10:00am.

• Mondays – April 14th through June 30th. (Note there will be no class on Easter Monday, April 21st and Monday, May 19th for the long weekend.)

• Wednesdays – April 23rd through June 25th

• Fridays – April 25th through June 27th

You can choose to participate one, two or all three days, costs are:

- One Class per week for 10 weeks - \$71 for Members and \$81 for non-members
- Two Classes per week for 10 weeks - \$142 for Members and \$162 for non-members
- Three Classes per week for 10 weeks - \$213 for Members and \$243 for non-members

Payment must be made before class begins via cash, cheque or e-transfer to springbankhcc@telus.net. If using e-transfer, please include your name and indicate payment is for exercise class.

For more information check out our website at springbankheritageclub.com



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Division 2

RVC Division 2 news items for your information:

Rocky View County is 70! - On March 15, 1955, the very first meeting of what was then the Municipal District of Calgary No. 44 took place, setting the foundation for the County we know today. It wasn't long before a school contest led to our name change, with Leslie Burwash of Balzac winning \$25 for suggesting "Rocky View," a name that reflects our vast landscapes and strong communities. Over the decades, we've grown, adapted, and thrived, always staying true to our rural roots and pioneering spirit. As we celebrate this milestone, we honour the past, appreciate

the present, and look forward to the bright future ahead for Rocky View County!

Bears paw and Durum Capital

Partnership - On November 12, 2024, Bears paw First Nation and Durum Capital announced a partnership to explore development opportunities on 298 acres of lands south of Highway 1 and immediately west of Calaway Park. In reference to the Nation's press release of pursuing an application for urban reserve status of the lands with the federal government, this is typically a lengthy process. The Nation has stated that in bringing forward future proposals for the lands, it will firstly seek to fully participate in the County's development approval processes and ensure alignment with the County's planning framework. While an initial meeting has been held between the County and the proponents to better understand the vision for the lands, the overall plans are at an early stage. Further updates will be provided as discussions progress.

Prairie Economic Gateway - Rocky View

County and the City of Calgary have approved the Prairie Economic Gateway agreement, a landmark partnership set to generate over \$7 billion in economic activity and create more than 30,000 jobs over the next decade. This

initiative will strengthen the region's role as an inland port, leveraging the Canadian Pacific Kansas City (CPKC) rail network to expand trade, manufacturing, and logistics. By improving supply chain efficiency and reducing reliance on seaports, it will enhance economic resilience and attract new investment. With both councils on board, the next steps focus on infrastructure planning, investment attraction, and land-use alignment to bring this vision to life. Scan here to learn more. →



Traffic Disruption Notification - AltaLink

150L Project - South of Cochrane and Springbank Areas

Alta Link are rebuilding 27km of a 138kV transmission line that involves replacing wooden H-Frame structures with primarily steel monopole structures in the following locations:

Towers Trail, RR43, TR252, RR40, RR41, TR250, Munro Rd., Huggard Rd., RR33, Springbank Rd., RR32, Morning Vista Way, Lower Springbank RD., Windhorse Way, Windhorse DR., RR31, Horizon View Rd., TR242, Pinebrook Golf Course., Pinebrook Way, Pinebrook Grove.

The estimated time frame for this rebuild is from January to June, 2025. Inquiries, concerns, or questions may be directed to stakeholderrelations@altlink.ca or 1-877-267-1453.

Spray Lakes Sawmill (SLS) Centre

The Town of Cochrane and Rocky View County have selected YMCA Calgary as the preferred candidate to explore future operational models for the Spray Lakes Sawmills (SLS) Centre. The town and county asked for suggestions on how to better manage these facilities to meet the growing needs of the community. YMCA Calgary's plan is under further review to ensure it aligns with the community's needs and keeps programs sustainable. Once this review is complete, the final decision will be presented to Cochrane Council, Rocky View County Council, and the YMCA Board of Directors in the spring. People using the SLS Centre will continue to experience the same types of services. The goal is not to change service delivery at the user level but to address the growing recreational needs of the community.

Don Kochan - Deputy Reeve
Division 2 Councillor
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NEWSLETTER

Judi Hunter - Ward 5 Trustee

CONGRATULATIONS TO RYAN REED – ROCKYVIEW SCHOOLS NEW SUPERINTENDENT

Ryan is a product of Rockyview schools where he received his K-12 education. Subsequently, Reed earned a Bachelor of Education/Bachelor of Management from the University of Lethbridge in Lethbridge, a Master of Educational Leadership from the University of Alberta in Edmonton and is currently completing his Chartered Professional Human Resources (CPHR) Certification from the Captus Institute in Toronto. Ryan will assume the Superintendent position September 1 as Greg Luterbach retires.

The Alberta government has enacted Bill 27, the **Education Amendment Act**, which starts with the preamble:

Whereas the role of education is to develop engaged thinkers who think critically and creatively, and ethical citizens who demonstrate respect, teamwork and democratic ideals and who work with an entrepreneurial spirit to face challenges with resiliency, adaptability, risk-taking and bold decision-making;

Whereas the Government of Alberta recognizes public schools, separate schools, Francophone schools, private schools, charter schools, early childhood services programs and home education programs as being valued and integral in providing choice in education to students and parents;

The bill makes the following changes:

- Every child has the right to an education during emergencies.
- Ensure parental notification for pronoun use.
- Provided parental opt-in for sex education.
- Requires ministry approval of third-party teaching materials.
- Forbids transgender women from competing in women's sports leagues.

Link to more information: www.alberta.ca/supporting-alberta-students-and-families

The Municipal Affairs Statutes Amendment Act ("the Act") received royal assent on May 30, 2024, and was proclaimed in force on October 31, 2024. The Act amended the Municipal Government Act (MGA) and the Local Authorities Election Act (LAEA). Party affiliation for trustees is not part of the legislation. The Act sets out manual counting of ballots which is a more costly option than machine counting.

Trustee Compensation Ad Hoc Committee

An ad hoc committee to review trustee compensation at RVS and other comparable school boards across the province has been struck. The committee will also review and compare practices related to board policy frameworks and board development

Calendar Update

The calendar of meeting dates for the Board for the 2025/26 school year was approved and will be posted on the RVS website.

Capital Projects in Progress or Completed

Horseshoe Crossing High School in Langdon had its official opening March 7. It has a capacity of 1004 students.

Bow Valley High School expansion is expected to be completed for the 2026/2027 school year. This project adds 300 student spaces and upgrades career and technology facilities.

Approved Capital Projects

Full construction funding for an Airdrie K-9 P3 School in the community of South Windsong.

Full construction funding for an Airdrie High School in the community of South Windsong.

Full construction funding for a P3 school in Chestermere K-9 in the community of Dawson's.

Full construction funding for an Airdrie K-9 in the community of Bayview.

Full construction funding for a Cochrane K-8 in the community of Rivercrest.

The Board of Trustees would like to thank parents for their advocacy in securing approval for these schools.

Congratulations to the Grades 3 and 4 students at Banded Peak School, who are learning to cross-country ski.

Grade 6 students from Windsong Heights School shared their social studies mock Alberta parliament at the March 6 Board meeting. The students enjoyed their opportunity to role play the various positions in the legislative assembly and they moved a bill through the legislative process. Their understanding of respectful debate, differing points of view and role responsibilities in government was impressive.

Official Opening of Horseshoe Crossing School in Langdon

The opening of the first high school in Langdon is a wonderful addition to the community of Langdon, offering the students in that area a local learning facility and community hub.

Officials from the provincial government, Rockyview County, and Rocky View Schools celebrated this community milestone together with the students of Horseshoe Crossing who were happy to offer tours of their beautiful new facility.



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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Quick Bits

Rural Municipalities of Alberta Spring Convention was March 17-19. This shorter convention always feels more focused - although we did pass 16 resolutions related to advocating rural concerns to the Provincial Government. I attended a worthwhile breakout session "RMA's Wildfire Working Group Report: A Deep Dive". For those interested see: <https://rmalberta.com/wp-content/uploads/2025/02/RMA-Wildfire-Working-Group-Report.pdf>

Elbow Valley Business Fair

On March 21st, from 4:00pm - 7:00pm, the Residents Club hosted a free business fair for home-based businesses being run by Elbow Valley residents. There were about 16 tables booked which spread out on both levels of the clubhouse. Two of the local businesses were also sponsors - Michael Nowak Homes for wine and cheese, and Booze n' Brews for some cocktails. It was a marvelous opportunity to celebrate the entrepreneurial small business spirit within the community - well done organizers and attendees.

Bragg Creek ASP - Visioning Committee Report

This will have been released and accepted by Council and published on the RVC website by the time you are reading this.

The Committee chair Neal LaMontagne was impressed by the collaborative spirit of all Committee members - "and while there was different perspectives and priorities, there were seldom any significant disagreements." He went on to opine - "Bragg Creek is a special place, cherished by its Residents and the broader Region. There is truly and opportunity for the Hamlet to be a model community of responsible development within a sensitive forest ecosystem." I concur 100% with the closing statement of his cover letter. It is my hope that the Vision is the start of a successful ASP process and many thanks to all the Committee member for their time, understanding, and effort. Now the baton is passed to the residents and stakeholders for Phase 3 of the ASP with a full public engagement kicking off in April - please get involved and have your voice heard.

Banff-Kananaskis Hosted - Wildfire Preparedness Workshop

Sarah Elmeligi and her staff organized a repeat installment of a workshop that was hosted earlier this year for the Banff-Canmore area residents. It saw a mix of resident attendees from along the foothills of the Municipalities and First Nations that the Banff-Kananaskis riding touches. It was also good to see Admin, EMS, and Councillors from our neighbours Foothills County and the MD of Big Horn. Elbow Valley Residents Club administration was also in attendance.

Minor Chief Steven Crowchild from Tsuut'ina Nation offered some words of wisdom and a prayer to start the session. This was followed by engaging presentations from 5 panelists:

- Jane Park, Fire / Vegetation Specialist, Parks Canada Agency
- Catlin Miller, Director of Emergency Management town of Canmore
- Reg Fountain, Stoney Nakoda Emergency Services Director
- Rob Evans, Fire Chief, Redwood Meadows Emergency Services
- Greg Van Tighem, FireSmart Coordinator / former Fire Chief, Municipality of Jasper

I found Jane Park and Greg Van Tighem's presentations on dealing with the macro-landscape extremely enlightening, science-based and educational. It was also interesting to hear about Canmore's efforts toward preparedness and comparing those with Rocky View's own current emergency planning or considering what policies could be included in our new Bragg Creek ASP. It was also cool to see the successful efforts of Stoney Nakoda at integrating old traditions and culture surrounding fire with current Firesmart best practice. I learned that Jasper was probably the best Firesmarted community in Western Canada, which likely saved it from total destruction.

Note that the Bragg Creek Firesmart Committee community forum I mentioned last update is still in the works, details and timing are still being finalized.

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MLA UPDATE - BANFF/KANANSKIS

Sarah Elmeligi

I'm not sure how it's spring already, but I'm ready to welcome it with open arms! With warmer weather and the promise of summer on the horizon, it's a time for switching gears to the coming season and, of course, enjoying all that our beautiful communities have to offer!

It's been a busy time in the legislature since we resumed at the end of February, and I've been working hard to hold the government to account on several important issues. As a riding filled with communities that have a close relationship to the land and the nature that surrounds us, I find the UCP's management of hunting quotas and human-wildlife coexistence hits particularly close to home. I appreciate the time so many of you have taken to reach out to my office to express your concerns, particularly in the wake of the illegal killing of a mother cougar that left two orphaned kittens.

I've brought these concerns into legislature and pressed for accountability regarding potential corruption and conflicts of interest due to Minister Loewen's close ties with hunter guiding outfits. It's absolutely crucial that our province takes sensible, evidence-based approaches to wildlife management and that we don't take direction from any one particular stakeholder group. It underscores why consultation with experts and a broad range of stakeholders is so crucial, as well as using data to inform management.

Additionally, I've been pushing back against the expansion of coal mining in our province, which puts our communities, environment, and wildlife at risk. The

UCP's decision to end the moratorium on coal mining is completely unacceptable and will remain a key agenda item for me as this legislative session continues.

The 2025 budget creates a massive deficit and introduces broad cuts to many public and social services. I am concerned about its impacts to the people of Banff-Kananaskis as well as communities across the province. The province's frustrating decision to increase education tax requisitions from municipalities means many homeowners will see double digit increases in their education property taxes, while our students continue to receive the lowest funding per capita in the country. On top of this, the budget effectively cuts healthcare spending by 3 percent and does nothing to address tariffs coming from the United States, which is putting our important beef industry at risk. I pushed hard for action on these issues during budget debates and will continue to do so in legislature.

