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love, laugh and look
after one another...
may we remember
we are protecting our
vulnerable loved ones
in these times!*

- "Christine" artist Deanna Lavoie

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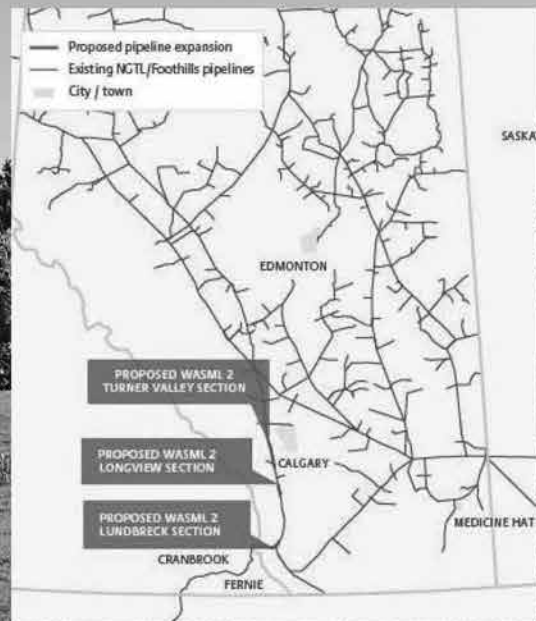
NGTL West Path Delivery 2023 Project Virtual Open House

Please join the NGTL West Path Delivery 2023 Project for a virtual Open House. With the current restrictions related to COVID-19, we have prepared an online Open House to provide information about the proposed project and an opportunity to meet our project team and ask questions. This online forum will be held using the Microsoft Teams platform. Everyone is welcome and we hope to see you there.

Date: February 17, 2021

Time: 5-7 p.m.

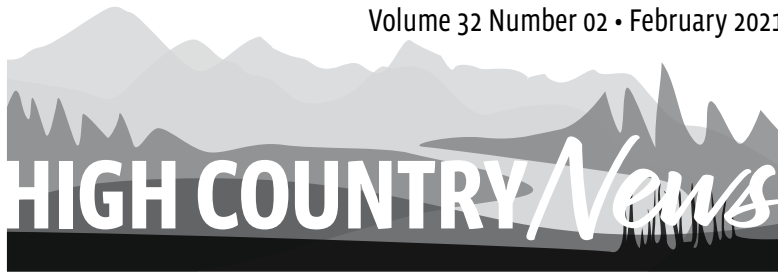
Location: Microsoft Teams



Learn more and RSVP at:
[TCEnergy.com/westpathprogram2023](https://www.tceenergy.com/westpathprogram2023)

Only individuals that RSVP will be admitted into the live event.





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Monday, Feb 15!

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From The EDITOR

Hello February!!! This month we have a paper full of articles and comments. I would like to draw your attention to a few things in particular this month.

There is a new initiative taking place in Black Diamond facilitated by Rinny Tuithof de Jonge on page 38. Special thanks to Kate Grist for creating our February Kids Zone word search! If your child would like to contribute their own activity, we would welcome their contribution. Note the fun picture on page 45 of a couple of my kids playing outdoors in Redwood Meadows. If you have a special photo to share – we would be happy to publish it as well.

Please visit our Facebook page and website for a response to some of the recent articles and comments. In short, the High Country News is committed to the freedom of speech, and in saying that, if someone publishes an article in

our paper, the community is then free to give comments back.

In light of this, I have observed that our society is going through tremendous shifts in values. With these shifts many differing views and opinions are surfacing. Unfortunately, we sometimes forget that the person sharing an opinion or concern is a person and fellow community member. All too often we are quick to attack and speak our view but slow to listen to a differing perspective. Our words can have a devastating impact. Somehow we need to find a way to reason together and make collective decisions that will create amicable paths forward.

Dave Zimmerman, friend and local minister in Bragg Creek, recently shared a comment (my paraphrase) *“If people could put more time into doing good towards their neighbour our society as a whole would be so much better”*. Rather than focus on that which divides, can we find something we can celebrate that unifies? Rather than focus on problems, what can we do to create good lasting solutions at the local level? My wife likes to make meals for

families in need. I wince at my grocery bill, but appreciate her giving heart. How will you be an agent of goodwill towards someone you know who may be hurting and alone? A pot of soup or cup of coffee made with love goes a long way...

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca



Artist PROFILE

As we grow weary of restrictions and the ongoing changing of gears, we need to remember the core of who we are looking after. Christine Lund is a sassy 80+ senior who lives in a care home in Black Diamond. She is well known in our community as having the best hugs and always a smile for a stranger. May her image help ignite us to remember we are protecting our vulnerable in these times.

“Christine” 16.5” x 12.5” Pencil on Watercolour Paper

Longview artist, Deanna Lavoie, shares her portrait of local senior, Christine Lund, who inspires us to be resilient, love, laugh and look after one another.

www.DeannaLavoie.com



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Letters To The EDITOR

To the Editor,

The following is a letter I have written and sent to Miranda Rosin in response to her article "Freedom in a Floundering World".

Miranda,

I am deeply troubled by your recent opinion piece in the High Country News. Although I agree that individuals are entitled to free speech, as the elected political delegate of Banff-Kananaskis, you have the responsibility of accurately representing the collective voice of your constituents. This includes leaving your personal biases and opinions, as well as your religious beliefs, at the door when you step into this representative role.

As a responsible citizen who has been abiding by the public health recommendations from the beginning of this pandemic, it astounds me that you appear to be scolding Albertans in your article stating they have "begged and pleaded for the government to take them (personal freedoms) away." I guarantee that we have done no such thing. The sad reality is that when asked to do the right thing, a large proportion of people did not comply, leading to government intervention to prevent the health care system from being completely overwhelmed. The fact that you are not acknowledging the important role that Albertans have been playing by following health recommendations makes me very angry. People would not willingly sacrifice by not spending time with their family, and not embracing their friends and neighbours were it not for the collective good - helping people of lower socioeconomic status, immunocompromised individuals, minorities and other people disproportionately affected by the virus.

Trivializing how difficult this time has been for everyone by saying we gave up our regular life due to "fear" is inaccurate. Furthermore, rather than recommending that your constituents get vaccinated, you are feeding into anti-vaccine paranoia by basically stating "don't worry, we aren't making vaccines mandatory." As our MLA, you should be providing us with accurate, objective information, instead of making statements that further increase divisiveness and send people the wrong message regarding vaccine safety.

Churches and religious institutions are indeed places where people can turn to for hope and community; but people without a religious affiliation are indeed also sacrificing being near their own communities that bring them hope and

solidarity. As articulated by a cousin of mine, "This isn't tyranny. It's temporary. No one is fined for worshipping, and fellowship isn't a matter of physical proximity". If you are Christian, you believe that Jesus surrendered his rights for the sake of others. Wearing a covering over your face, and temporarily physically distancing yourself from friends and family is obviously not ideal, but it is, in the grande scheme of things, not that big of an ask.

Forthwith, please attempt to more closely consider what to include in the public statements you choose to make. Your constituents deserve better.

*Thank you for your time,
Kirstin Bartsch*



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Dear Editor of the High Country News:

In response to your recent article titled "Freedom in a Floundering World" by Ms. Maranda Rosin, I wish this dangerously misguided MLA would do a shift in any hospital ER or ICU units in Calgary where my friend, Dr. Joe Vipond, risks his family and his own life as an emergency doctor treating surging

numbers of COVID-19 patients on a daily basis. Perhaps, by the end of her shift she will learn that this pandemic is real and a highly destructive phenomenon seen throughout human history.

The last worldwide pandemic in 1918, the H1N1 influenza A virus commonly called the "Spanish flu", infected 500 million people - about a third of the world's population at the time in four successive waves. It took over three years to contain that "Spanish flu" because of misguided community leaders and politicians like this UCP MLA who down played the seriousness of the pandemic.

It took many more years for Europe to recover as a society.

In this current pandemic, we have a much higher population density and much wider transportation means for infections than those in 1918. In this challenging time when Alberta is sustaining the highest COVID-19 outbreak rate of any provinces, I wish the Honorable Maranda Rosin would act as a responsible leader to prevent and reduce the casualty rate in this province.

Sincerely, John Chan
403.246.7155

Bitcoin - A New Kind Of Money, An Innovative Payment Network

In today's world of new evolving technologies it's hard to keep up with all of the innovations. For those of you who have heard about Bitcoin, but have a vague understanding, here is a short breakdown of its features. Bitcoin uses peer-to-peer technology to operate with no central authority or banks; managing transactions and the issuing of bitcoins is carried out collectively by the network. Bitcoin is open-source; its design is public, nobody owns or controls Bitcoin and everyone can take part. Through many of its unique properties, Bitcoin allows exciting uses that could not be covered by any previous payment system. Bitcoin offers fast peer-to-peer transactions, worldwide payments and low processing fees.

How does Bitcoin work?

The basics for a new user

As a new user, you can get started with Bitcoin without understanding the technical details. Once you've installed a Bitcoin wallet on your computer or mobile phone, it will generate your first Bitcoin address and you can create more whenever you need one. You can disclose your addresses to your friends so that they can pay you or vice versa. In fact, this is pretty similar to how email works, except that Bitcoin addresses should be used only once.

Balances - block chain

The block chain is a shared public ledger on which the entire Bitcoin network relies. All confirmed transactions are included in the block chain. It allows Bitcoin wallets to calculate their spendable balance so that new transactions can be verified, thereby ensuring they're actually owned by the spender. The integrity and the chronological order of the block chain are enforced with cryptography.

Transactions - private keys

A transaction is a transfer of value between Bitcoin wallets that gets included in the block chain. Bitcoin wallets keep a secret piece of data called a private key or seed, which is used to sign transactions, providing a mathematical proof that they have come from the owner of the wallet. The signature also prevents the transaction from being altered by anybody once it has been issued. All transactions are broadcast to the network and usually begin to be confirmed within 10-20 minutes, through a process called mining.

Processing - mining

Mining is a distributed consensus system that is used to confirm pending transactions by including them in the block chain. It enforces a chronological order in the block chain, protects the neutrality of the network, and allows different computers to agree on the state of the system. To be confirmed, transactions must be packed in a block that fits very strict cryptographic rules that will be verified by the network.

These rules prevent previous blocks from being modified because doing so would invalidate all the subsequent blocks. Mining also creates the equivalent of a competitive lottery that prevents any individual from easily adding new blocks consecutively to the block chain. In this way, no group or individuals can control what is included in the block chain or replace parts of the block chain to roll back their own spends.

Bitcoin in Real Estate

If you are planning on selling your property and considering accepting Bitcoin as a payment for the sale of your home and, most importantly, exposing your home to more Buyers - add an extra feature to your selling option - accept an offer on your home from anyone, anywhere, in any currency - including Bitcoin.

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Letters To The EDITOR

I am writing this article in response to my concern with which the Banff-Kananaskis MLA, Miranda Rosin, is being portrayed in social media sites and by some news media outlets.

I will start with a quote from Danielle Smith when she announced her retirement from radio: "...the mob of political correctness thinks nothing of destroying a person's career and reputation over some perceived slight, real or imagined." (globalnews.ca/news/7568250/danielle-smith-departure-corus-radio/)

Ms. Rosin started her political career in June 2018 seeking the nomination to be the candidate in the newly formed riding of Banff-Kananaskis (BK), in the newly formed United Conservative Party. She was the underdog to win this nomination and despite this won the nomination.

She then went on to run in the political election of 2019 in the newly formed BK riding that was arguably gerrymandered

to give the incumbent a distinct advantage. Ms. Rosin was clearly the underdog and essentially given no chance to win this riding and despite this she won the election with 51% of the popular vote. Why? I think it was because Ms. Rosin represented exactly what politics needed: a young, energetic, well spoken, intelligent and engaged person. People saw a person who could connect one on one with them and who was principled in her beliefs.

Unfortunately, from the moment she was elected she has been subjected to an endless onslaught of attacks. This level of sustained vitriol would take its toll on anyone, I use Ms. Smith as a prime example. If a seasoned radio personality and former politician has had enough one can only imagine the strength it has taken Ms. Rosin to continue.

We supposedly live in a country where free speech is protected under the Constitution. Our society, sadly, seems to be devolving into an Orwellian state where only the 'accepted' speak is tolerated. Anything that departs from what is now referred to as 'politically correct' (Orwell would refer to it as 'grouphink') is vilified and attacked. Opponents to Ms. Rosin's, or anyone's opinion opponents don't agree with, will search for any small irregularity and

focus and amplify that into a major event. Supposed major news outlets, and now it appears even local ones, will accept whatever is submitted to them as fact and reproduce it, seemingly without checking the context in which something was said or submitted.


Politicians and organizations of all stripes are encouraging 'diversity' in politics. Diversity of age, gender, race, etc. Diversity doesn't mean it's to be used as a prop, it means accepting not only people for who they are but what they stand for and their opinions that go along with that.

We don't have to agree with each other's opinions. We are all entitled to express our opinions respectfully and we are all entitled to oppose someone's opinion respectfully. I would suggest, regardless of your political stripe to look at yourself and what you are posting or printing and question if you are doing so respectfully and in good faith, that is, without intent to purposefully harm someone.

We may not be able to control everything that goes on across the country. We can at least control how we act and what we find acceptable in our province or at least our corner of it, Banff-Kananaskis.

Dr. James Trofemuk

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Letters To The EDITOR

This article is part of an email that I sent to Ms. Rosin, our MLA, in response to her article: “Freedom in a Floundering World”. I found her article deeply troubling.

My main concern with this article is the confusion between sacrifice and freedom. COVID-19 has changed every aspect of the way we live our lives, obviously, and Ms. Rosin does point out some very tangible examples of how we live differently than we did a year ago. But do these things affect our freedoms? I would argue that they are sacrifices, but they do not symbolize giving up freedom.

According to Section 2 in the Canadian Charter of Rights and Freedoms, all Canadians are entitled to the following freedoms:

- expression
- religion
- thought
- belief

- peaceful assembly
- association

To my knowledge, every Albertan still has all of those freedoms. We are definitely free to express ourselves, practice various religions, think for ourselves, hold personal beliefs, and associate with whomever we please (albeit with some restriction regarding in person association). Even if how we engage in these things has changed, we are still free to do them. Our freedoms are not compromised by having to wear a mask or sanitize our hands frequently.

