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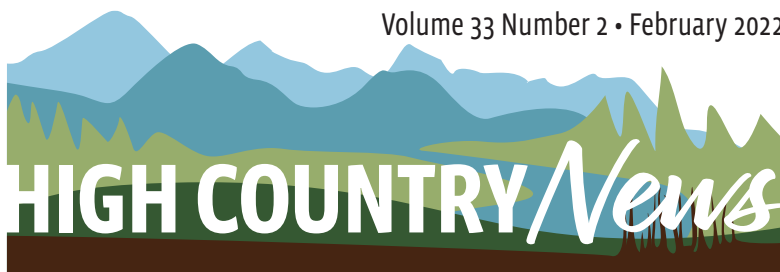
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LETTER FROM THE EDITOR

As you will notice we are now in colour, a major change that I trust you will enjoy! Also unique to this month is an opportunity to support a local athlete headed to Beijing (See page 5).

As a kid growing up, I hated Valentine's Day as my mother made me give Valentine's Day cards to all my classmates (including those I didn't like). This exercise taught me the need to be accepting and inclusive of everyone, even those who were different. You see, my mother had a disability, and so, learning to accept people who were different was important to her.

Throughout my career I have had the privilege to work with people of differing ethnic and religious backgrounds, as well as differing ideologies.

Over the past number of months there has been a significant push to vaccinate ourselves, with many arguments for and against. It has alarmed me that our Prime Minister, the one who has created laws around hate speech, has himself made accusatory statements of individuals that just simply aren't true. On/or about

December 29, 2021, Justin Trudeau, the Prime Minister of Canada, stated on a public television broadcast in Quebec, that those who have not been vaccinated are very often "Misogynists and Racists". He then stated that "They don't believe in science/progress". Finally, Mr. Trudeau went on to make the statement "This leads us, as a leader and as a country, to make a choice: Do we tolerate these people?"

I personally made the choice to get vaccinated, but for individuals who have chosen not to, shouldn't be labeled with such hateful and divisive language. Many of the individuals that have chosen to not vaccinate that I know are highly educated professionals and in no way have they ever demonstrated the characteristics labeled by the Prime Minister. In my mind, his comments crossed a line. More importantly, I think our society has crossed a line. This statement should have caused outrage. Instead, it has gone virtually unnoticed. Maybe it's time to relook at how we're managing COVID-19 and realize that we must find a solution that doesn't label people we don't understand as "misogynists". If individuals who have worked the front line of COVID-19 are still choosing not to be vaccinated, that should be their choice, and we shouldn't be treating them as a different class of citizen.

If only my mom could teach all of us what she endeavoured to teach me.

Last month I missed an important part of the Greater Bragg Creek Trails Association's thank you article. I apologize for this oversight.

BCT raised \$23,507 in our recent 2021 BCT Online Auction. THANK YOU to everyone who donated, bid or ran errands. The extensive donor list is:

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GOOD LUCK BROOKLYN!

It's not too often that a small community gets the opportunity to support a local athlete, but that is what local Bragg Creek residents get to do through the efforts of the Bavarian Inn.

Local 3rd generation athlete Brooklyn McDougal is headed to Beijing to represent Canada in the woman's long track speed skating in the 500m event. Brooklyn started speed skating only 8 years ago and has quickly proven herself as a fierce competitor, now ranked top Canadian female in the 500m discipline.

She grew up playing hockey, always carrying the Olympic dream in her heart. Through a conversation with her mom, the encouragement of one of her hockey coaches, and a skills identification coach, her rise as an Olympic athlete is now a reality. It not only shows her determination and commitment as a competitor, but reveals how family, community, and how we posture and support our young people in the community matter.

Brooklyn's heart is in her community. She speaks highly of the local support and grounding it has brought her. Her grandfather Wayne McDougal homesteaded in the area in 1958. Having a place to come back to in amongst her busy schedule of volunteering, finishing a degree, and obviously training and competing keeps her grounded. Knowing this legacy gives her a sense of responsibility to give back to others, and be a positive role model to those around her.

The last few years haven't been easy training through COVID-19. Dealing with mechanical issues at the Olympic oval, creating a home gym in Bragg Creek, but then maybe the adversity has made her a stronger person. I personally believe it was the oval ice in Redwood which allowed a new twist to speed skating training. Uphill and downhill skating with a hint of yoga, or shall we say, balancing through the uneven ice.

Pam and Charlie, long time family friends have found a very creative way to support Brooklyn through the Bavarian Inn, that will hopefully rally both the local community, and those visiting from the

surrounding area. A \$1 from every meal goes to support Brooklyn.

Hopefully this local showing of support will continue to knit our rural communities together, and be an example of how we can provide a foundation for our young people to succeed in whatever direction life takes them.

*Good luck Brooklyn
High Country News*



Saturday, Feb. 26

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LETTER TO THE EDITOR by Dennis Stefani

Concerns on the RVC Spruce Budworm Report

Shorter Version 2 to HCN

In the December 2020 edition of HCN, Councillor Hanson writes that a November 30, 2021 motion was passed by RVC Council "directing Administration to continue monitoring and assessing the spruce budworm infestation in Bragg Creek and the surrounding area to determine if and when a more active management strategy becomes beneficial." In apparent support of the motion is the 2021 report commissioned by RVC, "Spruce Budworm Report For Rocky View County" prepared by Toso Bozic of ATTS Group.

Two management strategies over the next 2-5 years are identified in the ATTS report, 1. Continued Monitoring and Assessment, and 2. Aerial Spraying with BtK (*Bacillus thuringiensis* var. *kurstaki*) and the chemical tebufenozide.

RVC has chosen strategy 1. Continued Monitoring and Assessment. This strategy is apparently based on the statements in the report that predatory birds, insects, and a variety of viral, bacterial and fungal diseases can help reduce or even collapse the budworm infestation. The ATTS report



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says “Studies in BC show that upwards of 75% of spruce budworm mortality occurs due to naturally occurring pathogens and parasites. Weather events such as cold springs with late frosts and/or cold and wet summers can greatly reduce budworm populations. In all likelihood, allowing nature to run its course will result in the collapse of spruce budworm populations (7).” These statements are attributed to reference 7, Nealis and Regniere, 2021. “Ecology of outbreak populations of the western spruce budworm”. Ecosphere 12(7):e03667.

The above quote from the ATTS report suggests that naturally occurring pathogens, parasites and weather events (e.g., late frosts, wet summers, cold springs) are likely to result in the collapse of our budworm infestation. However there is a key finding from Nealis and Regniere 2021 that is missing from the ATTS report and needed for infestation collapse. Nealis and Regniere examined a massive forest budworm outbreak affecting Douglas Fir between 1997 and 2016 in the interior of British Columbia. “Parasitoids and pathogens can cause sudden declines in densities, but [budworm] populations inevitably wane as a result of cumulative degradation of their resource.” Resource

here is identified as the conifer needles that budworms feed and overwinter on.

In other words, the primary determinant of the collapse of budworm infestations is the loss of food supply and overwintering habitat caused by budworm defoliation. This is the critical factor that is missing from the ATTS report and which is needed for RVC to fully understand the nature of a budworm infestation and collapse.

The study did say that the combination of both defoliation (food and habitat loss caused by budworms) and natural enemies are the ultimate cause of population collapse. Although natural enemies may be the ultimate agent that brings about the collapse, defoliation is an important cofactor in this. As noted by the authors, “systemic negative effects of host damage [defoliation] on budworm survival occur earlier in the life cycle, in the non-feeding stages.

These effects are evident as gradual but sustained decreases in survival of the early-larval stages”.

I think it is important to clarify the statement by ATTS that B.C. studies have shown up to 75% budworm mortality can be attributed to naturally occurring pathogens and parasites. Nealis and

Regniere 2021 are clear that this finding is based on budworm larvae and pupae harvested in the field and artificially kept alive in the laboratory until death. Parasites that emerged “from budworm cadavers were recorded as the cause of mortality.” How this methodology relates to a real forest habitat is unclear and not discussed in the study.

Monitoring and Assessment may indeed be the way to go, but the suggestion in the ATTS report of relying on weather, predation and disease is neither transparent to or supported by the work of Nealis and Regniere who clearly show many years of defoliation and the loss of budworm food and habitat are critically necessary for a natural collapse. The Douglas fir forest outbreak in the interior of BC lasted for 10 to 15 years before naturally collapsing... Is this what we want?

Dennis Stefani



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Citizens on Patrol

I recently became aware there exists a Citizens on Patrol group in Diamond Valley headed up by Ian Huffman, President. At this time, I am not aware of any other COP group in our area which doesn't mean there isn't one. I do know there was some investigation of starting one in the Priddis area a couple of years ago when there were multiple break-ins at the Priddis Water's Edge Pub and at Rockies Pub in Bragg Creek.

