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HIGH COUNTRY News

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<i>High Country News Cover:</i>	Painting © Patricia Johansen

NEXT DEADLINE IS
Friday, Feb 15!

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From The **EDITOR**

As we approach Valentines we are focused on love and the expression of this. For those of us in relationships, there is a pressure to create this lovely event and give gifts to show our love and romance to our special someone.

One of the best ways we can show our love is not in what we give, but in how we honour our word. Honouring our word (doing what we say we are going to do), is an expression of our love and commitment to another individual. When we honour our word, we are communicating the value we place on another individual, and we establish credibility.

When we take this principle beyond the initial borders of our intimate relationships, and apply it into our places of influence; the home, communities, business, etc., we will communicate that

people are valuable, and build a position of trust.

This is an area where I personally find it a challenge. As with all good intentions, I commit to doing something, only to run out of day, and find that what I said I was going to do isn't done. The problem is that when this happens, it gradually creates an impression on others that I won't actually fulfill my promises. The good news is that there are people in my life who are prepared to help me and remind me of these commitments, and I am endeavouring to listen.

The more we honour our word and help others do the same, the greater trust we can build with one another in the building of our communities.

I trust you will appreciate the writings of our contributors this month, and hope that you will find the time to participate and give time to the various organizations within our respective communities.

From our family to yours, Lowell Harder

For more from the Editor, visit highcountrynews.ca

**ANNUAL
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Artist PROFILE

Patricia Johansen is a Calgary born artist with over 30 years experience studying and painting in both oil and watercolour. She has travelled extensively with her family, living abroad and using these periods to study, paint, and teach. In each location her passion for the local landscape has been her inspiration – capturing the beautiful yet diverse scenery of these fascinating places. While living in the Congo, she was able to work with local students sharing her knowledge and passion for painting. She lived in Dubai for seven years where she worked primarily in oil and explored portrait techniques. Another stop was Tbilisi Georgia (former Soviet Union) where she worked for three years with local artists and began her journey in watercolour and focused primarily on local Georgian landscapes and historic Georgian architecture. Pat is currently working on a new portfolio exploring the Rocky Mountains and local fauna. She has recently completed works on Elbow Falls, Kananaskis-Interlakes, Lake Moraine, the Lake Louise area and other mountain settings. Her inspiration now comes from her passion for summer and winter hiking and she enjoys painting the wonderful local flowers of the Bragg Creek area.

Pat has an active website at

www.PJ-Illustrations.com

where her portfolio of work is displayed.



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- FEBRUARY EVENTS**
- FRI 1 - AL BARRETT (SOLO ACOUSTIC)
 - FRI 8 - PUTTING ON THE FOIL
 - FRI 15 - JR KAQUITTS (SOLO ACOUSTIC)
 - FRI 22 - JR KAQUITTS (SOLO ACOUSTIC)
 - SAT 23 - RANI'S RASOI CURRINGO NIGHT WITH BINGO
 - WED 27 - POTTERY NIGHT (SEE FACEBOOK FOR DETAILS & TO SIGN UP)

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Hello High County News readers! Well, it looks like we could be heading into an election quite soon, as the NDP government has called for the legislature to resume on March 18th for the throne speech. Will there be a budget, or will the NDP drop the writ the day after? The *Herald's* Don Braid speculated about this on January 15: calgaryherald.com/opinion/columnists/braid-alberta-ndp-edges-toward-a-budget-free-elections. As you know, the provincial law, which is actually not binding, says that the election should be held somewhere between March 1 and May 31 this year. However, as you recall, the previous election in 2015 was called a year early. The Premier could also extend up to one year more should she choose, so it will be very interesting over the next while to see what games will be afoot! Albertans are amazing, resilient folks who do not need governments to give them handouts as we saw with the reaction to the \$1.6 billion in loans offered up to us by the feds, hoping to somehow placate us for the lack of pipeline access! We need to see our province have the ability to attract investment, to allow Albertans to do what they do best, and that is to have the freedom to work hard, and pursue the opportunities they choose to pursue in the land of the Alberta Advantage. This brings me to my next point. Amber Ruddy of the Canadian Federation of Independent Business points out in her article this week (www.cfib-fcei.ca/en/media/new-year-new-vision-needed-support-entrepreneurship-alberta) that the Alberta Advantage is more than just a statement but it is a feeling and requires a refresh. Small business is the lifeblood of Alberta, and as it was pointed out to me by one of my dearest friends, along with oil and gas, we have so many sectors and businesses to be proud of that contribute to the fabric of Alberta. As Amber says, and I can attest to as a small business owner like many of you, we are a "huge demographic of hardworking business owners that create jobs and wealth while contributing in a long list of ways to their local communities"

We are "25% of Alberta's gross domestic Product", and this deserves recognition and respect.

Finally, I would like to speak about oil

and gas. This is one of the pillars of our province, the beautiful and remarkable resources that we bring out of the ground responsibly and contribute directly to our prosperity. Please read the article by David Yager at energynow.ca/2019/01/fearless-positive-predictions-for-2019-elections-oil-prices-bill-c-69-more-david-yager as it gives a veteran observer of our energy scene's take on prospects for 2019. As we have always said, no government is at fault for falling oil prices, or the volatility that comes along with being dependent on natural resources, but what does matter is the confidence in the industry, investment, and the policies that a government will create around that industry that is the most telling. Our present NDP government has created huge deficits and has become the biggest employer having created 84,000 jobs in the public sector. As Dave says: "The government is the province's only source of job growth and this is financed by the largest budget deficits in history." At the same time they have done an incredible job handcuffing the industries that fund the government they are privileged to run, namely small business, and our resource sector. They refused to fight against the no more pipelines bill C-69 until it was way too late, and the Premier is determined to continue with a carbon tax that does nothing to change GHG emission, and in fact when the Premier was asked by the CBC as to what the numbers were when it came to changes in emissions, the Premier could not answer the question. It's too bad for our NDP government that the truth lies with BC, where we see increasing emissions and no behavior changes at all. The Carbon Tax did not build pipelines as promised and costs Albertans more than even the federal plan.

On a sad note, Gene Zwozdesky, a former Speaker of the Alberta Legislature and a pillar of Alberta's Ukrainian community, died recently at 70. He was also well known as a musician, dancer, and hockey referee and will be sorely missed. My heart goes out to his wife, his children, and his grandchildren. Also, as I write this, Peter Watts is in an induced coma and not expected to survive. You may know him as the host of the Alberta Morning news on CHQR, from TSN, from the many amateur sporting events he broadcast, or from his many volunteer efforts. The outpouring of prayers and best wishes from hundreds of people in all walks of life is a tribute to him and I also hope and pray he can recover.

*As always, I love to hear from you.
 Your voice matters.*

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Upcoming Foot Care Clinics

Jan 10 • Feb 21

Foot Care Clinics are a Mountain Woods Health Services Community Initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship
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MLA Update
Banff/Cochrane
By Cam Westhead, MLA

This month I'd like to update you on the progress of the Calgary Cancer Centre. All Albertans deserve top-quality, innovative cancer care, and it's exciting to see how far construction has come on this much-needed facility that gives hope and increased access to care to patients and families in southern Alberta. Construction of the \$1.4-billion cancer research and treatment centre – the largest government infrastructure project in the province – remains on time and on budget.

The Tom Baker Centre reached full capacity in 2003. Since then, cancer rates have continued to rise at a rate of three to five per cent a year. Every day, 54 Albertans learn they have cancer, a number that is expected to grow to more than 70 by 2030 due to aging and population growth.

So far, enough concrete to fill 15 Olympic-sized swimming pools has

been poured for the radiation therapy department at the new Calgary Cancer Centre. Thirty per cent of the project's total concrete, or 37,000 cubic metres – has been poured as work progresses on the 12-room radiation therapy department.

With a total concrete volume of 125,000 cubic metres, it will be the largest stand-alone cancer centre in Canada when it begins offering improved care for patients in 2023.

The project is expected to add 1,500 jobs for Calgaryans over the next six years. Four cranes and about 300 workers are currently on site with construction well underway on the lower levels, all five parkade levels and the first clinical areas of the centre.

Development of the radiation therapy department will continue later this year with the pouring of more than 10,000 cubic metres of concrete and the construction of 12 steel and concrete vaults. Each vault will have 1.8-metre-thick walls to protect patients and families from radiation exposure. This will nearly double the current Tom Baker Cancer Centre's capacity to treat patients with radiation therapy – currently more than 3,300 a year – to meet an anticipated 60 per cent increase in demand by 2030.

The Calgary Cancer Centre will be integrated with the Foothills Medical Centre and will replace the aging Tom Baker Cancer Centre. Albertans will have an opportunity to tour life-sized replicas of patient treatment rooms this February.

PCL Construction has removed about 450,000 cubic metres of material since the project's groundbreaking in 2017 and will continue with below-grade activities through 2019. Construction will continue until 2022.

I'm proud that our government made it a priority to invest in this project. This state of the art facility will provide cancer care to southern Albertans that is among the best in the world.



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Springbank Creative Arts Club Update

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

The club is welcoming several new members this spring! We are delighted to have these ladies join us, but there is lots of room for some gentlemen as well. There are several positions available for any members to fill on the executive for 2019. If you are an organizer or decorator or

have some skills that can be utilized, please let us know. Do you have a craft that you would like to share with the group? Send the details and we will see if there is interest.

Please contact Janice (janice3lambert@gmail.com) for any new business to be introduced at meetings.

There will be a Spring Fling Sale and the details are being worked out. April 13 at Amica Aspen Woods. A change of venue, but all the favourites will be there. It is also a great time to see this facility. The Facebook page will have the details, once things are finalized.

This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more info email yjo999@gmail.com. Follow us on facebook.com/springbankchristmasmarket

Submitted by Yvonne Bamlett

Helping Hands Upcoming Courses

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

Registration opens on Monday, January 7, 2019. Please register early. Spots fill quickly. You can register by calling 403-851-2250 or by visiting www.cochrane.ca/362/eServices with your credit card in hand.

Cochrane FCSS Community Helpers Program – Spring 2019 Workshops:

Applied Suicide Intervention Skills Training (ASIST)

St. Peter's Lutheran Church, Thu Feb 7 & Fri Feb 8, 8:30am-4:30pm, \$100

Learn skills for intervening directly with a person at risk of suicide. Registration fees subsidized by Town of Cochrane Community Helpers Program. Materials and snacks included. Please bring a bag lunch or visit a nearby coffee shop at noon. Registration required: 403-851-2250. Minimum 12 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Inner Leadership: Mindful Practices for Being Centred and Present

HomeStead Apartment Building, Fri March 8, 10am-3pm, \$30

The more present and available you are for yourself in any moment, the greater service you can be to others. Dr. David Lertzman combines leadership, wellness and self-development with mindfulness meditation and QiGong practices, providing tools to allow us to be centered and fully present to others in challenging circumstances. Snacks, lunch, and materials included. Registration required: 403-851-2250. Minimum 8 participants. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

Mental Health First Aid for Adults Who Interact with Adults

HomeStead Apartment Building, Thu Mar 21 & Fri Mar 22, 9am-4:30pm, \$50

Learn crisis first aid for interacting with adults experiencing addictions, depression, anxiety, trauma-related disorders and psychotic disorders. Registration fees subsidized by Town of Cochrane Community Helpers Program. Snacks, lunches, and materials included. Registration required: 403-851-2250. Info: Sharon, 403-200-1290 or Sharon.MacDonald@cochrane.ca.

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Springbank Middle School News

2018 wrapped up with a flurry of activity at Springbank Middle School. First term report cards were handed out at the beginning of the month. The annual Winter Concert was held at the school on December 11th. Over 100 students in the Band program performed music from many styles and time periods along with some festive favourites.

Our Adopt-a-Family campaign was a great success. We created packages for ten families and delivered them to the Activettes for distribution. We are so proud of the community spirit the student body demonstrated in this campaign.

The Grey Cup visited our school on Tuesday December 18th along with Coach Dave Dickenson and kicker Rene Paredes. The students had a chance to get a photo with the Grey Cup in exchange for a donation to the Food Bank. Students enjoyed the opportunity to get a memorable photo and talk to our champions.



Student Patrick C with Rene Paredes and Dave Dickenson; Teachers Ms. Ahner and Mrs. Williams with the Grey Cup

The grade 5 students performed a winter themed mini-show for friends and family on December 19th. The next day, the grade 5 and 6 classes spent the day at Southland Leisure Centre as part of their physical education program. The French Immersion program organized a movie morning on the 21st. All French Immersion students went to the Cochrane Movie House to watch a movie in French. Thank you to the Cochrane Movie House for hosting this event.

We are now well into term two at the school. Our classes are focused during this time and the students are working hard. SMS is hosting an Improvisation Residency with Think Fast Comedy from Toronto. Leader Mat Mailandt is working with all the drama classes, as well as the Language Arts 7 classes. In Language Arts, the students will be creating their own sketch comedy routines as part of the



program. Who knows, maybe we have the next cast of *This Hour Has 22 Minutes* in our school. Thank you to Ms. Knight for organizing this residency.