For Ms. Rosin to suggest that our freedoms are compromised because of COVID-19 restrictions put in place by our Government is irresponsible and a massive conflict of interest. After all, Ms. Rosin is our government representative in the legislature – she is the government she is suggesting is taking away our freedoms (at our request no less). That is utterly tone deaf and incorrect. It demonstrates a complete lack of understanding of what her role is in Government, how she serves her constituents, and even what the word freedom means. Mostly, however, I worry that her words are extremely divisive, potentially inciting

thoughts of rebellion against government restrictions aimed at curbing the spread of the pandemic. During this pandemic, and at all times, Government should listen to all of its constituents and make choices that benefit the common good, not incite dissent, frustration, and create divisions among society.

When Ms. Rosin was first elected in my riding, I was excited. I thought it was amazing to have another woman in politics and to see a young person so engaged in our provincial governance. Unfortunately, I have been repeatedly disappointed in her performance as our MLA. Her communications, including a newsletter that suggested COVID-19 was behind us, a Christmas card with a Bible verse when many of her constituents are not Christian or religious, and now this article, demonstrate her lack of inclusiveness in her governance of our riding. As Bow Valley residents, we frequently find her inaccessible and, thus feel that our community perspectives are not reflected in the provincial legislature.

I agree with Ms. Rosin that we should think about the kind of province we want. I want to live an Alberta with:

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- Equal and free public education where my daughters can learn and grow, and know that they will have the same opportunities as anyone else who works hard (including their peers who attended private school).

- Policies and politicians that understand that politics and religion are not bedfellows. These two things need to be kept separate at all times to ensure a diverse and equitable Alberta for all.
- Free healthcare and a government that actually strategically considers the pandemic and its impact on healthcare capacity before a field hospital is required (how embarrassing that we got this far).
- A government that works with ALL Albertans to strengthen and diversify our economy. A government that listens to and

takes advice from ALL Albertans (not just powerful coal and oil and gas lobby groups).

- An MLA who listens to all of her constituents, not just her base. An MLA who cares about all of her constituents, not just her base. An MLA who works to bring us all together, not further divide us.

I am taking Ms. Rosin's advice and pushing for better in the coming year.

*Sarah Elmeligi
Canmore resident, small business owner,
passionate Albertan*

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 **Join Bragg Creek Area Community Support**

on Facebook if you are in NEED or able to HELP in various ways during this time of crisis.


Or contact Pastor Dave to donate to the Bragg Creek Food Bank and Crisis Fund or if you are in need of assistance

This time has put a lot of pressure on our relationships and mental health, if you would like to talk with someone please reach out at 403.671.3819 for support

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Albertans are proud of their resource industries, from agriculture to forestry to oil and gas. Our economy thrives off of resource production and innovation, and many of us have rightfully grown a sense of loyalty to these industries throughout the years - viewing them as much a part of our Albertan identity as the Rocky Mountains. Our Government has supported Alberta's energy industry to the best of our ability by repealing and fighting the carbon tax all the way to the Supreme Court; testifying against Bill C 69; participating actively in regular OPEC meetings, and making a historic investment into Keystone XL to accelerate its construction. The permit for this pipeline was recently revoked by newly-elected U.S. President Joe Biden, despite the project already being underway after being exhaustively reviewed more than five times, but we are now prepared to take whatever legal action necessary to protect Alberta's interest in this project which would have increased our daily crude exports by over 830,000 barrels per day.

Yet as the world changes, there is opportunity for diversification within the energy market. Knowing that many Albertans work and are educated in energy development, we made it a priority to ensure that Alberta is positioned to be a competitive destination for investment and job creation in all emerging sectors of energy and electricity production. For the past year, in addition to supporting Alberta's oil industry, we have made strategic investments and launched growth strategies for natural gas, hydrogen, and petrochemical

production while also significantly deregulating the green energy market which has already attracted \$2.4 billion of private wind, solar, and cogeneration investment to Alberta.

Alberta already produces over two-thirds of Canada's natural gas supply, yet there is still tremendous opportunity to grow this sector. Our Government's natural gas and liquefied natural gas strategy combines newly developed and globally recognized environmental standards, an efficient and streamlined regulatory environment, and intergovernmental advocacy for projects allowing us to reach Asian and European markets, with multi-million dollar strategic investments into natural gas projects through Alberta's new industry-funded TIER (technology, innovation, and emissions reduction) fund.

Hydrogen is another industry with growing global demand, projected to increase ten-fold by 2050. Not only is hydrogen an emerging alternative in the clean fuel market, but many products derived from hydrogen such as methanol and ammonia are critical to manufacturing operations around the world. Over our term in government we have committed to removing red tape on the industry and putting forward growth enabling legislation that will help our province deploy hydrogen into the heavy transportation and home heating sectors. We are also working to ensure hydrogen transmission routes and corridors exist across Canada, North America, and the world by 2040 to ensure our products can get to market.

The final segment of our energy diversification plan is to grow Alberta into a top 10 global producer of petrochemicals, while expanding the portfolio of products we manufacture. This industry was already valued at \$12.1 billion last year, employing over 58,000 Albertans. With global demands forecasted to grow significantly over the next ten years, there is opportunity to

more than double this industry within Alberta to over \$30 billion, expanding into new product lines such as medical equipment, eyeglasses, flooring, and more. We are developing regional infrastructure plans across the province that will enable rapid deployment of derivative and chemical facilities in rural Alberta, and have launched a new Petrochemical Incentive Program. This exciting new Program established a grant stream worth 12% of capital costs associated with future petrochemical projects, available to each and every project which meets the criteria upon commencement of their operations.

The traditional energy sector will always be a key economic driver for Alberta's economy, but our Government will not pass by the growth opportunities presented by a changing world. Our province's greatest natural resource will always be our people, and together we can make sure that the Alberta of the future is a world leader in more industries than one.

A vertical graphic for MLA Miranda Rosin's constituency offices. At the top is the coat of arms of Alberta. Below it, the text 'MLA Miranda Rosin's' is in a large, bold, white serif font, with 'Constituency Offices' in a smaller, white, sans-serif font below. Underneath, 'Office Hours:' is in a bold, white, sans-serif font, followed by 'Monday, Tuesday, Thursday, Friday' and '1200 pm - 430 pm' in a smaller, white, sans-serif font. At the bottom is a circular portrait of Miranda Rosin. To the right of the portrait, there are two boxes: 'Bragg Creek: 226-7 Balsam Ave' and 'Canmore: 206-1080 Railway Ave', both in white, sans-serif font.

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



f COUNCILLOR MARK KAMACHI

@MARKKAMACHI

CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA

OFFICE: 403-949-3343 | CELL: 403-861-7806



Greetings. I hope you are safe and sound as we continue to forge our way out of this pandemic? The optimist in me says brighter days are an indication we're headed in a positive direction.

Once again, stories are being 'constructed' about my personal conduct, my business conduct (AdMaki Creative), and my role as your local councillor. A true sign of an election year?

Now the reason I bring this up, and I sincerely apologize, is that there is local posturing going on to potentially tarnish my name and that of my business. Again. If you recall from my rant last month, I addressed a manufactured lie on facebook made against my ethics and my business. This happens in politics but this time my patience ran out because it involved putting the publisher of this paper, RVC Administration, and our Reeve in an awkward situation to have to deal with this false claim.

I will always be forthright, personable and defend my family, friends and colleagues. Plus, rather than to actually say it, I hope I've been demonstrating, to the best of my expertise and abilities, a commitment not only to Division One but the entirety of Rocky View Council and its residents.

Code of Conduct/Conflict of Interest (COC/COI) allegations are serious matters which can develop into lengthy and expensive legal battles for both the accused and defendant.

Having to defend my character to online pseudonyms will most likely be a common topic over this election year. That's politics sadly.

Recently, a letter was sent to RVC Administration and copied to all councillors in a weekly report alleging I could be in violation of RVC's Code of Conduct/Conflict of Interest rules with regards to Dick Koetsier's proposed Gateway Village development in Bragg Creek. Dick Koetsier is a friend and we have known each other as musicians, community volunteers and leaders. I have known Dick much longer than I have been a Councillor and have worked with Dick's leading consultant, Infrastructure Development Group Inc., on a similar award-winning development a number of years ago.

Prior to public office my occupation was advertising/design, and Councillors are permitted to work during their tenure, so it still is. Before anyone even heard of Gateway, Dick approached me and asked if I would be interested in working with him to brand and promote his vision, as he did many local businesses. I told Dick I would be delighted to help, but when a proposal went before Council I would have to abstain from voting. Dick said, "I value your contribution more than your vote and this vision has to stand on it's own two feet."

Had the author of this letter who claims to **represent a large number**

of Bragg Creek residents only called or emailed me to ask what my involvement with Gateway was, I would have kindly discussed my relationship with this project.

So to reiterate, I work on the Gateway project. I will be recusing myself of any voting on this development. And again, I wish folks would simply pick up the phone and discuss matters of "interest" with me rather than insinuate negativity, especially amongst residents and my colleagues. At the end of the day we're all in this together and as your local representative, I pride myself on being available to chat, whatever the concern or issue may be.

The burning question? I have been asked many, many times about my intentions of running again. Because my family and my business are my priorities, and the extra time devoted to the County will never take a back seat, this will weigh heavily on my decision. I hope to have an answer shortly.

I sincerely want to thank those of you who reached out and offered your support after reading last month's article. I truly appreciate hearing from you. I hate having to use this article to defend my character but my character is how I got to be your local representative and I'd like to keep it that way.

Stay safe, keep your distance and **please let's all stay positive.**

– Cheers, Mark

Councillor's UPDATE

Rocky View County

Kevin Hanson, Councillor, Division 3



Due to a number of complex applications scheduled for Public Hearings in a short time frame, three Special Council Meetings are scheduled for February and March. These are in addition to our regular Council Meetings. Two special meetings will include public hearings for the Scott (Div 8) and Summit (Div 9) gravel pit applications. On February 16th, a special meeting for the Public Hearings of the new Municipal Development Plan (MDP) and the revised Springbank Area Structure Plans (ASPs) is scheduled.

Municipal Development Plan: The current MDP (called the "County Plan") is 6 years old, and far from the worse offender for needing updating (unlike the 20+ year old Springbank & Bears paw ASPs). The MDP is a strategic document that steers and guides Rocky

View's overall growth and development across the entire County using a 20 year planning horizon. This is in contrast to an Area Structure Plan (ASP) that provides a detailed framework for the development of a specific community.

Council decided a top priority was that it needed an update. It was seen to be too limiting for growth, too prescriptive, and contained too much black and white policy. More leeway making "Open for Business" decisions on a case-by-case basis was sought. On a number of occasions my colleagues opined that the language of "Shall" and "Should" is inappropriate in statutory growth policy, and that Rocky View County would be better served with more "May" guidelines. Allowing more growth outside of ASPs was likely at the crux of the matter.

North Springbank and South Springbank Area Structure Plans: There has been an extensive and involved public consultation process for the long overdue update of the Springbank ASPs. Updated servicing and transportation technical studies have been available since October 2020. Both proposed plans will be presented for Council's consideration on February 16, 2021 where stakeholders

may speak. As with the MDP, approval by the Calgary Region Municipal Board will be required prior to the ASP's final approval.

Newspaper Advertising: Councillor Wright and my motion to resume advertising County business in the Rocky View Weekly starting again in 2021 was defeated late last year. It was unfortunate, as this helps support local business.

Strengthened Voter ID Requirements: At the January 8th Council meeting, I fully supported Clrs. Kissel and Wright's motion to require more rigorous ID to vote in RVC elections. It passed, but unfortunately due to delays from cancelled Council Meetings and a busy admin staff, the Bylaw wording changes will not be ready for this election. With Provincial referendums happening, hopefully a Provincial Voter List is available.

Your feedback on the above plans is encouraged as is participation at the public hearings using in-person or on-line means. Please e-mail me if you would like to be added to my e-mail list for potential future communications.

Kevin.Hanson@RockyView.ca
or call 403.463.1166.

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Todd Doherty, Member of Parliament Cariboo—Prince George. Our aim is to look at the crisis holistically and with compassion. We are exploring policies to save lives and break the cycle of misery and personal tragedy.

Numerous colleagues answered our call to help achieve our goal. We are gathering data, insight and proposals on what needs to be done to address mental health and addictions. We need to know what resources are available and where the gaps exist within the current system.

Prevention, enforcement, harm reduction, intervention and recovery all play pivotal roles in finding a solution. We must not turn our backs to any idea just because it does not fit our political narrative or goes against pre-conceived notions. Only by working together will we overcome the stigma associated with substance use and addiction.

We have had early success with the House of Commons unanimously passing a motion in December to establish the 9-8-8 suicide hotline in Canada, an initiative spearheaded by Mr. Doherty.

Clearly, there is more to be done. On the Health Committee we recently studied the mental health impacts of the COVID-19 pandemic. I invited two Foothills business owners to appear at committee and share how COVID-19 has impacted their mental health from a business owner's perspective.

It was a sobering presentation as they outlined the depression and anxiety they face, not only for themselves, but also the pressure of supporting their employees and their families. Their presentations at committee, coupled with the CMHA report and the Alberta overdose statistics, show how grave the situation has become.

Over the past several weeks we've heard first-hand the effects this crisis has had on communities, our colleagues, families, friends and neighbours. Working together the hope is to build a framework to get the dealers off the streets and offer addicts a tangible pathway to successful recovery.

The effects of the pandemic on the mental health of Canadians are real and will be long-lasting. Finding a solution to the mental health and opioid crisis in Canada simply cannot wait any longer.

If you need help call:

- Canada Suicide Prevention Service: Phone 1-833-456-4566 or Text 45645 (Text, 4 p.m. to midnight ET only) crisiservicescanada.ca

- Kids Help Phone: 1.800.668.6868, Live Chat counselling at www.kidshelpphone.ca

If you are worried someone you know may be at risk of suicide please talk to them and watch for these warning signs: suicidal thoughts, substance abuse, purposelessness, anxiety, withdrawal, anger, recklessness and mood changes.

John.Barlow@parl.gc.ca
403-603-3665

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- ♥ Monday MARCH 22 at 11:30am

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To join by phone, call (587) 328-1099

MEETING ID is 987 9188 0003. PASSWORD is 653714.

(Version Nov 10/20 DRAFT)

Have You Planned For Your Financial Future?

When it comes to making financial decisions most people focus on either/or scenarios; that is making a short-term decision that may or may not reflect a larger financial strategy or wealth accumulation plan.