In lighter news, MLA on Tour resumed in March, and it was wonderful to get out and meet so many of you in Beaupre and Bragg Creek. It's always a highlight to hear directly from community members about the issues that matter most to you. I look forward to connecting with more of you at upcoming tour stops and hope you can join me for a hike in Kananaskis on April 5th—mark your calendars! We'll hike the Prairie View trail overlooking Barrier Lake. It's a bit of a climb, but worth it for the great view!

The beginning of spring also meant it was time for my annual Spring Fling - it was such a treat to see so many of you there! We had a fantastic time chatting, laughing, and raising money for a great cause. It's events like these that remind me just how special our communities are.

Nowadays, preparing for summer, means being ready for wildfire season, particularly

after such a dry winter. To connect our communities with local wildfire experts, I hosted a Wildfire Preparedness Workshop in Bragg Creek. It was so valuable to see such strong engagement between local residents and those working to keep our communities safe and prepared. A big thank you to the Red Meadows Fire Chief, the Town of Canmore Emergency Management team, our Parks Canada Fire & Vegetation Specialist, and the Municipality of Jasper's FireSmart Coordinator for taking the time to share their expertise with us!

As always, I want to hear from you. Whether it's through MLA on Tour, emails, visiting the constituency office, or community events, your input is crucial to me representing you in the legislature. Please don't hesitate to reach out and share your thoughts.

Keep an eye out for future tour dates and events on my social media channels, or email my office for updates.

Wishing you all a fantastic start to spring and looking forward to all the exciting things ahead in our communities.

Sarah Elmeligi



MLA SARAH ELMELIGI
BANFF-KANANSKIS

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How to Weather Economic Uncertainty

With all the media talk about US / Canada trade tensions these days it's a good time to discuss some wise strategies for times of economic uncertainty. Whether you're still saving for retirement or already enjoying it, negative economic news can shake confidence. The good news? A solid plan can help you stay on track. Below are some tips for keeping finances steady.

If You're Still Saving for Retirement

Economic uncertainty might make you want to pause or delay saving, but patience is key. Here's what you can do:

Stick to Your Plan – If your investments decline in value stay invested. Remember it is TIME in the market that counts NOT MARKET TIMING. If you pull out early, you will miss the upswing when things bounce back.

Keep Contributing – If you're regularly investing, keep at it! Buying during downturns means you're getting investments "on sale." Over time, this approach—known as dollar-cost averaging—can lower your average investment cost.

Rebalance Periodically – Review your portfolio with your financial advisor and adjust if necessary to stay aligned with your risk tolerance and goals.

If You're Already Retired

If your goal is to make your retirement savings last during times of economic uncertainty here are some ideas on how to remain financially stable:

Prioritize Expenses – Focus on essentials first and cut back on non-essentials if times get tough. Dining out, travel, or luxury purchases can be scaled back if necessary.

Adjust Your Withdrawals

If a retirement portfolio is struggling because of market conditions withdrawing less for income is one option to make savings last longer. A flexible withdrawal strategy may help prevent depleting retirement assets too quickly.

Explore Additional Income – Part-time work, or consulting can sometimes help fill an income gap during times of economic stress. Sometimes even a small extra

income stream can make a difference in retirement cashflow needs.

Consult a Financial Advisor

A professional advisor can help you navigate economic uncertainty with a strategy tailored to your situation. If you don't already have an advisor, contact our office to get expert advice.

Smart Moves for Everyone

Regardless of where you are in your financial journey, these habits may help you weather any period of economic stress:

Stay Informed (but DON'T Panic)

– Economic downturns come and go. Staying educated without making rash decisions is key. Read financial news from reputable sources but avoid doom-and-gloom headlines that incite fear.

Avoid Emotional Investing – Fear often leads to poor financial choices. Stick with your plan and ride it out. Remember, long-term investors who

stay the course tend to do better than those who try to time the market.

Look for Opportunities – Downturns can present opportunities, such as investing in undervalued assets. If you have extra cash, consider making strategic investments for future gains.

Tough times don't last, but well-prepared investors do. By staying calm, making informed choices, and adapting as needed, you can keep your financial future on solid ground—whether you're still saving or already retired. With patience and discipline, you'll come out stronger on the other side.

Call me today, to set up an appointment to review your goals and objectives and to ensure that your current investment approach will allow you to fulfill your goals.

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MAKE YOUR MARK By Mark Kamachi

Make sense of colors

If you're hunting for Easter eggs and happen to step into the office of AdMaki Creative, one of the first things that hits you is colour. As you climb the staircase, you'll find each wall is adorned with its own colour. This is intentional. Green is used to calm down Kate and Tanya when I "F-up" or when a client calls with unrealistic requests. Red, a stimulating colour on our chairs, works like caffeine after you've already had four cups before noon, helping us keep the ideas flowing. And yellow is considered high-energy to keep the brain working as you're coming down from your caffeine high.

Stepping into an office such as ours is our way of introducing clients to one of the tools we use. Colour. It's fundamental to our craft. It is an integral part of the "eye candy" we create daily. So, with that in mind, I want to welcome you to the

world of colour and give you a taste of my favourite hues (the professional industry term for colour).

Let's start with red. Tanya's favourite hue. It's the colour of passion, danger, and my Jeep. The colour red can raise your heart rate and spike adrenaline levels. I do that to Tanya every day (as anyone who knows, I can be somewhat overbearing, judgemental, or even scatterbrained). Red is also used in creative marketing solutions when one wants to grab the attention of their target audience to create a sense of urgency or to evoke an emotional response. Red gets attention. Think stop signs.

How about blue? You won't find this hue on any wall in our office as it's a colour that I would consider bipolar. It can be both peaceful and calming. Think sky or the ocean. This color supposedly lowers your blood pressure and induces tranquility. It can also make you feel cold and depressed. Maybe your downtown office is painted blue. It was done with good intentions as it is often used by companies to evoke professionalism and productivity. Tech, health, government and financial institutions use this colour in their marketing to bring to mind a sense of trust and security.

Green. Kate's favourite colour. It's the colour of wealth, balance and nature. It's also the colour of envy. Kind of makes you want to meditate in a forest whilst sipping a fresh coffee wrapped in your coziest blanket on an early summer morning. Soothing and relaxing. While it's -15°C here, there's someone doing that in another part of the world right now. I envy that.

Finally, yellow. Number one on my list. In marketing, it is used to grab attention, create feelings of happiness, youthfulness, and playfulness. Yellow is full of energy, like the sun. It's bright and warm (like my fleece-lined Crocs). It stimulates creativity and raises spirits. But use it in moderation, like a lemon, too much can be overstimulating to the senses (did I just dis myself?).

Colors manipulate our emotions. So the next time you find yourself overwhelmed by the walls of your surroundings or the brightness of your footwear, just remember, it's not you. It's the color.

Now go paint some eggs.

Cheers, mark.

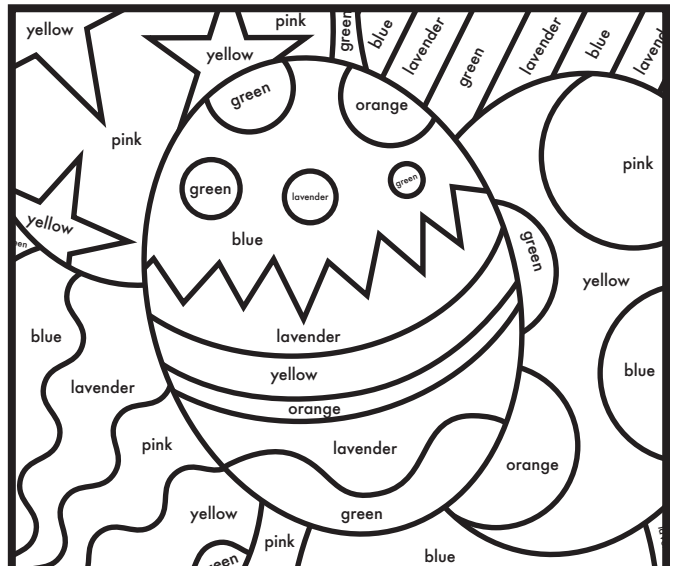
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BRAGG CREEK COMMUNITY ASSOCIATION

Making Waves in Our Community

National Volunteer Week (April 27–May 3) is a time to recognize those who dedicate their time, energy, and passion to making our community a better place.

This year's theme is "Volunteers Make Waves". Like a wave, volunteering is movement building, reminding us that even the smallest act of kindness creates momentum and has the power to influence and inspire. Whether it's lending a hand at an event, coaching a team, or simply checking in on a neighbour, every effort matters.

Thank you to our volunteers. We value you, your energy, and your talents. Your generosity does not go unnoticed, and your contributions make a meaningful difference in the lives of so many.

If you've ever thought about volunteering, now is a great time to get involved. Your favourite Farmer's Market will be starting up on June 15th. We are looking for volunteers to help out on Sundays, getting you outside enjoying the summer vibes. There are three shifts to choose from, on any Sunday that works for you. Volunteer with a friend and make a day of it! Youth are welcome – a great opportunity to earn volunteer credits while on summer break. In addition, Non-Profit Groups are invited to take part as "Guest Hosts" to promote their ventures while helping us out at the same time! Volunteer SignUp is available on our website or just call us at 403 949-4277, ext 2.

Get Ready for an Action-Packed Summer! The Bragg Creek Community Centre is offering Multi-Sport Adventure Camps for kids aged 5-12 from July 2-August 29, plus a teen sport conditioning camp from August 18-22. With a small camp size (max 25 kids per week), and a focus on fun, skill-building, and outdoor exploration, this is the ultimate summer experience!

More information & registration is at braggcreekca.com/current-programs.

It may be a bit early, but since we are already thinking about waves, summer markets and camps SAVE THE DATE for Bragg Creek Days 2025! July 19th will be a fantastic day to be in Bragg Creek. Planning is underway and, if you are wanting to surf the waves, we can always use help on the committee.

Contact Ramonde via the Community Centre to get involved in the up front work. For volunteering on the day, shifts will be available via SignUp on our website closer to the event.

Do you have any ideas for BCCA fundraising? Maybe you have a splashing great idea that could grow into a tidal wave of funds for the Centre. If so, we are all ears and ready to jump into the creek with you.

Once again, a huge thank you for all you do in the community. Big or small, we love it all.

Let's build on the tides that have shaped our community so far, and continue to make waves together.

Happy Easter!

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BREATHE IN ... BREATHE OUT

This month's article is all about our nervous system and how we can start to impact it with breathwork. Before we start, I want to do a quick introduction since I have recently joined the lovely team at Bragg Creek Physiotherapy. My name is Bre! I hold a Master of Science in Physical Therapy (MScPT) from the University of Alberta and a Bachelor of Science in Kinesiology (BScKin) from the University of Calgary. I take a holistic and personalized approach to physiotherapy, combining individualized therapeutic exercise, hands-on manual therapy techniques, and comprehensive patient education. I aim to create a warm and supportive space where you feel empowered to engage in movement and believe in supporting an active approach to physiotherapy care. I am looking forward to helping you get back to, or continue, the activities that are meaningful in your life!

Now, let's get into it! The nervous system is the command centre of your body. It includes your brain, spinal cord, and nerves. There is constant communication from your brain to your body through this system. The body sends signals to the brain and the brain sends signals back to the body through these pathways. The nervous system transmits signals that allow us to move, breathe, feel sensations, and respond

to the world around us (to give a quick snapshot). The nervous system also plays a large role in perception and the sensation of pain. Sometimes when we have been in pain for a long time the pathways that connect to the brain that send signals (that are interpreted as pain by the brain) get overactive or increase in number. This can contribute to pain becoming persistent and can lead to an over sensitive nervous system (more on this in the June article, so stay tuned).

Now, did you know you can use your breath as a direct line of communication with your nervous system?

Often times we notice our breathing changing as a response to our activity or emotions - controlled involuntarily by our nervous system. But, by controlling our breathing, we can use this same connection to influence our nervous system, voluntarily!

When we can tune into our nervous system, we can communicate to our brain and body that we do not need to be in overdrive. Focusing on breath is an excellent way to tap into and start to regulate your nervous system. When we feel more regulated, we can feel more in control of what is happening in our body, including feeling more in control of our pain. Research is showing that deep breathing is associated with significantly lower pain scores compared to those who don't deep breathe (Amira et al., 2022).

Balban et al. (2023) examined the effect of different breath work techniques and found significant improvements in mood and anxiety, as well as reduced physiological arousal (respiratory rate, heart rate, and heart rate variability) in those who completed breath work.

Now, are you ready to try? Take a minute to notice how you feel before and after.

The Physiological Sigh: Inhale fully through your nose. At the top of the breath take another sip of air. Exhale slowly through pursed lips, clearing all air from your lungs. Try a couple of these breaths. Stop if you feel unwell.