The Junior Girls and Boys Basketball squads are practicing hard for their tournaments. Thank you to our volunteer coaches who come in to lead practices and to our phys. Ed teachers, Mrs. Williams and Mr. Lee for working with each team.

Seven students from the Music Program participated in the annual Rocky View Schools Junior Honour Band in Airdrie. Matthew, Mark, Michael, Alyssa, Kieran, Katherina and Jerica joined 45 students from Rocky View Schools around the division for a weekend of intense rehearsal and performance. The final concert was January 12th at the Bert Church Theatre in Airdrie. Conductor Danielle Istchenko from Heron's Crossing School led the group this year.



Four young musicians, Piper H, Conrad B, Nicholas L and Isla P will be performing in February with the Southern Alberta Junior Honour Band. They were selected by the Alberta Band Association to participate in this prestigious ensemble which will bring together junior high students from Red Deer to the American border for three days of rehearsal and performance. Director Jennifer Mann from Lindsey Thurber High School in Red Deer will be conducting this year's ensemble.

Our librarian, Ms. Mackenzie, would like to invite everyone to our Book Fair, January 28th to February 1st. The Fair will be held in the library at SMS. Three-way Conferences will also be that week. Bookings can be made online for a conference time.

There are lots of volunteer opportunities coming up in the next few months. We'd love to see you soon.

Cochrane & District Chamber of Commerce Trade Show May 4 - 5, 2019 • Spray Lake Sawmills Family Sports Centre

Attendance : Approximately 2800 - 3000 people

If you are looking for a way to showcase your businesses' services or products,
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Our show has sold out the last number of years and we expect the same for 2019!

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



Investing Smart During Uncertain Times

Warren Buffett, one of the world's most successful investors, follows a classic rule when it comes to market volatility: "Be fearful when others are greedy and be greedy when others are fearful." In other words, do the opposite of the crowd! This philosophy is called classic contrarian investing.

Investor anxiety normally tends to rise in step with market volatility because most people are concerned about trying to pick the best time to buy or sell. This has been the situation so far in 2016.

For instance, making investment decisions would be infinitely easier if there was complete certainty about when markets were headed for a bear market or a correction. Unfortunately, the best time to buy or sell is obvious only in hindsight.

Because so many different factors simultaneously influence market performance, unpredictability is inevitable. Although interest rates are expected to rise at some point in the future, they will very likely remain at historic lows for the foreseeable future making interest-bearing investments (i.e. fixed income investments) less attractive than other options. Traditionally, equity investments (i.e., stocks, mutual funds, etc.) have outperformed fixed income investments over the long-term, so there is a good case for allocating investment assets into equity investments when creating a well-balanced mutual fund portfolio.

At this time in the markets, mutual funds consisting of companies with long histories of paying regular dividends are often a good choice for a retirement portfolio, as these types of investments have tended to perform better during all types of economic conditions.

Also, remember that the Canadian financial assets only represent approximately 3% of the World's financial markets. Therefore, any investment strategy would be incomplete without proper exposure to countries beyond North America.

In times of market volatility and sensational news headlines investors are often left wondering, "What are my best options?" History has shown that "staying the course" during times of temporary volatility has always been the best option for investors with well-diversified portfolios and long-term time horizons. It is Time-in-the-Market that counts NOT Market-Timing! On that same token, periods of market volatility have usually provided excellent opportunities for buying quality investments at discounted prices.

Another risk management strategy for long-term investors is ensuring that a portfolio is properly aligned with an individual's risk tolerance level. When a present day portfolio allocation does not line up properly with an investor's risk profile it may lead to hasty decisions that could ultimately turn paper losses into real losses.

In addition, market downturns can also be the right time to consider tax-loss selling to offset capital gains from other investments.

So in times of elevated market volatility the most important thing to do is to NOT watch market news too intently as that usually leads to heightened anxiety and financial decisions that are far too often regretted later. The best course of action is to always seek advice from your financial advisor before making any decisions about your long-term investment strategy. Lastly, remember to take time to enjoy life everyday with your family and friends.

Call us today to book an appointment to review your current investment portfolios and wealth accumulation strategies to take advantage of the changing economic and investment landscape!

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

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Proper Humidity Will Keep Your Home And Family Healthy

Studies have shown that keeping humidity levels in your home between 30 and 50 percent has certain health benefits. When the humidity is below 30%, you may experience chapped lips and itchy skin and increased bacteria and viruses in the air. On the other hand, when the humidity levels exceed 50%, bacteria, mold spores and dust mites grow which can trigger allergies and asthma.

Balancing humidity is often a challenge, especially in Calgary's fluctuating weather conditions that bring extra moisture or dry conditions and large temperature swings. You can use a humidifier to increase the humidity levels in your house and a dehumidifier to take moisture out of the air. Consider purchasing a hygrometer or calling an HVAC professional to check the humidity levels of your home in order to determine whether you need to use a humidifier or a dehumidifier.

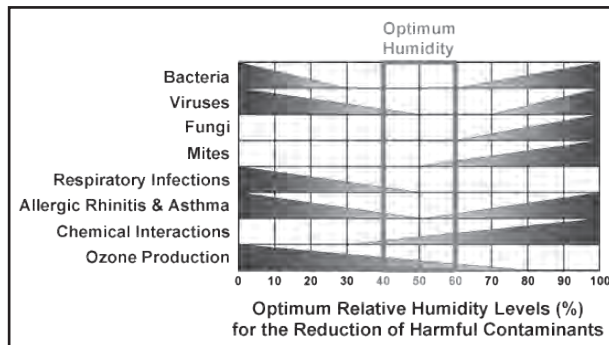
Health Benefits from a Humidifier

Keep Your Skin Soft and Vibrant - If you struggle with dry, chapped or flaky skin, increasing the level of moisture in dry air of your home can add some life back into it. Dry air drains moisture from your skin and can cause numerous problems including dullness, dryness, itching, wrinkles and flaking. Installing

a humidifier can help to alleviate these symptoms.

Protect Your Voice - When you wake up in the morning with a dry cough or cracking voice, this simply means that your vocal cords have been exposed to dry air. A humidifier can rehydrate them, especially at night while sleeping. Keeping your vocal cords lubricated will not only help you get your voice back if you've lost it but also help to maintain it.

Prevent Nosebleeds and Sinus Congestion - Dry nasal passages often cause nosebleeds, especially during the winter season. Humidifiers help



keep your nasal passages moisturized, which can prevent frequent nosebleeds and keep your sinuses healthy. Bacteria and viruses cannot travel through your sinuses and throat as easily in a moist environment, so a humidifier can also keep you from getting sick and help you get over a cold faster.

Increase Your Indoor Air Quality (IAQ) - Bacteria and viruses can travel through the air, causing and worsening diseases, and they get into the air easily.

When someone sneezes or coughs, tiny water or mucous droplets filled with viruses or bacteria scatter in the air. Inhaling these viruses or bacteria can spread coughs, colds, influenza, tuberculosis and other infectious agents. Maintaining an optimum humidity level between 30-50% in your home will decrease the number of viruses and bacteria living in the air in your home. Many people think that bacteria and viruses only flourish in a humid environment, however they also love really dry areas, too!

Health Benefits from a Dehumidifier

Prevent Mildew and Mold Growth, Increasing your Indoor Air Quality

Condensation and high humidity levels in your home encourage the growth of mold, mildew and dust mites. These allergens can cause you to struggle with symptoms such as sneezing, congestion, itchy eyes, skin rashes and difficulty breathing. Reducing the humidity in your home will help increase your indoor air quality, resulting in a better sleep and

fewer respiratory issues because there will be fewer viruses, bacteria and mold spores in the air. A dehumidifier will significantly reduce these issues for you and your family.

In summary, optimum humidity of 30-50% in your home is one pillar in keeping you and your family healthy in your home.

Carla Berezowski, CAPS
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You Can Prevent Falls!

from Redwood Meadows Emergency Services

One of the most common things RMES was dispatched for last year was falls. They can happen to anyone, anywhere, at any age. From slippery floors, spills off of ladders or walking across the ice that is everywhere in our area these days.

Here are some tips on how to minimize your chance of falling around your home:

1. Clean up clutter. The easiest method for preventing falls is to keep your home neat and tidy. Remove all clutter, such as stacks of old newspapers and magazines, especially from hallways and staircases.

2. Repair or remove tripping hazards. Examine every room and hallway, looking for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up.

3. Install handrails. These safety devices are crucial for going up and down stairs, and stepping in and out of the bathtub without injuring yourself.

4. Light it right. Inadequate lighting is another major hazard. Install brighter light bulbs where needed, particularly in stairways and narrow hallways. Add night-lights in bedrooms and bathrooms for better guidance at night.

5. Wear shoes. Socks may be comfortable, but they present a slipping risk. Preventing falls at home can be as simple as wearing shoes. You can also purchase non-slip socks that have grips on the soles of the feet if shoes are too uncomfortable.

6. Make it nonslip. Bathtubs and showers, as well as floors in kitchens, bathrooms, and porches, can become extremely dangerous when wet.

7. Sand it. Be generous with sand or de-icer on your walkways and decks. It can be hard to tell where the ice is – so be sure to keep your walkways and deck clear of snow.

8. Be ladder safe. Be sure ladders are in good repair, you know how to properly use them, and someone knows you're on one, before climbing on. Makeshift ladders (boxes, chairs etc.) are a no no!

What to do when someone falls

1. Don't be quick to get them up. Let them get a chance to get their bearings, encourage them to breathe and tell you "what" (if anything) hurts.

2. Call 9-1-1 if: there's any loss of consciousness or confusion, sharp or severe pain in the head, neck, back or chest, pain in the middle of the neck or back, numbness or tingling in the hands or feet or the person who fell doesn't feel they can get up.

3. If they can get up and move around reasonably comfortably, help them to a safe spot and encourage them to see the friendly team at Care in the Creek to make sure they didn't hurt anything.


Until next month, stay safe!

Join Us At Our Upcoming
Community Events!



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community church *All Welcome!*

Sunday Service 10:00am
Youth Gym Night • Feb 1 & Mar 1 at 7:00pm
both at Bragg Creek Community Centre
Pastor Dave Zimmerman • braggcreekchurch.ca



Ladies Bible Study
Mondays 10:30am

Needle Craft Club
First Sat of Every Month 7:00pm

Parent & Tot Group
CANCELLED until further notice

Monthly Business Lunches
Wed February 27 • 11:30am-1:30pm

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The Little Schoolhouse News



The students at The Little Schoolhouse continue to inspire and amaze us with their creativity, innovation and curiosity about the world around them. The children are playing and learning with intentionality and purpose. They are also building true friendships with classmates which is absolutely heart-warming to observe. Such an exciting time in these young lives!

We have spent time exploring snow, experimenting with melting and freezing, and creating art based on winter literature. Letter and numeral recognition has become a focal point for the preschool classes. Through engaging hands-on projects, we are identifying letters in our names and understanding the importance of literacy in our world. Counting and patterning with shapes and objects helps us build early numeracy skills throughout the days at school. Our kindergarten students are journaling, rhyming and creating stories with print and illustrations.

Registration for the 2019-20 school year began on Jan 15th at our Registration Night, and is now ongoing. Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old

preschool programs are on Monday, Wednesday and Friday mornings from 8:45-11:45am and afternoons from 12:15-3:15pm. For information on programming please contact me at mscara@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher



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Come meet your team M-F 8:30am – 5:00pm!

• Snagmore to Sugar Daddy to Sugar Mama loop. Moderate to Expert loop from Fullerton Trailhead on Highway 66 with very rocky, steep and narrow sections.

GBCTA is always working to adapt and improve on the West Bragg Trail System

with the goal of shared multi-use and enjoyment. We welcome your feedback and hope you enjoy the trails this winter season.

The Buffs Are Back in Town!

West Bragg Creek trail map buffs are once again available for sale at the Shell

gas station and at 'The Heart in Bragg Creek'. These are a fundraiser for the GBCTA - the funds from your purchase are put to good use!

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



Taste of Bragg Creek

Something's cooking in the Creek

Taste of Bragg Creek - Experience ALL the *Tastes* of Bragg Creek!

In 2013 a small committee came together to bring attention to Bragg Creek in our slower off-season and showcase our local restaurants and the first annual Taste of Bragg Creek was born. Six years later and what was once a single-day culinary event has now grown into a year long celebration of all the *Tastes* of Bragg Creek; our outdoor adventure and beauty, art scene, boutique shopping AND our culinary scene.

On Friday April 12th, 2019 head to Bragg Creek for the 7th annual Taste of Bragg Creek. Restaurateurs, caterers, and food and liquor merchants will prepare and serve unique "tastes" at booths at the Bragg Creek Community Centre. Park at the centre, purchase your tasting tickets and get started. Once you have experienced all the delightful dishes and libations at the centre we encourage you to grab a map and discover all the specials being offered at our local shops, boutiques and restaurant store-fronts. Tasting tickets will only be accepted in the Community Centre, but don't worry there will be special menus, samples, promotions and even free tastings at the in-store venues.