I wanted to know what an active COP group actually does and so I contacted Ian who was a great resource providing me with information about their Diamond Valley group. Technically, their group is called the Diamond Valley Citizens on Patrol Society ("DVCOPS"). The societal designation means they are a legitimate, accountable, registered Alberta society.

DVCOPS was initially started in the late 1990's and then died due to lack of interest a few years later. It was revived by Yvonne Machan in 2017 when vehicle thefts in Diamond Valley escalated. For her efforts she was the 2018 Black Diamond Citizen of the Year.

DVCOPS' mission statement is "to act as eyes and ears for the Turner Valley R.C.M.P. In doing so we will help to reduce crime in our community. This is strictly a passive role and we do not involve ourselves in any incidents. We are to LOOK, LISTEN, RECORD AND REPORT". The goal is crime reduction in the community with the resultant increased well-being of all those who live there.

Through public events and fundraisers, DVCOPS educates the community on ways they can protect themselves and their property. DVCOPS works in conjunction with the RCMP and are establishing a better relationship with the Town's Community Protective Services.

The main anti-crime focus of the DVCOPS is that of actually being out patrolling the streets. Protocol stipulates that any patrol must have at least 2 members. Patrols can be in a vehicle, on foot or on bicycle. In 2021 there were over 100 patrols conducted in the Diamond Valley area. They do not follow a specific schedule and can occur anytime during a 24 hour day.

Sometimes the vehicles will have COP decals on the door, sometimes not. However, Patrollers have identification on them that shows they are with the DVCOPS. Patrollers will be looking for suspicious behaviour or situations that require a remedy to thwart potential criminal behaviour. Garage doors left open may be addressed by knocking on the household door and informing the owner of the open door. Gates to a business left open would be addressed by calling the

RCMP. Patrollers do not intervene in an active situation - they are there to observe, record and report.

Dash cams or cellphone cameras may also be utilized during a patrol.

Patrols were briefly suspended at the beginning of the COVID-19 situation until clarification was received from the Alberta Government that as long as the "Car Pool Rules" were followed, patrols could continue: mask wearing, proper distancing, thorough cleaning of items/vehicle afterward.

At the end of the patrol a report is completed, even if there is nothing to report, and copies go the DVCOPS and the RCMP. More than 10% of the time something will be observed that is significant enough to report immediately.

At present, DVCOP has 16 members. Additional members are always welcome. You can contact DVCOP via email: diamondvalleycop53@gmail.com or the DVCOPS Facebook page for more information.

The DVCOPS will soon be installing road signs on community streets stating, "Diamond Valley Citizens on Patrol". The intent is to raise awareness of the Society's presence, to both community members, and potential criminals.

If you want to start a COP group in your area, go to the Alberta Citizens on Patrol Association website <https://acopa.ca>

Dave Schroeder
HCRCWA Board Member

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ARTIST PROFILE

Grizzly Bear No 164

Bragg Creek local Patricia Johansen is a Calgary born artist with over 30 years' experience studying and painting in both oil and watercolour. She has travelled extensively with her family, living abroad, and using these periods to study, paint, and teach. In each location her passion for the local landscape has been her inspiration - capturing the beautiful yet diverse scenery of these fascinating places.

Pat has an active website at www.PJ-Illustrations.com where her portfolio of work is displayed.



REDWOOD MEADOWS EMERGENCY SERVICES

Show some love and protect
your local volunteer firefighters

There's an estimated 3,672 fire departments in Canada, 83% of these are staffed by volunteer firefighters. As a volunteer-driven organization, 25 members of Redwood Meadows Emergency Services (RMES) responded to 370 calls for help in 2021.

Every year, Canadian firefighters are injured or killed in the line of duty. Here's some tips to help keep your local volunteer firefighters safe as we do our work.

Move out of the way - it's the law:
When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

Slow down and then slow down some more: One of the most dangerous parts of our job is doing traffic management at motor vehicle accidents. When you see emergency vehicles on the highway, slow down well in advance. The slower the better when we have team members on slippery highways focused on quickly grabbing equipment from trucks! Follow the directions of the first responders. Don't stop to take pictures (we aren't that good looking!). Focus on your own safe driving. Resume speed only when you are well clear. Treat every firefighter you see working on the highway as a family member, neighbour or friend - because we are all of these to someone in the community.

Make sure your address is visible from the road: A reflective or illuminated street number makes it easier for us to find you at night!

If you have an automated gate, give us a code (or get an SOS-type gate that opens to our sirens): Any delay in getting to you in an emergency may be critical!

Keep your driveways and paths cleared of snow and ice: Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbour with mobility issues, be a snow angel and help them keep their paths clear of snow and ice.

Alison Archambult

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EARLY FLOOD MITIGATION

What is that?

Word 'round town is, this car surfaced along the bank of the river after the 2013 flood. Locals grew fond of seeing the car on their river walks and didn't want to lose it. The car was moved to a visible location and now, with a bit of shine, sits opposite the Bragg Creek Trading Post for all to enjoy. Best guess it's an 1950 Ford, or if there are any aficionados in the audience, speak up!

The sign reads:

IN THE PAST, LOCALS WOULD PLACE VEHICLES UPSTREAM ALONG THIS BANK TO PREVENT EROSION FROM FLOODS. THIS OLD BEAUTY, BURIED FOR OVER FIFTY YEARS, RESURFACED DURING THE BIG FLOOD OF 2013





DECEMBER NEWSLETTER Judi Hunter -Ward 5 Trustee

Much has happened since my January Newsletter. Omnicron took front and center for the month of January leading to a delayed start, the government's decision to supply masks for each student and Rapid COVID-19 tests to all families with children in school.

The Board continues to seek middle ground in the polarized environment on masking and vaccinations, following the advice of the Chief Medical Officer while we are still considered to be in pandemic status. Currently over 95% of RVS staff is vaccinated. There continues to be restrictions about attendance at student athletic events, but at least our students are now allowed to play. This is a link to a parent's story and concern for her children.

www.macleans.ca/society/the-cruel-ridiculous-reality-of-virtual-learning/

For almost two years our students have been through a lot: in and out of in person learning, banning of sports activities, disruption to learning, masking, removal of normal childhood interactions and development. As a society we have witnessed rising family violence incidents, suicides increasing, mental health issues at crisis levels, financial impacts to families, loss of loved ones, increasing intolerance not only around masking and vaccinations but also general lack of civility. Since

April 2020, there has been ten times as many under age 45 addiction deaths, we have witnessed governments vilify the unvaccinated and so allowed a public looking to place to lay blame, treat people who were only before this pandemic our friends, our family and our neighbors as second-class citizens

Decisions have consequences, decision makers need to balance carefully, one set of needs against another. The need to support our hospitals and health care workers against the negative outcomes for children, families, our economy has consequences. It has been abundantly clear to me in watching our COVID 19 policies evolve, that the media has been complicit in the evolution of outcomes. Fear sells - reports no longer just give the facts but provide personal bias or commentary and use value laden vocabulary. Take for example a Texas mother who put her son in the trunk of the car in order to isolate him from her while in transit for testing. Did fear or limited analysis play a role?

We also are witnessing a collapse of the democratic process and freedom of speech which should be a concern to all of us. This democratic interruption comes when a pandemic is declared. Our elected government defers the Health Department whose job it is to keep the population safe. That small group of experts is not accountable to the public nor to the government it seems. In fact, calls for transparency or input are neglected. As the pandemic comes to an end, I am sure there will be many books and research papers written about how policies were developed, the role of the media and fear played in the

population's understanding of and response to the virus, the lack of transparency in models developed, who counted as a COVID-19 death and who did not, how our seniors were treated.

The world is a much smaller place than it was prior to the internet, communication and expertise is world-wide and immediate. The opportunity to engage world experts in the debate is critical for informed decision-making, yet it seemed any debate contrary to the health narrative was banned and those offering alternative ideas were discredited. Open debate is the hallmark of a democracy.

Many countries, provinces and states developed policies different from those of Alberta. Outcomes are informative - did masking mandates, vaccination mandates or isolation mandates work?

Operational updates due to the changing provincial mandates can be seen at www.rvs.ab.ca

These updates include information on masking, rapid test distribution, shifts to at-home learning, and changes to case notification process/ outbreaks.

NEW E-TUTORING HUB

Minister LaGrange announced a new e-Tutoring Hub to support student learning in Grades 4-9, specifically in literacy and numeracy.