The Box Breath: Inhale through your nose for a count of 4, hold for a count of 4, exhale for a count of 4, hold for a count of 4. Repeat for a couple of cycles. Stop if you are feeling unwell.

Please note that this article does not replace individualized advice from health care providers. If you would like more specific guidance with the symptoms you've been experiencing, our team at Bragg Creek Physiotherapy is here to support you! We are looking forward to connecting with you.

*Bre Maughan
(MScPT, BScKin)
Bragg Creek Physiotherapy
www.braggcreekphysio.com*

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BRAGG CREEK TRAILS

Trail Talk

In true Bragg Creek fashion, March roared in like a lion, delivering much-needed snow and cooler temperatures. This winter has been a rollercoaster for trail conditions, with ski grooming proving especially challenging. However, fat tire bikers have been thrilled—many reporting that the trails have never been in better shape! This balance between trail types showcases how well the multi-use trail system works in an area where predicting snowpack is as reliable as a coin flip.

That doesn't mean the ski trails were neglected. Far from it! The Bragg Creek Trails (BCT) Operations team worked tirelessly, even resorting to snow harvesting to keep core trails skiable. This labor-intensive effort paid off when XC Bragg Creek (XCBC) athletes were able to train and compete at the Alberta Youth Championships in early March. A huge shoutout to the dedicated BCT and XCBC volunteers who helped prepare the



course—without their efforts, this ski event would have been a running race instead! Of course, in typical fashion, the snow finally arrived on Monday morning after the event.

Now that April is here, the ski grooming season has officially ended as of March 31. With the sun climbing higher each day, maintaining the snowpack and ski trail connectivity becomes impossible. BCT's focus now shifts to trail assessments and repairs as the snow melts, revealing areas needing maintenance. Drainage management is always a priority to keep our trails in great shape as we transition into spring.

Spring Trail Etiquette: Protecting Our Trails and Wildlife

This time of year brings rapidly changing conditions with freeze-thaw cycles, making the trails more vulnerable to damage. If you're leaving deep tire ruts, post-holing, or building clumps of mud under your boots, it's a sign that the trails are too soft. A simple fix? Head out early in the morning while the ground is still frozen or stick to south-facing trails, which tend to dry out faster.

Spring is also a crucial time for local wildlife. Birds are nesting, and newborn animals are venturing out for the first time. These little ones are especially vulnerable to disturbance, so please give them space and keep dogs under control to help protect their habitat.

As we shift into the warmer months, huge thanks to everyone who continues to respect the trails, the environment, and the incredible outdoor community we have here in Bragg Creek.

Here's to another season of great adventures—see you out there!

Conrad Schiebel (BCT President)

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Bragg Creek Went Wild With Brian Keating

On March 14th, an enthralled audience of over 270 listened to Brian's travel stories and encounters with exotic and seemingly mundane wildlife from our backyard. Laughter and profound messages intertwined, supported by stunning photos and video. Many of Brian's inspiring wild encounters were from right here, in our collective "backyard"—a clear indication that we live in a rich wildlife habitat.

Between self-deprecating anecdotes of being at the wrong place at the right time and at the right place at the right time, Brian shared tips on how to encounter wildlife without being intrusive and remaining safe. "The idea is to go to a place where few other humans are, stay quiet, discrete, still, alert, and see what happens. Take it all in, and soon, little details will come into focus, including wildlife or other aspects of nature such as plants, sounds, and light." As he says, you need to be patient, persistent, plan well and have "dumb luck".

Brian Keating lived most of his life in Calgary and worked for the Calgary Zoo, raising funds for conservation projects. He also taught at the University of Calgary's anthropology department, explored over 60 countries on seven continents, delving into ocean depths with



unbelievable creatures, visiting deserts and rich tropical forests, and in places where wildlife numbers are overwhelming. Today, he still travels, writes, and gives live presentations—his websites: www.goingwild.org and www.greatsignature.com.

Reflecting on his childhood, Brian noted that if kids spent more time outdoors instead of on screens, their health and appreciation for nature would improve. He urged the community to introduce youth to the outdoors.

Keating shared key messages with Bragg Creekers and nearby communities stating that "What you have here is of world class quality, but you can lose it in a flash. Please protect it while it still exists. Care for it and do what you must to conserve it." Keating also noted the importance of Bear Smart programs and bear-proof bins, warning, "If you lose your bears, you lose the aura of what this place is about. This is why having a Bear Smart program and installing bear proof bins are so important.

Brian concluded by encouraging the audience to watch the recordings of the previous two presentations Bragg Creek Wild put on in the past year. Keating's presentation was the third in a series of three which theme was "wildlife and people living in community". Dr. Brad Stelfox's presentation focused on "Understanding Human Impact on the Land", and Guy Greenaway explained how we can protect the land. Both are available on Bragg Creek Wild's website <https://www.braggcreekwild.ca/our-videos>.

Thank you, Brian, for inspiring our community.

IN OTHER NEWS

Bragg Creek Wild will soon survey the community on the need for a Garbage Bylaw to reduce wildlife-human conflicts and bear-related incidents in residential and commercial areas. Please watch for upcoming details on our website, social media and emails to our membership.



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BCEC: NOCTURNAL OWL MONITORING

If you are a resident of Bragg Creek, you likely know that this area is home to a variety of owls; shaping the experience of all those who live amongst them. Perhaps you have been one of the lucky ones who has spotted a majestic Great Gray Owl hunting from a roadside perch. Or maybe you have spotted the tiny Northern Saw-whet Owl, which can sometimes surprise us with their delightful presence in our yards or near our homes. And let's not forget about the more elusive Barred Owl (cover photo) with jet black eyes. This is Alberta's only owl with dark eyes, and their call of "who cooks for you!" is sure to make you smile.

Bragg Creek is home to 9 species of breeding owls. These owls include: Great-horned Owl, Northern Hawk Owl, Northern Pygmy-Owl, Barred Owl, Great Gray Owl, Long-eared Owl, Short-eared Owl, Boreal Owl and Northern Saw-whet Owl. But studying owls is somewhat of a challenge, as their presence is not consistently captured with other wildlife survey protocols.



In an effort to monitor owls in Alberta, standardized owl monitoring protocols were implemented in 1995, allowing for call playback surveys to provide valuable information on our feathered friends. Since then, "owl prowls" have been conducted during the owl breeding season (one early season in March and one late season in April), to increase our awareness of the abundance, distribution, population trends, and habitat associations of owls across our province. Recently, the BCEC Bird Club conducted round one of its annual "owl prowls" in west Bragg Creek, following owl survey protocols as outlined in the supporting document: Guidelines for Nocturnal Owl Monitoring in North America. Excited members of BCEC set out after sunset and surveyed 10 survey points, while broadcasting a sequence of recorded owl calls from a speaker, to aim at eliciting responses from nearby owls.

Although no owls were detected on round one of this survey, it doesn't mean

that owls weren't present. Owls will call to defend territories as well as to attract or communicate with nearby mates. However, it is important to note that they don't always respond. These surveys are considered "presence/not detected", rather than "presence/absence". Night two of this year's owl survey is set to take place one evening in April.

More recently in the world of wildlife research, Auditory Recording Units (ARUs) have been implemented to capture the presence of wildlife species in various habitats, including owls. The addition of ARUs to aid in sampling efforts for owls as well as songbirds and amphibians would be invaluable! Therefore, BCEC is hard at work submitting grant proposals to obtain some of these units for the purposes of bird and wildlife conservation in the Bragg Creek area. Until then, we will "owl prowls" every owl breeding season, in the hopes of hearing owls in response!

BCEC Bird Club meets monthly to explore the fascinating world of birds in our beloved foothills. Interested in birds? Come join us! Visit www.braggcreekenvironmentalcoalition.ca for more info.

In the meantime, you can definitely contribute by submitting owl sightings (and hearings!) to eBird. If you aren't already signed up, visit www.eBird.org/home to find out more.



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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Chamber President Reports: Tariffs, Turbulence and Tonic

If our experience with Covid-19 taught us one thing, it is that people you thought you knew can suddenly turn weird. When they do, you need to adjust your relationship with them. You need to change the spot where you hide the house key, fix the hole in the fence that neither of you worried about when you were on better terms, and spend more time with the other neighbours. We can hope that the weirdness is temporary and things will improve, but hope is not a plan.

Tariffs are a taxation policy. Traditional economic theory holds that nations should produce those goods they can easily produce, and buy from others those that

they cannot. We have cheap hydro so can smelt aluminum for less than aluminum producers in the US can, but we need to import oranges and grapefruits since it is very expensive to grow them here. Tariffs are used to eliminate the advantage that nature, history, or government subsidies have given a producer nation, so they effectively subsidize the domestic production of those goods. Consumers in the country which imposes the tariffs pay the price because domestic producers will charge more when unconstrained by the price of imports.

Canada is facing a US Government policy deliberately designed to damage our economy. The US Government policy flies in the face of free trade principles and negotiated treaties like CUSMA, which was signed by Donald Trump when he was last in office. All trade is based on trust that the other party will fulfill its part of the bargain. By violating CUSMA under the guise of a National Security threat, the US administration has signalled that it will not abide by its own agreements.

As a Chamber, we advocate for fair and open trade that supports the economic vitality of Bragg Creek, Alberta and Canada. The Chamber urges all levels of government to pursue balanced trade policies that minimize undue burdens on businesses while protecting Canadian industry.

The BCACC encourages its membership to support local businesses and choose Canadian products whenever possible. Your spending decisions are your own, but I'd encourage people to consider using this period of "unneighbourly tension" to explore within Canada or visit one of the many fascinating countries that lie a bit beyond the United States.

The federal government has introduced new measures to help businesses navigate the impact of recently imposed U.S. tariffs.

Key support programs include:

- Trade Impact Program – \$5B through Export Development Canada for affected businesses.



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BEFORE



AFTER



- BDC Support – \$500M in low-interest loans for impacted businesses and supply chains.
- Farm Credit Canada Financing – \$1B in new lending for the agriculture and food sector.
- Investment Protection – Strengthened foreign takeover safeguards.
- EI Work-Sharing Flexibility – Temporary adjustments to reduce layoffs.

Lastly, I would like to introduce a new program being offered by the Bragg Creek and Area Chamber of Commerce. We would like to beautify our community and show our patriotism with a conspicuous display of Canadian flags. For the past few years our national flag has been over-used by individuals wishing to communicate their opposition to vaccines or carbon taxes, but it represents all of us, in all our complexity. The Chamber of Commerce has purchased 50 Canadian flags and staffs that it is offering to any member business wishing to fly the flag proudly in front of their business. First come, first served. I hope to see our small community decorated in a lot of beautiful red and white in the coming months.

In a challenge like this lies an opportunity. We hope that our federal and provincial governments seize the occasion to undertake policies that strengthen our country and its place in the world. It is a shame that it took an external threat to make people realize that we have something here that is important, beautiful, and worth defending... but here we are.

Neil MacLaine

President of the Bragg Creek and Area Chamber of Commerce

W: visitbraggcreek.com/bragg-creek-chamber

E: Office@braggcreekchamber.com



"I can be a little purrsnickety with so many choices."

Meow. It's lip-smacking time again.

Participating Bragg Creek & Area restaurateurs and liquor merchants will feature their culinary skills and products for folks from near and far. You'll enjoy a walkable format so you can also experience local retailers who will showcase their wares. Bring the whole pride and make it a Bragg Creek date. This event raises funds for the Bragg Creek Foundation.

<p>WHEN Friday, April 25th 5pm to 9pm</p>	<p>HOW Purchase Tickets at: 1. Bragg Creek Community Centre 2. Main Mall at the Hub 3. Pre-purchase your Tasting Tickets online! →</p>	<p>COST Tasting Tickets \$2.00 each</p> 
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WHERE
Bragg Creek Hamlet Area
(a map will be provided)

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All Bragg Creek area business owners/operators welcome!

BRAGG CREEK community church

The Hub



BRAGG CREEK community church All Welcome!

Sunday Service 10:00 - 11:30am
(Sunday School runs Sept - July & nursery space is available for parent use)

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You can also still join us virtually on Facebook Live or YouTube

Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
www.braggcreekchurch.ca

SWAMP DONKEY MUSICAL THEATRE PRESENTS:



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Based on the Novel by Jodi Picoult & Samantha van Leer

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Produced by Daryl Roth
Directed by Jeff Ahoun

SWAMP DONKEY THEATRE, BRAGG CREEK

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REDWOOD MEADOWS EMERGENCY SERVICES

As you plan your Spring Cleaning To Do list, here's some things to keep in mind:

Indoors

- Check your smoke and carbon monoxide alarms. Replace the batteries if necessary and replace the entire detectors if close to expiry.
- Clean debris from your clothes dryer trap and exhaust trap.
- Don't carry too much at once: Make sure you keep a hand free to hold onto the stair railing and always make sure you can see over the load you're carrying so you don't trip.
- Follow cleaning product safety labels: Cleaning supplies can create nasty fumes so make sure you get some fresh air by opening windows, turning on the exhaust fan or placing a fan in the room.
- Wear a mask when cleaning dusty areas: This may seem like overkill, but if you are at all allergic to dust this tip is important.
- Review contents of emergency kits and refresh as necessary.