Although we like to recognize the *Tastes* of Bragg Creek all year long, the past couple of years we have focused our efforts in the month of April. This year will be no different, during April local shops and restaurants will offer in-store promotions to celebrate Taste of Bragg Creek and encourage visitors to attend the annual event.

"Taste of Bragg Creek is not just about food anymore," says founder Charlie Holschuh. "We have an exceptional culinary scene in Bragg Creek but we also have unparalleled natural beauty, talented artisans, unique shops and the best community spirit around. It's a great time to head to our quaint Hamlet to taste all it has to offer."

We'd like you to experience Bragg Creek every day of the year, but you'll definitely want to be here on Friday April 12th, 2019 for Taste of Bragg Creek.

Event Details:

Date: April 12th, 2019

Time: 5pm-9pm

Place: Bragg Creek Community Centre and local store-front vendors
23 White Ave, Bragg Creek

FREE admission and parking at Bragg Creek Community Centre

Tasting tickets are \$1.50 each

Number of tickets per sample is subject to merchant

Visit www.tasteofbraggcreek.ca for more information.



It's slippery out there and this is the time of year we see a lot of slips and falls. Besides the accidental falls on wrists, shoulders and hips, there are 21 admissions/day in Alberta hospitals due to seniors with preventable falls. The risk of falling and being injured in a fall increases as people age. Other factors come into play, such as eyesight, decreased activity level, strength, coordination, balance, illness, poor nutrition, medications, lack of social support, and lack of transportation to name a few.

Research conducted by the Alberta Centre for Injury Control and Research estimates that 1 in 3 people over the age of 65 is likely to fall at least once a year. Alberta seniors' falls were the leading cause of injury hospital admissions. A 2010 study on Alberta seniors 65 and older showed that every DAY in Alberta there were 21 fall related hospital admissions and 55 emergency visits. Every HOUR, there were more than 2 fall related emergency visits. Almost 1 out of every 3 fall related emergency visits resulted in an admission to hospital. When comparing seniors' falls

hospital admission rates for reporting provinces, Alberta had the second highest rate. A 2009 study showed that in Canada, 38% of all seniors who were hospitalized because of a fall sustained a hip fracture and 39% sustained other types of fractures. Those are some astounding statistics and this is quite a concern for our health care system and the family and friends that we care for.

Falls can have a devastating and lasting impact on an individual and are the most common cause of injury for seniors. Having a fall can cause a loss in confidence and subsequently a reduction in activities. Many people accept that aches, pains, and weakness are an inevitable part of aging. Yet many of these symptoms are not the direct result of aging, but of the physical inactivity that often goes hand in hand with getting older. Studies are showing that many aspects of the aging process are avoidable and even

reversible, by staying active. Whatever your age or ability, physical activity has an important role to play in raising and maintaining your quality of life.

Several programs around the world are being implemented that specifically target fall prevention in seniors. The Canadian Centre for Activity and Aging (CCAA), based at the University of Western Ontario, developed a program in the 1990s. This program is called the Home Support Exercise Program and is an evidence-based, in-home exercise program consisting of 10 simple exercises designed to enhance and maintain fitness, mobility, balance and independence. The exercises focus on balance retraining, strength training and a walking program. The Otago Exercise Program, developed in New Zealand and now performed in several countries around the world, is another strength and balance retraining program. This program is

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a set of leg muscle strengthening and balance retraining exercises designed specifically to prevent falls. Since the implementation of this program, New Zealand found a 35% reduction in the number of falls and a 35% reduction in the number of fall related injuries.

There are other falling risk factors to consider: *Dizziness* is a common cause of falls, for example. If you experience dizziness or being lightheaded, this may be caused by dehydration, medication, blood pressure changes or inner ear dysfunctions. Mention this to your doctor so these issues can be addressed. *Vision changes*: ensure you get your vision checked on a yearly basis. *Clutter in the home*: keep pathways clear in halls and stairways, keep areas well lit and free of clutter. Area rugs can be a hazard! *Wear* supportive shoes, anti slip socks and *watch* for ice, cracks and uneven surfaces while out walking. *Avoid rushing* and trying to do too many things at once. *Vitamin D deficiency* has been related to muscle weakness, disability, poor physical performance and cognitive impairment. So there

is some evidence that vitamin D may reduce the rate of falls in those with low vitamin D levels.

In order to reduce the risk of a fall in your future, exercise is a proven fall prevention strategy. Increased muscle strength, improved balance, and improved confidence have been found to significantly reduce both the rate and risk of falling. Walking, dancing, Tai Chi, group exercise classes or individualized home programs can boost your strength and balance, making you safer and stronger! We would like to provide an exercise class for seniors in our community at Bragg Creek Physiotherapy. If you are 65 or older, or due to other reasons would benefit from basic balance and leg strengthening, this class is for you. Coming in March, we'll offer an hour introductory class with a warm up, basic leg strengthening exercises and balance retraining - you will learn some skills to then continue, as appropriate, in the comfort of your own home. Please contact the clinic for dates, times and details, or check out our website and facebook page.

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Happy February Community!

With January 21st said to be the “Most Depressing Day of the Year”, we are now officially over the hump and it’s smiles galore for the rest of 2019! With your good moods in mind, we would like to let you know that the BCCA is seeking tools and supplies for our maintenance shop. If you have anything you would like to donate, drop by the centre or email your details to outreach@braggcreekca.com! We would very much appreciate it.

Next up: Attention youths ages 12 – 17 and parents of said youths! We would love to hear from you about ideas for day events that we could run this summer. Anything from hiking to white-water rafting, if there is interest, we shall look into it. We hope to have a roundtable discussion with youths in the community so email coordinator@braggcreekca.com with your wants and suggestions!

Ah, there is nothing like stargazing on a brisk winters evening... unless there is that pesky cloud cover. Hope for clear skies on February 4th at 6pm and 9th at 8pm at our stargazing event hosted here at the BCCA! There will be multiple ways to view and learn about the sky so dress warm. Make sure to register

beforehand at info@braggcreekca.com! Starting on the same day, Feb 4th from 7-9pm (and running March 4th, April 1st and May 6th) the Crossroads Café book club hosted by Sherri Olsen will take youth through life, career and retirement challenges. Come explore life’s next steps through coaching and gain inspiration and confidence! Email coach@sherriolsen.com or call 403.519.5998 to register. Deadline is January 28th!

Make sure you stay glued to our website and Facebook page for any changes to programming, plus new and fun events coming down the pike. From Family Yoga Rhythm classes (Fridays

at 9:30am), Outdoors In Nature Connection Camps on April 23rd to the 26th and our BCCA Hawaiian Night Fundraiser on March 9th, there is all kinds of fun on the horizon.

As always, we remain dedicated to the community of Bragg Creek and the surrounding townsites. As such, we would like to hear from you! If you have any events or activities you would either like to see happen or run yourself, get in contact with us at coordinator@braggcreekca.com and let us know! We’re always happy and excited to hear from our dedicated community.

The best to you all!
Ben McTaggart
Event Coordinator

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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Off to a tough start

For those of you who know me, like many of you, my priorities are focused around family & friends, career, and my community. Each of these responsibilities comes with unique trials and tribulations. That being said, I am writing this month's column from my parents' residence in White Rock as I had to drop everything and go tend to them after my mother had a set back and was once again in the hospital. At a time like this, you really get a sense of your own mortality and how you would want your 'end of days' to be treated. It definitely puts life into perspective.

As a son of somewhat devout Buddhist parents, the fact that they can discuss the inevitable in an open and discreet manner is a tad uncomfortable for me. They speak about getting off of this 'rock' and moving on. But as difficult as this current situation is, my parents truly have always 'walked the walk and talked the talk'. They taught me to put others first, treat everyone as equals, and avoid negative people. Maybe that's their secret to a long, productive existence? Trust and honesty. When I visit, they worry about those I affect in my absence - from my duties as a dad, businessman and councillor than my being there to help them.

And so living accordingly to their credo, I continue to be 'open for

business' with all of my obligations to my community so please do not hesitate to contact me for help or assistance as your councillor. I truly mean it.

Re: Due Diligence Absent

This brings me to a situation with regards to a recent action conducted by four Rocky View County councillors. For the record, a recent article published in the Rocky View Weekly suggested that Reeve Boehlke acted solely alone in hiring our current CAO, Al Hoggan. That was not the case. A vote was conducted by councillors in a meeting whereby Al Hoggan received the majority of votes. Council then instructed the Reeve to proceed with an offer to make him our new CAO replacing Rick McDonald, our Interim CAO at the time. Reeve Boehlke did not act alone. As far as I'm concerned, case closed. Democracy wins. Move on.

A meeting with Chief Crowchild

Just before Christmas, by invitation from a friend and strong advocate of Division 1, I had the honour and privilege to sit down with the Chief and one of his councillors to discuss several topics that affect our unique relationship as neighbours. There are so many opportunities that exist between RVC and Tsuut'ina that require on-going conversations which I look forward to in the future that will impact each community. From discussions on

traffic projects, business development, residential growth, law enforcement, flood mitigation, wildfire threats and so forth, you can see the need for a friendly and respectful relationship. It is time we continue to make headway, especially after working together to bring SR1 under more scrutiny. Working together only makes sense.

Thanks again

With each day that passes, I learn more and more about being a good husband, father, friend, businessman and councillor. As for being a politician, I know one thing for sure - I will never try to be anything but a voice for our county, and to help our residents. I am not a planner nor engineer. I suck at financial planning and don't ask me about boll weevils. What I do know is that I have colleagues that have diplomas/degrees/certificates that make them the experts. I trust and count on them. I am but one part of the cog. And unless all wheels are turning in unison, we don't move. So moving forward, that is my goal. To strive to continue to unite Council, Administration and our ratepayers. This community has to come together and not grow apart. I chose to live here in Division 1 because it's the best place on earth.

Have a great month and from the bottom of my heart, thanks for your trust, support and patience.

— Cheers, Mark





**BRAGG
CREEK
HISTORICAL
SOCIETY**
Notes

Saddle & Sirloin Ranch: Innovation in the Creek

On July 18, 1958 the Calgary Herald announced: “3,000 Acre Country Club Planned on Bragg Creek ... will become one of the biggest private clubs in the country.” The article went on to describe the four-and-a-half miles of ranch boundaries that border provincial forestry reserves and the view of the Rockies’ best, featuring the 7900-foot Moose Mountain. The piece of now-residential land was once the original homestead of George Livingston (son of Sam), considered the first permanent settler in the Bragg Creek valley.

The name Saddle and Sirloin came from an organization of that name in Texas. Envisioned by Texas oilman William A. Friley, who had bought his own land

in this area in the early 1950s, it started quietly with a group of businessmen acquiring land. By 1957, over four sections of land in west Bragg Creek had been purchased by Friley, Carl Nickle, Ron Jenkins, Alex Bailey (who owned Circle 5 Ranch at the time) and

Seeking approval for the development, the group began at the Municipal District of Foothills, then the Calgary District Planning Commission, and later called in the provincial authorities. The province was interested since it was the first major resort or community to



Ranch home of George and Amelia Livingston

Bill Smith. Friley explained his vision in a letter... “to have a resort country club where members can build homes, community property and facilities for horseback riding, fishing, pack trips, skeet shooting, skiing and many other sports ... are available.”

be planned under new town planning legislation passed by the Alberta Legislature, which laid stringent onus on the developers of property. Approved in 1958, the development called for 33 lots of 3 to 14 acres each for housing and another 185 acres as club property. And, by 1958, a deal was struck with Keitha and Ed Watrin to set up a riding academy and former forest ranger Bill Shankland was hired as ranch foreman. The lots were sold in the early part of the 1960s to Calgarians in search of weekend vacation property.

Since the concept of common property was fairly new, the Bragg Valley Hunt Club was a condition for the development approval. Each lot owner had equal share in the common lands included in their land title, through a covenant. The concern at the time was, if the land was not administered within the development, owners thought it would legally revert back to the (at the time) Foothills municipality. From a early Club newsletter, the concern “thus, the subdivision would be thrown, in effect, wide open to the public with all the annoyances and dangers that might be expected.” The club paid for the maintenance of roads and general services.

To capitalize on “an excellent bit of advertising” for the development, Bailey approached driver Philip Gooch and offered to “back” his wagon in the



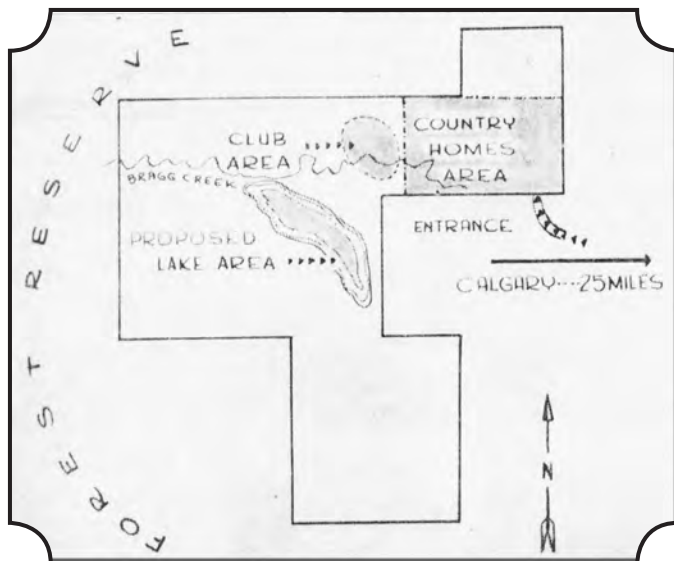
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1958 Calgary Stampede chuckwagon races. He paid \$1200 to \$1500 for the training and running of the green-and-white outfit as well as for the painted lettering of the Saddle and Sirloin Ranch Ltd. name. Impressively placing in the top ten in the weekly finals, the first-time wagon also appeared in front of the Colonel Belcher Hospital for promotional purposes.