We often see these types of isolated, one-off decision choices in media articles that pose dilemmas such as: Is it better to invest in an RRSP or pay down your mortgage? Should you take your tax refund and invest in an RRSP or go on vacation? Are TFSA's better than RRSPs? Should you pay off your credit card balance or invest in an RRSP? You get the picture.

It is far easier for most people to deal with one small decision than to balance a number of inter-related decisions and their potential impacts. Most people have busy lives with complex decisions to make in any number of areas of their lives so the default - when it comes to their financial affairs - is to make the simple or quick decision. That way they can get back to doing the other things that really matter most to them.

The consequence is that they often sacrifice longer-term benefits for the expediency of making quick and immediate decisions. For example, many people have a strategy of first paying off their mortgage because they believe that having consumer debt is expensive in terms of after-tax dollars. Once the mortgage is paid off then they intend to focus on building retirement assets through RRSPs.

Then life gets in the way, things change, they buy several houses and keep getting larger and larger mortgages that never seem to be paid off (especially in Toronto, Vancouver, Calgary, etc.). Suddenly they wake up at age 55 with a medium sized mortgage, few RRSP savings and only 10 - 15 years to go before retirement.

In fact, it is not uncommon to see Baby Boomers increasingly retiring with a mortgage which was never part of their financial strategy. Worse, they might even face a lay-off, plant closure or job loss that sees their incomes reduced just as they were going to get serious about putting the maximum effort into saving money for retirement.

Instead of focusing on one financial idea, the alternative is to have a set of financial objectives that you can attend to and care for. The idea is to allocate money to them all over time and to recognize those financial objectives that have been neglected and are in need of your attention.

For example, you might have as objectives some of the following:

- Build up retirement savings
- Pay down debt,
- Go on an annual vacation,
- Save for children's education,
- Have a rainy day fund,
- Have some mad money that can be spent as you wish,
- Build wealth through a TFSA,
- Manage life's risks through various insurance programs,
- Save for a house or renovate a house,
- Save for a car and so on.

These are all important items to consider but you must prioritize them and others as you live your life today while building financial security for the future. One way to allocate money is to look at those areas that have not seen any funding for a couple of years or so.

Don't forget to plan for the long-term as well.

In the past a person would retire at age 65, take their company pension and live 3 to 5 years, then die. Savings did not have to stretch too far.

That is not the case anymore. Today, at age 65 you have a very good chance of living into your 90's. You need to make sure that as you approach retirement your sources of income will last 20, 25, 30+ years.

Are you prepared?

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Animal-Vehicle Collisions Hit Close To Home

When we first moved to Calgary from inner London (UK, not Ontario), one of the things we loved most was the abundance of wildlife we saw whenever we left the city. We were regular visitors to Bragg Creek for nine years before deciding to move here permanently five years ago.

Pouring my first coffee one morning a few weeks after moving to West Bragg, I noticed just out the window a flurry of activity by the garage: crows and coyotes vying for the chance to feed on a freshly killed deer. Fascinating for a townie like me, but sad, too.

A kind neighbour helped by moving the carcass further up the hill by our house, and needless to say it wasn't around for long. He said by the look of it, she had been hit by a vehicle and had made it as far as our property before giving out.

That was my first really close encounter with AVC (animal-vehicle collision). Like I said: what a townie! Of course we'd seen roadkill in rural Scotland, Ireland, England, New Zealand, etc. but

this hit close to home, literally. Since then I've realised that seeing dead wildlife by the side of the road is an almost daily occurrence, particularly on the busier stretches of road around Bragg Creek. Just a fact of life out here? To some extent, perhaps. But I was keen to find out more when Renée Delorme posted on Facebook late last year suggesting a group to look into ways of mitigating AVCs in our area. You may have seen that post, too.

That was the beginning of the Bragg Creek and Area Wildlife Corridor Initiative - an initiative that aims at finding a balance between human activities and habitat vitality.

Since that initial Facebook post, a lot of people have shown interest and a group has formed, sharing ideas and expertise about what we could do to address what seems to be a growing issue.

Local groups and individuals have been enthusiastic and shown interest in working together with us to this end.

What we would like to do as an umbrella initiative is enhance Bragg Creek's links with wildlife in people's minds, and raise awareness of the need to take care when spending time in the area. This would –

we hope – include work around traffic issues and also around the protection of existing wildlife corridors and mitigation of habitat fragmentation. We would like to work on communication with both residents and with visitors about this. With all of this in mind we're looking into designation of Bragg Creek as a 'Wildlife Corridor'. Bragg Creek is already part of the Y2Y wildlife corridor which links Yellowstone and the Yukon, and aims to protect wildlife migration routes and important habitats between those two points. Bragg Creek is considered important for its river and watershed, its biodiversity and the presence of species at risk.

Currently the group is growing and people with logistical, environmental and other expertise have joined us. We're reaching out to different groups and organisations within our community and interest is high. If you would like to learn more about the initiative or have us do a presentation (by Zoom) to your neighbourhood group, you, your neighbours and friends, we would love to hear from you. You can get in touch with us by email at bcawcorridor@gmail.com

Submitted by Sally Beetham Tilley



Thank you for your time, questions and feedback.

I would like to thank everyone who came to the Presentation Centre and engaged online to review our proposed development and vision for Gateway Village. I have truly appreciated the opportunity to meet with residents, answer your questions and listen to your great thoughts and ideas.

To continue to stay informed about the development, please visit our website at gateway.ca, sign-up for our newsletter and follow us on Facebook. You can also call me at 403-949-0047 or email dick@gateway.ca.

Thank you again, Dick Koestier





2020 Crime Statistics

As referenced last month, here are the 2020 crime statistics for the Turner Valley detachment area conveniently broken down by region and specific crime stat. A big thank-you to Staff Sgt. Laura Akitt and Lisa Unrau for providing the statistics below, and also the 2019 stats for comparative purposes. I won't attempt to draw conclusions for readers as each of you and your region is unique. This is a great opportunity to look through the nicely broken down crime data and determine what your personal risks may be. Black Diamond and Turner Valley refer to the townsites, the others regions are rural areas. If you have any questions you may call me on the 931-2407 HCRCWA telephone line and I will attempt to provide additional information/clarification.

*Dave Schroeder
HCRCWA Board Member*

| Occurrence Address | Type | Count of Occurrence |
|----------------------------|---|---------------------|
| Black Diamond | Assault | 14 |
| Black Diamond | Assault - Sexual | 2 |
| Black Diamond | Break and Enter - Business | 4 |
| Black Diamond | Break and Enter - Residence | 4 |
| Black Diamond | Fraud over \$5000 | 2 |
| Black Diamond | Fraud under \$5000 | 6 |
| Black Diamond | Theft from a motor vehicle under \$5000 | 9 |
| Black Diamond | Theft of Vehicle | 1 |
| Black Diamond | Theft of Vehicle | 4 |
| Black Diamond | Theft under \$5000 | 5 |
| Black Diamond | Theft under \$5000 | 13 |
| Kananaskis | Assault | 2 |
| Kananaskis | Assault - Sexual | 1 |
| Kananaskis | Theft under \$5000 | 1 |
| Eden Valley | Assault | 60 |
| Eden Valley | Assault - Sexual | 5 |
| Eden Valley | Break and Enter - Business | 4 |
| Eden Valley | Break and Enter - Residence | 7 |
| Eden Valley | Fraud under \$5000 | 1 |
| Eden Valley | Theft from a motor vehicle under \$5000 | 8 |
| Eden Valley | Theft of Vehicle | 4 |
| Eden Valley | Theft of Vehicle | 1 |
| Eden Valley | Theft under \$5000 | 22 |
| Foothills County - HR Zone | Assault | 8 |
| Foothills County - HR Zone | Break and Enter - Business | 5 |
| Foothills County - HR Zone | Break and Enter - Residence | 4 |
| Foothills County - HR Zone | Fraud over \$5000 | 3 |
| Foothills County - HR Zone | Fraud under \$5000 | 4 |
| Foothills County - HR Zone | Theft from a motor vehicle under \$5000 | 1 |
| Foothills County - HR Zone | Theft of Vehicle | 1 |
| Foothills County - HR Zone | Theft of Vehicle | 5 |



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| | | |
|-----------------------------|---|----|
| Foothills County - HR Zone | Theft over \$5000 | 1 |
| Foothills County - HR Zone | Theft under \$5000 | 5 |
| Foothills County - OKO Zone | Assault | 10 |
| Foothills County - OKO Zone | Assault - Sexual | 3 |
| Foothills County - OKO Zone | Break and Enter - Business | 9 |
| Foothills County - OKO Zone | Break and Enter - Other | 3 |
| Foothills County - OKO Zone | Break and Enter - Residence | 10 |
| Foothills County - OKO Zone | Fraud over \$5000 | 4 |
| Foothills County - OKO Zone | Fraud under \$5000 | 8 |
| Foothills County - OKO Zone | Theft from a motor vehicle under \$5000 | 7 |
| Foothills County - OKO Zone | Theft of Vehicle | 6 |
| Foothills County - OKO Zone | Theft of Vehicle | 8 |
| Foothills County - OKO Zone | Theft over \$5000 | 3 |
| Foothills County - OKO Zone | Theft under \$5000 | 5 |
| Foothills County - OKO Zone | Theft under \$5000 | 17 |
| Foothills County - TV Zone | Assault | 13 |
| Foothills County - TV Zone | Assault - Sexual | 4 |
| Foothills County - TV Zone | Break and Enter - Business | 2 |
| Foothills County - TV Zone | Break and Enter - Residence | 17 |
| Foothills County - TV Zone | Fraud over \$5000 | 8 |
| Foothills County - TV Zone | Fraud under \$5000 | 7 |
| Foothills County - TV Zone | Theft from a motor vehicle under \$5000 | 8 |
| Foothills County - TV Zone | Theft of Vehicle | 2 |
| Foothills County - TV Zone | Theft of Vehicle | 6 |
| Foothills County - TV Zone | Theft over \$5000 | 3 |
| Foothills County - TV Zone | Theft under \$5000 | 11 |
| Turner Valley | Assault | 14 |
| Turner Valley | Assault - Sexual | 3 |
| Turner Valley | Break and Enter - Business | 3 |
| Turner Valley | Break and Enter - Residence | 5 |
| Turner Valley | Fraud over \$5000 | 1 |
| Turner Valley | Fraud under \$5000 | 6 |
| Turner Valley | Theft from a motor vehicle under \$5000 | 3 |
| Turner Valley | Theft of Vehicle | 1 |
| Turner Valley | Theft of Vehicle | 4 |
| Turner Valley | Theft under \$5000 | 4 |

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What's The Point?

by **Jennifere Gordon**

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

What is the all buzz about acupuncture? It seems to be everywhere now and there are many different techniques and terminologies – Traditional Chinese Medicine (TCM), dry needling, trigger point needling, Intra Muscular Stimulation (IMS)...

What does it all mean?

Firstly, acupuncture is a safe and effective, natural and drug free way to eliminate pain and restore health. This practice originated in China and has been around for over 2000 years! Recently, western medicine has expanded its horizons and many practitioners are incorporating this into their practice – such as physiotherapists, chiropractors, medical doctors, and naturopathic doctors. There are various types of acupuncture techniques used, where a thin needle is inserted into the skin, but nothing is injected (dry needling). All techniques use pre-sterilized disposable needles of various lengths that pierce the skin or muscles. These needles are typically left in the tissue anywhere from a few seconds to 20 minutes. Occasionally, the needles are hooked up to a small electrical current, called electro-acupuncture.

Classical acupuncture, or *Traditional Chinese Medicine* (TCM), involves inserting needles into specific points along 12 meridians on our body. These meridians are channels of energy mapped out along the surface of our skin that relate to internal organs (small intestine, gall bladder, heart, liver...). Needling certain points along these meridians is believed to help restore imbalances in the flow of Qi ("chi"), or

energy throughout our body. *Anatomical or medical acupuncture* are Western forms of acupuncture that integrate current knowledge of anatomy and physiology with classical acupuncture techniques (TCM). *Motor point needling, dry needling, myofascial acupuncture* all describe similar techniques used to target the neuromuscular junction of the muscle (where the nerve innervates the muscle) or trigger points in the muscle



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belly. Trigger points are tight, palpable knots that can be painful and often refer pain to other areas of the body. These techniques specifically target injured muscles that have contracted and shortened from distress. Dry needling may provide nearly instantaneous relief from the painful trigger point as well as improve function and mobility.

Intramuscular Stimulation (IMS) is another form of dry needling. IMS is a total system for the diagnosis and treatment of myofascial pain syndromes. Initially developed by Dr. Chan Gunn in British Columbia in the 70's, this technique follows the radiculopathic model of pain. The needling sites often target both the locally tight muscle bands and the nerve root at the spinal level that may have become irritated and hypersensitive. For example, elbow pain and a local tendinopathy may have its origins at C6 where the nerve root is existing the spinal cord. If you only treat the local elbow symptoms, you wouldn't be targeting the whole system.

How does it work?

The penetration of a needle into normal muscle tissue should be painless with no effect. Penetration into tight, shortened

muscle tissue that is supersensitive will cause a 'grasp' of the muscle around the needle. This is often described as a cramping sensation. When this occurs, a stretch receptor in the muscle is stimulated which then produces a reflex relaxation phase. Secondly, the needle causes a micro irritation that draws blood to the area and stimulates the healing process. Thirdly, by relaxing the tight muscle bands the pressure on surrounding nerves, joints and soft tissue is reduced. Increased muscle flexibility, joint range of motion and reduced pain can be achieved. It is common to experience some discomfort when tight muscle bands are being released. This is similar to the soreness experienced after a deep tissue massage or an intense workout. This sensation is temporary and may last from 12-48 hours. There is also the potential for a superficial bruise, but this is not serious.

All forms of acupuncture are thought to directly stimulate local nerves in an area, thereby stimulating impulses that connect to the spinal cord and brain. These impulses help stimulate the production of endorphins in the brain, our natural pain relief hormones.

Furthermore, neural pathways are stimulated that inhibit the pain perceived in our body, therefore causing an analgesic effect. In other words, happy hormones are released in our body that lessen the pain!

Classical acupuncture points can stimulate weak muscles and direct energy and blood flow to an area to alleviate pain, improve circulation, and speed the healing process. Motor and trigger point release can target those stubborn knots that reduce flexibility, compress nerves and cause pain. The combination of these treatments in addition to manual therapy and prescribed exercises can be very effective in restoring muscle balance, function, alleviating painful syndromes, and enhancing performance.