Outdoors

- Be safe on ladders and step stools. Always have someone nearby to hold them steady during use.
- Remove dead leaves and other debris around foundations, decks, porches and stairs. Make a note of boards that need to be replaced or repaired on stairs and decks.
- Walk your property and note any FireSmart refreshing that needs to be done: tree branches that need to be trimmed that are close to the ground or touching your home need to be removed, winter wood piles that need to be moved away from your home and maintaining a clearing around your home free from trees and shrubs.
- Clear your eavestroughs and roof of debris.
- Check grills for rust, worn pieces, insects, grease and other debris before usage. Grills should only be used 3 metres (10 feet) away from your home or any building.
- Get household hazardous waste materials out of your garage and to your local Household Hazardous Waste Transfer Site. Note: In the Bragg Creek area, this is the Waste Transfer station – not RMES.
- Schedule annual maintenance appointments for vehicles and review emergency kit contents.

Until next month, stay safe!

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THE POWER OF WOMEN IN RUGBY: A CELEBRATION OF STRENGTH AND SISTERHOOD

On the rugby field, women stand shoulder to shoulder, united by an unbreakable bond forged through sweat, grit, and determination. They are warriors, not just of the body, but of the spirit. Rugby, a game that demands resilience, endurance, and fierce heart, reflects the very essence of who they are—women who never back down and push forward, no matter the challenge.

Each match is a testament to their strength, where they tackle obstacles with courage and run toward victory with unwavering resolve. But rugby is not just about the physical battle. It's about the sisterhood that exists within the team, where every pass, every lineout, every try is a reminder that together, they are unstoppable.

The bonds formed on the field go beyond sport—they become a family, a support system. In victory, they lift each other high, celebrating each achievement with laughter and joy. In defeat, they stand together, offering each other comfort and motivation, knowing that their strength lies in their unity.

Women playing rugby are a force, not defined by the stereotypes of what others think they can do, but by the incredible things they accomplish when they stand together. They are redefining what it means to be strong, powerful, and connected, not just on the field, but in life.

Bow Valley Women's Rugby would like to invite you to the first annual Queens of the Pitch PROM DRESS RUGBY DAY!! Women's rugby is about sisterhood, strength and the bonds we form on and off the pitch. Join us in celebrating our power and beauty and a one of a kind community.

**Saturday April 5, 2025 11am - 2pm
Curtis Field - Redwood Meadows
outside of Bragg Creek**

Please register using our google form so we can gauge for numbers and food SCAN QR CODE FOR FORM →



Hope to see you there!!

Reach out with questions and concerns.
vpcomms@bowvalleyrugby.com

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BRAGG CREEK

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THE LITTLE SCHOOLHOUSE

Happy Spring! Our classes are excited for a fantastic month ahead. In April, we will celebrate the Earth, explore spring, learn about the weather, and discover how we can care for our amazing planet.

We're also thrilled to soon welcome baby chicks! This interactive experience will help us explore life cycles and celebrate spring.

It's hard to believe we're in the final months of school and already preparing for the 2025-26 school year. At The Little Schoolhouse, we provide a caring, creative, and educational environment through play and exploration. If you're looking for a small teacher-to-student ratio and a supportive, child-centered program, we would love for you to join us—registration is open! Please visit our website at www.thelittleschoolhouse.ca for more information, and feel free to reach out with any questions.

Wishing you all a wonderful month!

Ms. Shelley and The Little Schoolhouse team



CELEBRATING 31 YEARS OF EXCELLENCE: ROSE PAWLAK TO RETIRE FROM THE MONTESSORI PRESCHOOL OF REDWOOD MEADOWS-BRAGG CREEK

After more than three decades of nurturing young minds and fostering a love of learning, Rose Pawlak will retire in June 2025 as the owner and director of The Montessori Preschool of Redwood Meadows-Bragg Creek. Since founding the school in 1994, she has been a cornerstone of the community, shaping generations of children with her dedication to Montessori education.

Under Ms. Pawlak's leadership, the preschool became a place where children could explore, grow, and develop independence in a warm and supportive environment. Families from Redwood Meadows, Bragg Creek, and beyond have trusted her school to provide an exceptional foundation for lifelong learning.

As the preschool looks to the future, Ms. Pawlak's daughter, Sarah Dahlseide, will step into the role of director at the newly renamed 'Redwood Montessori'. A dedicated educator, Sarah brings a deep commitment to maintaining the school's high standards. Families can expect a seamless transition and the same level of care and excellence that has defined the preschool for more than 30 years.

The Montessori Preschool of Redwood Meadows-Bragg Creek stands as a testament to Ms. Pawlak's vision and dedication. As she moves into retirement, she looks forward to spending more time with her granddaughters, traveling, playing music, and exploring her artistic passions.

On behalf of the Redwood Meadows and Bragg Creek communities, we extend our deepest gratitude to Rose for her extraordinary contributions and wish her all the best in this next chapter.



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- Helping make our neighbourhood safer & fire-smart.
- Accepting logs – Minimum 6in in diameter, 8ft long.

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Equipment/ System	Maintenance Required	Recommended Frequency	Risks/Results if Neglected
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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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RCMP Body-Worn Cameras

There is something new occurring in rural policing by the RCMP – the rollout of body-worn cameras. The following information has been obtained from a presentation given by Staff Sergeant (S/Sgt) Don Racette at the HCRCWA annual general meeting on Thursday March 13, 2025 at the Priddis Hall, as well as the RCMP website on this topic rcmp.ca/en/body-worn-cameras. Any quotations used here are from that website.

The website is a really good resource for the public to understand why body-worn cameras are being deployed, what the protocol is for RCMP officers in their use, and what your rights as a member of the public are with respect to the use of these cameras.

The rollout is presently occurring in all three RCMP detachments in Foothills County – Diamond Valley, Okotoks and High River. The RCMP website states the rollout began mid to late November 2024 with 50% of cameras expected to be operational by March/April 2025, and, full rollout is expected 12-18 months from commencement. It is a cross Canada initiative.

What is the reasoning behind the RCMP's use of body-worn cameras?

"Project Objectives are as follows:

- Strengthening transparency, accountability and public trust
- Resolving public complaints more quickly
- Improving interactions between the public and police
- Improving evidence gathering"

I have had officers relate to me situations where there has been a dispute between themselves and a member of the public as to what occurred during an interaction with the RCMP. Once the member of the public was shown the video footage, accusations by the member of the public were dropped.

Body-worn cameras are not meant to be hidden or discreet. They are located on the officer's chest and have 3 simultaneously

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blinking red lights signifying recording is in progress. Each RCMP officer has their own camera. It is inserted in a docking station at the end of their shift where charging and downloading of the day's recordings takes place. "The amount of time the RCMP will keep a video depends on the type of incident captured on the video and is based on existing legislation. Retention periods can range from 30 days to 2 years or longer. Generally, the more serious the incident or crime, the longer the video is kept."

There is a rigidly established protocol for an officer's use of the camera and officers take a course in their use prior to receiving the device. Access to recordings is governed by the protocol in a manner that protects the public. "Only designated individuals will be able to access data within the digital evidence management system, and only where there is a need to do so."

You have the right to seek access to recording by making a formal request under the federal Privacy Act or Access to Information Act. Formal requests can be made using the Access to Information and Privacy guidelines.

The RCMP website goes deeper into the body-worn camera issue and is worth reading (about 10 minutes). It is set up in a question-and-answer format and should answer any questions you may have. In addition, "The RCMP is seeking input from the communities we serve." and there is a fifteen-minute on-line, confidential

survey that you can take to express your thoughts on RCMP body-worn camera use.

You can expect that if you are interacting with the RCMP because of a traffic stop, response to a call, or whatever, your interaction will be recorded. S/Sgt Don Racette related to us at the HCRCWA meeting they are taught "once you remove your seatbelt, you activate the camera". There are specified situations where activation of the camera doesn't have to occur.

For interest sake, I checked the City of Calgary Police website and found "In-car cameras have been used by their Service since 2012 and body-worn cameras were deployed to all patrol members, the Traffic Section and some other frontline officers in April 2019. Evaluations of our officers' use of both body-worn and in-car cameras have found evidence that the technologies help create a more efficient accountability process and reduce incidents where force is used."

The RCMP uses the Axon camera. You can go to the Axon website www.axon.com to view the camera. The website also has a very intriguing video (6.5 min.) of the camera in use from a Pamela Landy perspective as per the Jason Bourne movies – click on the Axon name at the top of the website to access the video. It's pretty cool!

Dave Schroeder - HCRCWA Board Member



PRIDDIS COMMUNITY

Hello Priddis!

We have lots of exciting programs and events coming up in our community and hope to see you there. We would also appreciate it if you would consider helping out at one of our events this year. Community events can't happen without many volunteers and we are always looking for new helpers. Volunteering if your community is a great way to not only give back, but also to get to know other community members and stay in the loop with what's going on in our area.

The popular Community Garage Sale is back for another year! Join us on Saturday May 10 from 9am-1pm to shop for some new treasures. There will also be a concession available. There is no entry fee to shop, the event is cash only and all proceeds go to our non profit community association.

Please keep our garage sale in mind when doing your spring cleaning. You can donate your unwanted items in good condition between 10am and 7pm on Friday May 9. Items we can't take: mattress, box springs, car seats, booster seats, readers digest

condensed books, encyclopedias, wire hangers, VHS, 8-track, cassette tapes, helmets.

We are so happy to be partnering with JPS Furnace to bring you the second annual Community Pickleball Tournament! This fun event is open to all levels and spectators are encouraged. We will have a BBQ, beer garden and lots of fun. Event details:

Location:

Priddis Outdoor Pickleball Courts

Time: Join us at 8:45 AM for a light breakfast and refreshments while you sign in. The tournament will begin promptly at 9:00 AM. Each team will get to play at least 4 games.

Registration & Payment:

The entry fee is \$40 per person.

Please send an e-transfer to accounting@jpsfurnace.ca and include the following details in the memo:

- Names and number of participants
- Contact information (email and phone number)
- Reason for payment: PCA/JPS Pickleball Tournament Registration

The Priddis Stampede Breakfast is back on Sunday July 6 and it is going to be bigger and better than ever!

When: 8am-noon

Where: Priddis Hall

What: Breakfast, live music, raffles, face painting, horse and wagon rides, petting zoo, vendor market and more!

Please see our website for volunteer opportunities for these upcoming community events.

We are also pleased to have some great organizations offering opportunities for our community children this spring and summer. If you are interested in enrolling your child on a grassroots soccer team, check out Red Deer Lake Soccer. Registration is now open and the season will start at the end of the month. <http://rdlsa.com> Rediscover Play will be running summer camps in our community again this year. Dates, information and registration can be found on their website. www.rediscoverplay.com

We want to close by giving a big shout out to everyone who has volunteered to take a shift at our upcoming Casino on April 29 and 30. This is a huge fundraiser for our community and it takes a lot of volunteers over the 2 days. Also, our deepest gratitude to Carmen and Wayne Heinen for coordinating the volunteers for this important event.

~Priddis Community Association Board



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MILLARVILLE COMMUNITY LIBRARY

Did you Know?|

In the last month the library has bought over 40 graphic novels. Some of the new series are Duck and Moose, Ninja Kitten, Pocket Peaches, Expets, Gnome and Rat, Quinnelope and the Cookie King and more. For the adult readers, Romance is in the air! Anything from sports centered romance, closed door to flings are all the rage at the moment. There are lots of new action adventure books as well. Come check them out! During Spring Break, the library will be closed April 21, open from 9-12 April 22, open 9-7:30 April 23, closed April 24. Regular hours resume the next week.

Classes/Events-

Rob McWilliam, a local author of 47 books will be sharing some of the inspirations that have led him down a number of paths and engage us in an exercise to produce our own story in just seven sentences. All ages welcome on Thursday, May 1@ 7pm.

Would you?

Consider joining us to help lead the direction of the Millarville Library into the future. We are busier than ever serving the Millarville and Priddis area. Join the board, display your art, teach a class or join us for a work bee party to clean up the garden this May. You are sure to meet some fantastic people!