Due to space restrictions the remainder of this update can be seen online at highcountrynews.ca



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Wealth Building For Women - Part 2

Here are ten steps that will help you take control of your financial future:

1. Let knowledge overcome fear. Knowledge is empowerment! The more you learn about money and investing, the more confident and successful you will become at managing it. Start by attending for-women-only seminars on finances, reading investment books, studying investment concepts, and attending adult education mini-courses.
2. Manage your cash. Get your income and expenses in balance by setting up a workable household budget. Also, put away the credit cards. This will put you in control of your spending and help you identify money you can save for the future.
3. Find good advisors and work in partnership with them. Nobody has to go it alone. There are professionals who can provide information, insight and recommendations to help you identify and achieve your objectives. The key is objectivity. Find someone who is knowledgeable and with whom you are comfortable. Look for someone who advises and helps to guide your decisions. Remember, it's your money, so final decisions are up to you.
4. Establish goals. Goals are blue-prints of your vision of the future (e.g. sipping coffee on your beachfront veranda at age 65; watching your children or grandchildren graduate from college debt-free; a trip to Europe paid for by the golden eggs from your retirement "golden goose," etc.) To achieve these goals, you'll want to start saving early, and save as long as you can. Keep your own savings and retirement accounts, even if you are married. Once you know what you want, you can plan what it will take to achieve your goals. A good advisor will work with you to help you quantify your goals and develop a strategy to help achieve them.
5. Identify your "risk tolerance." This is your comfort zone for investing. It can range from ultra-conservative (you like savings accounts and GICs) to highly aggressive (penny stocks and high-risk investments). Avoid investments that make you ill at ease. If your investments keep you awake

at night, your money is in the wrong place. Work with your advisor to determine your current risk profile.

6. If you are working with an advisor, do not abdicate financial responsibility. Make building wealth something you do together. If you are married remember, "there are no guarantees. Your husband could die or leave. Get involved."
7. Don't shy away from tough choices. Sacrifices you make today can help pay for a solid standard of living tomorrow. Allocate at least 10% of your income for the future. Pay yourself first. When you write checks to pay your monthly bills, also write a check to your chosen investment account.
8. Take your time. Invest a little at a time to get your feet wet. This creates experience and confidence.
9. Protect your value with disability and life insurance. If you died, what would be the impact on your loved ones? Whether you are a homemaker or your household's sole support, your death or disability could have a tremendous financial

impact on your family. Protect that value with insurance.

10. Pass it on. If you have a daughter, educate her about money, so the next generation can avoid the frustrations you may be experiencing.

Many men and women find money management boring. Learning about it and then practicing what you learn can take discipline. However, the knowledge you gain and apply is one of those must do things that is well worth the investment in time. Just do it. You'll be glad you did.

Contact my office to begin the process of getting comfortable with and in control of your financial situation.

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

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MAKE YOUR MARK By Mark Kamachi

Business Personality

Greetings. Last month I talked about branding. I left you with the definition that was “engrained in my brain” throughout my 30+ years in advertising-design. It simply comes down to the personality of your business, and the impression it leaves on your customer after an interaction. David Ogilvy, the Father of Advertising put it this way:

“There isn’t any significant difference between the various brands of whiskey, or cigarettes or beer. They are all about the same. And so are the cake mixes and the detergents, and the margarines. . . . The manufacturer who dedicates his advertising to building the most sharply defined personality for his brand will get the largest share of the market at the highest profit.”

Decade after decade, this statement holds true in all categories from products, to services, to destinations. Even though there have been many changes to how we market,

such as in the use of analytics/data collection, research, the various social media platforms, or those interruptive digital pop-up ads, getting your customers’ attention is the goal. And to make the sale. Your brand is your business’ personality.

Let’s consider what you have to offer. Ask yourself if your brand is as “sharply defined” as David Ogilvy suggests amongst your competitors. How does your product stand out? Is your service unique? Does your destination offer a more memorable experience? Did you leave your last customer with an experience worth mentioning to others?

Let’s look at two examples in Bragg Creek, the Powderhorn Saloon and Rockies Tavern & Grill. Two places where I can get a meal and a drink, be entertained, and socialize. This can be said of other food businesses in our area as well, which offer international cuisine or coffee & muffins, but for now, I’ll use these two for this example. What are some of the attributes that set each eatery apart?

In my personal experience, there is one specific reason why I would venture in one place over the other. If I wanted an authentic western, Bragg Creek experience, say to impress visitors or out-of-town clients, I’d go visit the Powderhorn Saloon. If I wanted a more family

or business-oriented dining experience, I’d hit Rockies Tavern.

For myself, the main difference as to which establishment I choose is the fact that one allows minors, and one doesn’t - the Powderhorn Saloon has video lottery terminals and therefore minors are not allowed (I don’t hate kids). For others, it may come down to the fries, entertainment, décor, the size of the patio or pool table, etc. Again, it’s from unique personal experiences.

Should a visitor approach you while you’re hiking on a trail or fishing in the river and ask you where to go for a meal, your brand perception of each establishment will dictate your response to them. A bad experience in either will not work in your favour and given we have several other places to choose from, it’s your loss and your competition’s opportunity to gain a customer. Remember, this holds true whether it comes to selecting power tools, booze, landscaping, internet service or even a doctor. It comes down to your personality.

That’s enough for now. Next month we’ll discuss target audiences. Or in laypersons terms, your ideal customer.

*Until then, stay safe.
Cheers, mark.*



A brand starts with you, the business owner or service provider. Your brand can even be you. Regardless what you have to offer consumers, your personality has to shine through. Let AdMaki help you with your brand. After all, if you’re not building your own brand, someone else will.



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RETURNING TO ACTIVITY AFTER COVID-19 by Susie MacPhee

Returning to Activity After COVID-19

COVID-19 infections have become a common occurrence during the last two years that this pandemic has been ongoing. For those individuals who only have mild symptoms the recovery process is generally straightforward and they may soon find themselves feeling ready to get back into activities and sports. The question is, what steps should you follow in order to make sure you are physically ready, and why is that even necessary?

Viral infections that cause flu-like symptoms always have the potential to cause myocarditis, and the SARS-CoV-2 virus is no exception. Myocarditis is an inflammation of the heart muscles, and can lead to heart damage if not handled properly. Symptoms of myocarditis can include shortness of breath, chest pain, irregular heartbeat, and inability to exercise. If an individual has myocarditis and exercises, there is the potential that they can increase viral production, accelerating disease progression and heart damage. If cardiac involvement is suspected following a positive COVID-19 infection, it is recommended that a thorough evaluation is performed by a physician before beginning any physical activity.

The COVID-19 virus also causes inflammation in the lungs, which can affect respiratory function even after symptoms have decreased at rest. Typically respiratory symptoms should improve in a progressive manner, and be resolved by 4 weeks. If you are still experiencing difficulty breathing or a persistent cough with vigorous exertion, or if progress begins to decrease and a new productive cough develops, it is imperative to seek further respiratory evaluation by a physician.

Individuals who had severe symptoms of COVID-19, were hospitalized because of it, have any pre-existing cardiac or respiratory conditions, who are experiencing Long COVID-19 symptoms, or who have other complicating health factors; must have a thorough medical assessment before beginning any return to activity protocols.

As well, if you are just starting exercise for the first time, you should seek guidance from your doctor.

So, if there are no concerns about cardiovascular impairment, the next step is determining when and how to begin a return to play protocol. In an article published in the British Journal of Sports Medicine in 2020 by Elliott et. al., the authors outline a graduated return to play protocol for performance athletes. This protocol has been widely adopted in Canada by high performance programs, post-secondary athletics medical staff, and others. It is aimed at performance athletes, but is adaptable to recreational athletes as well. They recommend that in order to begin the process you must be at least 10 days from the onset of your symptoms, have been symptom-free for 7 days, and must be off of all medication that was required during the course of active infection. As well, you must be able to perform all your activities of daily living and walk 500 metres on the flat without excess fatigue or breathlessness.

A graduated return to play plan is a stepwise process that requires you to be aware of how you are feeling during each activity, as well as monitoring yourself for symptoms for 24 hours after. If the activity is tolerated well, and no symptoms arise after activity, then you can progress to the next step. You will need to be aware of your rate of perceived exertion, muscle soreness, fatigue, stress, sleep, and your perceived readiness to return to sport, plus any subjective symptoms that you experience. If you do not respond well to a certain stage it is recommended that you return to the previous stage and progress again after 24 hours symptom-free.

Here is the basic outline of the protocol:

Stage 1: This is the first 10 days following onset. It involves walking and activities of daily living.

Stage 2: This begins after you have been symptom free for 7 days. You repeat this stage for 2 days. It includes walking, light jogging, or stationary biking, with no resistance training at <70% max HR for 15 minutes or less. (You can estimate your maximum heart rate (max HR) by subtracting your age from 220. So if you are 42, your estimated maximum heart rate is 178. 70% of that would be 125 beats per minute.)

Stage 3A: This stage is one day and involves doing simple movement activities (sport-specific drills etc.), at <80% max HR for 30 minutes or less.

Stage 3B: Also just 1 day, and here you can progress to more complex drills and activities, again at <80% max HR for 45 minutes or less.

Stage 4: Repeat this one for 2 days as well, and now you can progress to normal training activities, still at <80% max HR for 1 hour or less.