As the 1960s marched forward, anticipation grew for completion of the road from the steel bridge across the Elbow to the Saddle & Sirloin gate and snow removal “stationed right in Bragg Creek.” In addition, there was reason to believe that natural gas would soon be available, due to Canadian Western Gas Company taking studies of the area, and plastic piping innovations in gas transmission. Alberta Government Telephones also promised dial telephones for the area sometime in 1969. By the 1970s, most properties became permanent homes for families such as the Gordons, Hopkins, Hartleys, Chisholms and Clarks. The last remaining original family-owned property belongs to the Blakleys, Ducketts, and Springs.

The larger vision of the country club did not go forward and the remainder of the once four sections of land was eventually sold and acquired by some familiar local names, including the Fullertons. A quarter section, just west of the development, was left to ensure that additional land would be available for the members of the Bragg Valley

Hunt Club. This quarter later became property of Gordon Elves and Carl Nickle, then sold to Elves’ daughter Jacquie Bishop, who still owns title to Saddle and Sirloin Ranch Ltd.

The developers must have been somewhat cautious about the success of the communal land approach,

acknowledging in the promotional material that the Bragg Valley Hunt Club faces problems, but “... the price for the way of life that we have chosen is not a high one. Rather, it’s a complicated one; but one that can become simple through a co-operative and understanding approach.” The concept has stood the test of time as the club remains today, as does its subdivision.

*Michele McDonald
for the Bragg Creek Historical Society*

Sources: 1975. Our Foothills. Freissen, Manitoba; Friley, W.A., Business Correspondence, 1958-59; A.G. Bailey, Business Correspondence, 1958-59; Gold, Bill, Calgary Herald, 3000-Acre Country Club Planned On Bragg Creek, July 18, 1958; Bishop, Jacquie: Interview, August, 2018; Demangeat, Frederika: Interview, January, 2019.

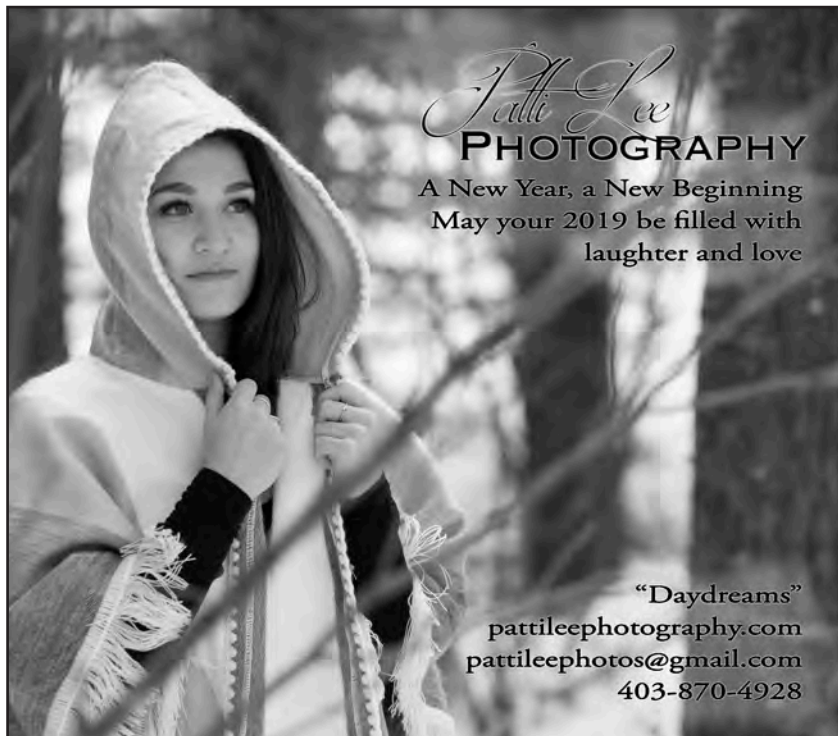


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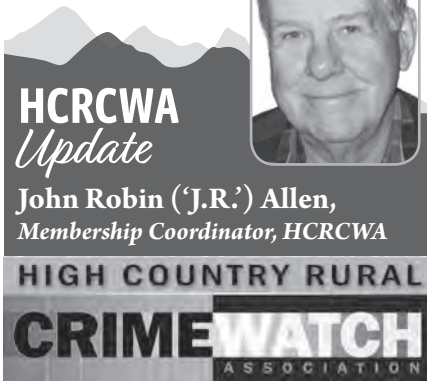
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Patti Lee
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HCRCWA
Update

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

HIGH COUNTRY RURAL
CRIMEWATCH
ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home here on the windy edge of the prairie somewhere west of Calgary. Yet just as we saw last month, snakes still inhabit our Eden. Here are four stories to illustrate the matter. One of our members wrote:

"We had an attempted break in today, just after noon. The doorbell rang but should not have done so since our gate was locked and chained. I went to the front door and saw two young white men in a

new Infiniti saloon car. The driver called his companion "Todd." They panicked when they saw me, then asked if we were "selling a dog." I asked them how they had driven through a locked gate. (They had cut both the padlock and the chain.) They realized they had made a mistake and sped away. I have them on video, called the RCMP and gave them the video and a statement."

If you are a member of the *High Country Rural Crime Watch Association*, you already read about that a month ago. We regularly circulate such information about crime to all our members. We also host seminars on other matters such as how to protect our homes. If you would like to join our group and get such messages directly, **membership is free and entails no obligation.** To join, simply phone me at 403.931.2407 (24 hours a day, 7 days a week is my normal work week) or visit our web site: www.hcrcwa.ca or our Facebook page: www.facebook.com/HighCountryRuralCrimeWatch.

Another story with a happy conclusion: my daughter takes riding lessons once a week at a nearby ranch. Recently she parked her car outside the ranch

and went in. Another H.C.R.C.W.A. member doing his daily walk noticed her parked car and knew it did not come from there. He wrote down the license number to phone to the R.C.M.P. as something unusual, but before he could make the call, my daughter appeared. They got into a conversation and he realized there was nothing amiss. When my daughter told me what had happened, I was proud of what he had done. Our mantra is **O.R.R.:** **Observe** [any unusual activity], **Record** [the significant details], and **Report** [what you saw to the police]. Do not be afraid that what you saw might not be important. If a break and enter subsequently happens nearby, your information could well help the police immensely. If we all followed those three rules, our crime rate would go down significantly.

In his conversation with my daughter, the gentleman described his discouragement that on his daily walks he sees so many homeowners do not keep their gates locked. It is an open invitation to thieves that they are welcome to try their luck here. I would add that we should also remember that



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when we leave our cars, we should lock the doors and ensure that there is nothing worth stealing in the car.

My third story poses a moral question. Someone stole my neighbour's iPhone, and it ended up in the hands of another person who bought it in Ontario. Since an iPhone is useless without the correct password to unlock it, the man in Ontario phoned my neighbour to ask for the password to unlock it. You can guess my neighbour's reaction.

If you lose an iPhone or if someone steals it, an expert can find where it is through its Find-My-Phone feature. Thanks to the limited intelligence of that person in Ontario, my friend did

not have to use that feature. But my moral question is this: Should Apple continue to make it possible for persons to locate any iPhone?

It helps persons find lost phones, but it also makes it possible for landlords to locate renters who disappear, bounty hunters to locate bail jumpers, dictators to locate dissidents to put in prison, wives to locate husbands who are unfaithful.

Right now, all the above are possible, but should Apple make it easy to turn Find-My-Phone off? Or should the firm make it impossible to locate a phone without permission from a court or the legal owner of the phone? What do you think?

My fourth story is a sad one. One of our members recently received a letter from her bank asking her to start paying off the money she owed. Someone else had impersonated her on-line, emptied all her savings, and obtained a large loan, yet our member does not own or even know how to use a computer. Result: she now owes the bank \$8,000. We will see how that turns out.

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

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Youth Training In Biathlon With The Ecoaims Camera Based Optic Rifle

You may notice a new sport on the West Bragg Creek trails when you are out enjoying this beautiful multi use recreational area. XC Bragg Creek Ski & Bike Society has introduced a new program this year- youth Biathlon, a combination of skate skiing and marksmanship. Young athletes ages 9-12 are experiencing this sport for the first time while being coached by certified Biathlon coaches. This is an exciting new program allowing local youth to experience this Olympic sport in complete safety at very low cost.

The EcoAims camera based rifles are a non-projectile, non-invasive rifle allowing coaches to view what the athlete sees through their site. Portable target systems are hooked up via wires to the rifle and computer system to relay information of on target hits, misses and timing. The EcoAims camera system is like a high-fidelity Nintendo, is battery powered, completely portable and emission free. The EcoAim rifle simulator has the shape and feel of a biathlon rifle

but it cannot fire a projectile. The rifle simulator contains a camera which reads the infrared emitter on the target. A hit or miss is registered on the target with red or green LED lights. A control unit records the accuracy of the athlete. The EcoAims system is so precise that Olympic level athletes incorporate it into their training regime.

Athletes at this age do not ski while carrying their rifles on their backs - rifles are kept on the rifle stand at all times. There is no environmental damage or strain on the eco-system. All range and equipment is set up and taken down before and after practice, being a temporary set up.

Our young XC Bragg Creek athletes were in Canmore this week competing in their first biathlon race called the Kinder Cup. Competing alongside other Biathlon clubs who use air rifles and 22's, the EcoAims system is still treated with the same gun safety protocol and competitions run parallel to each other. This is an exciting time for Southern Alberta to be introducing this sport to more children around the province, especially since the best athletes in the World will be competing at the BMW IBU World Cup Biathlon in Canmore on Feb 7-10, 2019.

Information on the World cup can be found here: canmorebiathlon.ca

XC Bragg Creek Biathlon Programs will run in the West Bragg Creek public lands area on Sunday mornings & Tuesday evenings. For more information about our programs, visit us at: www.xcbraggcreek.ca



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Seniors' Stair Safety At Home

Falling down can be very dangerous - this is especially true for seniors. Approximately one-third of independent seniors take a fall at least once a year, due to diminished strength and mobility. Between 20% - 70% of those falls result in injuries; between 5% - 12% of the injuries are serious.

In addition to physical injuries, a loss of confidence and self trust can also result. Seniors will often avoid going out and taking part in other activities to try and prevent another fall. The odds of an independent senior moving into care are three times as high for those who've had falls as for those who haven't and 40% of admissions to nursing homes are related to falls.



Stairs are a particular hazard; they are involved in 10% - 15% of all falls by seniors. Falls on stairs account for about 10% of all fatal falls in Canada, but 70% of people who die from falling on stairs are 65 years or older.

After a senior falls they often shoulder the blame, regretting they were being careless, not paying attention, or just assuming they are old and falls 'happen'. However, there are many reasons people fall and one of the main hazards are stairs.

What follows are 9 tips on how to safely use stairs. Stairs are excellent exercise and don't need

to be avoided - just used safely!

9 Tips To Stair Safety

1. Stairs should be a maximum height of 7" and minimum depth of 11"
2. Open backed stairs are not recommended as light can be distracting

3. No more than 13 stairs without a landing to minimize fatigue
4. Non-slip coating on stairs, carpet needs to be low-pile and securely fastened
5. Handrails on both sides of stairs, circumference no more than 6.25", height between 36-39"
6. Lighting is important, bright as possible and switches at both top and bottom
7. Install contrasting edges on each step for better visibility
8. Keep stairs free of clutter
9. Take your time, remove reading glasses, keep hands free to hold handrail, ensure your shoes/slippers fit properly

Statistics from: Canada Safety Council. (1991). *Fatal accidental falls, by age and sex.* Ottawa.

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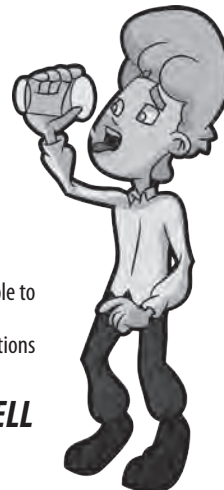
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HOW'S YOUR WATER WELL DOING LATELY?

POINTS TO PONDER:

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

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



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

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

Stay tuned for more tips in an upcoming issue!