Bouquets-

Thank you to Blanca Botero-Fuentes, a local artist from Diamond Valley, who has been displaying some of her amazing floral paintings. Come take a look. They are sale if you are interested.

Need a Read?

"One of my favorite authors is Antti Tuomainen from Finland. I recommend his book Little Siberia. It is a great mystery but also a great Comedy and well written. Very tongue in cheek!" Tim Babey, Millarville



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm.

The meetings are held at the Millarville Anglican Church House on Hwy 549 East.

Tuesday April 8, 2025, meeting will feature Adam Yakabuski from Parkland Peonies. He will be speaking on the growing and care of peonies and martagon lilies. Adam has over 700 peonies and over 50 martagon lilies on his local property.

He also hybridizes his own peonies. This is going to be a very interesting talk with lots of photos.

The club is having a flower fundraiser in May. Check the website for ordering deadlines and plant order forms.

Also save the date June 5 for our annual plant sale at the Millarville racetrack quonset. More details to come.

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns (our new President) at louisepattersonbruns@gmail.com or at millarvillehorticulturalclub@gmail.com. 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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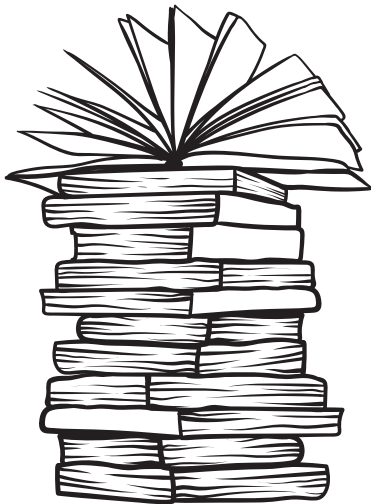
LONGVIEW LIBRARY

We have added to our Library of Things, a wood burning pen and a dehydrator. Our seed exchange is up and running. We have a good supply of pepper and tomato seeds, and we invite you to bring any extra seeds you have to exchange with other fellow gardeners. We also have a good selection of gardening books for both the beginner and the experienced.

Kate Beaton, an award winning (Canada Reads 2023 and New York Times best seller) graphic novelist of children's books has written Shark Girl. Her novels encourage children to be environmentally aware and to be accountable and caring of the environment. Her book, Ducks, took on the Oil and Sands industry and was a favourite of President Obama's.

The Writers Group has added 9 new members.

Sylvia Binkley - sliv@telus.net



SHEEP RIVER LIBRARY

Emergency Preparedness Week 2025 takes place from May 4 to 10, encouraging Canadians to understand local risks and learn how to protect themselves and their families. With all that we have seen in our province in recent years, this has become a relevant issue. The Sheep River Library, in collaboration with Diamond Valley Emergency Management and Alberta Emergency Management Agency, is hosting three evening sessions to help residents prepare for any emergency. The first session, FireSmart: Protecting Your Property from Wildfires takes place on Tuesday, May 6. This is definitely a hot topic these days (pun intended). There will be an overview of the FireSmart program, principles for property owners and communities, and a look at some case studies. The second session, on Wednesday, May 7, the Alberta BePrepared Team and Diamond Valley Emergency Management will present Be Prepared: 72- hour Kits and Emergency Planning. Come and find out why preparedness matters, how to build your own 72-hour emergency kit, vehicle emergency kits, preparing your pets, and contingency planning. The series ends on Thursday, May 8, with Insurance: Preparing and Recovering from Disasters. Information will be provided on what to do before and after a disaster strikes, disaster recovery and financial resilience, and community and insurance support resources. For specific times, please go to sheepriverlibrary.ca/News and click on the links in this month's article.

As part of our Hollywood Got it Wrong series, two of our presenters will be available after their talks, to share about getting the qualifications needed to work in their fields. Professor Brandon Karchewski will be discussing careers in geoscience and

geology after his talk on the "science" in the movie San Andreas on Saturday, April 12. Professional nurse, Kerri Alderson, will share about careers in nursing on Saturday, April 26, after her talk about the depiction of nursing in On Flew Over the Cuckoo's Nest. While drop-ins are welcome, please register online or call 403-933-3278 to make sure our speakers bring enough handouts.

Tech Talk Café resumes Thursdays at 10:30 from April 3 to May 8. Bring your own smart phones, tablets and laptops, curiosity and questions. Geri from Literacy for Life will help you to navigate your way so that you are getting the most out of your devices. Two other Tech classes are available from May 15 to June 19: Tech Talk Beginner (Thursdays at 10:30) and Tech Talk Plus (Thursdays at 1:15). These sessions are designed for people starting from scratch as far as technology goes. If you need one, a limited number of laptops can be provided. Registration is required.

The final Income Tax Clinic for this year is on Tuesday, April 1 starting at 10 am. This program offers free tax filing for residents with a simple tax situation and a modest income. Maximum income levels are \$35,000 for a single person, \$45,000 for a couple, and \$40,000 for a single parent with one child and an additional \$2,500 for each additional family member. Clients will be dealt with on a first come, first served basis. If you have to wait, you can always avail yourself of the abundance of reading material, puzzles and more that we have in the library.

As the academic year draws to a close, please remember that the library does offer free proctoring services for those distance students who need to have exams invigilated. Please call the library to set up your examination time.

The Library will be closed April 18 for Good Friday but will be open Saturday, April 19 and Monday, April 21.

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THE GIFT: THE WORDS & MUSIC OF IAN TYSON

Comes to East Longview Community Hall Friday May 9 & Saturday May 10

The end of 2022 marked the passing of Ian Tyson, one of the finest songwriters of the twentieth century.

Tyson's was a run that touched on six decades, and his canon is one that is critically respected for the vastness of its subject nature along with its sheer musicality, that drew on so many styles and influences.

The singer-songwriter, bandleader, horseman and rancher was also a mentor, as well as employer of some of the best musicians on the Alberta roots music scene, from the time he relocated from Toronto to the foothills of Alberta back in 1976.

Five long time members of Tyson's musical ensembles continue to come together as The New Chinook Arch Riders with the mission of keeping his remarkable



songbook alive, under the banner of The Gift: The Words & Music of Ian Tyson.

This riveting show comes to Tyson's old stompin' grounds at the East Longview Community Hall on Friday May 9 and Saturday May 10. Under the direction of pianist and singer Stewart MacDougall, The Gift visits all the chapters of Tyson's career, from his folk-singing and country rock days with Sylvia Tyson, through his hardcore honky-tonk years, and on to the substantial "cowboy culture" catalogue that produced great recordings like Old Corrals & Sagebrush, Cowboyography, Lost Herd and of course, Live at Longview.

MacDougall, fiddle ace Calvin Vollrath, guitarist Gord Matthews, drummer Thom Moon and bass player Julian Kerr worked extensively with Tyson. Their years with Tyson amount to over 60 years in the studio and on the road. In Vollrath's case he also backed Tyson when he hosted the Edmonton-produced Sun Country television series, while MacDougall not only toured with Tyson, but wrote a handful of songs with the master including the title track to Tyson's 2009 Yellowhead to Yellowstone release. Tyson also recorded MacDougall's song Wind In The Wire on his 1989 album I Outgrew The Wagon.

The New Chinook Arch Riders are joined by three exceptional singers. Those three are, popular rodeo circuit and country festival performer **Tracy Millar, Ian Oscar formerly of One Horse Blue, and John Wort Hannam** who recently won two Canadian Folk Music Awards (Solo Artist of the Year and Contemporary Album of the Year).

"Everything about the show is top-drawer and the singing and the vocal arrangements are simply delicious," says Cindy McLeod, the producer and artistic director of the Calgary Blues Festival.

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The Gift comes to Longview following a number of sold-out theatre dates across Alberta and Saskatchewan. The Gift has also been called “a must see show for all fans of Ian Tyson”, by respected CKUA broadcaster Allison Brock who hosts the popular Wide Cut Country show.

The show has also been well-received at major country fests like Big Valley Jamboree and Dauphin Country Fest, as well as diverse events such as the Edmonton Folk Music Festival or the Alberta Scene Festival which was hosted by the National Arts Centre in Ottawa.

Tyson enjoyed The Gift so much he sat in with the troupe a few times, and the master songwriter loved The Gift companion album that featured members of the touring ensemble, as well as Jennifer Warnes, Blue Rodeo, Corb Lund, The McDades, Gordon Lightfoot, and Tom Russell performing their interpretations of Tyson classics.

“Yes, the songs are obviously brilliant and iconic, and it’s such a privilege to play them with musicians who had a hand in creating Tyson’s body of work. The Gift is also a celebration of something that is uniquely Canadian,” says John Wort Hannam who

steps into, and takes full control of Tyson songs like 18 Inches of Rain, Saddle Bronc Girl and Land of Shining Mountains during his part of the show.

For the Longview concerts, audiences will hear over two dozen Tyson songs including the hits like Someday Soon, Summer Wages, Alberta’s Child, Navajo Rug, Four Strong Winds, and Some Kind of Fool alongside deep album tracks such as La Primera, Cowboy Pride, MC Horses, Casey Tibbs, Elko Blues and of course, The Gift.

Tickets for the East Longview Hall concerts on May 9 & 10, are available online at [Eventbrite.ca](https://eventbrite.ca)

Scan QR code for tickets [HERE](#) →

For further information and media interviews please call Peter North at 587-989-3034 or at hendrix@telus.net thegifttribute.com



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HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well the beginning of spring wasn't too bad, but it seemed like an extra long winter this year, and many people I spoke with were tired of it early on. Let's hope for a nice long summer this year.

It's Easter on April 20 this year.

The Easter Bunny's history is that he is a folkloric figure much like Santa Claus, in that he would bring colored eggs, toys, and candy in his basket for children with good behavior. According to Wikipedia, the "Easter Hare" originated from German Lutherans and was first referred to in 1682. Our Turner Valley Legion will be hosting their annual Children's Easter Party on either April 12 or 13. Please check their Facebook page closer to the date to find out exactly when, and then please call to reserve a spot for your kids, just so they make sure to have enough room and goodies.

The anniversary of Vimy Ridge is in April as well. The Battle of Vimy Ridge was fought April 9-14, 1917 and was the most significant battle of WW1. The long narrow ridge formed a key position linking the German Hindenburg Line, the main trench lines leading from Hill 70. The Canadian Corps task was to overtake the Ridge, after the British and French fought hard to overtake it. The Canadians gained more ground, more prisoners, and more firearms than the previous attempts. This resulted in the sweeping of the Germans from the Ridge. However, it was not done without the severe cost of 10,602 casualties of whom 3598 were killed. The event brought

about an ultimate Canadian pride, honour, and respect, giving Canadians recognition as an elite military force. It is incarnate to us as Canadians to respect and remember those who fought for our freedom. Other April dates of note regarding our military is that our Royal Canadian Air Force was established in April 1924. And in April 1949 the North Atlantic Treaty, which forms the legal basis of NATO, was signed by member countries.

The Legion also is home to the Ladies Auxiliary, and this fantastic group of ladies volunteers tirelessly to raise funds for the Legion and, also, for many charities as well. They will be hosting a Spring Women's Wellness Day on April 5 from 4-8. This event features massage, skin care, palm readings, wine tastings, fancy drinks, a menu to order from, door prizes, and a 50/50, just to name a few things. Admission is by donation, and all proceeds from the Auxiliary will go towards the Legion's plans for an outdoor green space. Come out, bring a friend, and treat yourself to a relaxing, fun, day of pampering.

Over in the Diamond, the Griffiths Centre is hosting Rising Stars Dance. This is a community kids dance class with movement, tap, jazz, ballet, yoga, and fun. The Twinkles group is for ages 2-4 and runs Sundays 11:15-11:45, and the Sparkles group is for ages 5-8 and runs Sundays 11:50-12:20. Dance attire is encouraged. Parents must have a current membership to the Griffiths, which is only \$30 a year and must stay during the class to support their children. For more information or to register your tiny dancer, please email Shauna at imarrryu@telus.net.

The 9th annual Hike 4 Hospice is scheduled for Sunday, May 4. This event is to raise funds and awareness for the amazing Foothills Country Hospice. You

and your friends and family can sign up for either a 2 or 5 kilometer hike or a 5 or 10 kilometer run. Sponsors are needed and welcome also for this important event. For details or to sign up, please visit countryhospice.org.

Red Deer Lake United Church has Easter Services coming up, as do many of our other local churches. RDLUC hosts Palm Sunday Service on April 13 at 10:30, and an Easter Sunday Sunrise Service at 6:15am, followed by a light breakfast. Regular Easter Sunday Worship Service is held at 10:30 that Sunday. And our favorite Alberta band, the Travelling Mabels, will be having a show at the beautiful Church on May 2, 7:30pm. Tickets will go fast for this show, visit reddeerlakeuc.com to get yours.