Stage 5: resume normal training progressions

The goal of this protocol is to allow time for recovery in between stages, gradually increase the training load, manage any post-viral fatigue symptoms, work on coordination and skills and increase confidence. If you are unsure about whether or not it is safe for you to begin a return to activity process please consult with a physician first. If you have been cleared to begin exercise again and need help with figuring out the first or next steps, the therapists at Bragg Creek Physio would be happy to help you out. Here is to recovering well, and getting back safely to the activities that you love!

*Susie MacPhee BKin, CAT(C)
Certified Athletic Therapist
Bragg Creek Physiotherapy
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

2022 Budget Finalization

Council approved the 2022 full budget January 18th, after two full days of presentations from staff and Council deliberations. It supersedes the interim budget passed in December, which only served to "keep the lights on" and staff paid in the new year. The approved budget allows the County to fully operate on justified departmental spends and approved administrative initiatives can proceed on schedule. RVC's operational budget is based on a rolling 3-year budget.

Administration's recommendation for most budget items were accepted, with 3 items being adjusted by Council: minor revision to snow control in Langdon, reinstating dog license fees by 2023, and I championed the transfer of \$550K from RVC's reserve for small stormwater improvements (policy A-459 Storm Water Drainage Projects) into this year's spend. This enables mitigating some long-standing and niggling little drainage problems - with a report coming to Council by end of May detailing which projects from Admin's long list of candidates provide the best bang for your buck.

Amendments to this budget can continue to happen up to end of April when assessments are all in and tax rates are

finalized. I will provide highlights of the capital budget (a 5-year rolling budget) in a future column. The approved budget should be on the County website by the time you are reading this.

Signage by Entrance to Tsuut'ina Lands from Wintergreen Road

A single access to a provincial ROW was negotiated with the Federal Government's requirement to accommodate oil & gas well reclamation as part of the original land transfer. The chosen access is considered by RVC as roughly equivalent to a private driveway approach from a County road. The sign is in County ROW, by about 30-40 metres, but the location was chosen with Administration's input to ensure folks could stop and turn around safely at this point, as there is room to do so. To help, a temporary stop sign has also been erected, with a permanent replacement to follow.

Bragg Creek Wild - Canadian Mountain Network

I will be participating in preliminary investigative conversations with the Canadian Mountain Network. The goal of BCW working with this organization is to explore ways to gather scientific knowledge and data to support a model of integrated living in its natural environment - a place where both community and wildlife thrive. Hopefully the discussions prove fruitful and ongoing.

The Master Plan for the Bragg Creek Trails is due for its 10-year update. I attended a BCW online presentation of their thoughts on the updated Terms of Reference, and I encourage the community to respond to the Alberta Parks and Environment Survey

and other engagement activities that will take place throughout the coming year.

Springbank ASPs / Bragg Creek Hamlet Expansion update

Just a quick update that the Springbank ASPs updates are now budgeted and continue to move forward. More details will be forthcoming from Administration regarding the schedule for re-engaging with the community. Similar story for BC, work on the new development forms by planning staff is ongoing and a mid-2022 update to Council is in the workplan for the Hamlet Expansion ASP.

CAO Hiring Progress

Early January saw Council shortlisting candidates and scheduling brief 20-minute online presentation opportunities. This is a pre-interview step we are employing that allows each short list candidate to make a sales pitch and put some colour to their resume - questions are for clarity - we are not asking interview style questions at this filtering stage. We believe this is the best use of everyone's time and is also respectful of COVID-19 protocols.

Please e-mail me if you would like to be added to my contact list for e-mail and online communications
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Story Walks® in our communities

Have you seen the book pages along the Banded Peak School pathways and in the 'Back 40'? Maybe you read the story you found posted around the Bragg Creek Community playground or the tale posted around the Redwood Meadows tennis

courts? Jessie Pepin, Cochrane Public Library Programming & Community Outreach Librarian posted three children's stories around our communities earlier this fall. If you have a case of FOMO check out the next story at either the Bragg Creek community playground, Banded Peak School/Back 40 pathways, or Redwood Meadows.

For more information contact:

Shannon Parker, Bragg Creek and Redwood Meadows Wellness Network
shannoniaparker@gmail.com
 403-771-5714
Jessie Pepin, Programming & Community Outreach Librarian, Cochrane Public Library
Jessie.pepin@cochranepubliclibrary.ca
 403-932-4353



BENEATH THE ARCH CONCERT SERIES

We have made the difficult decision to cancel "The Beneath the Arch" Concert that was advertised for February 26 due to the current COVID-19 situation. Please visit our website beneaththearch.ca for details on future concerts that are scheduled for March and April.



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Bragg Creek Centre

2022 has arrived and the Centre is already hoping with activity. I am pleased to introduce myself. My name is Kim Perraton, I am the new General Manager at the Bragg Creek Community Centre. I have spent the past 9 years at the Bears paw Lifestyle Centre. I am excited to bring my knowledge and experiences to this beautiful community and look forward to working alongside the BCCA Board & staff. We would like to thank past Program and Event Manager, Christine Pollard, for the many years she devoted to the Centre and wish her all the best in her future endeavours.

The rink is now open to the public!

Grab your family and come enjoy our beautiful ice surface. Our amazing volunteer Rink Committee have worked many long hours to ensure it was ready for all to enjoy! New this year we are offering skate sharpening services: \$5 for BCCA members and \$8 for non-members.

The skate sharpening times are:

Thursday, 4 pm - 8 pm

Friday, 6 pm - 8 pm

Saturday, 12 pm - 4 pm

Sunday, 12 pm - 4 pm

On Saturday, January 29 we will be hosting **Winter in the Woods!** Join us for the Franklin Sports Family Fun Zone, Gateway Developments Chuck-a-Puck, Bragg Creek Bears vs. High Country Rockies hockey game, Powderhorn Saloon Beer Garden, hockey skills competition, human curling, family skating, music & an artisan market. The event will begin at 12:00 pm

and run until 7:00 pm. Pick up your \$10 puck for the Chuck-a-Puck event at any of the following businesses: Powderhorn Saloon, The River Dragonfly, ATB, Rocky Mountain Bison Company, Moose Mountain General Store, One of a Kind Art & Gift Gallery, Bragg's Korner Kitchen, Many Legs Pet Grooming & Supplies or Rockies Tavern & Grill for a chance to win \$1000! We are incredibly thankful for all our sponsors of this event.

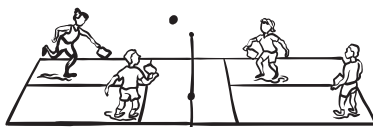
Our current programs are listed below. If you have any questions, please contact Lily Lee, Program Coordinator at 403-949-4277.

Pickleball

Drop in Tuesdays: BCCA Members \$5 / \$8 non-member

12:30 pm - 2:30 pm

7:30 pm - 9:30 pm



Rumble & Roar

Great exercise for kids, meet other parents, age-appropriate toys

Thursdays: 9:30 am - 11:30 am

\$5 drop in/family

Artsy Afternoons

Are you creative? Looking to socialize with other creative types? Bring your current project & spend the afternoon creating with local community residents & friends.

Thursdays: 1:00 pm - 4:00 pm

BCCA Members FREE / \$5 non-member

Marigold/Cochrane Library's

Story Walk is back in Bragg Creek!

Follow the chain link fence around the Tennis Courts to read the pages from the children's book Winter Wipeout by Gilles Tibo. Please share your photos of your story walk adventure to our Facebook page: www.facebook.com/BraggCreekCommunityAssociation



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A TASTE OF THE HIGH COUNTRY

A toast to sparkling wine

Don Perignon (1638-1715) was a monk and cellar master at the Benedictine abbey in Hautvillers, Champagne area, and he had a problem. He could not rid his wines of bubbles, deemed a flaw at the time. He could not understand why the grape juice, vinified in the fall, would stop fermenting as the temperature lowered. Stored in barrels or bottles, the fermentation process would resume as the temperature rose in the spring. With no escape route, the CO₂ produced by the process was trapped and formed bubbles in the vessels. Pressure mounting, a trip to the cellar was akin to being thrown in the front line of a war zone with corks popping out of barrels, bottles exploding, and wine wasted. The problem was so prevalent that special helmets were created to protect those brave enough to venture down the dark rooms.

At the time, the fermentation process was not well understood and the wine masters were at a loss. Resigned, the producers decided it was best to embrace the bubbles and market them as a good thing. Thick heavy bottles replaced the standard one, and special corks were designed to secure the bubbles, complete with wire cages. Over time the "méthode champenoise" that we know emerged (but not because of Don Perignon), and the style of wine became one of the most celebrated in the world.

Most wine regions have their version of sparkling wine. While many have a unique approach to making bubbles, others find inspiration in the "Champagne method." Lucky for us, today we have great alternatives to choose from, suiting both palates and budgets.