Our physiotherapists at Bragg Creek Physiotherapy offer a variety of techniques with certifications through the Acupuncture Foundation of Canada, Gunn IMS, and Neurofunctional Acupuncture. If you are struggling with a stubborn injury that just isn't getting better, these techniques might help get you progress to the next stage of healing.

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Bragg Creek Centre

Hello Creekers! It's February, some of the provincial orders are being slowly lifted, and we are once again able to gather (safely) with friends and family outdoors. Our dedicated group of rink volunteers have been diligently flooding and maintaining our outdoor rink for everyone's enjoyment. Come on out for a leisurely skate or practice your shots on goal. Our rink is open from 8:00 am – 11:00 pm, 7 days/week. Visit our website and social channels for schedule and updates. Please adhere to provincial restrictions.

Fundraisers

Thanks to those that participated throughout December, our Purdys Chocolate fundraiser brought us \$1175 and the Fundscrip Gift Card fundraiser brought in \$130. These funds will go directly to operating costs. We appreciate everyone's support.

Wine Survivor

Tickets are sold out for the Wine Survivor Raffle! We are so pleased with the BCCA volunteer Rink Committee's success. Draws will be held at the Centre Sunday, February 14th. Visit our website for raffle rules and draw times. Thank you to all who purchased tickets, your support goes a long way to ensuring the rink is available for our community. Good luck!!!

Hunt for Hearts Scavenger Hunt

Starting February 14th, the Bragg Creek Hunt for Hearts, a community scavenger hunt sponsored by the Bragg Creek and Redwood Meadows Wellness Network and the Bragg Creek Centre,

will be running in the hamlet until March 14. This is a free, fun, outdoor activity for families of all ages. The hunt can be done in one day or can be spread out over multiple days.

To participate, go to the BCCA website and download the entry form, which has the clues to each heart location. Once your family has found all the hearts, the form can be turned in to the Centre (see our website for details). All families who complete the hunt will receive a special Hunt for Hearts certificate and will be entered to win draw prizes. Happy hunting!

Outdoor Adventure School Break Nature Camps

Rediscover Play and the Bragg Creek Centre are excited to offer school break camps for ages 3 – 13 years.

Our days will involve exploration, fire building, knife, compass, and real tool use skills, shelter making, outdoor cooking, loose parts play, bushcraft, storytelling and gratitude circles, nature crafting, and sit spot experiences all with a focus on safe risk-taking. Register on our website.

Family Day Break: February 16 – 19

Easter Break: April 5 – 9

Please remember to purchase your BCCA Memberships and consider donating. Every little bit helps us to continue our mission and ensures the Community Centre is operational and available now and for future generations.

Our office is open Monday – Friday 9:00 am – 5:00 pm. Call 403-949-4277, email: info@braggcreekca.com or visit us at www.braggcreekca.com for news and updates.

*Take good care Creekers!
Christine
Program and Events Manager*

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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!

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

Foot Care In The Creek!

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 Hours: 9.00am -4.00pm
 Clinician: Jill Read-Johnson,
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 Appointment: Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

**Clients must provide their own foot basin & towel*

The benefits of regular professional foot care:

- Can help prevent or treat calluses, corns and ingrown toenails
- Can assist with symptoms associated with arthritis & diabetes
- Can help improve circulation, mobility, and muscle performance
- Can help reduce risk of foot infection and pathology

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- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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evokes the tavern-style service. Patrons in hiking boots and outdoor wear are welcome to quench their thirst and fill up on succulent light fares such as a Wapiti burger and a pint of local Fahr beer.

The Bav is the restaurant section that caters to patrons in search of a more intimate and refined dining experience. The menu focuses on Rocky Mountain dining experiences blending traditional German and contemporary cuisines, using the best local food ingredients they can find. *"The goal,"* says Charlie, *"is to create a cuisine that celebrates what we do best in Western Canada, including grains, venison, beef, fruits and vegetables, craft beer and wines. The menu is seasonal in that it offers dishes that use fruits and vegetables that are always fresh. Oh! And we make our own bread too."*

The kitchen is under the leadership of a local young up-and-coming new chef Sammy Mehler-Allaby. She has earned her red seal accreditation and worked in trendy restaurants such as Calgary's Model Milk and Barcelona Tavern. Expect to see exciting new fare on the menu such as warm squash salad and ever-changing dishes with wild game, fish and a little more emphasis on vegetarian offerings.

Pam is a passionate wine aficionado responsible for the wine list and bar operations. Her focus is firmly on quality local labels, especially British Columbia wines and local craft beers. Her current goal is to curate the wine list down to a limited selection of labels that pair especially well with the menu. Clients can bring their own wines and have them served for a corkage fee but, as she said, *"Our wines are sold with a minimal markup. Considering the quality and pairing efforts involved, the dining experience may be better-suited opening one of our wines."*

Calgary's drive to Bragg Creek and along White Avenue gives you the impression that you are heading for the forest. Away from the commercial core, the restaurant is nestled in a large, quiet, wooded lot with a short walk to the Elbow River. The unassuming building features a post and beam entrance with an expansive deck popular in the summer. Inside, the decor remains simple with rustic wood finishing details. A red brick foyer with its dancing flame is a welcomes sight, especially in winter when you seek refuge from the snow and chilly wind.

The Bav & The Tav

Bragg Creek's German Restaurant with a Rocky Mountain Flare

Charlie and his daughter Carmen came to Canada in 1989 after the Calgary Olympics. On one of their day trips, they discovered Bragg Creek and fell in love with the area. Charlie is a trained Master Chef, who also earned degrees in business and as a dietitian/nutritionist, was then looking for a restaurant to call his own. In 1991 he secured *The Bavarian Inn* through a lease. He met Pam a year later and they took full ownership of it in 2003. The couple celebrated their acquisition with

a complete renovation of the space, a new menu and an extensive wine list. At the time, Bavarian Inn, and the now-defunct Steak Pit, were the only two fine dining restaurants in Bragg Creek. Still, Charlie saw great potential for the hamlet as a destination for Calgarians seeking a change of scenery and refined culinary experiences.

Keenly aware that the restaurant's success would ultimately be associated with that of the local businesses, Charlie became a passionate promoter of Bragg Creek as a choice destination for all who seek the great outdoors and quality food. Their restaurant soon became regularly mentioned in *Wine Spectator Magazine*, *Air Canada* and *West Jet* magazine. These accolades were supplemented

in 2010 when Charlie was nominated one of the top 10 chefs in the Calgary/Canmore/Banff area and competed in the Gold Medal Plates competition.

Charlie and Pam eventually sold their restaurant to take a well-deserved break from the hustle and bustle, only to regain ownership of it in 2019. In March of 2020, Bav Tav opens its doors again, this time with a focus on two separate clientele. The Tav is part of the restaurant that

There's a lot of loving going around.

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THE BAV

MOUNTAIN DINING

THE TAV

MOUNTAIN DRINKING

AT THE BAVARIAN INN BRAGG CREEK AB

COVID-19 has been a great disruptor for the restaurant scene. Bav Tav is currently closed, but food can be ordered for take-out and menus are created for special occasions such as this month's Valentine's dinner for two.

Bav Tav also has a unique new service called "The Market Place." You can now buy fine restaurant-quality food ready to cook in the comfort of your home. Peruse the Market Place menu on Bav Tav's website, order and pick it up.

Charlie and Pam's commitment to the local food scene and to Bragg Creek is undeniable. They have time and again given back to the community, and they continue to do so. In return, the community has rewarded them with ongoing patronage to a restaurant they obviously love. To find out more about Bav Tav visit www.bavtav.com.

Invitation to food artisans, growers, producers and restaurateurs:

Do you produce, make or serve quality local food that best exemplifies our terroir? Interested in being profiled?

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Coming in March: The Marriage Course

All marriages and partnerships - even the good ones - aren't perfect. COVID-19 has also added pressures and challenges to many of our relationships. With the difficulties we're all facing, everyone's relationship could do with a tune-up.

That's why Bragg Creek Community Church is going to be running a free online version of The Marriage Course in March.

The course has been run around the world and helped well over a million people - Christian or not, married or not, it's suitable for everyone.

In post-course surveys:

- 99% of guests said the course had a positive impact on their relationship
- 73% of guests experienced significant improvement in their relationship from the course

In a series of seven weekly evening sessions, we'll be looking at:

1. Strengthening Connection
2. The Art of Communication
3. Resolving Conflict
4. The Power of Forgiveness
5. The Impact of Family
6. Good Sex
7. Love in Action

The videos will be watched over Zoom, with pauses for private conversation

for each couple. Each guest is given a Guest Journal which provides guidance for each conversation.

The microphones are muted, and cameras turned off during these conversation times, so any discussion is purely between you and your partner: no-one else.

The course will be run from 7:00 - 8:45pm on Thursday evenings, starting on March 11th .

There'll be more on how to register next month but, in the meantime, you can see more at: themarriagecourse.org/try/the-marriage-course.

For more local information, please contact peterhunt385@me.com

*Submitted by Peter Hunt
Bragg Creek Community Church*

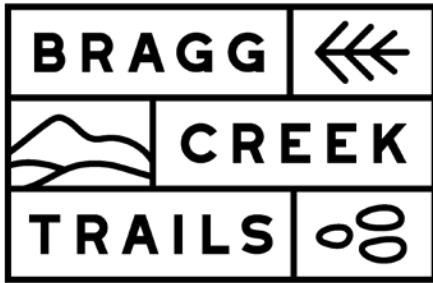


Back by popular demand

Thank you to those that supported the Bragg Creek and Area Historical Society in this monumental project commemorating our remarkable community for over a century.

We've sold out for now, but more books are on order and we hope to have them back in stock by mid-February at the Trading Post.





BCT Plea to Observe Trail Etiquette

A big dump of snow from Mother Nature before Christmas created a winter utopia, causing 1000's to flock to the ever-popular trails in West Bragg Creek. Our brand-new Snow Rabbit tracked ski groomer was put to the test and was more than up to the task. Woot-woot! The WBC parking lot was more like Chinook Mall on Boxing Day over the break with over 1,000 vehicles daily. This caused frustration for many and made us realize how important these trails are to Albertans, especially during a pandemic. Your smiles and thank-yous meant a lot to us.

With increased trail usage, new challenges have arisen. Disregard for trail etiquette and improper use of trails have caused significant damage to the trail system. Walkers, skinny tires, and horses on

groomed trails were the biggest causes of trail damage. Such damage diminishes user experience and contributes to unsafe trail surfaces. We attempt to repair damage, if possible, but please be aware that this work is done using precious donated funds and volunteer time.

Thus, BCT reminds all users to be informed by observing:

- Signage at the trailheads;
- Etiquette and Rules on our Trail Etiquette Page at braggcreektrails.org/trail-etiquette/;
- Detailed Maps at braggcreektrails.org/trail-maps/ for activity-specific trails designations;
- Trail use advice, from any of our Trails Hosts Volunteers (braggcreektrails.org/contact-us/contact-trail-hosts/) in easily identifiable yellow vests;

Please help us protect and preserve our trails!

• FOLLOW TRAIL ETIQUETTE AND TRAIL DESIGNATIONS/SIGNAGE POSTED AT ALL TIMES!

• DO NOT WALK, BIKE, SNOWSHOE, OR HORSEBACK RIDE ON SKI TRAILS!

Thank you to all who support our great trails!

Let's Get Grooming!

Bragg Creek Trails was at a crossroads where growth and expectation were overwhelming our current resources. The purchase of a small Snow Rabbit alleviated the pressure on our existing equipment and manpower, resulting in more streamlined operations. We are so delighted to have been blessed by the generosity of all the donors that made this purchase possible, with special shoutout to the Frischkorn Family Foundation.

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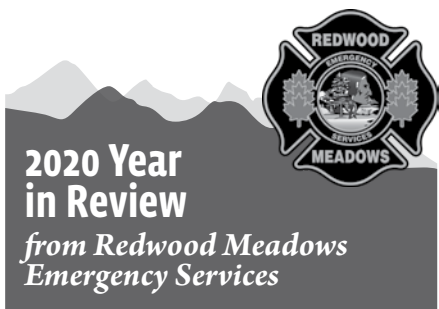
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Many members of the community have asked about our call volumes in 2020 and how they were impacted by the pandemic, so we thought we would share this information broadly.

RMES volunteers responded to 257 calls for service in 2020. Our medical call volume was down compared to previous years, with only 37% of our calls in 2020 being medical in nature. This was in part because of the overall reduction in people being out and about due to the pandemic restrictions, but what also was a factor was the limiting of emergency services resources that went to specific medical calls over a large part of the year. This was an effort by Alberta Health Services to limit the risk of exposure to as few first responders as possible. Rest assured we're back to our normal response modes now and taking every precaution to keep you (and ourselves) safe in every way.

Rescues were our second-most-common call type last year at 30% of the total. Our area has seen prolific growth in popularity for recreation, especially during the pandemic, and that's part of the reason this category has stayed as high as it has. RMES crews have undertaken training with local

and regional public safety specialists in order to be better prepared to answer this type of call, and in 2021 we'll be enhancing not only our training but our equipment to handle all kinds of special rescues.

Fires took up about 25% of our responses in 2020. Once again there was a less-intense fire season than usual, but we can't let our guard down. In 2021, RMES will continue to promote fire safety and prevention and be leaders in preparedness and safety.

Hazardous materials calls counted for just over 2% of our totals, and include everything from spilled gasoline to odors of natural gas or other substances. The remaining 6% of calls were the 'other', or uncategorizable types. As usual, these were for situations like picking up debris from roadways, and general assistance calls.

In addition to all of the above calls, RMES crews still assembled for training as best as we could given the unique challenges the pandemic presented. Training sessions were delivered online for a large part of the year, with members attending via videoconference. When it was safe to assemble in groups once again, the practical lessons based on those online training sessions were put into effect. Still, all of RMES was and is following the public health guidelines

and is using best practices in all our operations, both internally and in the public.

RMES members contributed a total of 12,994 hours of service in 2020. As always, we thank our friends and families for supporting us and understanding that even in a year as unique as 2020 was, our commitment can't diminish.

We continue to advocate to Alberta Health Services to have RMES firefighters given priority vaccinations against COVID-19, like our other first responder partners, to ensure they are kept safe as possible in caring for our community.

A heartfelt THANK YOU to our community for your ongoing support. It's an honour and privilege to serve you and your families.