Our local Beneath the Arch concert series features David Francey on April 26. David is one of Canada's outstanding poets, songwriters, and storytellers, and a 4X Juno award winner. The doors are at 7:00, with the show starting at 7:30, and they have snacks and drinks available, and a 50/50 draw in which proceeds go towards their annual Bursary. This Bursary is for young performing artists to enhance their experience and skills in a performing arts field. Applicants are for grades 4-12, and they must reside in or attend a school locally. Deadline for applicants is May 2, for full details go to beneaththearch.ca.

Another great show coming up is through the Gift of Music Concert Series in High River. Young musicians for this show feature cellist Sofia Fakely and pianist Charlotte Girardeau, who are two of Canada's up and coming classical musicians. For tickets and info, please go to highriversgiftofmusic.com.

Lastly, Canada's #1 Garth Brooks tribute performer, Steve Hillis, is having a show at

BENEATH THE ARCH CONCERT SERIES

DAVID FRANCEY

SATURDAY, April 26, 2025

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

Adult: \$30 / \$35 at the door

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the Black Diamond Hotel on April 26. In addition to Garth Brooks, he also performs hits by Roy Orbison, Elvis, Johnny Cash, Neil Diamond, and more. For tickets, drop by the Hotel or the Sobey's in Okotoks, or you can e-transfer at 403-612-7046. Shows sell out quickly at these events put on by Rock-a-Billy Entertainment, check out her Facebook page for this show and more that are put on around our beautiful Foothills.

Any news for May, please drop me a line at elaine.w@telus.net before April 15.

Happy Easter!

Elaine Wansleben



HIGH COUNTRY ROCKIES U11 TIER 3 TEAM CAPTURES LEAGUE CHAMPIONSHIP

The High Country Rockies Under 11 Tier 3 team wrapped up their season in thrilling fashion, clinching the league championship on March 15 at the Oilfields Regional Arena in Diamond Valley.

The Rockies, made up of 9- and 10-year-olds from Diamond Valley, Priddis, and surrounding areas, began their season in early September. Over the months, they steadily improved, hitting their stride just in time for the playoffs. Entering February, the team was in third place in the league, but with a strong team effort, they were determined to make a championship run.

The road to the title was no easy feat. The Rockies' regular-season scoring leader, Felix Ference, contributed 33 goals in 16 games, but the team knew it would take more than individual effort to succeed. The league was highly competitive, with every team capable of an upset on any given day.

In the first round of playoffs, the Rockies defeated Vulcan. They continued their momentum in the second round, edging out the second-place Okotoks Oilers by a single goal in a hard-fought series where Ivan Mitchell scored the series clinching goal.

The championship series was a best-of-three format, with the Rockies facing Cardston, who had just eliminated the top-seeded Claresholm team. In the first two games of the series, the Rockies' had goals from six different players including Asher Flynn, Cole Boisjoli, and Connor Hindbo, showcasing the depth of the team's offensive power. The series was tied 1-1 after two games, setting up a winner-takes-all showdown on March 15.

In the final game, the Rockies showed grit and determination, shutting down Cardston's potent offense. Key defensive plays by Paislee Foley, Logan Francis, and Oakley McCowan were instrumental in securing the victory. Goaltender Edin Trejic, who had been stellar throughout the season, saved his best for last, delivering an outstanding performance when it mattered most. Both Edin Trejic and Kevin Labarge were recognized for their efforts, earning the Player of the Game and Heart and Hustle awards.

Throughout the seven playoff games, the Rockies posted a 5-1-1 record. They were led offensively by Austin Duckering, who recorded 21 points, and Augustino Dumelie, who added 18 points.

This victory marks a memorable achievement for the local team, and their championship banner will soon hang in the rafters of Oilfields Regional Arena, a lasting reminder of their hard work and dedication.





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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Wildlife Co-existence Workshop: Join us on Tuesday, April 8, 2025, 7 pm, at the Priddis Community Hall. Foothills County and Alberta Environment departments are collaborating to provide presenters and are teaming up with local community groups to host this Wildlife Coexistence Workshop. We are planning to include these topics: introduction to our Agricultural Services Department, wildlife species awareness, conflict-reduction strategies, carnivores, managing the local Elk situation, recognizing invasive species, and Q&A with presenters. Refreshments will be provided.

Chainsaw and Tree Safety Workshop:

Join us on Tuesday, May 6, 2025, 7 pm, at the Priddis Community Hall. Foothills County has connected us with an accredited instructor so we can learn some safety tips on dealing with our west country treed properties. This event will be a collaboration of guest presenters, County departments and community groups. Whether its seasonal clean-up, clearing a treed area, pushing back the tree growth to FireSmart around buildings, or responding to the dead-fall of a windstorm, tree management is required every year. Topics to include: awareness about safe chainsaw use, understanding tree dynamics, how to approach a clean-up, where to take accredited chainsaw training, and Q&A with presenters. The focus of our meeting will be educational presentations and discussions with residents, along with introductions to our Agricultural Services

Department and some local area tree-services contractors. (Tools will not be used by residents.)

Wildfire Reporting: You could be the FIRST to see a FIRE! If you see an active fire flame, and you are concerned that the fire has not been reported, please call it in to 9-1-1 and report it to 310-FIRE (3473) if it appears to be coming from Kananaskis. 9-1-1 dispatches our local fire departments. Reporting the fire to 310-FIRE gets Alberta Forestry involved. They are responsible for wildland fire response in neighbouring Kananaskis and coordinate response along the Foothills County/Kananaskis boundary with Foothills Fire Department and our partners.

Be Prepared for Wildfire: Consider planning for yourself, your family, animals and property. Wildfire risk could be affected by a number of elements present in our area, including damage from forest insect pests, tree age, variety of trees, lack of recent fires, proximity to provincial forestry areas, potential dry conditions, and more site-specific situations. Learn more here: <https://firesmartalberta.ca/> & <https://firesmartcanada.ca/>

Alberta Wildfire Stats from 2024:

1,184 wildfires. Causes: 557 lighting, 131 resident, 125 recreation, 84 intentionally lit, 79 power lines, 60 agriculture. Find the report here: <https://open.alberta.ca/publications/alberta-wildfire-season-statistics>

How to get a WILDFIRE ALERT on your cell phone: The "Alberta Emergency Alert App" is the primary alert App for all types of emergencies. You can subscribe to notices from "Foothills", "Kananaskis", "Tsuut'ina Nation" locations (and anywhere else you choose). Find the App here: <https://www.alberta.ca/alberta-emergency-alert.aspx>

Check out Wildfire Apps & Online Maps: Stay informed about wildfires in

Alberta and B.C. through their Apps or online maps via your computer. Find the latest apps, here:

AB Wildfire Map online: www.alberta.ca/wildfire-status

BC Wildfire Map online: <https://wildfiresituation.nrs.gov.bc.ca/map>

Stay Informed: Find "Calgary Forest Area" updates, including Kananaskis: www.alberta.ca/wildfire-update-calgary-forest-area

Find road conditions:

<https://511.alberta.ca/>

Find out where the smoke is:

<https://firesmoke.ca/>

Find Fire Ban status:

www.albertafirebans.ca/

Be Prepared: www.alberta.ca/wildfire-preparedness.aspx

www.canada.ca/en/services/policing/emergencies/preparedness.html

Burn Permits are required: in Foothills County and the Forestry Protection Area of Alberta, except for campfires within approved pits. Foothills County: www.foothillscountyab.ca/emergency-services/foothills-fire/online-burn-fireworks-permit-application

Alberta Forestry:

www.alberta.ca/get-a-fire-permit

February 27 West Foothills + Hwy 762-area Residents Meeting: Thank you to all who participated in the Foothills County meeting about fire and water services! The County looks forward to on-going communications.

High Country Rural Crime Watch

– **meeting recap:** Thank you to all who attended the AGM on March 13! RCMP Staff Sgt. Racette and Foothills Enforcement Services Manager Beaudette provided updates on local policing services and invited discussion with residents on topics of interest, including: increased ticketing, crime reduction, targeting offenders, police-community relations, police visibility, school zone and bus safety, traffic safety, speeding, recording speed data, body-worn cameras, impaired driving consequences, cyclist & motorist "share the road" education, Rural Foothills Policing Committee, and joint forces operations. 24/7 RCMP Complaints Line: 403.933.4262. Foothills County Complaints Line: 403.603.6300.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

Email: Suzanne.Oel@FoothillsCountyAB.ca

Visit High Country News online for my previous articles.

With Best Regards, Suzanne



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COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

The worst of winter is over... we hope!

Foothills County - Spring Road Bans

Foothills County Council approved the Spring Road Bans on County roads as of March 13, 2025.

To view the current list and map of the 2025 Spring Road Bans, go to the Foothills County website: www.foothillscountyab.ca/alerts/2025-spring-road-bans

Foothills County - FCSS Social Needs Assessment Survey

Foothills County FCSS is undertaking a Social Needs Assessment to identify and further understand the unique needs and challenges County residents are facing. Your input is needed! We are looking for responses from adults and youth within the County.

The information gathered through this survey will be used to help Foothills County FCSS ensure that the programs, services, and supports funded by FCSS

directly reflect and address the needs of County residents.

Please complete the community survey by May 15, 2025: www.foothillscountyab.ca/community/family-community-support

Family and Community Support Services (FCSS) is a partnership between the Province and Foothills County that develops, coordinates, and provides Foothills residents with a variety of preventive social programs. It enhances the social well-being of individuals, families and communities through the provision of funding to non-profit community-based programs that meet the requirements of the Provincial FCSS Act and Regulation. Foothills County FCSS is a member of the Provincial FCSS program.

For further information on the Provincial FCSS Department, check out the Government of Alberta Family and Community Support Services website: www.alberta.ca/family-and-community-support-services-fcss-program

Foothills Cemeteries

Watch for the signs at all County Cemeteries and the Foothills Cemetery for the Cemetery Clean up request as maintenance will start at the end of April. Vases, flowers, etc. need to be removed for safety. Those items not removed will be picked up and placed in a box for loved ones to take home.

A baby black bear in my yard
Photo: Duane Starr Photography



Leighton Art Centre Jobs

Leighton Art Centre is thrilled to announce that we have a variety of summer jobs open, and we are now accepting applications!

Applicants for these positions must be eligible under the Canada Summer Jobs program.

Find all of the details on their website: www.leightoncentre.org/join-us/jobs

Millarville Racing and Agricultural Society

Millarville Farmers' Market is recruiting a new addition to the team, a Farmers' Market Assistant. This team member is responsible for assisting with the operation of our Spring, Summer, and Christmas markets.

The full job description and information can be found on the link below or contact Chad Thomas market@mrastrack.com.

www.millarvilleracetrack.com/wp-content/uploads/2025/01/Market-Assistant-job-Description

Know Your Neighbours - Bears

Spring is here which means the bears will be waking up soon.

Alberta BearSmart provides bear safety information and information on reducing conflict between people and bears. BearSmart topics include bear deterrents, identifying bears, and tips for living in bear country.

Check out the BearSmart website for more information: www.alberta.ca/alberta-bearsmart

Happy Easter!

Barb Castell

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DUANE HARDER

Overworked? Underpaid? Not Appreciated?

What do you do when you feel overworked, underpaid or unappreciated? I am sure that all of us have experienced one or all the above at one time or another. If your answer is yes, I invite you to look at these three aspects of life with me.

Overworked: If you feel overworked, is it possible that you are taking on more than your fair share of the workload. This can happen very easily if a person is prone to “people pleasing.” This starts with a desire to help, to add value to someone’s life, or to let them know that you care. At the root of the good intention could be the need to be needed. Helping becomes more about me and the need that helping fills in my life, than the need of the other person.

Overwork can also be tied to a faulty set of internal values. Just about every day a child was asked the question, “What have you done today to deserve to be alive?” The internal voice kept saying, “your worth is established by your ability to earn your

right to life.” This drove the man to perform to an undefined and unreachable standard. He poured himself into his chosen career to prove that he deserved to be alive. Proving his worth was a task master that drove him to overwork.

If a person grows up in an environment where their value or affirmation was dependent upon their performance, they will be more susceptible to the burden of overwork. They have learned that their value is not inherent, but something that must be continually earned through achievement or performance.

Overwork can come from a sincere desire to help others achieve their goals. I would classify this as over responsibility, not over work. In other words, I allow the optional to crowd in on the important. Having a clear sense of my primary responsibilities will help me assess optional responsibilities.

Underpaid: We often assess ourselves based on our net worth. Unfortunately, worth gets attached to material value. Our internal formula says, “Value is the total of our tangible assets.” On a flight from Toronto to Calgary I was sitting beside a man who asked, “How have you made your millions?” I thought for a moment and then responded, “Years ago I decided that more important than how much I made, was the value of what I had

to give.” When we focus on how much we get, we allow material assets to define our value. The more a person is focused on the value they bring to their work, the less they will be concerned about the money they get paid for their work. The real value of work is not what I derive from it but what it develops within me.