A wine develops bubbles when the CO₂ gas produced during the fermentation process is trapped in the bottle or the tank. The dissolved gas becomes bubbles when the bottle is opened. Two of the best-

known methods today are the "Méthode Champenoise," and the "Charmat method".

The méthode champenoise or traditional method is relatively time-consuming, which explains in part why we pay more for it. The grape juice is fermented as would be any table wine. Once vinified, the wine is transferred into bottles, and a solution of sweet grape juice and yeast is added to them. The bottles are capped and allowed to rest for a few months (minimum 15 months) to a few years, depending on the style. Once the wine is ready for the market, the bottles are slowly tipped on their head to allow the lee (yeast residues) to gather at the top of the bottle. Each bottle's tip is then dipped into a cold solution that freezes the residues, creating a "bouchon" (plug). The bottles are then opened up very quickly, the bouchon pops out, the bottle is topped up with a bit of wine and the whole resealed, labelled and then sent off into the world.

The Champagne region uses Pinot Noir, Pinot Meunier and Chardonnay to make their wines. Interestingly enough, neighbouring Burgundy also uses Pinot Noir and Chardonnay to make their "Crémant de Bourgogne" using the very same method. The big difference between the two? The Crémant is not aged as long, resulting in a fruitier, somewhat less complex taste but no less enjoyable. Since they are a lot less expensive, they make for an excellent go-to wine on a weekend or heck! Anytime.

Many wine regions worldwide use the "Champagne method," with similar grape varieties. It is the case in Canada which produces excellent examples. Other regions such as Penedès, in Spain, have Cava - made just like Champagne except that they use their indigenous grapes: Parellada, Xarello and Macabeo. Oh! And they also figured out ways to mechanize the process, saving time and money.

As you explore the world of sparkling wine, you may come across other methods such as "méthode ancestral" or "Crémant de - name a French region." "Sekt" - Germany version, "Méthode Cap Classique" in South Africa, and "Spumante" in Italy. They all bring

their unique twist, using different grapes or slightly different vinification processes.

Prosecco has been putting pressure on Champagne for some time now. Light, refreshing, young and uncomplicated, Prosecco is easy to enjoy and economical. The big difference with Champagne is that they use the Prosecco grape and employ the "Charmat method". The second fermentation occurs in large pressurized stainless steel tanks instead of individual bottles, saving time and money.

Today sparkling wines have come to equate mysticism in a glass. It lifts your spirit and brings an aura of celebration, seemingly for no reason. Maybe it is the bubbles or perhaps it is the association Champagne successfully made with the wine style. Regardless, since February is a "slow month," and winter is already dragging on, we need no further excuses to indulge if only to say, "Hey! It's Valentine's day".

Dust off your Champagne flutes, pick a bottle, chill it and settle down in good company. Oh! And if you figure out why a bottle of sparkling wine does not last as long as a bottle of table wine, please let me know.

Cheers!



"I only drink Champagne on two occasions, when I am in love and when I am not." - Coco Chanel



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PRIDDIS NEWS

Priddis Newsletter

Hope everyone is well and keeping safe in your community. The Priddis Hall is following current COVID-19 guidelines put forth by AHS.

Priddis Panthers:

The Priddis rink has been great over the holidays and all through January. Make sure you head over to watch the Panthers during a game or practise or, enjoy a skate with your family.

Come on out and support the Panthers at our Saturday home games on the following days:

February 5 - 9:00AM to 1:00PM

February 12 - 9:00AM to 1:00PM

February 19 - 9:00AM to 6:00PM

All games will be played subject to weather and rink conditions.

Ice availability schedule for public skating and Ladies and Men's Shinny is on the home page of our new website: <https://priddispantherhockeyassociation.teamsnapshots.com/>

Thank you again to everyone who contributed to the construction of the Zamboni garage.

For more information, email priddishockey@gmail.com or follow our Facebook page:

www.facebook.com/people/Priddis-Panthers-Hockey/100013094406448/

PCA Casino - MAY 2022:

The Priddis Community Association is having our casino this year. Dates are Tuesday and Wednesday, May 17 and May 18 at the ACE Casino Blackfoot, 42 Avenue SE, Calgary (formerly Frank Sisson's Silver Dollar Casino). Come and join in the fun as many positions on each shift need to be filled. Meet your neighbours and make new friends. If you have never worked a casino before, no problem. Training is provided on site. All proceeds from the casino go towards hall maintenance and improvements. If you would like to volunteer, please contact Wayne or Carmen at 403-931-3875 for more information. Sign up and support our community!

Parent & Tot Playdates:

Monthly Parent and Tot playdates at the Priddis Hall will be continuing. The new Co-ordinator, Amanda, is working on dates for February and March. Please contact pcayoungfamilies@gmail.com if you would

like to get involved. This is a fantastic way to meet other young families in the community. Check our website and social media for updates.

Priddis Early Learning Program - PELP: Keep an eye on our website for information regarding our Open House and Registration Night for the 2022/2023 school year.

Our fundraiser is ongoing: Mabel's Labels - order your very own personalized holiday labels and stamps. Once on the website, click "support a fundraiser" and select Priddis Early Learning Program (Foothills).

Website: campaigns.mabelslabels.com

Please email our program director for more information: pelppreschool@gmail.com

pelppreschool.wixsite.com/pelp/registration

Membership Renewal 2022:

Purchase your PCA Membership for the 2022 season. Please complete the membership form found on our website under Memberships. Payment can be made by e-transfer to: priddisassociationpayments@gmail.com In the description on your e-transfer, please state your name and which type of membership you are purchasing, e.g., Family. Paper copies of the form are available at the Priddis Store. If paying by cheque, mail your cheque and completed form to the PCA at the address on the bottom of the form.

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to www.priddisalberta.com Fill out your business details and email it with your payment to: priddisassociationpayments@gmail.com

How easy is that! Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities. Thanks in advance.

Red Deer Lake School Playground:

Red Deer Lake School Council is excited to be getting close to our fundraising goal for the Inclusive Playground Expansion. This fully accessible playground would not only benefit the students at Red Deer Lake School, but children in the surrounding communities as well. Please look at our website for tax deductible donation and sponsorship options. The inclusive playground expansion will promote healthy living, an active lifestyle and fun for all children. Being the recipient of your generosity would mean that we would be that much closer to making this dream a reality for the kids in our community.

Website: www.rdlschoolcouncil.ca

Priddis Library:

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

Booking the Hall:

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

Staying Connected:

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

- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- @priddiscommunityassociation Instagram photos and videos





MILLARVILLE COMMUNITY LIBRARY

Well, we're still open but still dealing with COVID-19 and its latest offspring, Omicron. Let's hope these are the death throes.

Library hours are as follows:

- Monday: 9:00-3:00
- Tuesday: 9:00-3:00
- Wednesday: 9:00-7:30
- Thursday: 9:00-3:00

Librarians and patrons are masked and everything is sanitized as per COVID-19 protocols. But if you feel uncomfortable coming into the library you can call your order in during library hours (403-931-3919) or book through tracpac.ab.ca and we can place them in the lobby for pick up during library hours.

If you come into the library in the next few weeks you can check out the art display provided by the Millarville School Grade 3 class featuring "soap stone" carvings, dream catchers, Metis weaving and more.

The library could do with a few more volunteers to fill in as substitutes. Shifts are only three hours long and you will be given training. This is a great way to connect with your book-loving neighbours and check out what's new and great.

New books for children and adults come in to our library and the system constantly.

Here are a couple that sound interesting.

Finding the Mother Tree (Discovering the Wisdom of the Forest) by Suzanne Simard is a magical book. Suzanne Simard is a pioneer on the frontier of plant communication and intelligence.

In this, her first book, she brings us into her intimate world of trees, brilliantly illuminating the fact that trees are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own.

This book and Simard's research is a testament to how deeply human scientific inquiry exists beyond data and technology. Simard proves the true connectedness of the Mother Tree to the forest, nurturing the forest in the profound ways that families and humans nurture each other, and how these inseparable bonds enable our survival. An uplifting, important book.

Lawrence Hill (author of the Book of Negroes) has just published a children's book, **Beatrice and Croc Harry**. It is based on bedtime stories he told to Hill's young daughters, Beatrice and Evangeline, who came into Hill's life when he married their mother Miranda. The stories were about a fictional girl, Beatrice, who lived alone in a well-stocked tree house

in a massive forest. Her nemesis was a 700-pound, 69-tooth, fast-talking crocodile named Harry. Each night Harry would use clever language and emotional appeals to lure Beatrice as close as possible and each night, when Beatrice decided that he might finally be trustworthy he would pounce. Beatrice got trapped in the most precarious situations but at the last minute she would always outfox Harry.