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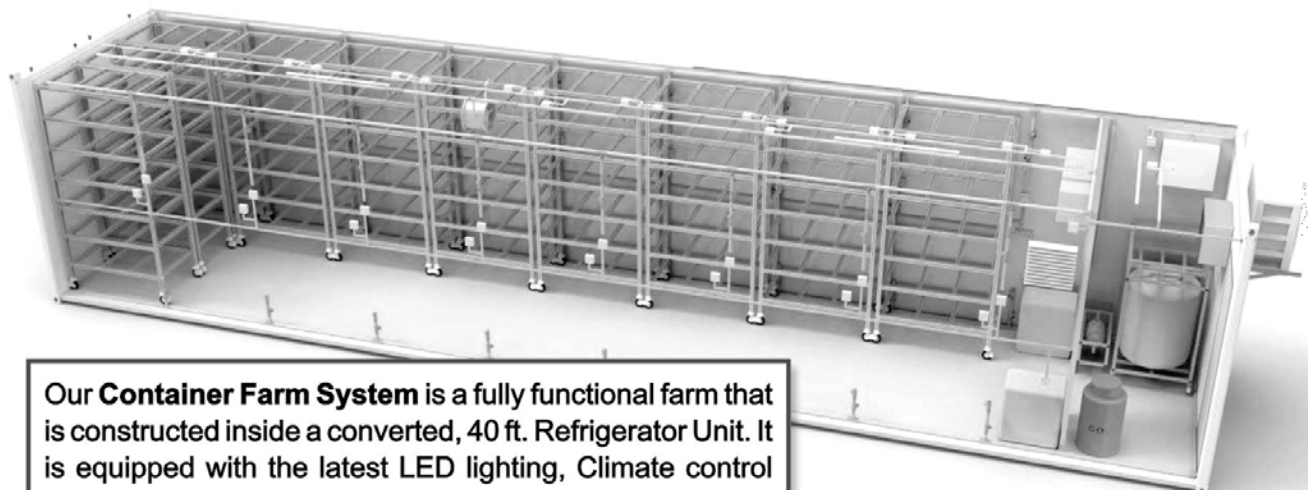


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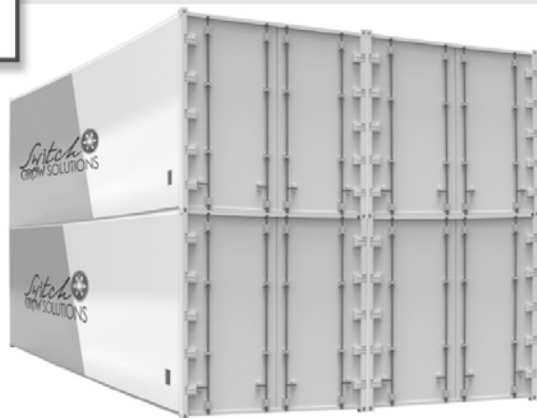
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The Tequila Mockingbird Orchestra kicks off Bragg Creek Performing Arts' spring schedule that is highlighted by a show in March by The Northern Pikes.

The Tequila Mockingbird Orchestra plays Feb. 9, following The Northern Pikes on March 23. Poor Nameless Boy and Flint and Feather close out the season on May 4.

Victoria's The Tequila Mockingbird Orchestra is a eclectic quintet that re-defines world music with a tight-knit accordion and fiddle-driven sound that is both rooted in time and timeless. They have Roma-flavoured accordion, bluegrass, African percussion influences. Saskatchewan's The Northern Pikes have been a band for 34 years and are celebrating the 30th anniversary edition of their debut album Big Blue Sky that features the hits Teenland, Things I Do For Money and Dancing In A Danceclub. Their smash She Ain't Pretty is a Calgary radio staple. The Pikes have embarked on their first cross-Canada tour in over a decade.

Poor Nameless Boy is another Saskatchewan act: Regina-based indie folk artist Joel Henderson. His mellow sound is personal, speaking honestly about love, life, and our changing hearts in a busy world. Henderson has been described as a lighter version of Noah Gundersen with the wispy sounds of Gregory Alan Isakov.

Calgary's Flint and Feather will open for Henderson. Husband and wife duo Joal and Lauren Kamps are deeply passionate about connecting with people through folk/roots music, stories, and laughter. They create charming 'Rocky Mountain Folk-Pop' songs inspired by Canadian history, rocky mountain folklore, and their own personal journeys.

Tickets for all shows are available online at braggcreekperformingarts.com, by phone at 1-888-655-9090 or in person at Suncatchers on the corner of White Avenue and Burntall Drive in Bragg Creek.



It has been a while since we have given an update of our comings and goings within the business community. We are looking for ways to enhance the various festivals and events that we sponsor; please stay tuned for some of these changes, and how you may potentially participate.

Neil MacLaine has been spearheading a committee on how we can improve signage within and leading up to the community. If you would like to be involved with this, please contact him at packtrips@isp.com.

Springbank High School is hosting a job fair on the 27th of February. Please contact Josilynn Thiessen at jthiessen@rockyview.ab.ca for details. This may be a great possibility in expanding your labour pool as you approach the busy summer season.

We are hosting a seminar compliments of Rocky View County on "6 Ways To Grow Your Business" by renowned speaker and business coach, Kevin Simpson.

Contact office@braggcreekchamber.com by Jan 31st. There is a nominal fee of \$25 to cover the cost of renting a room and refreshments.

Many times it is stated – what does the chamber do, or how does it benefit my business? In reality the chamber is just a fancy way of identifying a group of businesses that see the value of putting their diverse experience together into a collective group that will hopefully enhance the business climate in our community. We feel that the sum of our efforts is exponentially greater than our individual efforts.

We meet on the third Wednesday of the month at the Countrywood from 7:00 pm to 8:30 with refreshments to follow.

Please come and join us.

*Lowell Harder
Chamber President*

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Council Matters: If you would like a detailed record of the topics and public hearings we are addressing at our Wednesday Council Meetings, you can read our Council Minutes published in the Western Wheel. These are a few items we have had on our Agendas and Add-on Agendas over the last few weeks: securing gravel and gravel crushing for 2019, water licenses, planning our industrial corridor, considering budget 2019 items, council planning sessions for long range planning, emerging trends in municipal law, reviewing shared services agreements and fire services agreements, ongoing planning matters, capital purchases in our budget, community requests, personnel matters, department organization, special events permits, bills and accounts, boards and committees appointments and requests, etc.

Municipalities Reviewed and Rated: The Canadian Federation of Independent Business recently released their research in a report called: "Alberta Municipal Spending Watch Report", where Alberta municipalities with populations of 1,000 or greater were ranked according to spending sustainability patterns from 2006 to 2016. Each muni was given an overall provincial ranking, where #1 is the best performing and #182 is the worst. The rankings are based on growth in real operating spending per capita from 2006-2016, and 2016 real operating spending per capita, with equal weight placed on both metrics. We are pleased to share that Foothills has

rated 6th out of 182, with spending per capita noted at \$1,349.26. The #1 muni was at \$755.67 and the #182 ranked muni was at \$6,804 per capita. I have placed the report on my website if you wish to further review the findings and recommendations: suzanneoel.com/docs/misc/20190111093208.pdf

Enhanced RCMP Policing Pilot Project: As mentioned previously, we have had an enhanced-policing project under way from October to December 2018. We have purchased additional RCMP overtime hours, which includes the officers and their vehicles in our 3 detachment areas, to respond to high priority locations and situations and do increased visibility enforcement. We are pleased with the results and are looking at continuing this in 2019. I hope to share a review for you in my next article.

The good news is that we believe this program has contributed to a greater RCMP presence and has helped with faster RCMP responses. More soon.

Calgary Metropolitan Region Board Update: Our staff and councillors are putting a fair bit of time in on this. Recent meetings have included working with all 10 members on visioning sessions towards the draft of the "Growth Management Plan". While the "interim" plan and regional evaluation framework are now in place, the next order of business is to work on the main plan and all the supporting studies. So, we are moving forward in 2019 with monthly meetings of the Land-Use and Regional Servicing Committees and the Board in order to meet the tight timeline in place. www.calgarymetroregion.ca

Working Water Well and Septic Sense Workshops: are being held in January and February. As of the distribution of this news, the last event in the west country

is the Working Water Well Workshop at the Priddis Hall on February 5 at 7:00 pm. Check for availability of space to attend. Contact our staff or go on our website to register free of charge: www.mdfoothills.com

Secondary Suites Update: After much consultation, a public hearing in December 2018, and thorough review at our Council meetings on January 9th and 16th, our Council has decided to move forward to bring two types into effect: secondary suites in the primary dwelling and secondary suites in an accessory building. There will be a transition time to get these into place. We will be finalizing the Bylaw and supporting changes in the various land-uses. More details soon...

FireSmart Planning: Your Foothills Divisions 3 & 4 Councillors and our Fire Department are planning a FireSmart meeting in February 2019. We will share the meeting date through social media shortly. Not quite finalized as of the writing of this article.

Fish/Priddis Creeks Stewardship Group: We are meeting in February 2019 at the Priddis Hall to discuss our next topics of interest, including a review of water flows over the last years, current water license policy and monitoring, and information on the health of fish in the watershed. Your participation is welcome! To find out the finalized meeting date and time, please contact me or David Swann at davidswann571@gmail.com

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

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PRIDDIS News

Snow Angels: The PCA Hall would benefit from a few community 'Snow Angels' to bring their shovels and clear the snow around the community hall after snow falls. Clearing paths from parking to the east, south and two west entrances would be much appreciated. Show your community spirit and volunteer your time to keep our hall a great place to gather!

2019 Board Members: President, Vacant; Vice-President, Andrew Webber; Treasurer, Vacant; Secretary, Laurie Sedgewick; Communications, Stephanie Fitzgerald; Grants,

Ken Pretty; Hall Rentals, Mike Wollersheim; PELP Rep., Kate Berken; Priddis Hockey, Dave Thompson; Property Maintenance, Vacant; Publications, Sue Warren; Tennis Courts, Vacant. We are still looking to fill vacant positions on the Board so are asking volunteers to come forward. The time commitment is approximately 5 to 10 hours per month. Please contact a current Board Member as shown on our PCA website: www.priddisalberta.com

Priddis Early Learning Program (PELP): Open House and Registration night for 2019/2020 is Monday, February 4th at 7pm at the hall.

Due to unprecedented interest in our program, please note our registration process with the community. As noted in our Parent Handbook, 'Any sibling

of any child presently registered in the program will be given first opportunity for pre-registration for the next year'. What this means is that current students and their younger siblings will have from January 1st-31st to register for the following year. A completed Personal Record Form and \$50 non-refundable registration fee is required to secure a spot. General registration will begin at our open house which will be held on February 4th. If there are more children than spaces available, a lottery will be used to determine who will fill the spaces. The remaining students will be placed on a waiting list for that year. A waiting list may be required for any newcomers to the program. Please contact Kate Berken, Program Director at PELPpreschool@gmail.com

2019 Priddis Pond Hockey Classic January 4th to 6th: What an amazing weekend! I hope everyone had a positive experience despite some of the many challenges we encountered. It was a massive undertaking for a lot of tremendous volunteers putting 100's of hours to deliver 63 Games across 24 Teams and over 300 Players! Thank you volunteers. Your commitment was inspiring to see and experience!

A big thank you goes out to DEENA SEMENIUK for many months of planning, organizing, and executing all the behind scene tasks, including all the donations and fundraising. Deena had a large group of people helping around the clock. Thank you so much to her committee team.

Ice Crews: Despite Chinook winds and warm temperatures on Thursday and Friday, the Panthers Ice Crews delivered some of the most amazing ice

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our kids have ever played on in Priddis. We played in Priddis while Black Diamond outdoor rink shut down! A big Thank You to these parents that may have camped out at the Priddis rink day and night for the better part of 4 days flooding and shovelling non-stop: Syd & Sylvia Duffill, PM Holub, Todd Watkins, Shane Warner, Brian Shandruk, Moses Stahl, Francis & Amanda Branger, Mike & Leah Wollersheim, Marlen Buitelaar, Shane Penner, Frank St Pierre .

Bring them a hot coffee at the next practise or game when you see them. We owe them!

Kitchen Helpers: Thank you so much to all those that helped tirelessly in the kitchen to serve and sell food to our attendees all weekend: Jayme Canavan, Ken Canavan, Tayah Kloster & Kirstyn Kloster.

Sponsors: Thank you to corporate and private donors who donated the following: A&W, Shawnessy - donated all the burgers and hot dogs. Porta Ice - discounted their Zamboni services. Canadian Rocky Mountain Resorts -

donated the Meat basket prize. Secure Energy - donated the basket for Women & outdoors basket. SteamDry Canada - donated the Carpet, Furniture, or Duct Cleaning basket. Shell - donated Bluetooth speaker basket.

Thank you again to all volunteers at the Pond Hockey Classic and throughout this entire season. Our hockey organization thrives because you commit and support our community and hockey program. You are the lifeblood to our success! For more information contact Dave at priddishockey@gmail.com or check Facebook for Priddis Panthers Hockey.

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

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


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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com

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

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We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion. We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong

Mon at 9:30am & Wed at 7pm

Location: Upper Room

Come and experience this moving (prayerful) meditation that focuses on the breath and a closer connection to the unconditional love and healing of God's universe!! Movements are (generally) slow and gentle. Find some peace, calm, happiness, strength, healing, and/or stillness inside. Come on out and try Qigong for Health and Wellness!