Unappreciated: Of the three, this is probably the one that is most important. Knowing that we are appreciated puts money in our value bank, energy in our weary soul, and purpose in what we do. But what do we do when we are not appreciated? That is when I need to seriously ask myself, “Why am I doing what I am doing?” If I am working to derive value, there is nothing that I do that will fully satisfy the vacuum of my need. If it is money the answer will likely be, “A little more.” If it is appreciation the answer will likely be, “But this went unnoticed.” Knowing that my attitude and my work express the heart of my Creator brings internal satisfaction that outweighs the words of any person. When my expectation is focused on the applause of one, I can carry the weight of my responsibility, the absence of compensation, and the mute response of the benefactor of my labor.

Keep working for the right Person and I’ll see you at the top.

Duane Harder

NATIONAL NATIONAL NATIONAL NATIONAL NATIONAL
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GET RIPPED by Jari Love

The Ultimate Guide to Body

Recomposition: Lose Fat, Gain Muscle

If you've ever wondered how to lose fat while gaining muscle, you're not alone. This process, known as body recomposition, is the ultimate goal for many fitness enthusiasts and those trying to lose weight. Not only does it improve your physique, but it also enhances strength, metabolism, and overall health. Let's breakdown how to achieve it.

The Science Behind Body Recomposition

Body recomposition is all about improving your body's ratio of muscle to fat. While traditional weight loss focuses solely on shedding pounds, recomposition aims to reduce fat while simultaneously building lean muscle.

The key is balancing your calorie intake and training to support both goals.

- **Calorie Control:** To lose fat, you must create a slight calorie deficit (burning more than you consume). But to build muscle, you need enough calories and protein to support growth. The trick is finding that sweet spot — eating enough to fuel muscle gain while still encouraging fat loss.
- **Macronutrients Matter:** Protein is your best friend in this process. Aim for about 1.6 to 2.2 grams of protein per kilogram of body weight daily to support muscle repair and growth.

Strength Training: The Game-Changer

If your goal is body recomposition, strength training should be your primary focus.

Lifting weights signals your body to preserve and build muscle, even when you're in a calorie deficit. Resistance training creates micro-tears in your muscle fibers, and with proper recovery (including rest and nutrition), your muscles rebuild stronger and denser.

For best results:

- Train major muscle groups at least 3-4 times per week.
- Focus on progressive overload — gradually increasing the weight, reps, or sets.

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- Incorporate compound movements like squats, deadlifts, and bench presses for maximum muscle activation.

What About Cardio?

Cardio still plays a role, but it's not the star of the show when it comes to body recomposition. While cardio helps burn calories and improve heart health, excessive cardio can hinder muscle growth if not balanced properly.

For optimal results:

- Prioritize short, intense cardio like HIIT (high-intensity interval training) for fat-burning without muscle loss.
- Limit long, steady-state cardio if your focus is on building muscle.

So, Which Matters More — Cardio or Strength Training?

When it comes to body recomposition, strength training is king. While cardio can assist in fat loss, building and maintaining muscle through resistance training boosts your resting metabolism, helping you burn more calories even at rest. Combining both, with strength training as your foundation, is the winning strategy.

Pro Tips for Success:

- **Fuel Smart:** Prioritize whole, nutrient-dense foods with plenty of protein.
- **Stay Hydrated:** Water supports muscle recovery and helps manage cravings.
- **Don't Skimp on Sleep:** Aim for 7-9 hours of quality sleep each night to optimize recovery and hormone balance.
- **Be Patient and Consistent:** Body recomposition takes time — but steady progress will get you there.

By combining strategic strength training, mindful cardio, and a balanced diet, you'll be well on your way to transforming your body. Focus on building strength, fueling your body with the right nutrients, and staying consistent — the results will speak for themselves.

Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at www.jarilove.com. You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.



MORTGAGE MATTERS by Candace Perko

Is a Reverse Mortgage Right For You?

Changing the Financial Equation

If you're like many other 55+ Canadians, much of what you own fits into two categories—the equity in your home and the money you've saved. Chances are, the value of your home has grown over the years and makes up a good portion of your net worth. While having a home that has built value is a positive, you typically can't spend that value unless you sell it. And that's something many homeowners simply do not want to do.

What is a reverse mortgage?

A Reverse Mortgage is a simple way to turn a portion of your hard-earned home equity into tax-free cash— with no monthly payments required.

That's where a Reverse Mortgage comes in.

A Reverse Mortgage lets you change the home equity and savings balance by turning some of your equity into cash.

Unlike many mortgage-based financial products, you're not obligated to qualify or to make any payments until you choose to move or sell. You can:

- Pay off existing mortgage or other debt
- Supplement your income
- Help family or yourself buy another property
- Cover unexpected expenses
- Renovate or refurbish your home
- Travel more often

What makes this program work is that participants may access up to 55-59% of the value of their homes, which ensures you have access to the cash you want and also the security you need.

Who can qualify?

- Canadian homeowner
- Age 55 or older
- Own your home
- It's your primary residence

You're In Control with a Reverse Mortgage

You worked hard to become a homeowner, and it's important that you keep it that way. With a Reverse Mortgage, you always maintain control of your home*. In other words, you will never be forced to sell or move as a result of changing home values or earning power (remember, there are no payments). And the amount that you or your estate eventually has to repay will never exceed the fair market value of your home at the time it is sold. There's no

reason your home should ever be a burden to you or your family.

* As long as you keep your property in good maintenance, pay your property taxes and property insurance, and your property is not in default.

Your Money, Your Way

A Reverse Mortgage may be structured to ensure you get the money you need in precisely the way you want it. Whether you wish to receive your money over time or in one lump sum, the choice is yours. Likewise, if at any time you would like to repay the principal and interest in full or switch to paying interest on an annual or monthly basis, you can do that too (prepayment charges may apply).

You Have Earned Your Home Equity

You have the right to access the equity in your own home, regardless of your current income, health, or credit score.

By Canadians, For Canadians

A Reverse Mortgage is a Canadian financial solution that benefits Canadian homeowners. There are currently 2 lenders in Canada offering "prime" Reverse Mortgage products, each with 35 & 50 years mortgage lending experience.

Contact your favourite Mortgage Broker if you'd like to explore a reverse mortgage for an existing property or the purchase of a new residence!

Candace Perko, Mortgage Broker

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CANADIAN TRADEMARKS by Bill Stemp

Regarding the trademarking process, we would need to conduct a trademark search in Canada to see if your trademark has been registered or applied for. The cost for this is \$375 plus GST per trademark.

If the search results are positive and there are no conflicting trademarks found, we would then proceed with the filing of the trademark application. The initial cost for the Canadian trademark application is \$1,800.00 plus GST plus \$478.15 government filing fee. This government fee is based on filing one class of product or service. There will be an extra government fee of \$145.12 for each additional class of products or services. In approximately 3-4 years, the application will be examined by a trademarks examiner and if they oppose your trademark they will then issue an Examination Report. We would then be required to file a Response back and depending on what work would need to be done then the cost would be approximately \$200 to \$600.

There is a chance that we could receive more than one Examination Report resulting in more fees being due. If the application is approved then it will proceed to be advertised in a Trademarks Journal which gives anyone in the public a chance to oppose your trademark if they wish. If there is no opposition to your application, it will then proceed to registration.

Your trademark is registered for 10 years. In order to maintain your trademark registration, you are required to file for renewal with the Trademarks Office and pay a renewal fee every 10 years. If you do not, your trademark will be expunged from the Trademarks Office.

The purpose of registering your trademarks is to make sure that no one else can ever use them and cause damage to your

reputation and your brand. If someone else uses your name, you will have lost significant revenue since customers will contact your competitor when they meant to call you. You will lose again if the competitor has a bad reputation as that bad reputation transfers over to your trademark. This in turn will cause people in the future to not call you because they've heard negative things about your business when in fact it wasn't your business which created the negative reputation.

Secondly, if someone else registers your name as their trademark you will be forced to change your name and lose all of the goodwill and reputation that you have earned and created for your business. No one would willingly allow that to happen but that is exactly the potential result of not protecting your name as a federal trademark.

Note there are 2 types of trademarks, phonetic and visual. A phonetic trademark protects the sound of the alphanumeric characters spoken out loud. Therefore 7-Up is the same as SEVEN UP, since it is the sound of the trademarks which is being registered and secured against any competitors. Similarly, the number 5 and the word FIVE are the same trademark.

With a visual design, also known as a logo, it is the appearance of the design which is protected. The design could include or

not include alphanumeric characters. An example of design which does not include alphanumeric characters is the Shell logo. An example of one which does include such characters is the Esso logo.

If you have a visual design or logo, both the logo and the phonetic trademark need to be secured by filing applications in the Trademarks Offices in the countries where you wish to sell your products or provide your services. For example, if you plan to promote your trademark or your business in the US, we need to file in Canada and US. If you want to secure your trademark overseas we need to do searches and applications in the countries in which you plan to do business.

Successfully filing to register your trademark whether it be a phonetic trademark meaning the sound of the words, letters, numbers, graphic design or logo, is the only way to protect the trademark in Canada or the US. Incorporating your business will not protect the name of the business at all. Your trademark will be registered for 10 years and your registration can be renewed every 10 years for an unlimited number of terms. So long as you continuously use your trademarks and make sure that you renew their registration, they will never expire.

Having a registered trademark puts you in the position of being able to control who is

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allowed to use your trademark anywhere in Canada since this is Federal jurisdiction. You can license your trademark to any number of licensees that you wish. If you are buying or selling a franchise, the most important asset of the franchise are the registered trademarks owned by the franchisor.

Not registering your trademarks leaves you in jeopardy of having anyone else use your trademarks without your knowledge or consent, thereby diminishing the value of your trademarks. It could also result in your losing the right to use your trademarks by virtue of someone else registering the trademarks and owning them and then being in a position to demand that you change the name of your business to something that is quite different from what it has been up until then. Imagine the damage to your business if after 5 or 10 years of using your trademarks you are forced to stop using them and change your name, signage, marketing materials and even your phone number.

You want to protect your good name and reputation or the name and reputation that you may have already worked very hard to create and to build up. Federally trademarking your name plus any graphic designs, logos or slogans is the only means to do this. You have worked very hard to create a good reputation; why let someone ruin it? Worse yet, why permit someone

else to take your name, use it without your consent and to even go so far as to register it as their trademark? You can imagine the damage to your reputation in business of that were to occur.

Please note that you are not legally able to register a trademark which you know is being used by a competitor.

1. First of all your trademark application will be denied because you are not the first one to use the trademark;
2. Secondly it is an offense under the Federal Trademarks Act to secure the registration of a trademark which you know is being used by a competitor;
3. You could be sued by the competitor for having applied to register a trademark which you knew they were using previously.

In any event why would you want to have the same name as a competitor? For all you know the competitor does not have a good business model or does not treat their clients or customers very well. Any poor reputation of your competitor will inevitably transfer over to you.


As a result you could end up losing customers that you didn't even know you were going to have because of the negative reviews they read about your competitor who is using the same name.

Would it not be better to create your own unique trademark name and visual designs/logos that you can own and which no one else has ever seen before? That way you can build up your own reputation and goodwill and really own it instead of sharing it with someone else. If you build up a good reputation and goodwill you will inevitably be sharing that with your competitor because the public will have no idea that these are 2 different businesses owned by different people.

Please note that if you have a trademark or trademarks for which your company is the applicant and the company will own the trademarks, it is very important to make sure that the company which owns the trademarks has as little debt as possible. If the company is put into receivership or bankruptcy, you will lose the trademarks because the receiver or bankruptcy trustee as the case may be is required to sell all of the assets including the trademarks.

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IN THE GARDEN by Andrea Kidd

Mary and the other women step into Joseph's garden, straining to see through the darkness of early morning. Mary stumbles; Joanna grabs her elbow and helps her regain her balance.

"Careful, Mary! Don't drop the spices!" she says.

Their anxious whispers to one another mingle with the chirps of the dawn chorus. Cool air and scent from the dewy ground refreshes them even as the crushing grief of the past two days hangs over their hearts.

Mary stoops to pick a sprig of mint from the herb garden, crushes the leaves to release the fresh aroma which also releases tears that tickle as they trickle down her cheeks. Is it possible to cry any more tears?

The first ray of bright sunlight lights up a patch of pure white cyclamen blooms that wave on tall stems in the gentle breeze. Leaning on the smooth grey bark of a young fig tree, Mary peers at the cave and gasps, "Where's the stone?"