Hill ran out of bedtime stories and daughter Beatrice grew up but she always wanted her "own book". It wasn't until the summer of 2019 when Hill was struggling with another novel that he took the plunge into writing **Beatrice and Croc Harry**.

"It gave me the chance to explore the idea that a perpetrator of evil and someone who had been wronged might be able to meet in a place of healing and respect. And it allowed me to populate the story with concocted words (such as hypocroc-litrosis, the phenomenon by which fewer and fewer crocodiles are reading books these days) and to revel in the play of language."

One for reading out loud for all ages!



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MILLARVILLE HORTICULTURAL CLUB

In person meetings are held on the second Tuesday of the month September to May. Due to COVID-19 restrictions however, we have been holding Zoom meetings starting at 7:00 p.m.

February 8, 7:00 p.m. - Microgreens and More—Growing Food Indoors! - Janet Melrose

“Growing part of your food inside year-round is a fantastic way to have fresh greens, herbs and more on demand and not just when it is gardening season outside. Increasingly Albertans are looking to the techniques of indoor growing from microgreens and sprouts, to simple to extensive hydroponic and aquaponic systems. In this talk with lots of demonstrations to make it easy to see techniques and results, get acquainted with some of the possibilities, techniques along with where to acquire equipment and even some DIY versions to keep costs down. We will be looking at: the environmental factors for growing indoors; germination

and breaking dormancy of seeds; choosing your indoor growing style; including equipment, growing mediums, lights, and watering systems; different techniques and growing systems; potential problems; what to grow; from microgreens to tomatoes; and some fun and funky edibles”.

A friendly reminder that membership dues are now payable; \$15.00/single person and \$20.00/family. E-transfers can be sent to millarvillehorticulturalclub@gmail.com. If you are a new member, please be sure to include your address and telephone number.

*Regards,
Gail*

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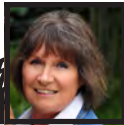
Meetings are held at the Millarville Anglican Church House on the second Tuesday of the month, September to May, usually at 7:30pm. Due to COVID-19 restrictions, however, we have held Zoom meetings starting at 7:00pm.

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

Our annual Plant Sale, held on June 5, was a resounding success. While the rain and hail came down around us, we were lucky to have sunny skies at our location. A huge thank you to those who so generously volunteered; without you and all the hard work you did, we would not have been able to do it. Once again, our members provided a wonderful variety of plants; annuals, perennials, herbs, vegetables, shrubs, trees, and houseplants. Without these, there would not have been a sale.

We invite you to like our Facebook page where there are lots of tips and hints posted.





COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

As I write this I am happy to be out of the deep freeze we have suffered through in December and January. I am sure the farmers and ranchers are too!

Council had its last meeting for 2021 on December 22 ending with another presentation from the Calgary Metropolitan Region Board (CMRB). In my opinion, nothing much has changed to persuade me this is a plan we want to buy into. A partnership where one member has a Veto is not very productive.

On January 6th, Rural Municipalities of Alberta (RMA) held a virtual meeting concerning the proposed Alberta Provincial Police Service (APPS). An excellent presentation was made helping elected officials and staff understand how this will affect municipalities should it be adopted.

Rural Alberta will be affected the most by this proposal. In response to a 2020 poll from the National Police Federation, the statistics revealed that 94% of respondents to the poll do not support an outright change and the majority said replacing the RCMP was the least helpful measure proposed by the Fair Deal Panel.

As part of the engagement, we were presented with 5 Themes:

Theme 1: Governance and Oversight

Theme 2: Staffing and Human Resources

Theme 3: Mental Health and Deployment

Theme 4: Integration

Theme 5: Costs

Reaction to the presentation was constructive and thoughtful. RMA has not taken a formal position of support or opposition to a provincial police service. Many members have formally supported the continuation of the RCMP contract policing model, but no members have formally taken a position supporting a transition to APPS.

As for myself, I need to see more on the costs, the transition, as well as have an opportunity to hear more details on the staffing and integration. If you have an opportunity to attend one of the presentations by the Government of Alberta, please email me with your thoughts. This will affect how council forms its stand.

Upcoming public engagements will be available soon on this website:

www.alberta.ca/provincial-police-service-engagement.aspx

I sure enjoyed getting back to work again on the Foothills Historical Committee on January 10th. The One-room School site markers are in place and now the information needs to be updated on the website and work on an interactive map will begin. During the round table, members of the committee got to discuss their interests and share information as to where we want to go in the future. Watch for more to come from this group.

Council got back to work on January 12, 2022 and reviewed the amendments to the Land Use Bylaw and gave first reading to the document. Updates will be posted on the Foothills County website once it has been given third and final reading.

If you are new to the area, why not investigate joining and volunteering for one of the many committees at the Millarville Racing and Agricultural Society (MRAS).

Some of the many volunteer opportunities that might interest you are:

- Golf Tournament
- Half Marathon
- Millarville Races (on Canada Day)
- Priddis & Millarville Fair
- Chuckwagon Races, Chariots, and Bulls
- Millarville Heritage Rodeo

For more information go to the MRAS website:
www.millarvilleracetrack.com

The Leighton Arts Centre is always looking for volunteers too. It is just up the road and around the corner from the Millarville Race Track. Check out their website at:
www.leightoncentre.org

The Millarville Horticultural Club (facebook.com/millarvillehortclub) recently had an interesting presentation on Alpine gardens. Gardening is one of my passions. By the time you read this I will have started my tomatoes, peppers, and a few flowers.

Looking forward to Spring!

Barb Castell

Phone: 403-931-3690

E-Mail: barb.castell@foothillscountryab.ca

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COUNCILLOR UPDATE Foothill County

Suzanne Oel - Division 4

Greetings! Sharing my News Update...

Seaman Sports Park "Pathway" is open for use: The Northwest Foothills Recreation Board is pleased to announce that our pathway project is open for use. Since 2010, our recreation board, volunteers, donors and partners have planned and built **Phase 1 Outdoor** projects in the park, including two regulation ball diamonds, a parking lot and access roads. As we continue, now, to develop **Phase 2 Outdoor** facilities, our latest endeavor features this 1.2 km long, 2 m wide, leveled, shale-surface pathway in a beautiful mountain-view setting. Enjoy the pathway for walking, running, biking, snow-shoeing and cross-country skiing! No horses or motorized vehicles are permitted on the pathways or park grounds. Dress for the weather. Please keep pets on a leash and under control at all times, and please clean up after yourself and any pets.

Seaman Sports Park is located directly south of Highway 549, approximately 0.8 km east of the intersection of Highway 549 and Highway 22. At the park, you will have access to a parking area and seasonal washroom facilities. The park, driveway, parking lot, pathway and grounds are not maintained in the winter. Please note that park-users enter and use the park at their own risk.

Thanks go to Foothills County Council, Community Services, Agricultural Services and Public Works, for their work to prepare for the pathway and build it out in 2021 (and of course for all the other previous projects). We are grateful to the

Seaman family for their continued support, for the contributions of volunteers and for all other donors, including support from the Crescent Point Community Grant Committee and the Scott Seaman Foundation via the Calgary Foundation.

The Northwest Foothills Recreation Board, serving Foothills County Divisions 3, 4 and 5, will be sharing more news about Phase 2 as it becomes available. We hope the community enjoys this facility while working together towards the next phase of the Seaman Sports Park!

Park photos can be viewed on our Facebook page: www.facebook.com/NWFoothillsRec

A Window into the Planning World at Foothills County: Planning staff have been very busy working to provide services to residents, completing plans, intermunicipal tasks and Council priorities. During our Council Meeting on December 22, 2021, the department presented a report which shared recently completed, current and proposed next tasks. Here is a summary of this information.

Recently completed projects: Aldersyde area water and wastewater servicing studies, annexations with the Towns of High River and Black Diamond, keeping of Backyard Hens on parcels less than 3 acres, Home-based Business categories overhauled, and amendments to Intermunicipal Development Plans with Wheatland County and Vulcan County. Land Use Bylaw amendments were made in relation to: Cannabis, Low Intensity Industry District, Multi-Use Development Permits and Change in Use Permits, redesignating lands with Commercial Rural and Industrial Rural zoning to newer land designations, and review and amendment of Screening Standards and Highway 2A Industrial Corridor Design Standards.

Projects currently under way - in consultation or investigation phases: Business Licences and Bylaw, associated work with the Calgary Metropolitan Region

Board, Intermunicipal Committees, Land File Room organization, miscellaneous Land Use Bylaw amendments, annexation with Calgary should they decide to go forward, rezoning of Direct Control #2 parcels within the Highway 2A Industrial Lands to a General Industry district, Foothills Crossing Area Structure Plan - located east of Hwy 2 near High River, Joint Use and Planning Agreements with School Divisions, High River Airport land use amendments, Land Use amendments for municipally acquired Flood Hazard Lands, a new Planning and Development Database, newspaper Ads re-design and cost analysis, review of the Freedom of Information and Protection of Privacy Act (FOIP) as it relates to the Department's current practices, review of the Hamlet of Naptha boundaries, repeal of Direct Control Districts created for lands annexed by the Town of Okotoks in 2017, review of Temporary Uses, amendment to the Special Events Bylaw, Context Studies for the Calgary Metropolitan Region Growth Plan - Joint Planning Areas 3 and 4 with Okotoks and High River, and researching Tourist Home and Short-term Rentals topics.