Editor's Note: Last month we forget to replace the RMES title placeholder text, and the title remained gibberish. We apologize for any confusion that may have caused! Our graphic designer asserts that the error was coffee-deficiency related.



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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Snow Event: Over the Christmas holidays, we experienced one of the biggest snowfall events in years - 2 feet of snow across the whole county. Public Works employees worked diligently to remove the continuing dump of snow, over the period of a few days. Then another smaller snowfall took place only a couple days later. We had some issues related to taking resident calls, as there were many requests for service. After a post-event discussion in Council, our Administration recommended that we plan to open an emergency call center in the case of another big snowfall. Normally you can call in to the office

during business hours to our general phone number: 403.652.2341. Plus, you can call our After-hours Public Works Emergency answering service where you can relay your message to a call-taker, who then passes on your request to the Public Works foreman on duty: 1.888.808.3722. Unfortunately, some callers were extremely abusive to our call-centre and some staff. I just want to put it out there that abusive conduct is not helpful and is quite discouraging. Our roads were cleared within a timeframe a bit longer than the usual 72 hour plan, due to the scale of the event. However, the results were that all 2,200 kms of roads (x 4 passes each = 8,800 kms) were cleared and we'll try to improve where we heard recommendations. Just to share a personal context story... During this same timeframe, I made several trips to the city. On each occasion, I had to help push vehicles out of the snow in order to get through on their side streets. I

also had to shovel a place to park along the street so as not to get stuck.

The Calgary Metropolitan Region Board (CMRB) Heavy Workload: Foothills County Council and Staff are putting in a huge effort as drafting the mandated Growth Plan comes due on March 1, 2021. Multiple meetings take place weekly to discuss the content and policy wording, which will be used in writing the Growth Plan and the Servicing Plan. The Board had asked for an extension due to the challenges of working in the current world affairs; however, only a slight deadline delay was allowed by the Province. Attention to our County-related work suffers as we must participate to defend the County's future in the region. At this time, much evaluation and contributions are required because the direction of the plan is not at all to the benefit of Foothills County and our residents. We are still hoping for an improvement in what the outcome may hold, but that

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will be the subject of a follow-up article, at which time I will let you know what the final plan looks like. I have the privilege of representing you and the County Council on the CMRB Board, Land-Use and Servicing Committee and the Governance Committee. This job includes reviewing the long agendas, preparing comments, attending the many meetings and speaking to the County's position, discussing with Council and working with our Staff to accurately include their expertise from all departments, in particular Planning, Infrastructure and CAO advice. Meeting recordings and information are posted at: www.calgarymetroregion.ca.

Council Matters: Check out the Foothills County website where you can find detailed records of the topics and public hearings we are addressing at our weekly Wednesday Council Meetings, along with our Agendas and a link to our Council Meetings. You can also see our Meeting Minutes there or read them as published in the Western Wheel: www.FoothillsCountyAB.ca

Foothills Regional Landfill and Resource Recovery Centre: is located on Highway 783 (16 Street E.), 5.5km south of Highway 7, 5km north of Highway 543. Phone: 403.938.5224. Regular landfill hours are 8:30am to 4:30pm Monday to Saturday, closed on Sunday and holidays. Services include: garbage, recycling, hazardous waste,

etc. For all the details and costs, visit: foothillslrrc.com.

Priddis Transfer Station: is located at 264 St. W. & 178 Ave. (Priddis Greens Drive); open on Tuesday and Saturday from 10:00am to 4:00pm. Phone 403.931.3266. Garbage bags can be purchased at the Priddis transfer station for \$2 per bag.

Foothills Salvage and Recycling Society (Salvage Centre): is located at the FoothillsLRRC. Phone 403.648.3764.

Hours of operation are Monday through Saturday from 9:00am to 4:00pm (closed first Wednesday of the month). If you can't use it, perhaps someone else could? There is no fee to leave good reusable items at the Salvage Centre. Donations accepted. For more information, visit: www.fsrsonline.com

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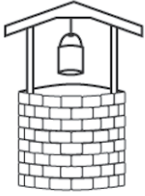
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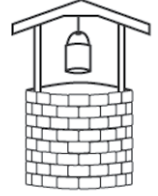
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|---|--|---|--|
| Reverse Osmosis Membrane/Filters | Membrane, carbon & sediment filters replacement | Annually | Excess waste water, low volume or pressure, bacteria/bio-film build-up and bad taste |
| Water Softeners | Ion Resin Replacement & Control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

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A Lesson in Diversity from Planet Earth

Let's face it, 2021 didn't exactly start as smoothly in the news as we may have hoped. An intolerance for diversity of opinions and perspectives was showcased in our neighbours to the south and left many feeling uneasy to downright despondent. When the problems of the world rear their ugly heads, I like to look back on the world with an ecological lens to try to help me put things back in perspective. When you do this, you can see that the Earth thrives on diversity, and it even has a special name: biodiversity.

Biodiversity is the term used to describe all the different life found on the Earth; it literally means a variety of living things. It is a huge topic of concern in the environmental world because without biodiversity, ecosystems, those little communities of species and the non-living things found in one place, cease to function properly. By now, most of us are familiar with the term food chain and each species'

reliance on another to survive. In the foothills, the fescue grass takes in the sun's energy and traps it in its leaves, the grass feeds the snowshoe hare, the hare feeds the lynx. The lynx, when it dies, feeds the carrion beetles, and the beetles give nutrients back to the grass in a lovely circle. If these were the only species and one was removed, every other species would also cease to exist and the ecosystem would collapse. But luckily, nothing is ever that simple.

There is a myriad of other species contributing into this chain in many complex ways. From the microscopic bacteria in the soil, to the shrubs providing shelter to the animals, and the other predators competing for that same food source. This variety is of utmost importance to the health of the ecosystem because change is inevitable. Having diverse species in an ecosystem builds resilience to these changes. If the lynx suddenly disappeared due to disease, the fescue would feel the burden of more hares eating it. However, the booming hare population

would attract more predators like owls, and if there is diversity in the lynx gene pool, than those lynxes can move back into the area. When one community member is down, the others move in to fill the gaps to keep the community going. If there wasn't this biodiversity then the ecosystem would fail. It would seem the Earth is sending a clear message, embrace diversity or run the risk of extinction. We are all in this together.

The Ann & Sandy Cross Conservation Area has seen a surge of users as people seek to find a peaceful escape from the COVID-19 pandemic. It is important to remember when you come to the ASCCA that we were the first Wildlife Habitat Conservation Area to be protected under the Provincial Wildlife Act. To protect our biodiversity users must follow all our Founder's Area Guidelines found on our website at www.crossconservation.org. You can also follow us on Facebook and Twitter at @ASCConservation.

by Laura Griffin



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With the latest AHS restrictions in January, the Priddis Community Hall is closed until further notice. As a coping mechanism, outdoor activities are what everyone is needing this winter. We feel it is important to give the community an outside activity for families to be active, get some fresh air, and spend time together with social distancing. If the weather is cooperating, come out for a skate at the Priddis Community Rink. Please respect the current COVID-19 restrictions mandated by AHS for outdoor activities and group gatherings. Signs are posted around the rink. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information at www.priddisalberta.com

2021 Board of Directors: President, Andrew Webber; Vice-President, Jessie Boyle; Treasurer, Vacant; Secretary, Lindsey Kindrat; Communications, Stephanie Fitzgerald; Grants, Ken Pretty; Hall Rentals, Mike Wollersheim; Maintenance, Lindsey Kindrat; Multi-Purpose Building, Dave Thompson; Priddis Panthers, Kyle McGill; Priddis Pre-School, Kate Berkan; Publications, Sue Warren; Tennis, Casey Haxton; Young Families, Stephanie Fitzgerald; Members at Large, Vacant.

We still have a few board positions open for 2021. If you can make a commitment of a few hours every month, please email priddissecretary@gmail.com. Get involved in your community.

Priddis Early Learning Program - PELP: The 3 and 4 year old program is full. Registration for 2021-2022 is postponed until May (usually held in February). February is too early to know what type of COVID-19 protocols will still be in place, what days the class will run, whether we will be able to have volunteers, etc.

Currently, classes are Mon/Wed/Fri, from 9:00-11:30am. No parent volunteering is required this year. More info about the program can be found on our website – see below. We are meeting/exceeding all AHS and government

COVID-19 protocols. Prospective families can familiarize themselves with what is required of us here: open.alberta.ca/publications/covid-19-information-guidance-for-preschools

Our fundraiser is ongoing: Mabel's Labels – order labels to personalize your child's clothing, shoes, etc. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills). Website: campaigns.mabelslabels.com

Check out our website or email for more information, pelppreschool@gmail.com or pelppreschool.wixsite.com/pelp/registration.

Priddis Panthers Hockey / General Skate: Priddis Panthers has cancelled hockey for the season.

The ice is in so come out for a General Skate. Many volunteers have been hard at work, diligently clearing/cleaning the ice with the assistance of the Zamboni. The ice has been great! Due to COVID-19 restrictions, the number of individuals on the ice at one time is limited. Signs are posted around the rink asking participants to follow the current guidelines put forth by AHS. Please respect these guidelines when using the Priddis rink.

Any questions regarding Priddis Panthers, please email priddishockey@gmail.com for information.

PCA Memberships Now Due: If you have not purchased your Membership, now is the time to renew your annual Priddis Community Association Membership. Membership forms can be found on the PCA website under Memberships. For your convenience payment can now be made online by e-transfer to: priddisassociationpayments@gmail.com. When paying online, please email a completed copy of the membership form to priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to priddisassociationpayments@gmail.com and email the completed Business Membership form to priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com. How easy is that!

Priddis Library: The library in the old schoolhouse is open. Operating hours are Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine, and Carol for volunteering their time to keep the library operational for the community.

Priddis Panther's Hockey Association Recycling Bins: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

The bottle recycling bins are located at the west end of the Priddis Community Hall parking lot by the rink. The bottle recycling program is a fundraiser for the Priddis Panthers Hockey Association. Thank you to everyone supporting this program with your beverage container recyclable donations for youth in our community. Please, only deposit containers indicated on the bottoms of the bins.

Booking the Hall: We are taking bookings for the Hall for 2021. If we are unable to honour your contract due to COVID-19, your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: priddisassociationpayments@gmail.com

To view or book the Hall, contact Mike, 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
- www.facebook.com/Priddismoms

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

Betty's Utility's

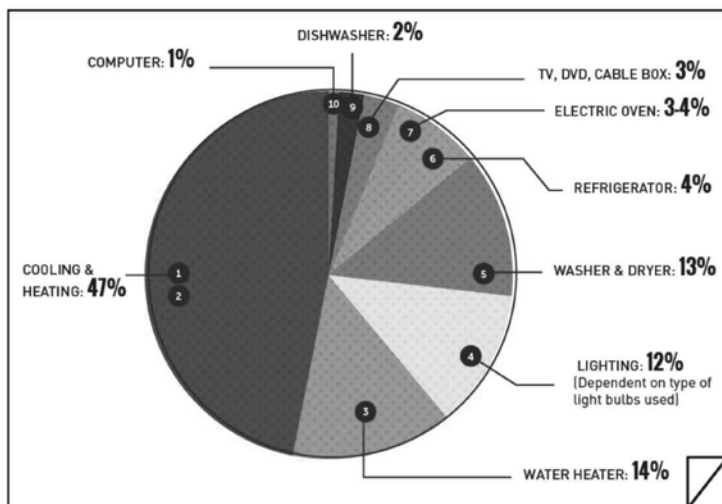
By Carla Berezowski, CAPS
Owner, Alberta Indoor Comfort



Recently we received a call from a Client (Betty, age 69) who wanted more information about specific strategies she could implement in her home immediately to start saving money on her utilities, especially her electricity bill, which in her words, "is out of control!". We booked a consultation for the very next day.

Arriving at 3pm, Betty welcomed me into her home. We sat in her bright and sunny kitchen to discuss her concerns and review her last few utility bills. In reviewing her bills and doing some quick math, we determined that half of Betty's bill is fixed costs, such as transmission fees and delivery charges, and the other half of her bill is actually based on the power she uses. Knowing this help us understand what portion of her bill she is in full control of.

By now it was 4pm and the kitchen was not so bright anymore. Noticing that she was having a tough time reading the bill and seeing the calculations, Betty got up to turn on her kitchen lights. Returning to her seat, she gave me a sheepish grin and said, 'that didn't really help us see better, did it?'. Looking at her light fixture, it was plain to see that Betty was using 40W incandescent bulbs in the fixture above the table. Yikes! No wonder her bills were so high!



Betty then gave me a tour of her home so I could assess other needs and issues. I noticed right away that Betty used incandescent lighting throughout her home. I also saw that her appliances, furnace, hot water tank and washer/dryer, were over 15 years old – not Energy Efficient for sure!

After our tour, I excused myself, ran out to my truck and grabbed a few LED bulbs that I had from my last job, and returned to the kitchen. After changing the kitchen bulbs to the brighter, and more efficient LED bulbs, I could see how happy Betty was now that she could see

clearly!

A few other recommendations that I made to Betty that day were measures to save water (low-flow toilets and faucet aerators) so she uses less water and reduces how hard her water tank works. We discussed replacing her 20-year-old 60% efficient furnace with a new 96% efficient furnace and at the same time sealing her duct work; and we talked about getting the appropriate laundry detergents so Betty could wash her laundry on the cold cycle, and using her dryer for a shorter cycle, then hanging her damp laundry to dry.

Betty and I finished our chat by determining that if she followed through with the recommendations we discussed, she would be able to cut her energy usage by at least half! That would add up to a lot of savings and reduce her carbon footprint!

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TURNER VALLEY & BLACK DIAMOND News

Hey there Diamond Valley! How the heck is everyone doing this February? At the time of writing (the middle of January), restaurants, gyms, and salons and the like were still closed. We were waiting for Trump to be finished in the Oval Office and watching our government officials jetting off to warmer climes. We had rain on January 12 followed by a light snow, which froze up the next day. Better than the massive dump of snow Mother Nature graced us with on December 22. Did Balzac Billy see his shadow on February 2? If he did, six more weeks of winter, if not, we will have an early spring. The town of Balzac started this tradition many years ago. Groundhog Day is an Albertan holiday, but lacking any groundhogs (they apparently like Northern Alberta better than the South), Billy is a mascot. Never mind, it works.