"It's over there!" said Salome. "Who could have rolled it away?"

The sun slides a little higher over the horizon and illumines the entrance to the cave. As the women peep inside they see no sign of the body, and involuntarily bring their hands to their nostrils as a strong, pungent smell like resin and onions reaches them. Of course, they remember, Nicodemus gifted a generous amount of myrrh and aloes and anointed Jesus' body before wrapping Him in clean linen.

As they retreat they are startled; a young man in a white robe sits to the right of the entrance. They gaze alternately into the gaping, empty tomb and up into the face of the young man who says:

'Don't be alarmed ... you are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, He is going ahead of you into Galilee. There you will see him, just as he told you.'¹

The women flee, feet pounding a cloud of dust.

"Our Lord is gone," pants Joanna, "Who can have taken Him?" She stumbles on an exposed root and falls, sobbing in the dirt. Perspiring in spite of the cool dawn air, the women sink down under the shade of the gnarled terebinth tree.



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Mary massages Joanna's wrenched ankle. "What can we do? What can we say to the men? They will think we are crazy. Oh, Mary, I am so afraid!"

Mary's hands tremble uncontrollably when she stops rubbing Joanna's ankle. "Jesus said many times to trust our Father," she remembers.

And Joanna adds, "Trust in the LORD with all your heart and lean not on your own understanding." ² We don't understand, Let's pray!"

Long, slow breaths bring an awareness of the finches chirping in the leafy boughs overhead.

"That man in white," counters Mary. "Did you hear what he said?"

"Something about Him not being here. That was obvious. The tomb is empty."

Chests still heaving, Mary adds, "Joanna! The man in white said, 'He has risen!' He means Jesus is alive again! That's why Jesus isn't in the cave anymore!"



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"And Jesus said he would rise on the third day. ³ It is the third day since He died. Back then I didn't understand, or didn't believe."

Mary scrambles to her feet and offers her hand to pull Joanna up, too. "Come on, Joanna! We have been instructed to tell the Peter, and the others. Hurry!"

1. Mark 16:6-7, *New International Version*

2. Proverbs 3:5 NIV

3. See Mark 9:31

If you enjoy my High Country News submissions, please see my substack for more: andreakidd.substack.com



OUT OF THE RUT Chapter 176

Ahh, dear friends, I hope the month of April is treating us all delightfully as you read this. What turbulence and trauma abound. I have travelled from European shores to the excommunicated Blighty and back to the glory of our Canadian Mountains. We are Canadian and always will be. So proud to be of this country, I am blessed to call this home, despite other meddlings and global unrest. The ripples – tsunami – rolling out across the globe is becoming quite violent. Of all the people with whom I have spent time - many many new faces and unexpected connections - they unreservedly oppose the actions being perpetrated to the south of us.

Meanwhile... back at the ranch... sharing good news, focusing energies on small things close to home, aspects of life that can be affected by my own actions. I am buoyed up by the supportive words of the most amazing Fine Artist with whom I have been fortunate enough to study for the past three months. He didn't want me to leave, expressing a wish that I had a greater grasp of the Spanish language enabling us to converse directly about the nuances of the work, the application of oils, perspective, tones, composition, technique. It has been a wild riot of fun and colour for me. I produced (ha!) a group of seven works, with some dramatic changes and progressions from my first tentative foray into the world of oils. I now slap paint around with a palette knife with great abandon. I have been instructed to pursue this on my return to Canada so a space in my house will be redirected to the creative work of oil painting and a dedicated period several times a week. Perhaps I will attempt to work in Canada when I know Mum is at class in Spain, that will be fun.



My penultimate piece is probably my favourite. It's far too big to bring home, but I can reproduce a photo of it here. This landscape is an amalgamation of images seen here, the gloriously pungent purple clouds over the mountains, the luminous sky as the sun sets far in the west of the globe. I struggled – not least with Félix painting glorious red and ochres all across it – while that looked fabulous, others exclaiming “ooohhh, that's so beautiful, you must keep that”... it was not right, not Alberta colours. I scraped them all off and repainted in totally different hues. Scraping away the work of an absolute master is such heresy. It's hard to do. I steel myself and practice, practice, practice. I have a lifetime ahead of me.

Meanwhile, our very dear friends and Bragg Creek 'institutions', Michael and Murray (ManyLegs Pet Grooming & Supplies) are leaving us. How sad I am that they will finally end the days of fabulous fur frenzy and frozen food furnishment to the area. I so enjoyed their friendship

and my days working in the store with and without them – whether care-taking during their infrequent absences, driving back and forth with cars overlaid by endless bags of bones and frozen fodder, supporting and being supported through the challenging years of Covid. Having given so much of their time and energy to this community, they have so earned a peaceful retirement in Nova Scotia. I sincerely hope that I will be able to make a new stop on my future travels. I wish so much fun, happiness and rest to them both!

Change being constant, is still not a thing that many welcome easily. However, I've been a magnet for change these past fifteen years and it doesn't look like that will change any time soon. Keeping heart and soul open and alive, keeping the mind elastic and the body as close to flexible as possible all help navigate the challenging vicissitudes of life. Be open.

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DAWN CHORUS- A SONG OF SUCCESS by Laura Griffin



Photos by James Griffin

There is a special time of day when the horizon starts to brighten before the sunrise, when the cool night air is still felt on your cheeks and frost or dew is still underfoot. It is the time of day when your ears start to pick up the burble of birds. It is the dawn chorus, a magnificent reminder that the dark of night and the cold of winter are at an end. No matter which part of the Earth I am on, I am in awe of April's dawn chorus, when the avian orchestra seems to grow in numbers with each passing day as different species return from their migration. It is one of my favourite times to be outside as it seems the world is waking up.

There are a few reasons given for why birds sing so much at dawn as opposed to other times of day. One is that at this time of day it is hard to forage because the insects and worms are not as active, and seeds are hard to find in the dark. Another reason given is that the cooler morning air is less



turbulent, which means the songs can carry much further afield. There is also less noise disturbance from other things like traffic and people, making bird songs carry about 20 times as far at dawn then midday. But what are these feathered friends broadcasting anyways?

One very important message comes from males looking to find a mate. The louder you sing and the more robust your song, the more physically fit you must be, so female birds will be very interested in coming to see you (male birds do most of the singing). Birds cannot cheat while singing. If you are healthy your song will carry farther than if you are unwell. The other important message is about territory. Nighttime is a dangerous time to be a bird. It is colder and harder to see predators and other threats. When a bird survives the night, it sings to broadcast the message, "I'm still here. This is still my space". Neighbouring birds can distinguish

between the voices of different birds of their own species and know if the singer is a newcomer who might be threatening their space or just their usual neighbour. If no call is heard, then the message is that there might be new territory up for grabs.

If you have been following the news, it might be making you feel like we are heading into uncertain times as Canada's neighbour seems to be singing a different song. I think it is important for us to take a lesson from the birds. To celebrate each day as it comes. To keep broadcasting our message, that we are kind, resilient and proud of our own territory. I would encourage you to open your windows or walk outside and welcome the dawn chorus into your morning routine. Listen to the beautiful birds returning from their long migrations, put out some water for them, turn off your lights at night to make their journey safer. Small acts of kindness still go a long way.



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Hey KIDS, do you have a great idea for a puzzle, brain teaser, colouring page or word search?

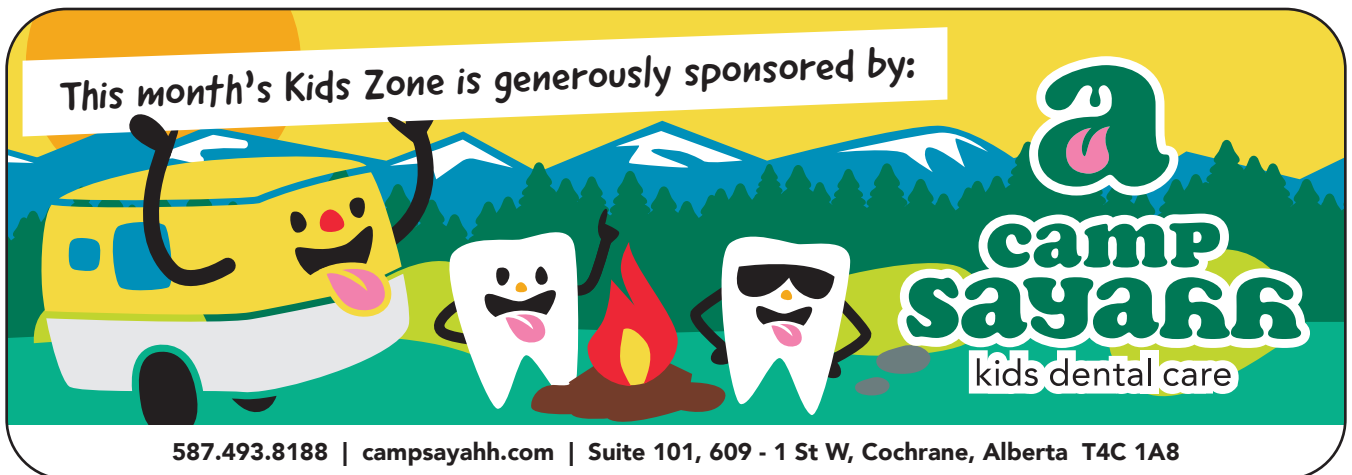
Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print! We will include your first name and age if you include that information

Happy Easter Word Search

Bunny	Light
Chocolate	Chick
Hunt	Hide
Spring	Find
Cross	Tulips
Thaw	Dye
Celebrate	Crocus
Daffodil	Passover
Eggs	Colours
Seeds	Birds

G	H	J	D	S	W	G	N	I	R	P	S	E	R	J
D	E	H	I	D	E	V	Y	J	F	M	H	G	H	C
Y	F	M	C	E	L	E	B	R	A	T	E	O	X	H
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U	O	U	E	M	H	S	D	T	C	T	V	A	P	K
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R	F	D	B	U	S	U	I	F	S	T	U	C	V	O
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ADHD: NOW WHAT?

HOW TO MOVE AHEAD

Receiving an ADHD diagnosis can change your life for the better. People want to know what exactly they are dealing with, to what degree and what they can do about it. Most can relate to the symptoms by referring to pop-psychology, a conversation with another parent, a friend, family member or a co-worker. When you hear others say: "You might have ADHD" or perhaps suspect it yourself, then it is time to get a proper evaluation.

PHASE ONE: STRONG EMOTIONS

First, there are all the feelings that come along with getting a diagnosis of a condition you dealt with all your life, but did not recognize. When you receive a diagnosis, it can trigger strong feelings. These vary from shock, to tears of relief or joy, while some choose to keep it to themselves. Some people need to forgive themselves for fear that those close to them may not accept or believe them, but instead will judge and criticize them. Finally, there is an explanation for why you think, feel and behave the way you do.

More importantly, there are starting points to improve your life and to move forward in a practical way. These include skills and strategies to manage your time, tasks and emotions.

PHASE TWO: EXPLORATION

There is now a basic explanation of how your behaviours make sense in your life, work, studies and relationships. Don't panic. If a child is old enough to understand, include them in any considerations in a positive way. Aspects include how to live and learn better with the many challenges and opportunities their ADHD presents. Develop their personality by building on their strengths and talents, while mitigating their weaknesses through supportive interactions with others. You may reach out to others and look for camaraderie to share your stories, experiences and information.

PHASE THREE: FRUSTRATION

ADHD is a permanent, chronic condition which is a sobering fact. You may say: "Why didn't I find this out sooner?" It is important to consider co-existing disorders such as anxiety and depression. It can also shake your self-identity as you come to grips with a new sense of self. Remember that all can be managed with interventions that are aimed at reducing the core

symptoms. Once you are aware of what are primary and secondary, then treatment begins.

PHASE FOUR: ACCEPTANCE

This is where you embrace the new part of you. You have come to terms and accept how your unique ADHD related thoughts and behaviours show up in everything you do. You have found ways that work i.e. routines, habits, dietary and lifestyle changes, medication, neurofeedback, therapy, etc. You no longer judge yourself based on the opinions of others or compare yourself to those individuals who do not have ADHD.

PHASE FIVE: EMBRACEMENT

This is the point where you have researched as much as possible about what it means to have ADHD. You have figured out your strengths and opportunities for growth. You realize that without ADHD, you would not be the person you are today.

You know how to apply them in many areas of your life. You start to advocate, learn and inspire others. You let them know they are not alone, but that they have a voice and a friend who understands.

Sources:

Hallowell, E. (2019). *Next Steps: After The Adult ADHD Diagnosis*.

Sinfield, J. *Untapped Brilliance Blog: Five Stages of the ADHD Emotional Journey*.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com. I appreciate your patience on this matter.

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