Projects being considering: Federal and Provincial jurisdiction development, Flood Hazard Protection Overlay District amendments, rezoning of parcels in vicinity of Hazard Lands, Subdistrict "A" amendments, procedures for Development Permit applications in Direct Control Districts, adoption of Offsite Levy Bylaws for developments serviced from Aldersyde water systems, Mobile Home District rezoning in Hamlets, Secondary Suites Phase 2, updating Intermunicipal Development Plans, amendments to Municipal Development Plan 2010, and more tasks as capacity allows.

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With Best Regards,
Suzanne

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RED DEER LAKE UNITED CHURCH

Well, our plans for ongoing in-person services in the New Year and our much-anticipated performance of the Calgary Women's Choir on January 23 were waylaid by COVID-19, once again. But we won't be discouraged: we continue to meet online on Sundays and hope to stage the remaining On the Edge concerts in March and May if COVID-19 numbers allow.

Perhaps by the time this article is published, we will be meeting in person again. The best thing to do, if you're thinking of joining us for a service or event, is to check our

website - reddeerlakeuc.com - for the latest information.

We believe everything is spiritual and that God can speak to us through everything and everyone, including works of art like movies. For Black History Month in February, we've partnered with two other United Churches to explore the spiritual truths, lessons, and conversations this invites us to consider.

Each week, watch a movie and then join us for a Sunday service (either online or in-person) to explore it together. On February 6, Rev. Tracy Robertson of St. Thomas United Church will discuss Just Mercy; on February 13, Rev. Nick Coates of Red Deer Lake United Church will discuss Judas and The Black Messiah; and on February 20,

Rev. Vicki McPhee of Symons Valley United Church will discuss Hidden Figures. All three are excellent recent movies and we hope you can join us.

If you need support during this uncertain 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.

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SHEEP RIVER LIBRARY

We have made it through the first month of 2022 (yay) and we are heading into the 3rd year of the pandemic (not so yay) with all the uncertainty that brings. We have been told we can have adult programming again at the library, but it will be limited for the foreseeable future. Please check the website to see what programs are currently running. Even though we may not be able to meet together, we can still read, so this month Gita and Jan are providing some reading recommendations.

Jan's recommendations:

I have selected authors who have visited our library in the past as part of our Out Loud Series. First up: Terry Fallis who has visited us multiple times to talk about his comedic novels. His latest publication, **Operation Angus**, a comedic spy novel, takes us back to two characters from his first two novels: Angus McLintock and Daniel Addison. McLintock is now the Minister of International Relations and Angus and Daniel are in London for a summit when things take a sinister turn. This is a madcap cloak-and-dagger adventure with humour and heart that will delight and entertain readers until the very last page. Another author of Canadian fiction who has visited us more than once

is Gail Bowen. 2021 saw the release of the 20th book in the Joanne Kilbourn series: **An Image in the Lake**. As with **Operation Angus**, the reader gets to spend time with characters that have become familiar over the years. In this crime novel, set in Regina, Saskatchewan, a dark secret threatens the future of the ever-growing Shreve family which only Joanne and Zach can neutralize.

For those of you who prefer non-fiction to fiction, Adam Shoalts has a new offering. Adam visited us in 2015 to talk about his book **Alone Against the North**. Since then, this intrepid Canadian explorer, sometimes referred to as Canada's Indiana Jones, has written **Beyond the Trees** and **A History of Canada in Ten Maps**. His latest work released last year, **The Whisper on the Night Wind**, combines Shoalts' love of exploration with folklore and history to uncover the mystery surrounding the community of Traverspine in central Labrador.

Gita's recommendations:

One I recently enjoyed is **Five Little Indians** by Michelle Good. The story follows the lives of five native children who go through the life-altering (in most cases, in rather profoundly devastating ways, and predictably so) experience of residential schools. The book is very well written and reads like non-fiction but is fiction. This book really touched me and made me very emotional. Great read.

I have also finally decided to see what Louise Penny was all about. Penny is a

popular Canadian Quebecois author who writes murder mystery series featuring Chief Inspector Armand Gamache. Curiously, I started venturing into Louise Penny's universe with her latest book, **The Madness of Crowds**, that is portraying life after the COVID-19 pandemic and talks a lot about eugenics.

I am now on another Louise Penny's title, **A Better Man**. I have enjoyed both books so far and chances are high I will read more in the series. While major characters are the same in each of the books in the series, they can be read as stand-alone novels without any problems.

Just a note about audiobooks. I love listening to audiobooks on my commute to/from work as well as longer drives I take to the mountains and places. Audiobooks are available to borrow on CDs as well as downloadable in e-formats with your library membership. A few library apps to remember are Cloud Library, Libby (OverDrive), and Hoopla. If you need help starting on the e-audiobooks, talk to me at the library! For e-audiobooks, you need a smart phone or a tablet (Apple's iPad or an Android one, like Samsung).

We hope you take us up on some of our suggestions and make use of the platforms the library has available during the remainder of our winter months. Stay safe and read lots!

For more information on either of these opportunities, please call Jan at 403-933-3278.

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HELLO DIAMOND VALLEY

Hello, Diamond Valley. Well, it was a fairly warm January after we got over the cold snap at the beginning. We'll see if Mr. Groundhog sees his shadow on February 2 to find out when spring comes! There's lots to do in our community to keep you warm this month, the month of love, as Valentine's Day is February 14.

The word love comes from old English "lufian" and means "to feel love for, cherish, show love to, delight in, and approve". There are, of course, many different kinds of love besides marriage. Love for your family is right up there, and it just so happens Family Day in Alberta falls on February 21. Alberta offers a free family fishing weekend on February 19 and 20, no license is needed, so why not take the family ice fishing on Chain Lakes, or strap on the skates and take advantage of the Lion's Campground ice in Black Diamond or one of our other rinks, there's one in Turner Valley and two more in Black Diamond up at the Arena.

Love for our community is another type. I celebrated my 20th year of moving to Diamond Valley in January, and even though I've seen some changes, the community dynamics have remained the same. You'll find this sense of comradery at our local Legion, where local Veterans, families, and children gather for a meal and some company. The Legion has been a part of our community since 1929, and has counted on revenue generating activities such as weddings, celebrations of life, and dances. Because of COVID-19 restrictions the last couple years, they have not been able to host these activities and therefore had an emergency meeting to discuss their current financial situation. With a great deal of thought, they are asking for pledges and memberships to help pull them through while they find new ways of generating revenue for their monthly expenses. If you can make any kind of donation, either a one-time pledge or a monthly one, sign up for a \$55 yearly membership or renew your old one, it would be greatly appreciated. The Legion and the Ladies Auxiliary work tirelessly to help our Veterans and others in the community so your contribution would mean a great deal. Drop by the Legion Wednesdays-Fridays from 4-7 or give them a call at 403-933-4600 to make your pledge.

Love for our fellow man is another kind of love, which in the past few years has been a bit shaky due to the pandemic. Instead of buying gifts for a birthday, why not donate to a local charity, give blood, or register to be a tissue and organ donor. Organ donation can save 8 lives, and tissue donors can enhance the lives of 75 people! For full details, visit UltimateGiftAlberta.ca or blood.ca.

Love for Nature and animals is a kind of love I can relate to. Pet lovers, please consider fostering a pet or two, and if you are looking for a pet, please adopt! Pound Rescue, High Country SPCA, Heaven Can Wait, are just some of the Rescue Organizations in our community, so take some time to check them out and help save the lives of innocent animals in our area.

Love for our Foothills is probably the main reason people visit us and the main reason many of us make our homes here. There are tons to do right here in the Foothills without the stress of international travel. Beneath the Arch Concert Series presents Jonathan Byrd on February 26. Jonathan is a folk musician from North Carolina with record breaking record sales, for tickets, visit beneaththearch.ca.

We also have local classes and workshops for glassblowing, blacksmithing, arts and crafts, music, you name it, through our Library, Sheep Creek Arts, the Leighton Centre, Firebrand glass blowing, and more. The Saskatoon Berry Farm is a great place to go for lunch and a walk around, and Granary Road is a great place to take the

kids for the day. My buddy and I went to Nanton for the day and had a great time checking out the Bomber Museum, the Miniature Museum and the local model train store. We checked out the candies and antiques on Main Street and had a great lunch at the historic hotel. And don't forget High River, they have such a neat downtown with the historic buildings and train stations and there's lots of neat stores there as well. Or take a weekend and head down to the Crowsnest Pass, you will find a plethora of things to see and do there, such as exploring old mines and contemplating Frank Slide.