We have pretty lucky so far in that we haven't had our usual -28 or -30 cold snaps, but perhaps the end of January took care of that. This year's Coldest Night of the Year Walk will take place on February 20 in Okotoks. Last year was the first annual Walk and \$15,000 was raised. The money was split between the Okotoks chapter of Baby It's Cold

Outside (for homeless shelters), and the Okotoks Food Bank. This year, like everything else, will be a bit different, so check out Coldest Night of the Year on Facebook to find out more. Winter Walk Day is another day to "open the door and go for it", and is another Walk held on February 3 this year. You can find out more details on this walk at winterwalkday.ca. I know that Oilfields High School used to have a program where you could walk the halls when the weather was crappy, so hopefully that will come back into play at some point.

A quick correction regarding last month's column about Robbie Burns Day, where I said the English have named the turnip and potato dish "neeps and tatties". Two emails were received that English are not Scottish, which I knew but somehow goofed up, and my apologies for that! I had a lady from Scotland also tell me the story of her horse named Neep-head because he broke into the turnip storage shed and helped himself to quite a few neeps. And she adores haggis! The lady, not the horse. Thanks again for letting me know.

Valentine's Day is coming up February 14, and I hope you and your other halves will find a pleasant way to spend the day. A famous couple that lived in Black Diamond most likely celebrated their Valentine's Day in an unusual manner, that of trick-riding. Stastia Carry (nee Cross) was born in 1898 in California, and was a trick rider. She heard about the Wild West from pioneer William "Buffalo Bill" Cody,

and also had a part in the 1920 movie "Cupid the Cowpuncher". She met her husband A.J. (Jim) Carry through the Wild West trick riding circuit and together they formed their own show called "A.J. Carry's Real Wild West and Hippodrome Attractions". A.J. was originally from Kirkcaldy, Alberta. When the depression hit, along with the advent of movie theatres, they retired their show and moved to Grand Prairie. Shortly afterwards they moved to Black Diamond, where they managed Colonel J. Fred Scott's race horse ranch. Stastia passed away in 1995.

Family Day is February 15 this year. It got its start in Alberta when Helen Huntley, the Lieutenant Governor of Alberta, passed the Family Day Act in 1990, to have the third Monday in February every year a day to give hard working individuals more time to spend with their family. Saskatchewan, B.C., Ontario, and New Brunswick celebrate this day as well. You can fish with your family for free this February long weekend, the 13-15, and can participate in a new GoFISH! Challenge to learn more about responsible angling, Alberta's fish species, and their habitats. Download a GoFISH! Bingo card and you could win prizes. For more info, visit your.alberta.ca/GoFISH! Please note the free fishing weekend is not in National Parks, to find out where you can fish, check out mywildalberta.ca.

Down the road in Turner Valley and sped up to today, I notice that the Post Office is moving into the old Royal Bank building. They could probably



Every second Tuesday of the month (Sept to May) a speaker is arranged to talk and share their knowledge with the club. We usually meet at the Millarville Anglican Church house. Our next meeting is on Tue, Feb 9, 2021 at 7:00pm, with Fungi Akafo and an introduction to growing mushrooms in your backyard, the mushroom lifecycle & growth requirements, and growing using the "lasagna mushroom bed" technique. We will be meeting via Zoom for January - March. Please contact Gail Dziuba at 587.578.3798 or millarvillehorticulturalclub@gmail.com to be registered for the link. This presentation is free for members and \$15 for non members.

Great find: gardening tips & tricks on a website called VegetableAcademy.com

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 for singles or \$20/family. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.

use the room, but did you ever notice how the old post office just feels like an old time building? It even has that smell to it, which is a good smell. I so appreciate the ladies that work in both of our town's post offices. They are always cheerful and efficient and we get special treatment, I believe, in a small town. I also had to pick up some books at the Library the other day, and you have to go to the back door to do so. While waiting, I had a chance to really notice the mural painted on the west side of the Flare and Derrick. It is a mural of ghosts of oil rig workers, music and arts, river and mountains, things we are known for and love. The mural was painted by Hedda Zahner in 2000. I checked out her website and really enjoyed looking at her work. And just north of the Flare and Derrick is the outdoor ice rink, and there was a sign there saying open but use at your own risk. So at least the kids can skate a little bit there.

The pandemic has been hard on all of us. I don't know how many times I've gotten out of the car to head on in to a store or something and, darn it, had to go back to get my mask. Or Heaven forbid, go the wrong way in the one-way aisles! I also had to cut my own bangs and look like a little Dutch boy, which is a cute look if you're 5 and Dutch. And never in my life did I think my hands would consume more alcohol than my mouth. I have been off my full-time job again for a month or so now, and thought, geez, I should learn Latin or how to play the ukulele, or rescue puppies, or climb Mount Everest, or something worthwhile like that. I realize that after years of thinking I didn't have the time

to do the aforementioned, that this is not the reason and I am basically somewhat lazy. But one thing I did spend some time on was how to help out our seniors and others who have been so terribly affected by all that's going on. So, here's a few ideas just in case you are feeling the same way.

Since we are not supposed to be visiting others inside, and long term and assisted living facilities have restrictions on visits and volunteers, do the old-fashioned thing and call and write. Ask if you can run errands, get groceries or prescriptions, and shovel the walk. If possible, use or introduce interactive technology. Eat dinner or lunch together via Skype, as mealtimes are often lonely. Make a playlist of favorite music, or gather a collection of DVDs of old movies and such. Put together a care package of treats, health care products, favorite tea, and games. Wipe down all items and place in a zip lock bag. If you can pop in, this would be a good time to make sure they are eating properly and taking medications. You could also mail old photos, labelled on the back, and kids can draw pictures and write letters also. If possible, suggest helping others through phone calls to check up on friends and others, perhaps your local church could help with this. It's amazing how much a simple phone call can mean to someone who is isolated. Reign in your impatience, take a breath, and enjoy the simple act of communication with someone you care about.

You could also leave a note on an elderly neighbor's door, inviting them to call if they need groceries, their garbage taken

out, or just to talk. Ask loved ones about their appetites, sleep patterns, and moods, to find any red flags. The Senior's Help Line (Distress Centre) is 403-264-7700. Senior's Income Security Programs number is 1-800-277-9914, and Senior's Information Line is 1-800-642-3853. Call either town's FCSS for help and information on taxi subsidies, home care, and more. Alberta Dental and Optical Assistance, Home Adaption and Repair Program, and Special Needs for Seniors, call 1-877-644-9992, and McBride Career Group offers a Mature Worker Program for those 50plus with help for workplace skills and resumes. Let's hope this nasty pandemic is done with soon so we all can back to normal, and this is especially true for our seniors.

Finally, it is the end of an era for my dear friend George, who passed away in December. You are sorely missed in our little community and that also goes for Lenny, Shauna, and Lorna. George was always there to welcome you to his garage, yard, and home, where the fire was always burning, and he was truly a kind and loving individual. He leaves behind a beautiful daughter, a sweet son-in-law, and three fantastic grandchildren as his legacy. Cheers to you my friend, until we meet again.

Any news for the month of March is welcome, or any historical anecdotes, or not for profit organizations, please feel free to contact me at elaine.w@telus.net. The deadline for this issue is February 15.


*Stay smiling and keep on trucking,
Elaine Wansleben*



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Happy New Year. If you are casting about for a New Year's resolution, why not join your Library? Your library opens the door to lifelong learning. Children who learn to read at an early age have improved attention spans, better concentration and more confidence in their studies. You can try a 6 month free family membership to test the waters.

Our librarian, Lynda, is doing an amazing job keeping the library afloat during these difficult times. She will help you order books and when they come in, she will phone you and arrange a time for pick up. You can also order books from your home, using your Tracpac account which Lynda would be happy to help you with. She is in the library on Tuesdays from 10am to 1pm and our phone number is 403.553.927.

We have been given a copy of a recent book, *Homeland Lost* by GJ Rachel Patterson. It is a thoroughly researched creative non-fictional story of her three generational saga. Thank you Rachel.

Reading aloud is a skill we often lose in adulthood. Reading aloud creates intimacy between the reader and the listener. Reading to a child from a book that doesn't have pictures stimulates creativity and helps them build

images of their own. It is said that if Chekhov can write tales while suffering from tuberculosis, we can read them during the coronavirus

Two good reads are *All the Devils are Here* by Louise Penny, and *Anxious People* by Fredrik Backman, author of the well-loved book, *A Man Called Ove*. Penny, who received the Order Of Canada for her contributions to Canadian culture, has written another captivating murder mystery. This story takes place in Paris, which is a change from the quaint little town in the eastern townships and Montreal. It is the Chief Inspector Armand Gamache series.

Anxious People is an amusing story of a bank robber and eleven hostages he takes at a real estate viewing. Two policemen interview the hostages. Friendships develop and wisdom is fostered, plus a lot of laughter

Happy Reading!
Sylvia Binkley, sliv@telus.net

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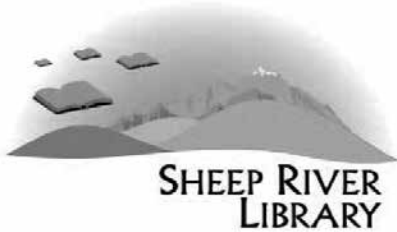
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Writing articles two weeks before publication has its own set of challenges. We simply do not know what may change between composition and printing. However, there is some information that is important, regardless of whether we are open or closed to the public.

All returned items to the library will be quarantined for a minimum of 72 hours before they are checked in. If we are in a closure period this may be as long as seven days as we do not have staff in the building every day. No fines will be calculated during this time. Although we do our best to keep the drop box cleared, there have been times when it has filled up quickly. If it is too full to take your items, please hang on to them temporarily. Do not leave them on the ground outside the library. If you receive a TRAC notification that an item is still out, but you have returned it, you do not need to contact our library unless it has been more than a month since you returned it. These notifications are automatic and are sent from TRAC headquarters at Yellowhead Library System.

During this current closure, only staff are allowed in the building when the library is open for essential activities. This means Tuesday and Thursday for courier deliveries and Wednesday

for holds, shelving and some routine procedures at the circulation desk. Phones will not be answered by a human on Monday, Friday and Saturday until we are to open to the public again. We try to keep the phone message up to date, but please allow that things like snowstorms sometimes make this impossible. E-mail is checked regularly by staff working from home, but we only have access to your account information when in the building, so not all questions can be addressed. Your best source of information is our website, www.sheepriverlibrary.ca, which is kept up to date by our very competent Gita. Information about how to do curbside pick up and program updates can be found there. She also posts changes on our Facebook page as soon as we know what they are.

For curbside pick up, please call and tell us what day you wish to collect your items so that we can check them out to you ahead of time. Come to the back door (across from the Flare 'n' Derrick, not the Reading Garden door), knock loudly and we will hand them to you. If you are returning items at the same

time, these must be deposited in the drop box at the front of the library. Staff cannot accept them from you directly. We no longer offer the online booking of pick-up appointments. This feature was managed by Marigold Library System and we were unable to tailor it quickly enough to fit with the changing protocols mandated by the Province.

Items you have put on hold are taking longer than normal to get here. Each library system follows a quarantine protocol before items can be sent onto their destination. So, you may see items marked as "shipped" for a longer period than normal. Give it 30 days. Longer than that, contact us and we will check for you.

If your membership has or will expire before we reopen, please call us and we will renew it over the phone. Arrangements can be made for payment of your membership fee.

It is my greatest hope that we can fling the doors open again soon, and have you back in the library, but as yet, we do not know when that will be. Stay tuned and check the website!

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Local Group Donates \$27,000 to the Dr. Lander Memorial Pool Prior to Disbanding

After 21 years of fundraising for one of Turner Valley's most beloved facilities, the Friends of the Pool Society has given notice it is disbanding. Long serving members Tracie David, Brenda Thompson, Barb Savage and Hazel Martin have devoted countless hours to fundraising and supporting initiatives to enhance the facility. As a final gesture of community support, the group donated remaining funds in the amount of \$27,000 to be applied to upgrades to the canopies over the bleachers and in the picnic area of the spray park.

The group was recognized and thanked by Council at its meeting on January 4, 2021. CAO Todd Sharpe outlined the details of the organizations outstanding contributions since it was established in 1999. The extensive list of facility, operational, program and event improvements resulting from their efforts is nothing short of remarkable. CAO Sharpe stated "the Friends of the Pool organization has worked tirelessly and without seeking recognition for over 20 years to enrich our cherished pool. The Town of Turner Valley Council, administration and its residents have benefited from their profound dedication and extraordinary work in raising funds. We offer our sincere thanks and deep gratitude to these individuals who have so unselfishly donated their time, talents and funds to the Town."

Managed entirely by volunteers, the organization successfully financed and directed several initiatives, listed here in chronological order:

2003: Applied/received a grant from the Community Initiatives Program (CIP) for skylight, bleachers, roof, and fence around the pool.

2003: Friends of the pool provided input to the town for the hiring of pool manager and also applied to the Summer Temporary Employment Program (STEP) for summer workers at the pool.

2003: Family triathlon – funds raised from this event were donated to the pool. Friends members

donated hot dogs, drinks, and support supplied members to volunteer.

2004: Raffle held for a quilt donated – used money from this to purchase pool toys.

2004: Silent auction along with a tea and bake sale held in conjunction with 40th anniversary of pool – raised \$1,079. CFEP grant received - \$9,794. – canopies and concrete pad - \$13,305.

2006: STEP funding for pool staffing, \$2,904.

2007: Millarville Horticultural grant, \$1,050.

2007: CIP grant received – \$4,224. Feasibility study for pool and flare n derrick

2008: Cash calendar joint fundraiser with Turner Valley Legion – profit of \$1,700. Friends initiated the first family New Years' Eve celebration.

2009: Friends purchased deck furniture - \$1,050.

2009: Paid for mural on front of pool - \$3,500.

2011: Purchased deck furniture - \$1,282.

2015: CIP grant of \$7,729. for fencing at spray park - \$12,600.

2016 + 2017: paid for spray park dividers - \$5,350.

2018: Purchased pool toys - \$1,000.

List of donors and sponsors over the years:

Foothills Lions Club Talisman Energy/ Legacy CL Marketing

Royal Bank

Signs and Such

Dawn Johnson of T.V. triathlon

Woodmaster Homes

Millarville Horticultural Society

Foothills County

Turner Valley Legion

Total Amount of Provincial Grant Monies Applied For and Received

\$24,651.

Annual Allotment Received from Talisman Energy/Legacy

\$32,000.

Other Donations Received

\$6,507.