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Joyful Voices

Tuesday, February 5 at 10am

Location: Chapel

Join us on the first Tuesday of the month for a time of hymn sing, praise, and reflection in the chapel to be followed by refreshments and friendship.

Craft Day

Sat, February 16 from 10am - 4pm

Location: Midlands Link

Please join us for some fun and fellowship while working on your todo projects. Set up a table, come and go as you like. Coffee and tea provided. Potluck meals. Everyone welcome.

Playtime

Saturday, February 23 at 12pm

Location: Midlands Link

We are excited to have a joint function, where old and young, friends and strangers can play together. There will be potluck lunch available. Bring your favourite board games, card games, lego, playdough, rollerblades, scooters, badminton set, or just show up and enjoy an afternoon in community! Families are most welcome.

Triple F

Saturday, February 23 at 12pm

Location: Midlands Link

Food (pot-luck: bring something to share, if you can), Fun (play games: bring some of your favourites, or try a new one), & Friendship (visit with friends and make new friends too). We are excited for the Playtime group joining us for lunch, games, and to make new friends. All ages are most welcome!

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

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HOLY EUCHARIST

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First Sunday in Lent



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For more info or to purchase tickets by phone contact Millarville Music at 403.931.1821



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting will be on Tuesday February 12th. Bring your favourite seed or bulb catalogue. We will be placing bulk orders and comparing notes of last year's successes. Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

Weight Gain from Poor Indoor Air?!

Duke University researcher advised that polluted air is linked to weight gain. How polluted is your home's indoor air ?

Many of us non stop struggle to prevent weight gain, while others make frequent resolutions to lose those unwanted pounds. According to scientific research, indoor air pollution may play a role in weight control

Rodents are frequently used as models in medical testing because their genetic, biological and behavior characteristics closely resemble those of humans and many symptoms of human conditions can be replicated in mice and rats. A study published in the Journal of the Federation of American Societies for Experimental Biology found that two groups of rats who were served the same diet but in two different indoor air environments had surprising results. The group of rats that were **exposed to and breathed in more polluted air gained more weight** in comparison to the group that was exposed and breathing in clean, filtered air. Based on their similarities to humans, this suggests same unnerving

outcomes for humans also exposed to indoor air pollution.

The weight gain was substantial and within a relatively short time frame: at the end of an eight weeks, rats that breathed the polluted air in Beijing ended up **weighing as much as 18% more than their peers living in clean air**, revealing a worrying link between air pollution and obesity.

Indoor air is 2-5 times (some indoor places as much as 100 times) more polluted than outdoor air; it is therefore conceivable that our indoor air is as polluted as Beijing's outdoor air.



The damage went far beyond weight gain. Beijing rats also exhibited heavier livers and lungs, increased tissue inflammation, higher bad cholesterol levels and more insulin resistance, a leading indicator for type 2 diabetes. The research is limited to rodents so far, however knowing that similarities between humans and rodents do exist, if the same thing is happening to

humans, this means that air pollution is an even bigger threat to our health than previously thought.

"Since chronic inflammation is recognised as a factor contributing to obesity and since metabolic diseases such as diabetes and obesity are closely related, our findings provide clear evidence that chronic exposure to air pollution increases the risk for developing obesity," said lead researcher Junfeng 'Jim' Zhang from Duke University.

In another study, researchers from the University of California followed more than 2,300 American children from early childhood and discovered that, by the age of ten, youngsters exposed to the highest amount of traffic pollution were, on average, more than 2lb heavier than children breathing cleaner air.

Are you ready to improve your indoor air environment ? Clean Indoor Air solutions do exist, and we have covered many in our prior articles. Please call your trusted indoor quality air expert to assess your home or office indoor environment.

Please also refer to our other articles in this series in this publication.

Carla Berezowski, CAPS
AlbertaCleanAir.com



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Happy New Year to all our patrons and the villagers in Longview.

With a new year starting, it would be good to resolve to read to our children more. It is imperative to cultivate the habit of reading in our offspring. Being able to read enhances a student's performance at school, enhances his self confidence, but most of all, it provides him with hours of quiet pleasure in a stress filled world.

Some suggestions for your children's reading are: *The Skylark's War* by Hilary McKay (age 10 and up), and, *Big Ideas for Curious Minds: An Introduction to Philosophy* by Natasha Farrant (age 9 and up).

If you find that these books are not in our library, Lynda, our librarian, will be happy to order them in for you. This is possible through the Marigold Library System, which is an umbrella under

which all libraries in Southwestern Alberta function.

Both the Crib Club and the Writer's Group would welcome new members. Check the bulletin board for more information.

The library will be celebrating Family Literacy Day on January 27th. This is a day to raise awareness of the importance of reading with your families and of being grateful for all books.

New books to the library are: *The Breakthrough Immunotherapy And The Race To Cure Cancer* by Charles-Graeber and *Shotguns and Stagecoaches* by John Boessenecker.

Unsheltered by Barbara Kingsolver, award winning author of *The Poisonwood Bible*, is a heart

warming story of two families in two centuries who happen to live in the same house in a rural town in Virginia. The book explores the socio/political issues of our time in a quiet and gentle way, by the portrayal of endearing and loveable characters that are hard to leave when the book ends. Though never named, Donald Trump prowls through the pages. It is a story of a nation adrift. But a good one.

Sylvia Binkley

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December Fun with Millarville-Stockland 4-H Beef Club

The Millarville Stockland 4-H Club started off December with our annual Christmas party at our favourite party place, Laser Quest. The members had a great time playing games and racking up points on each other. We were lucky enough to play 3 games, so we had a lot of time to play. Instead of holding a Secret Santa gift exchange this year, the club voted to have each member donate a gift card for a family at the District Hamper Packing, our next event of December.

Clubs from all over the Foothills district came together to help fill boxes with food and supplies for families in need during the holidays. Members would take turns retrieving items from around the Millarville Racetrack Quonset and then sort them in brightly wrapped boxes. After packing, families would load up and take the boxes of goods to the family they were given to care for. We were all happy to be able to help those in our community.

Lastly, we had our yearly beef farm tour, where our club would drive to each family's farm and have a look at the members projects. This was a good opportunity to see what the other members were doing with their projects, what they weighed and ate, and their progress from weigh in in November. There were many steers and heifers to look at and it was good fun being able to see all of the member's projects. This month was quite eventful and we had a lot of fun as a club.

Finn Blatz, Club Reporter



The winter months have not brought us much snow in December or January, but you could find snowflakes of all kinds at the Millarville Library last month. Paper and scissors were all that was needed for wee helping hands.

We hope you also took time for a "virtual" Walk in the Woods with Joyce Brown's quilted hangings on our walls. We hope you didn't miss our wet-felted Christmas ornament workshop with Jasmine Kusumoto during the holidays. Don't miss out on our next workshops by checking our Facebook page.

You never know when there will be a pop-up event at our little library. And something just might emerge on Harry Potter Book night February 7.

You'll be seeing "Cattle Call" this month. We think it will be an appropriate display for our cattle countryside.

By the way, did Christmas and the New Year bring you a new pet or have you decided to start a new hobby? Your TRACpac is available for you to find just the answers you are looking for with pages to turn and refer back to. Your solutions are just a library away.

Maybe you've decided to keep your brain active with Cryptic Crosswords but you don't know to start. We will offer help on Thursday afternoons from noon to three in February. Paula is our Cryptic crossword guru and she is available to give you hints that produce answers.

GOOD READ PICK: *The Bad Daughter* by Joy Fielding is a mystery that keeps you reading. Random House reviews call it "A gripping, edge-of-your-seat thriller of family intrigue and dark secrets." This story explores the deadly differences between the lies we want to believe and the truths we wish not to know.

A voice mail from her estranged sister, Melanie, sends Robin's heart racing and her mind spiraling in a full-blown panic attack. Melanie's message is dire: Their father, his second wife, and his twelve-year-old stepdaughter have been shot—likely in a home invasion—and lie in the hospital in critical condition.



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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. Well it's been a nice start to the New Year, a few cold days so far but still dry and brown. There have been some wicked winds blowing through, which swept away any remaining snow. Hopefully we'll have a good spring with the right amount of moisture for the ground.

Our Municipal District of Foothills No. 31 is pleased to announce their long awaited **name change to Foothills County**. Effective January 1st, this name change became legal. Foothills County encompasses a diverse rural landscape in which leadership and planning support a strong agricultural heritage, vibrant communities, a balanced economy, and the stewardship of natural capital for future generations. I like the name, and it is definitely an appropriate one, as we do live in the Foothills.

The kids are off school the week of February 18-22 and Family Day falls on the 18th. The **Boys and Girls Club of the Foothills offers care for all ages of children for PD and Breaks Days**. Boys and Girls Clubs have been helping

young Canadians to discover, develop, and achieve their potential for over 100 years. To find out more about programs and parent resources, visit bgcfoothills.com or give our local BGClub a call at 403.933.4066. They are located upstairs at the Oilfields Arena in Black Diamond. They also do a monthly 50/50 draw which all proceeds go towards children and youth programs at the Clubs of the Foothills. Enter the 50/50 at the following locations: AG Foods, Sheep River Library, Western Financial. Kooops, One on One Studios, or Fired Up Auto.

If your child will be 5 years old before December 31, 2019, it's **kindergarten registration time!** For C. Ian McLaren School, the registration day is Jan. 31 from 5-7; Turner Valley, Feb. 7 from 6:30-7:30; Millarville, Feb. 6 from 7-8; Red Deer Lake, April 19 from 6:30-7:30; and Longview, Jan. 31 from 4:30-7:30. For more information, visit fsd38.ab.ca/kindergarten.

Our very own **Sheep River Library in Turner Valley offers children's programs**. Their newest one is called Natured Kids. This is for children aged 3-5 years with their parent or caregiver to come and experience nature as a learning tool. Essential skills will be introduced to families through games, songs and activities out in nature. Come join them for an hour of fun in the sun,

rain or snow, so dress for the weather. The program runs Wednesdays from 1:30-2:30 starting April 3 – June 12. Register online at litforlife.com or call 403.652.5090.

The **Turner Valley Legion is hosting their annual Valentine's Day Party for kids** on February 16 from 6-9. They will also be holding a Vendor's Market on February 9 from 10-3, and a Firearms Course on February 23-24. For more information on any of these events at the friendly Legion, give them a call at 403.933.4600 or 4654.

Sheep Creek Arts Council in Turner Valley has several awesome classes and programs coming up in February. They have some different painting classes, how to make hand knitted socks, and more. Membership to the SCAC is only \$10 per year and allows you to take part in their many different clubs and classes. Pick up a winter/spring 2019 class schedule around town or drop by the SCAC at 133 Sunset Boulevard or visit sheepcreekarts.ca.

PetSmart Charities is hosting a National Pet Adoption weekend February 16-18 at their stores, there is one in Okotoks. Regardless of where you adopt your new best friend, bring in your adoption papers and get a free PetSmart Adoption Starter Kit. I have adopted every one of my pets

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with **Gianetta Baril**

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throughout my life and they are the sweetest, smartest, finest pets you could ever have and will adore you. Please think about rescuing a pet instead of buying one, they will come with a spay or neuter and shots for a minimal amount. Some rescue organizations in our area to help you with your choice are High Country SPCA, Pound Rescue, and Heaven Can Wait.

February 6th is **Winter Walk Day in Alberta**. Register your participation as a group or individual and get more active outdoors this winter. Sponsored by AB. Government, AMA, AB. Blue Cross, and others, for more information, visit winterwalkday.ca. And **seniors, the Oilfields High School offers "Hall Walking"** in the winters to help you stay warm, dry, active, and well. The Hall Walk goes Monday to Friday except for school day closures, from 9-10 am. The School's number for more info is 403.938.4973. Of course we have our Friendship Trail which has been expanded to go all the way around both towns, and the Turner Valley Golf Course invites you to walk, snowshoe, or cross country ski on the golf course grounds. We also have the Sheep River Ramblers, which is run through the Library, who are a walking and hiking group which has become very popular. Open the door and go for it this winter! Beneath the Arch Concert Series is pleased to present their winter matinee concert on February 24th at 3:00. For 35 years **Foothills Brass** has delighted audiences with everything from Brahms to Bourbon Street, Beethoven to Broadway. They will be joined by Juno award winning harpist **Gianetta Baril** for an unforgettable fun matinee concert. The harp is such a pretty instrument, and this show promises to be an afternoon of entertainment. The Arch is celebrating 30 years of concerts and kids sponsorships in our very own community. For tickets or more information, visit beneaththearch.ca.

Another great matinee coming up is through the High River Gift of Music Concert Series, and they are celebrating their 10th anniversary this year. **The Brasil Guitar Duo** will perform on February 10th at 3:00 at the beautiful High River United Church located at 145 McLeod Trail SW in High River. Joao and Douglas have performed all over the world, including a collaboration with Yo-Yo Ma. At home in both the classical and Brazilian genres, this will be a superb and fun concert. For tickets or more information, visit highrivergiftofmusic.com.