Money Raised Through Fundraising

Raffle

Cash Calendar sale Tea and bake sale \$2,856.

Total funds collected and attributed to pool enhancements

\$66,000.

List of Projects completed at the pool and spray park

Roof, skylights, bleachers

Canopies and concrete pad

Deck furniture and planters

Feasibility study for community hall and pool

Change room dividers for spray park

Fence around spray park

Picnic tables for spray park

Mural on front of pool

Submitted by Todd Sharpe

Chief Administrative Officer Town of Turner Valley 403.933.4944 www.turnervalley.ca





As we see a new year and a new outlook emerge upon us, the COVID-19 virus is dominating our lives, news, and work. It is not easy, so be supportive and try your best to comply with regulations. Helping each other is something we are used to and we may need to call upon the community to help us with the replacement of one of our Square Butte Hall's foundation walls. Two of our board members, Keith Walters and Clayton Foster have compiled a budget for the basement wall replacement which has come in at \$136,333. We can now move forward on fund raising and applying for matching grants. Volunteer labour can be put towards our portion of matching funding, therefore it is so important we all pull together to maintain our beautiful Square Butte Hall.

History of Square Butte Hall: A brief history of the hall is important at this time to ensure that the community has knowledge about the hall and gets behind the restoration of the basement walls. The Square Butte Community goes back to the early 20's when the Square Butte School was built and served as the center of activity. In 1950 the school divisions were centralized and the local kids were bused to Millarville by Jake Reimer, a service he provided for over 2 decades. The very active community took over the school and it was used for 20 years until the building began sagging and required major repair. The community looked to the Kew district as they were not using their hall and an agreement was made in which they donated their hall to Square Butte. The community rallied behind this project. Tilly (Hume) Robertson donated land at the existing site on Hwy. 762 and the process was in motion to form a society to acquire title to the land (which took until 1966). The project of moving the Kew Hall was a mammoth undertaking but the locals were up to the challenge. Shoemaker was

hired as mover, Bill Kendall supplied the timbers, and countless neighbors poured basement walls and prepared the site. The south end was extended to provide a stage and extra exit. In 1980, Bob Parkins headed up an addition which added a kitchen and much needed space. In later years an outdoor deck, washroom and entrance were added. 1961 saw the grand opening and the hall flourished.

The most important part of the community were the wonderful events that were held over the years. Socials, bridal showers, slide shows, turkey shoots, box socials, snowmobile races, quilting bees, Gingham Balls, 4-H activities and many more events. At first there were only outhouses for bathrooms and the new building site was a mud hole until they finally got some gravel. The people of this community have been very supportive and welcoming of newcomers over the years. Norma Lyall would welcome any new neighbors with a homemade pie, and she wasn't the only one.

Submitted by Mary Ann Watson

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Red Deer Lake United Church

We have decided to cancel all in-person services and programs until further notice, putting our energy and time into continuing to care for our community and evolving our online services and programs.

We are posting virtual church services on YouTube and our website for you to enjoy each week. Watch all of our online services here: reddeerlakeuc.com/sundayvideos

We also have pub nights, Bible studies, meditations, music, and family activities online. You can see everything we have to offer on our website: reddeerlakeuc.com.

If you need support during this time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more

information about our church, please call us at 403.256.3181.

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

*You're welcome, wanted, and accepted.
Join us on the journey.*

Black Diamond Strong Update

Black Diamond Strong invites residents to build Community Wellbeing

The pandemic has left its mark throughout the Foothills with challenges such as social distancing and isolation. Fortunately, adapting to change also comes with the opportunity to discuss wellbeing among families, friends and colleagues.

The Town of Black Diamond takes part in the Rural Mental Health Project, hosted by the Canadian Mental Health Association. Throughout Alberta, 150 rural communities are tasking a local resident as community animator to explore initiatives that help people enjoy life and support others around us.



I am the community animator for Black Diamond. I have lived in the Foothills for over 20 years and enjoy being part of the Sheep Creek Ramblers, volunteer with Oilfields General Hospital, and practice yoga with Centred on Centre Avenue. Together we can build a grassroots movement on wellbeing. How this will look like depends on your ideas of what is helpful and what is not when going through a rough time. I really hope to hear from young and old, including from those people who usually are silent.

Examples: maybe you need support groups when going through heartbreaking experiences such as terminal illness, maybe you need practical guidance on how to support someone with suicidal ideation, maybe you feel left behind by our health care system, and maybe you can share how you keep a positive mindset in difficult times.

Your input as a community member is needed to shape effective initiatives in Black Diamond. Please send your feedback to diamondvalleystrong@gmail.com. You can submit personal stories and/or ideas you have formed based on your experience or role as parent, son, daughter, sibling, friend, student, volunteer, or colleague.

If you prefer not to use email, please submit completed info/questions below at FCSS in Black Diamond in person or by mail: Black Diamond Strong, p/a FCSS 301 Centre Avenue West, Black Diamond TOL 0H0.

MY INPUT ON COMMUNITY WELLBEING to diamondvalleystrong@gmail.com or dropbox at FCSS, Town of Black Diamond.

Name:
Black Diamond resident: yes/no/other
Email address:
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Idea/Experience: etc.

*by Riny Tuithof de Jonge
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By the time you read this it will be February 2021 and although life with COVID-19 is still very difficult, there is light at the end of this long tunnel. Vaccinations are on their way for all of us, the days are getting longer, and our amazing Alberta sunrises are inspiring us to hang on just a bit longer.

The library continues to be busy with curbside pick up as well as culling and purchasing LOTS of new books for readers of all ages and tastes. Ordering books is easier than ever with the NEW Tracpac App. Just visit your app store and download the FREE Tracpac App. Log in with your library card barcode # and pin. Browse for library materials and place holds. You will be notified when they are at the library and you can pick them up either on:

Tuesdays 9-12, Wednesdays 1:00-7:30.

And of course there is SO much more than books to explore. Log into marigold.ab.ca/eresources or search eResources on Tracpac. Once you are logged in you can learn how to use the most popular eResources with online tutorials from Niche Academy. Here are just a FEW of the many offerings:

Freegal: Music and music videos - download 5 songs per week (to keep) from a choice of millions of songs. Stream up to 5 hours a day - ad free!

TumbleBook Library: An animated collection of animated, talking picture books for kids.

Flipster: Current issues of popular magazines to stream or download.

PressReader: Over 7000 newspapers and magazines from 100+ countries in 60+ languages.

lynda.com: Online learning company that helps anyone learn business, software, technology and creative skills to achieve personal and professional goals.

Auto Repair Source

Consumer Reports

Pronunciator: Language learning program offering self-directed lessons for adults and kids.

One of our new books is *Outside the Margins (Lessons from Walking with Communities of the World)* by Sharon Bieber. Sharon and her husband Dr. Bill Bieber, who hail from our neck of the woods, have spent all their working lives in parts of the Pacific, SE Asia, Africa, Nepal, Kosovo, India and the West Indies, helping families and communities flourish despite their difficult circumstances. Recently Sharon found all the letters she had written home to her parents throughout these years and these are the backbone and integrity of the book.

Thoughtfully divided into four sections, Integration, Collaboration, Demonstration and Multiplication, Sharon shares many stories from many communities, always recognizing the need to listen and learn. Each chapter is followed by discussion and reflection questions which help the reader focus on their lives and their communities. This book would make an excellent bookclub addition, promoting thoughtful listening and respectful understanding of the issues in our country and around the world.

Children's Book Review From Jolene Friesen

Building our House by Jonathan Bean chronicles one family's step-by-step process of constructing a home from the ground up. A young girl (who narrates the story) moves with her mother, father, and baby brother from the city to the country. When they arrive at their plot of land, there are no buildings in sight. The family lives in a trailer while they begin to build their forever home. Over the course of about eighteen months, the

little family of four enlists the help of neighbours and relatives to make their dream home a reality. Setbacks occur (in the form of early frost and snow) and work happens at all hours, but the house still grows steadily (as does the mother's pregnant belly). Finally, on an early spring day, the little family (of five, now that there is a newborn in the mix) officially moves into their from-scratch house, tired but completely content.

This story is special to our family as it very closely resembles the experience of my husband when he and his family moved out to bare land in Millarville over thirty years ago. They lived in a trailer while his dad (aka Grandpa Brian to my kids) built their home from the ground up. Each season of nature and the family and community's growth is so beautifully represented through the pictures. This heartwarming book evokes feelings of being at home whether you find yourself in a busy city, or like us, home more than ever, nestled in the Foothills in the house that Grandpa built with love.

Thank you Jolene and finally a special shout out to all our Millarville families. Parents and their children have just got on with life with COVID-19, working from home, home schooling/not home schooling, no sports, no hanging with friends, etc. Throughout it all, parents and children have become ever more inventive. Here is a suggestion from our librarian and local mother, Natasha Grusedorf: www.thebestideasforkids.com/indoor-activities-for-kids

Hang in there everyone!

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We Fight by Andrea Kidd



We live in a time of war. The war is against an unseen enemy; against beings that can take our lives, or leave us with physical debilitating. The war is not against any other human being; it is against a very nasty flu virus.

I am privileged to live among people who recognize the virulence of this enemy and care about my welfare. The people on my street, in my village, in my province and in the country of Canada are vigilant in their efforts to restrict the spread of this virus and also to promote well-being for my whole person, body, emotions, mind and spirit.

Many opportunities for meeting together are not allowed at this time. Yet social isolation is damaging to the emotions, mind and spirit. People who have the responsibility for creating

guidelines and legislations spend much time and careful thought before making their decisions public. The officials we have chosen to do this work for us juggle the basic needs of us all. Imperfect human beings will not create a perfect solution, but it will be carefully planned. Some officials may act irresponsibly and disappoint us, but they are few compared to those who take their responsibilities seriously. The few leaders who do act irresponsibly may not have many votes at the next election.

Elected officials who make decisions on our behalf are not the only leaders in our society. Every one of us is a leader and every one of us is a follower. A good follower makes a good leader.

I am grateful that social gatherings are restricted. The physical well-being of so many people is improved. We are resilient, resourceful people who find other ways to communicate.

I am grateful that elected officials recognize my need for human interaction. Even if I live alone I can meet with a close friend or relative,

and if I usually attend church I have the privilege of meeting others there as long as our numbers remain within fifteen per cent of the fire code, we wear a mask, use sanitizer, and our families keep six feet apart. The restrictions are inconvenient and cumbersome, but my basic need for human companionship is met.

Opinions differ amongst a varied population and conflict is a constant challenge to work through. How can we work through a difference of opinion creatively instead of destructively? Certainly when I am challenged I feel threatened and defensive. How do I deal with these feelings? How easy it is for us to battle against one another! But, right now, the enemy is the coronavirus and not my neighbour. Quietly, consistently, taking the actions needed to combat this enemy will do more to convince my neighbour than confrontation, resentment, or harmful gossip.

We are at war against the coronavirus. The best way to fight is to focus on the real problem and avoid distractions.

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Ag for Life Invites You to Feed Your Future

Empower, Connect and Inspire

Agriculture for Life (Ag for Life) and presenting partner Farm Credit Canada (FCC) are proud to present Feed Your Future, an event designed to empower, connect and inspire a network of young women who have an interest in agriculture and food production.

Feed Your Future was designed to showcase the many opportunities available in the agriculture sector and offer a chance for young females to connect with individuals in the industry. This exciting virtual event is for young women ages 14 and up and will take place on Feb. 3, 2021. The event is free to join and those interested may register on Ag for Life's website.

Participants will hear from industry leaders and distinguished professionals as they explore the topics of physical and mental wellness, brand building as well as personal development in the areas of education and career choices. This will provide profound insight on effective networking and creating meaningful connections for personal and professional success.

"It is our responsibility to ensure the next generation of young women are educated, inspired and empowered to take on the challenges of the agriculture industry", says Luree Williamson, CEO of Ag for Life. "By providing young women with opportunities to learn and gain mentorship from industry leaders, we are helping them succeed while paving the way for a more diverse and inclusive future in agriculture."

More information about this event can be found at www.agricultureforlife.ca/feed-your-future.

Ag for Life aims to foster through education, an understanding and appreciation of agriculture and its fundamental connection to life.

Ag for Life (Agriculture for Life) has the mandate to deliver educational programming designed to improve rural and farm safety while building public understanding around the agricultural industry.

Ag for Life is made possible through the funding and commitment of companies that employ almost 20,000 people in more than 350 Alberta communities. Founding Members include AdFarm, Glacier FarmMedia, Nutrien, Rocky Mountain Equipment, TC Energy and UFA Co-operative Limited. Find out more at agricultureforlife.ca.

For more information, contact:

*Irena Ceko, Communications Specialist
Iceko@agricultureforlife.ca
587-896-2189*

Leighton Art Centre Launches Online Exhibition

Leighton Art Centre is pleased to announce the launch of *Made For This Place: The Leighton Legacy*, its new Community Stories online exhibition created with the help of Digital Museums Canada.

Made for This Place explores the lives and art of prominent Alberta artists A.C. Leighton and Barbara Leighton. Together, they travelled the world, pursuing artistic inspiration and places to call home. Eventually, they purchased land south of Calgary, where they built a home and founded the Leighton Art Centre (LAC).

The story offers a unique insight into the rich artistic history of Southern Alberta through the Centre's stories of adventure, creation and community-building.

The online project was developed with funding from the Digital Museums Canada investment program. The

program helps build digital capacity in Canadian museums and heritage organizations and gives Canadians unique access to diverse stories and experiences.

The Leighton Art Centre would like to thank everyone who was involved in the creation of this virtual exhibition. Special thanks go to Joel Goundry and James Reckseidler at Roadwest Pictures, and to Barbara's friends and early members of the Leighton Centre: Barbara Ballachey, Jill Cross, Shan Cross, Philippa Finnis, Crys Harse, Sabine Lecorre-Moore, Patricia Lortie, Lois Milner and Robert Ollerenshaw.

In addition to the above acknowledged funding from Digital Museums Canada, Leighton Art Centre would also like to acknowledge ongoing support from the Province of Alberta through Alberta Foundation for the Arts, Calgary Arts Development and Section23 The Edward Ltd.

The story is available in both English and French:

Made For This Place: The Leighton Legacy

www.communitystories.ca/v2/the-leighton-legacy_heritage-de-leighton/

Un lieu idéal : l'héritage des Leighton

www.histoiresdecheznous.ca/v2/the-leighton-legacy_heritage-de-leighton/

Leighton Art Centre (LAC) 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. Leighton and Barbara Leighton's original home, LAC is a vibrant display of Alberta's artists, both past and present. Leighton Art Centre was established by Barbara Leighton in 1974 and continues to operate as a not-for-profit organization.