And to the northwest of us, the Leighton Art Centre is proud to present their exhibit: **Pushing Boundaries with Art, Nature, and History: An Indefinite Arts Residency**. 30 artists from Indefinite Arts Centre in Calgary travelled to the Leighton Centre this past year to participate in a residency program in their historic studios. Come and check out their works of art at this exhibit and enjoy the drive and the

grounds, and their history. The exhibit runs until February 23rd, for more information, call 403-931-3633 or visit leightoncentre.org.

Both **Black Diamond and Turner Valley Fire Departments are recruiting for dedicated volunteers**. You must be community minded, live within 7 km. of either the BD of TV Fire Hall, attend training sessions regular, and have a strong desire to learn and advance your training and expertise. I would like to thank all our firefighters on behalf of the Foothills for your dedication in keeping us safe! For more information, visit either town.blackdiamond.ab.ca or turnervalley.ca and search fire departments.

If you have any events happening in March, or if you would like the Foothills to know about your not for profit organization, please drop me an email at elaine.w@telus.net. The **deadline for this issue is February 15th**.

Happy Family Day!
Elaine Wansleben

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SHEEP RIVER LIBRARY

Wintering On At The Library

It is always exciting when the fruits of someone's labour finally end up in your hands. Those who are part of the various writing groups in the area have been teased by hearing about and been treated to readings from Susan Raby-Dunne's latest book: *The Brooding Soldier And Its Creator*. So, we were thrilled to finally get a copy to put in the collection. The designer of First World War monument, *The Brooding Soldier*, Frederick Chapman Clemesha, was not only a talented architect, artist and sculptor, he was also a veteran of the Great War. Told with new information and rare or previously unknown photographs, this is the story of the sculptor/veteran and one of the most beloved monuments on the Western Front, the Brooding Soldier of St. Julien, Belgium. For those who would like to know more about the

monument and the writing of the book, Susan will be giving a presentation on Thursday, March 7 at 7:00 pm. She will also have books for sale and signing.

Coming up fast is the Family Day break from school. Last year we ran a successful all-day children's program at the library. Unfortunately, due to staff changes, we will not be able to offer the program again this year. However, we will show a child appropriate movie each day (Tuesday-Friday) at 1:00 pm. We will also have some activity bins: colouring pages, play dough and games, which children will be able to use. Please note that these activities will be unsupervised.

Most of our regular winter/spring programmes are off and running. A couple of new ones to draw your attention to are the Diamond Valley Songwriters group which will meet on the second Wednesday of the month at 7:30 pm starting in March. Whether you are a beginner, a dabbler or an old hat at writing songs there is an open door for you with this group. Bring your instrument with you: guitars and keyboards are welcome. Another new programme on the slate this time

around is Parent Coffee & Chat on the second and fourth Thursdays at 10 am. If you are a parent of young children, you will already know what a great resource and support other parents can be. High River Parent Link Centre will be facilitating this group. All parents are welcome to come and chat over coffee, get parenting information and meet other parents. Supervised play will be offered for children.

Coming this session, we also have the Southern Alberta Law Talks. This series addresses a wide range of legal issues such as administrating an estate, wills and family law. These sessions are free of charge.

For details about any of these programmes and many more, please go to sheepriverlibrary.ca or come into the library and pick up a brochure. Remember, most programmes require you to register and many of them fill up quickly, so you don't want to miss out. If you have an idea for a programme you would like to either come to or teach, please call Jan at 403-933-3278. She would love to hear from you!

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A Deep Breath

by Andrea Kidd

His hands trembled and the flame danced around, trying to connect with the tip of his cigarette. For a few tense seconds he sucked in a long draught of air and exhaled. His shoulder muscles relaxed, his hands rested calmly by his side, and his eyes, which previously had been flitting, gazed into space. He began to relive the scene, the screech, the impact, the dull thud, the quiet, the siren, the flashing light, the uniforms, the hum of comforting, take-charge voices.

He drew in another long breath, sat down, his head in his hands, and wept.

Suddenly, angrily, he thrust the butt into the toilet, snatched up his jacket and walked out of the house, slamming the door.

He strode down the sidewalk, through the next alley, blindly following a habitual route to the trees. His heavy breathing slowed, his stride lengthened, he looked up, up into

the leafy canopy contemplating the blue beyond the streaks of cirrus clouds.

The tight knot in his muddled brain began to loosen, unravel and create clear pathways. He wasn't all to blame. Yes, for sure, he had made a mistake. He would do what he could to make amends. He would take responsibility for his part in the awful outcome. That much was possible. Clearly, though, he realised, he could not have avoided the incident. Another had also played a part in what had happened. He could not, should not, would not blame himself for the other's action.

Down at the river, he selected a stone, just the right shape and size, took a deep breath and skimmed it as far as he could across the ice. Satisfied that it was good, but sure he could improve, he chose another, took a deeper breath and skimmed again. This time it went further and reached the other bank. The skittering sound as the round rock skipped and slid on the solid surface bought a small surge of joy. A few paces further down he tossed another rock and was startled and intrigued by the hollow "tuk-tuk-tuk" sound as it bounced and lodged in the uneven surface ice. He imagined the river gurgling and laughing as it hurried under the ice, curving and carving out bubbles and channels. He strolled leisurely, on purpose, along the river bank and sighed.

Part way up the steep hill, out of breath, he slowed his pace.

"This is tough going," he panted. "And that was tough going, too." His mind returned to the impact, rehearsing those few seconds once more in his mind, tension building again in brain, stomach and shoulders.

"Damn!" he said out loud. "My cigarettes are in the house!"

Then, purposefully, he drew in long, deep breaths, shortened his stride and pumped his legs up the steep hill, in steady rhythm with the long, deep breaths.

Once again, his mind cleared.

"I know what to do to make amends," he thought and planned how to execute his plan.

"If my action is accepted – good! If not, then I must let it be," he said to himself.

Back at home, he automatically reached for his cigarettes, looked at them for a moment, then flushed them down the toilet.

He went outside, stood on the deck, drew in deep breaths and gazed up above the houses into the blue sky through wisps of clouds.

Overwhelmed by a sense of gratitude for the freedom he experienced, he smiled and said out loud,

"I still hurt, but in the midst of my pain, I am free!"



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Pushing Boundaries with Art, Nature & History: An Indefinite Arts Residency

January 12 - February 23, 2019 at
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Admission to Leighton Art Centre is Pay-
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Opening Reception:

January 12, 2019 • 2-4 pm

Leighton Art Centre And Indefinite Arts Centre Come Together For A New Exhibition Featuring The Landscape

Through generous funding received from the Rozsa Foundation, we are so excited to exhibit the work of 30 artists from Indefinite Arts Centre (IAC) in Calgary who traveled to the Leighton Art Centre (LAC) during September 2018 to participate in a residency program in our historic

studios. Celebrating freedom of expression inspired by the natural environment and the site's history, artists worked with both LAC and IAC instructors toward a goal of creating stunning new pieces.

Please join us for the public Opening Reception of Pushing Boundaries with Art, Nature & History: Saturday January 12, 2019 | 2 - 4 PM

Leighton Art Centre & Indefinite Arts Centre wish to thank the Rozsa Foundation for funding this collaborative project.

About Leighton Art Centre:

Leighton Art Centre is an Art Gallery, Museum and Art Education Centre located on 80 acres just outside of Calgary, near Millarville in the Alberta MD of Foothills. Situated in A.C. and Barbara Leighton's original home, the LAC is a vibrant display of Alberta's artists, both past and present. The Leighton Art Centre was established by Barbara Leighton in 1974 and continues to operate as a not-for-profit organization. As a vibrant and

open space for creativity, the Leighton Art Centre inspires us to explore, appreciate, and create.


About Indefinite Arts Centre:

Indefinite Arts Centre provides artistic training, creation, and exhibition opportunities for people with developmental, physical, and acquired disabilities. Every week, 300+ artists come through IAC's fully equipped studio space in Calgary. Working alongside talented instructors, IAC artists are supported and empowered to experience the entire artistic creation process – from conceptualization to exhibition.

About The Rozsa Foundation:

Founded in 1990, the Rozsa Foundation is a philanthropic organization known for effective support and advocacy for the Arts in Alberta. The Foundation builds on the legacy of Drs. Ted and Lola Rozsa, who were acknowledged champions of the Arts through their support of non-for-profit arts organizations active in the City of Calgary.


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**"I Love You":
And What Does That Mean?"**
by Duane Harder



I love dark chocolate; I love natural black licorice; I love baked salmon; and I love my wife. Oh yes, and I almost forgot: I love hockey, I love football, and I love skiing. Obviously, there is a hierarchy of value in the list that I have given. Nothing in that list comes close to the love that I have for my wife. So then, what does love look like?

A doctor referred one of his patients to me and in doing so said, "Duane, she is 65 but she is in the body of a 85 year old."

This woman was filled with negativity. She could remember the smallest slight of a friend, the snub of a grandchild, the failure of her children to show care and the list goes on. Furthermore, she had a score card: if someone phoned, gave her a hug or in some way took an unsolicited interest in her, they got a point. But if they failed to meet her expectation, they lost 3 points. The fact was that no one could earn enough points to offset her downgrades. Her life was miserable and lonely. At the core of her negativity was deep bitterness towards her father for how he had treated her as a child. All of her relationships were infected with the poison of her bitterness. This woman was focused on how she should have been treated not how she should have responded.

This is where our definition of love enters the picture. The deepest, purest love says, "I will seek your good at my expense." Love takes the focus off me and puts it on the other person. You see, "love is patient, love is kind, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

Love recognizes the inherent value of each person and consequently sees that we are all a work in progress. As the late Gert Behanna, said, "I'm not the person I used to be, but thank God, I'm not the person I'm gonna be."

Love looks for a way to bring benefit to others. Self-centeredness says, "What has that person done for me lately?" Love says, "What can I do that will benefit you?"



Love is not out to promote me. It doesn't parade its accomplishments or position itself for advancement. I was part of a newly elected board. When I entered the room for the first board meeting, I noted that there were the exact number of chairs for the elected members. One chair was clearly set apart from the rest and would likely be for the chairman of the board. All the members were present except one. When he arrived, he took the "chairman's position" and called the meeting to order. He was the one who set the chairs out and it was clear that his intention was to assume the role of chairman. Love is not self-promoting.

Love doesn't have a short fuse. Anger is like the red light on your dash—it lets you know there is something wrong, but the light is not the problem. Anger usually indicates that I believe I have been violated in some way. How we handle wrongs determines whether we take the higher road of love or seek self-vindication and entitlement to my rights. We have all been offended in large and small ways. In each situation we have to make a choice: will I focus on my hurt or will I let that hurt show me where the other person needs help?

Love doesn't keep a scorecard. Love sees the big picture. It knows there is a just God who will bring all people into account for their words, actions and attitudes. That saves me the emotional and mental energy required to be His bookkeeper.

Let me leave you with three very simple thoughts:

Self-centeredness says, "What has that person done for me lately?" Love says, "What can I do for that person today?"

Self-centeredness makes mental lists of how others have disappointed them. Love makes mental lists of ways they can bless others.

Self-centeredness withholds affection and approval from those who don't deserve it. Love gives affection unconditionally because none of us do deserve it.

Love that finds its origin in the heart of God knows no ethnic boundaries, political persuasion, social status, or educational attainment. It cannot be bought or sold, earned or traded, and it is unconditionally given. That is the Love with which I say, "Marva, I love you."



Katherine Corkery (Redwood Meadows Resident) captured this photo of a local trespasser!

A DIFFERENT TAKE ON ADHD

by Roché Herbst, M. A. R. Psych.



What Do We Have In Common?

The five things that adults and children with ADHD have trouble regulating are: attention, hyperactivity, impulsivity, organization, and emotion. Sometimes it is hard to understand the silly things they do. Let us filter our impressions through a new lens. Perhaps some cartoon characters will give you a new perspective on the five faces of ADHD.

Regulating Attention

Peppermint Patty in *Peanuts* can't pay attention to the teacher, is often confused about what to do next and ignores what her teacher says – unless the teacher is announcing of course, that it is time for recess! Cookie Monster from *Sesame Street* struggles in a different way. He hyper-focuses and thinks only about cookies. He can't shift his attention away from cookies.

Challenges With Hyperactivity

Calvin from *Calvin and Hobbes* has an overactive body and imagination. Take him to the doctor, he slides off the table, turns upside down, with his head on the floor and feet in the air. Ask him a question and he starts chattering away. He is eager to share. When the adults start talking again, he slides along the floor like a lizard pursuing a mosquito on the windowsill.

Difficulty With Impulsivity

Hammie from *Baby Blues* creates friction at home, especially with his older sister. He interrupts conversations, messes up his sister's games, drops dishes, breaks toys, says hurtful things and gets himself into trouble for climbing on the roof. He doesn't learn from his mistakes (yet) and his mother doesn't feel she could leave him alone for an instant, much less with the babysitter. Charming and adorable, but he exhausts those around him.