Leighton Art Centre is currently closed for in person visits, due to Alberta COVID-19 restrictions.

Fear, Faith & Freedom

by Duane Harder



You hear the sound of an explosion. You rush outside and see flames inside the neighbor's house. A disoriented mother stands looking at the house and then cries, "My little girl! My little girl!" Neighbours grab her and restrain her. At that point the firemen arrive. They quickly move into action. They can hear the young child's cries. One of them, with his fire-retardant suit and appropriate gear, rushes into the home. Within minutes, that seemed like an eternity to the mother, he appears with the young girl in his arms. She's alive with only minor burns.

How was fear operative in the above scenario? Obviously, the fireman was aware of the personal danger to his own life. The fear of presenting a charred body to grief-stricken parents was greater than the fear of personal hurt. In this case, the fireman was willing to seek the good of another at his own personal expense. This was love in action. The mother's love for her child blocked out the potential danger to her life. Love did not remove the danger, it simply motivated action to overcome the danger.

The above scenario has been duplicated times without number by first responders, parents, neighbors, and strangers where life hangs in a balance and heroic action is needed.

Unfortunately, for every heroic act there are thousands of situations where fear paralyzes people and leaves them

locked in the prison of victimhood. How do we conquer fear before fear conquers us?

Fear is our friend, not our foe! Fear is part of the instrument cluster on the dashboard of your life. When there is danger, or a life-threatening situation, the fear light flashes on. A few weeks ago the light indicating low tire pressure came on. The light was not the problem — it simply indicated that there was a problem. When I checked the tires, all the pressures were normal. I realized the problem was beyond my investigative skills. I went to OK Tire and they determined there was a problem with the sensor. The solution — replace the faulty sensor and the problem is solved.

But, you object, all fear is not as simple as your light on the dash illustration. You are right, it isn't. However, the principle that is behind the illustration has wide application.

Fear is a powerful tool for shaping a culture and gaining control of people. We fear meaninglessness, insignificance, loss of control, rejection, failure, and change. (Actually, there are over 500 phobias that have been identified.) We can use fear to justify our behaviour, rationalize our choices and defend our idiosyncrasies. Fear becomes the trump card that lets me escape responsibility, isolate myself, and insulate myself from potential hurt. Let's look at some potential fear buttons:

1. The awareness that my resource is less than what the task requires. A five-year-old boy was left to look after his three-year-old sister while the parents had "a night on the town." When they arrived home at 3am the boy was standing at the window crying his eyes out. He was overwhelmed with the fear that his parents had abandoned him

and he did not know what to do. This man grew up and had a senior management position and lived with a debilitating fear that he would be faced with a situation for which he did not have adequate training.

2. The fear of undefined expectation. There are multiple situations where a child has been disciplined for something he/she did not know was wrong. This puts performance into overdrive and heightens the fear that at some point the hammer will drop.

3. Fear can be rooted in unresolved guilt. This can lead a person to interpret painful events as delayed punishment. It precipitates defensiveness and pushes us into a shell.

4. The fear of being overpowered by a strong personality. This prompts us to build an arsenal of manipulation and control. Hidden agendas, false identities and exaggerated success are weapons we use to defend ourselves against the fear of being taken advantage of.

The above is by no means exhaustive or complete but it gives a bit of a peek at the enemy we call fear. Let me suggest a few simple steps in facing our fears:

1. Hit your fears head on. Can you produce empirical evidence to support your fear? The young boy who was left in charge of his sister needed to scan his life and determine if there were situations where he was actually in a situation where he was given a task that he didn't have the resource to do. He had to separate between the paralysis of anxiety and skill inadequacy. Furthermore, he had to look at the many ways he had made a significant contribution to his work, family, social network and community.

2. Ask yourself the question, "What benefit could come to my life should the fear actually materialize?" In other words, shift your fear from negative doom to positive growth. Fear can create a self-fulfilling trajectory. We gravitate towards what we fear. We shift the outcomes of our life by turning that fear into a positive potential for growth.

3. Embrace the law of love. Perfect love strangulates fear. It says, "I will absorb your puss, rise above your accusations, close my ears to your negativity, refuse to be drawn into the web of your gossip, and commit myself to seek your good at my expense."

Now that is a valentine card that I would like to give to a world obsessed with fear. Keep looking up and I will see you at the top!

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Out of the Rut *Chapter 126*



What? You didn't enjoy last year? What planet were you on? Ah yes, this one. Not to worry, it's bound to outlast the lot of us if we don't make too much of a hash of it... proofing this article the day after the chaos down south of us, one wonders what will happen next?

Back to my world: I confess, I indulged in much end-of-year online viewing not usually available to me. This resulted in a fabulous immersion into classic British comedy from Morecambe and Wise. Such a blessing to have grown up with the calibre of humour we had in M&W's Christmas Specials and the long list of performers who bridged that transition from the Variety Show Hall circuit to radio and television. The 1978 M&W Christmas Special was watched by over half the population of the British Isles that day. Nostalgia and great humour, yeah.

The comedic British heritage of the 20th century forms a bedrock for much of the humour that keeps us 'sane' – who hasn't been exposed to Monty Python or Goon Show humour? Even if you're not aware of it, it's a bit like the Beatles... subtly and not-so-subtly altering the face of popular music and influencing all those who come after. Not only music, but the influence of the British Invasion headed by the Fab Four permeates all levels of society and will continue to influence music, style, art and thought for decades if not centuries to come. My global travels have made me realize just how far and wide and deep such influences can journey.

While we have the ability to create or enjoy music, stories, laughter and new ideas, we remain free.

I am lucky enough to have my freedom. After three years of mostly solitary isolation, learning to say no, and giving up so much of what I thought was

essential for my existence, I am lucky enough to have most of my health back. This fragile existence holds a bunch more wild and wonderful adventures yet and I'm not ready to go marching out for a dose of COVID-19, I've seen the long(ish)-term effects of that on some folk and it holds no attraction for me.

But I have my freedom. I can choose to open the door and walk outside, to breathe our stunningly clear mountain air. I can choose to read a book, learn how to knit in three different ways, do all the repairs I've been putting off... or just think about doing them and enjoy doing nothing instead. I take what work I can find and enjoy, to make ends meet, and spiced by the grace of the universe, the ends are still managing to meet in some fashion or another.



I have my freedom. I moan about some things and bewail the lack of others, but I am able to do that. I can usually carry on a half-sensible conversation with another human and often remember to call folk in other countries and maintain relationships that may otherwise wither and die. I gripe about things that bug me, I let things bug me. I let things go. I engage in many internal conversations where I annoyingly take the position of the devil's advocate, so one way or another I always end up thwarting myself and conceding my position.

My freedom. An ability to travel beyond inner boundaries, fuelled by the genes, lives and shared wisdom, experiences and love of my parents. This past 18 months we have talked pretty much every day. Despite a fifth of a globe between us I travel the narrow streets of their Spanish village, ramble the rocky ravines beyond their house. I meander up the twisting mountain road as they make their daily promenade of fitness and activity, watching goats and a Hagrid-like herder. Flashing images of

glorious rainbow-hued bee-eaters and hoopoes with their extraordinary crests, swifts swooping and diving above the glassy, fly-pocked surface of a lake. I am there again, yet my feet plough through nearly two feet of snow, snugly wrapped in homemade socks and, almost homemade (duct taped) Sorrels anchored by YakTrax in the slipping snow.


Freedom. That which is in us all. Within our cognitive abilities at least... if we can dream, envision, love, share. Mine gets mighty muddled at times, but it's still there... glimmering in the darkest nights, thriving in the early light.

On the other hand, my friend whose cognitive abilities have deserted him... as age creeps through his body in interesting ways, his freedom has shrunk to that pinpoint star and little more. Without the ability to fend for himself, or the prior ability to make oodles of cash, he is, at the end of his life, somewhat restricted in options. In a facility that does a great job of catering to the endless variety of needs and wants of its residents, he is of necessity prevented from leaving alone.

For the past three weeks and possibly many more to come, no-one leaves or enters at all other than essential staff. His life suddenly crashed from one of independence to one of utter confusion. How to transition from what we take for granted? Daily exercise, bike-riding, walking, fitness routine... social events and music everywhere, the freedom to come and go as he pleased. How did his life seemingly switch over from that to 'incarceration'? Followed only months later by the utter confusion of COVID-19, it is a small miracle that as of this date, he's in relatively good spirits. Update... now another statistic with a positive COVID-19 test.

So we talk occasionally and whether time perception holds water or any other metaphor, is a matter of etheric imaginings. What we have is what we have. We might as well enjoy it.

*With gratitude and love,
Kat Dancer
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403.931.3866 (h)
1.415.525.2630 (c)*



Women & Girls With ADHD

by Roché Herbst, M. A. R. Psych.

Is Female ADHD Under-Diagnosed?

First of all, ADHD is not gender biased. Symptoms can be seen in girls and boys, where most kids never outgrow it. Many women grow up assuming that ADHD is a diagnosis for hyper little boys or a “male disorder”. In other words, men and women are equally likely to have ADHD symptoms. Girls tend to develop ADHD later than boys and have more emotional turmoil as a result of their symptoms. These are some of the reasons why so many women go undiagnosed (misdiagnosed).

What Is ADHD Like In Girls?

Parents and children often miss the warning signs. The pressure to perform means that many girls internalize their symptoms and then end up with depression, anxiety, perfectionism, or a sleep or eating disorder. They typically have fewer friends, mostly daydream, have trouble following instructions, and make careless mistakes on homework and tests. During puberty some girls may experience an increase in PMS severity, promiscuity, a greater risk of cigarette smoking (as early as age 11), alcohol and/or drug abuse, and unhealthy relationships due to low self-esteem or self-loathing.

What Are The Symptoms That Sabotage Adult Women?

Inattentive (ADD) presentation and disorganization are more common. A person constantly ends up feeling overwhelmed and frantic about coping with day-to-day basic things. Do you impulse buy, wonder what to cook (again), forget the washing in the machine or cookies for school, struggle to prioritize, overcommit, feel embarrassed to invite people over because the house is a mess? Relationship difficulties may include: marital difficulties, sexual issues, sexually transmitted diseases, unplanned pregnancies, or parenting issues. Each case needs to be diagnosed individually based on their situation and risk factors.

Examples Of Successful Women With ADHD

“Of course you don’t have ADHD. You’re smart.” Even if you have a high IQ, work very hard, or have a lot of support, you can keep your symptoms in check for long enough to get to college, or not. Women everywhere are using their ADHD to do amazing things and become successful. They

are caring, sensitive, never boring, see things differently, trying out new things, innovative, entrepreneurs, creative artists, athletes, trailblazers, comedians or astronauts. For example: Avril Lavigne, Agatha Christie, Karina Smirnoff, and the list goes on. We have a long way to go in addressing the stigma and misunderstanding that surrounds this diagnosis. What is important to remember while we increase awareness, is that you can get support and strategies to move forward in a healthy and positive way.

Myth: Kids grow out of it.

Fact: Although previously considered only a childhood disorder, up to 80% of children with ADHD continue to show symptoms into adolescence. Symptoms may include difficulty following instructions, being easily distracted, having difficulty sustaining attention, difficulty staying on task, losing things or failing to control anger.

Sources:

Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do (Nadeau, Littman & Quinn, 2015)

The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho

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Surprising Acreage Sales Levels For 2020!

I thought it would be interesting to see how country sales fared for the challenging year of 2020 compared to 2019 levels. Those of us in the residential real estate industry thought in March and April that it could be a dismal year for sales given the challenges we were all facing. In fact, the opposite was true! Acreages sales overall were up in both the Foothills and Rockyview counties! Foothills had a 20% increase and Rockyview had a 14% increase in sales volume.

I have created a short summary chart below to show the results in three price categories to get some sense of increases or decreases. The research was for properties 1.5 acres or more and did not include raw land parcels. It also did not include residential sales in the MD towns such as Okotoks, High River, Airdrie etc., nor in the large luxury lot communities such as Heritage Pointe, Artesia etc. but focused on acreages. However, overall MD unit sales across all sectors including the towns were up somewhat. The interesting thing was that there were increases in acreage sales numbers in both the \$700 to \$1M range as well as in the \$1M plus range. Activity in the \$500 - \$700 range was also up in the Foothills.

Foothills County

2020

| | |
|---------------------|-----|
| \$500-\$700K | 59 |
| \$700-\$1,000 | 108 |
| \$1,000,000+ | 52 |
| Total Sales:..... | 219 |

2019

| | |
|---------------------|-----|
| \$500-\$700K | 45 |
| \$700-\$1,000 | 195 |
| \$1,000,000+ | 42 |
| Total Sales:..... | 182 |

Rockyview County

2020

| | |
|---------------------|-----|
| \$500-\$700K | 29 |
| \$700-\$1,000 | 128 |
| \$1,000,000+ | 96 |
| Total Sales:..... | 243 |

2019

| | |
|---------------------|-----|
| \$500-\$700K | 38 |
| \$700-\$1,000 | 91 |
| \$1,000,000+ | 86 |
| Total Sales:..... | 215 |

So overall, a surprising yet positive ending to a very different, unpredictable, and challenging year for us all. I suspect some of the reasons for the reasonable active year despite COVID-19 and the restrictions & shutdowns could be as follows:

1. Realtors were classified as an "essential services" so selling and buying activity and showings could still take place all year long.

2. Interest rates were historically low allowing some families and buyers to access larger mortgages if necessary.

3. People who often thought of moving to the country likely did so in 2020 to get a sense of more space and move away from the restrictions of city or condo living.

4. Acreages prices were more market friendly and in most cases sellers were not trying to over-reach on their listing pricing and be competitive given the market place and effects of COVID-19 on people, job losses, etc.

Based on these results, there is certainly a reason to be positive as we move into 2021. It could potentially be a good year for sales again with some optimism with vaccines being rolled out and interest rates still remaining extremely low.



Wayne, Rebecca & Denise Chaulk



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Redwood residents enjoy a cold, sunny day near the berm!
Photo credit: Elyse Harder

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Submitted by Kate, age 10

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

WATER WELLS

AQUA MULE Water Well Systems & Services 403.931.2991
STEELHEAD VENTURES, svlgroup.ca 587.318.2205