Challenges With Organization

Consider Jeremy's room in *Zits*. Clothes and papers are scattered everywhere, he loses things, his tests don't make it home for his parents to sign, he didn't start brushing his teeth regularly until he met Sara. His parents were not sure that he would make it out of eighth grade.

Regulating Emotions

Daffy Duck in *Looney Tunes* isn't a good sport. When things don't go his way, then he throws tantrums. He is disappointed a lot. Besides, it's hard to be constantly bested by a smooth talking bunny. His emotional intensity leads to overreactions. Sometimes it is hard to feel sorry for him when you are constantly being embarrassed by him.

What To Do?

- **Attention:** use her name, tap him on the shoulder or ask them to look you in the eye before giving instructions.
- **Hyperactivity:** save "sitting still" for essential times i.e. school or important events. Let your energizer bunny move!
- **Impulsivity:** allow occasional daydreaming to give their creative brains a chance to re-charge.
- **Organization:** before you jump into "important" discussions, introduce an idea so kids can 'noodle' on it for a while and pull their thoughts together.
- **Emotionality:** let children know that everybody makes mistakes, including you. Show them how you learn from them.

Sources: Quinn, P. (Ed.) *ADDitude: The Five Faces of ADHD*. Monthly subscription magazine.

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Mortgage Matters

By Candace Perko, Mortgage Broker

New Mortgage: Should You Go Fixed or Go Variable?

One of the most common questions asked by my mortgage clients “Should I go with a variable rate mortgage or a fixed rate mortgage?” To better understand what the answer may be, we must first understand the difference between the two.

Variable rate mortgages are linked to the Prime rate, which are directly influenced by The Bank of Canada. Our central bank sets its targets for the overnight lending rate in order to affect the various elements of the national economy relating to its monetary policy (inflation, unemployment, the dollar, etc.). Currently as at Jan 9th, the overnight lending rate is 1.75% and the prime rate is 3.95%.

A lender funding a portfolio of variable rate mortgages will endeavor to match these mortgage assets against a portfolio of variable rate deposits (savings deposits or Banker’s Acceptances [a short-term investment issued by a financial institution]) – attempting to lock in the spread over the duration of the loan. The result is that, since the lenders’ source of funds will fluctuate based on the actual decisions made by the Bank of Canada, so too will variable mortgage rates.

Fixed mortgage rates are a different story. Financial institutions like the idea of locking in the spread between the loans they grant and the deposits they use to fund these loans. The ideal source of funds for longer-term fixed rate loans is deposits like GICs (which have a fixed rate over a fixed term).

Investment deposit rates, however, have a different competitive pressure – bond yields. An investor looking to determine what yield they are willing to accept on would start with an understanding of the lowest risk equivalent investment. So, investors will look at the Government of Canada

bond yields as their benchmark. The yield on a bond rate can be thought of as the ‘all-in’ interest rate – how much an investor would earn, expressed as a percentage, if the investment is purchased at current prices and held to maturity. Bond yields are volatile and fluctuate in response to political and economic events – both domestically and abroad.

When setting fixed term mortgage rates, financial institutions need to consider the bond market, since the lender will ultimately be borrowing money from investors to loan to its mortgage borrowers. Higher bond yields increase the lender’s cost of funds, which will lead to higher fixed term mortgage rates. Lower bond yields tend to lead to lower long-term mortgage rates.

And fixed and variable mortgage rates do not necessarily move in unison as changes are motivated by different factors.

Currently the difference between the two rate options is rather large – fixed rates are ~3.69% and variables are at ~Prime -1.00% or 2.95%. OAC, subject to change without notice.

By and large based on rate alone, there’s a quick & easy way to decide whether a variable or fixed makes sense. It’s called the 50-basis point rule. Based on the rates you qualify for, take the fixed rate verses the variable rate – what is the difference? If the number is 50 basis points or less, there is strong argument to go fixed. However, if the difference is 50 basis points or greater (such is the case now), there’s a solid reason to consider a variable.

Nevertheless, there is a big ‘but’ here ... what this 50-basis point calculation doesn’t allow for is all the other aspects that make for a great mortgage. Besides the mortgage rate, you must consider portability options, pre-payment privileges, whether it can be refinanced, blended & extended, and most importantly how penalties for breaking the mortgage are calculated. When borrowers start looking for a mortgage, they usually get advice from friends or their parents, and the main question they’re asking is, what’s the rate? But if you don’t know the innermost details of the mortgage like the ones listed above and focus only on the rate - they’re giving you bad advice. And if a mortgage broker or your bank is fixated only on the rate, you’re working with the wrong one.

Circumstances change, life happens, and plans may be amended. You must make sure the mortgage you choose, fixed or variable, will work for you now and in the future.

Get a local Point of View

Contact us to learn more about your full range of mortgage financing options - you're going to like the local point of view.

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STARS Lottery Alberta Launches With 2,809 Prizes

When you hear the sound of a STARS helicopter, you know it is involved in a life-saving mission. When you buy your STARS lottery ticket, you join the fight to save lives.

The 26th edition of the STARS lottery launched today, offering 2,809 prizes, valued at over \$4.5 million. LUCKY STARS 50/50 is back again and this year a lucky ticket buyer could win up to \$2 million, Alberta's largest 50/50 prize ever.

"STARS relies on the support of our allies across Alberta to keep us on the cutting edge of critical care," said STARS president and CEO, Andrea Robertson. "The need is real. Every day, STARS responds to an average of five emergency calls in Alberta (editor's note: assumed they mean per day). A STARS lottery ticket gives you the chance to win some terrific prizes and ensures that each person who needs emergency medical care receives it quickly."

"The sight of a red STARS helicopter is a beacon of hope for those in their moments of need," said Robertson. "When you support STARS, you ride along with us on every mission."

There are three grand prize show homes, a \$963,395 early bird luxury lifestyle package prize, two high-end vehicles or their cash value, and five terrific vacation packages. The three homes are located in Edmonton, Calgary and Lethbridge, and are worth a total of more than \$2.6 million. Each ticket purchased is eligible to win any or all of the homes.

The early bird prize this year is a luxurious, fully-furnished townhome on Kelowna's Sunset Drive (valued at \$913,395), along with \$20,000 in amazing perks, including: one-year playing privileges at Predator Ridge Golf Club, Aqua Boat Club (Gold), and Cedar Creek Estate Winery (Platinum), plus \$30,000 cash - and it can be won by those who buy their tickets before the February 28 early bird cutoff date.

There are also two chances to board STARS and see the inside workings of the life-saving helicopter and go on a flight.

Buyers are eligible for all prize draws if tickets are purchased prior to the applicable deadlines. After each draw, the ticket stub goes back into the drum. Lottery ticket prices are 1 for \$30, 3 for \$60, 6 for \$100, and 18 for \$250. LUCKY STARS 50/50 tickets are 1 for \$10, 5 for \$25, and 15 for \$50.

Visit starslotteryalberta.ca or call 1.888.880.0992. Early bird draw is March 15, with ticket cutoff on February 28. All final draws will be held on April 4, 5, 8, and 9, with ticket sales cutoff on March 21.

Lottery licence number is S08245. LUCKY STARS 50/50 licence number is S08246.

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Out of the Rut Chapter 101



Like a holding pattern, circling high above the earth, waiting for the signal that all is clear in order to begin our descent to normality... I sit and watch the snow crumbling under its mantle of scattered pine needles and deer currants. Today's green-grey sky holds a swath of colour that in a different season could be the herald of destructive winds and downpours, but on this day I believe is merely a confused amalgamation of mysterious clouds and bubbling air pressure, as indecisive as everything else about where it's off to. The temperature hovers just above freezing and the endless Chinook feels as though it's here to stay. Yet we know how deceptive that illusion can be. I am waiting for the other winter shoe to drop...

Yep, everything is uniquely deceptive. The way in which we look at people and things, warped by our own inner journey and adventure, generates a landscape for our own personal movies that outweighs any third party effort to paint the backdrop for our exploits. Last week in my mission to take a damn good walk every day, I randomly set off up a side road from somewhere to elsewhere. After a few hundred yards marching uphill I was greeted by a sign informing me I had 3km of winding road ahead of me. "Good" I thought, "that should keep me going". I continued into the wind, scarf wrapped across my endlessly dripping nose, hands balled tight and pushed deep into pockets. Occasionally crunching through the ice and gravel at the side of the road, I kept a swift pace as I ascended the hill. I admired all the impressive gateways and subsequent mysteries of hidden homes, pondering the way the world changes. For the first 18 years I lived here, our house was never locked, even if we were out of the country. Now it feels as though everyone must erect gates and fences to keep those strange malingerers away from our homes, from destroying our peace of mind and peace of life. A sad state at which we've arrived, bringing the competition and isolation of a crowded urban life spilling out into the countryside. Strange how those most intensely surrounded by people are the same who feel and act as though utterly alone.

Walking through the beautiful isolation of nature, the only sounds are the sussuration of the tree tops and occasional creak of branches... and the incessant companionship of chickadees. Suddenly I awaken my thoughts to the recognition of cracking, the sound of brush being pushed aside... I wonder if there is a moose or something else of a size about to emerge from the thick undergrowth. I stand still a second and then continue, I have nothing about my person at all, no walking stick, no knife, no means of protection or rescue should I encounter anything less than amiable on my expedition. Finally the sounds resolve into a familiar mechanical drone and then I am perplexed by the sight of a man on a very small motor bike breaking through the lower tree branches. I wonder what on earth he is doing there? I then begin to wonder more dubious things and increase my pace to put more space between myself and this solitary anomaly.

I feel comforted as I turn a corner and the sound of the mystery man disappears down the hill in the opposite direction. A few minutes further around the bend, I begin to pick up more unusual sounds – the sounds of young voices bouncing off the hills. Suddenly I see a dark figure some way ahead, emerge from the bush and spread itself out on the road. "That's the sort of thing I'd do" I think to myself as I watch the figure lying spread-eagled watching the sky. I feel more comfortable walking towards this encounter. It morphs into the figure of a young boy, quickly joined by two others and two dogs. The boys all wear identical black hoodies with a logo that I am now unable to recall. I

would make a terrible witness. The smaller dog is a blonde and attractive husky-cross that bounces up to me in joyous canine greeting. The larger is a black-and-white beast the size of a small donkey, unutterably docile, he stands by my side as I rest my hand on his back talking with the three adventurers. "You must have got told off for riding him when you were smaller" I suggest. "I still ride him now" one of them replied. How brilliant! "Does this road continue around back to the highway?", receiving an affirmative in reply I once again continue my progress along the road, following this unknown trail until it eventually returns me to my starting point. So like everything else we do.

I love these small and simple interludes; the ways in which the land here rises up to meet us, the wilderness kisses our cheeks then quickly darts away like shy deer to a sudden noise. Each walk offers something new and delicious to hold in memory, even if only the daily changing shapes of ice and water at the river's edge, or the regular yet unscheduled 'hello' to that other walker, or the new dog that crosses the path. Being out in this place is a great blessing, to have the vastness of the Alberta sky above my head, the heart-stopping immensity of the mountains (which I will visit at greater proximity in a few days' time) ahead, and be surrounded by rolling foothills hiding endless surprises, we are blessed indeed.

Forward to springtime...

*With gratitude and love, Kat Dancer
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OBITUARY

STERNE, Harry (Ron) Ronald. May 29, 1946 – Toronto, Ontario. December 26, 2018 – Calgary, Alberta. Ron unexpectedly left us at Foothills Medical Centre the evening of Wednesday, December 26, 2018 after a ten year battle with Prostate Cancer that he appeared to be winning. Muskoka and in particular Beaumaris was very dear to his heart as well as his beloved Tree House. Ron was an extraordinary brother to John (Carole Lynn), Sandy (Pat Smerek) and Bob (Sandy); a loving uncle to Sarah (Iain), Stephanie, Johnny (Becky), J. D., Tye, Chris (Hannah), Maddie and Alex and caring great uncle to Keely, Camden, Bella, Tenleigh and Georgia. He was predeceased by his parents Harry and Barbara Sterne. Condolences may be forwarded through www.mcinnisandholloway.com. The family would like to thank the doctors and staff at Foothills Medical Centre for the special care they gave Ron in his final days. In lieu of flowers, if desired, a donation may be made to your favourite charity in his name. In living memory of Ron Sterne, a tree will be planted at Fish Creek Provincial Park by Mcinnis & Holloway Funeral Homes

WANTED

Looking for "covered" storage for a 32 foot motorhome on an annual basis. If you have space in your shop or Quonset that would be available on a long term basis, I would love to talk to you. Rates are negotiable. Contact Murray Sander: 587-888-3141

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WANTED

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Seeking Acreage to Rent. T'Lara at tfreedom88@gmail.com, 403.971.4545. Single professional female, n/s, n/d, two horses, two cats, seeking long-term acreage rental for April 1, 2019.

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BABY/HOUSE/PET SITTING

Looking for fun, safe, active childcare for your little ones? Responsible local 13-year old available for babysitting evenings, weekends, PD Days and during summer vacation. I love hanging out with younger kids and make sure out time together is fun and active! I can provide references and have completed the Red Cross Babysitter's Course. Mackaela Archambault, 403.949.8422.



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