We'll end with a poem from local cowboy poet Konstantin Yevtoshenko, edited here for space:

You are my island, I am your shore, I do love you more and more.

You are my basement, I am your roof, I do love you with proof.

You are my thunder, I am your rain, I do love you with a brain!

You are my river, I am your boat, I do love you like a moat.

You are my arrow, I am your bow, I do love you like wow!

I hope your month is filled with love! If you have any events or news for the month of March, please drop me a line at elaine.w@telus.net, the deadline for this issue is February 15.

Elaine Wansleebe





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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film, mineral bed solidification & control valve jamming
Ultra-Violet Sterilization System	UV Lamp & Sleeve Replacement	Annually	Contamination of distribution system with micro-organisms, bacteria, e-coli, coliforms, etc.
Well Shock Chlorination	Correct dosage of chlorine injection into well & flush	Annually (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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A FRESH START FOR LUNAR NEW YEAR

A Fresh Start for Lunar New Year

Gung hay fat choy!

These are the Cantonese words people will say on February 1, the beginning of 2022's lunar new year. They mean, "Wishing you great happiness and prosperity."

This lunar year is the 'Year of the Water Tiger'. Tigers are bold, while water can wash away what is no longer needed—and so the 'water tiger year' is a perfect time to boldly wash away clutter from your home!

How to Declutter

Most people want their home to be their sanctuary. Too much clutter confuses the senses, causing anxiety and impacting wellbeing; however, getting rid of things can seem overwhelming—after all, our possessions often hold significance for us.

Here are general rules to help you declutter.

Begin with:

- Spaces that greet you when you enter your home.
- Spaces where you spend the most time.

Remove:

- Things you don't like.
- Broken items that can't be fixed.
- Things you use less than once a year.
- Items with questionable usefulness.

Feng Shui

Feng shui, the Chinese practice of directing energy to harmonize surroundings, holds that clearing clutter creates space for good luck to enter the home. Whether you believe this or not, it's true that a decluttered home feels serene and welcoming... and cuts down on endless 'tidying up'!

Calm (yin) spaces are important for recharging personal energy, so treat yourself by first decluttering rooms you retreat to, such as your bedroom or bathroom. Since tigers love water and are excellent swimmers, think about turning your bathroom into a haven. Sort out your cupboards, and remove old cosmetics and soaps. Buy new towels and a matching bathmat. The difference will surprise you!

Next, focus on activity (yang) spaces where you entertain or spend time with family. Ask yourself, is the couch too big? Do people ever sit in the wingback chair? Adjusting furniture size and placement can create a lighter-feeling, more harmonious space.

Emotional Attachment

Decluttering can be emotional. Often, it's difficult to differentiate between items you love versus those you feel loyal to because they remind you of your past. Here are rules for 'de-emotionalizing' decluttering:

Clear out things that remind you of:

- A painful relationship, event or time.
- Past failure.

If you still struggle with letting go, try figuring out why. Journaling or talking with

a sympathetic friend can help. Ask yourself, "Why am I hanging onto this?"

Donate or Sell

Disposing of things is often the most difficult part of decluttering. People pack them up and then store them in garages and basements, to deal with later. Permanently let go as soon as you can. Remind yourself that the item will get a new life with someone who will use it. If you are donating, think of the people who will benefit from your generosity.

Enjoy Peace

Your surroundings impact your state of mind. This year, let your bold tiger self wash away what no longer serves you, and enjoy the peace that letting go brings.

Karen Horte, DID

karenhorteinteriors.ca

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MORTGAGE MATTERS

Variable Mortgage Rates

Last month we talked about factors that determine fixed mortgage rates. Now we'll address variable mortgage rates and the factors that may cause a variable rate mortgage rate to move up or down.

The Bank of Canada

To start, we need to recognize the relationship between the Bank of Canada - Canada's central bank - and our chartered banks.

The Bank of Canada is the federal organization responsible for Canada's monetary policy, our actual money, our financial system, and is also a bank to the banks. They provide 'loans' to chartered banks and charge an interest rate called the "overnight rate".

Overnight Rate

The interest rate in which banks borrow and lend one-day funds amongst themselves. It is also known as the key interest rate, or the key policy rate.

The overnight rate is directly influenced by the state of our economy whether it is a period of inflation, low-inflation or deflation. So, if our economy is growing more quickly than expected wages and prices start to rise - the overnight rate will increase to slow the chance of inflation.

Whenever the economy starts to weaken and people stop spending, the Bank of Canada will do the exact opposite; lower the interest rates to balance things out.

The Bank of Canada does this by adjusting the target for the overnight rate on eight fixed dates each calendar year.

Setting the Prime Rate

Similar to the way a mortgage rate would influence your purchase decision, the overnight rate influences the chartered banks borrowing and therefore what they choose to set as their own prime-lending rates - the rates offered to their best customers.

The overnight rate changes the cost of lending/borrowing short-term funds and therefore influences the prime rate. Since variable mortgage rates are linked to prime rates, when prime rate goes up, so to will your variable mortgage rate and monthly payments.

Prime +/-

Variable mortgage rates are advertised as Prime plus or minus X%, for example Prime -1.00%, which means that the interest rate you pay is directly related to the Prime Rate, and will fluctuate whenever prime changes.

Example

Let's say the current overnight rate is 0.25% and the major banks prime rate is 2.45%, and at the time your variable mortgage rate is Prime - 1.00% ($2.45\% - 1.00\% = 1.45\%$).

If the Bank of Canada increases the overnight rate from 0.25% to 0.50% (an increase of 0.25%), the banks will likely follow suit and increase their prime rate by the same 0.25% to ($2.45\% + .25\%$)

2.70%. Your variable mortgage rate will also change due to this increase in the prime rate, making your new variable mortgage rate $2.70\% - 1.00\% = 1.70\%$.

Variable rate mortgages continue to be priced very low as of this writing. Variables also have the added appeal of potentially lower prepayment penalties and better prepayment allowances.

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ADHD LESSONS FROM COVID-19

Adult ADHD (Attention Deficit Hyperactivity Disorder) Adult ADHD/ADD

Many adults struggle with symptoms such as sustained attention, distractibility, focus, forgetfulness, organization, restlessness or impulsivity since childhood, but may not have considered the possibility of ADHD.

What are the symptoms or signs?

Most problems occur with time management, planning, organizing and the ability to complete tasks and goals. Always being late, missing deadlines, procrastination, little concept of time, etc.

It appears people with ADHD/ADD underestimate time. They tend to postpone things and wait until the last minute to deal with it. They begin to plan for an inevitable event, but feel they cannot quite complete it until it is the eleventh hour. Everything in life becomes a crisis as they seem to 'live in the moment'. Others would say the person with ADHD/ADD could have avoided the crisis, but somehow chose not to. They are perceived as having a lazy, care-free, care-less attitude that they could change at any time if they want to.

The truth is that the executive functioning area of the brain which is responsible for decision making, planning and time management, fails to work effectively. The person has an inability to accomplish all of the things they intended to do. ADHD/ADD can be seen as a performance disorder. It is not a knowledge disorder. You know what to do, but not always how to get it done.

Adult ADHD/ADD coping skills and strategies

The easiest thing to do is to whip up a list of time management strategies. Unfortunately, the reality is most of it will not be used. Why not? Well, the piece of paper with the list on will probably be lost on the way home or to work, or blow under the front seat of the car, or you will forget it is there. If you do remember, you might tape it on to your refrigerator door but won't look at it. If you do look at it, you will be telling yourself that you should really do something about it.

For any strategy to work, it must relate to something real and important in the person's life. The key to getting something done, lies between the emotions and the consequences. ADHD/ADD is an internal, neurogenetic executive failure. Nothing gets done because the person cannot self-motivate and plan like others do. A very useful strategy is to change your immediate environment i.e. cut out distractions and put a big visible timer where you can't miss it. Tackle the smallest task first. Create positive or negative little consequences as motivators so as to be more productive and effective. Note how it makes you feel as you go along.

Myth VS. Fact

Myth: ADHD is over-diagnosed and over-treated.

Fact: Despite the serious consequences, studies show ADHD remains under-diagnosed and under-treated. Less than half of those with ADHD receive appropriate treatment.

Sources:

Barkley, Russell. A., ADHD Handbook for Diagnosis and Treatment, 2015. New York: Guilford Press.

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

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OUT OF THE RUT

Chapter 138

The kindness of strangers.

On the Big Island of Hawaii, near Kehena beach, a small, uniquely fabulous arc of black sand bordered by ragged volcanic rocks spitting out into the ocean. I took an afternoon walk around the subdivision, winding back and forth along the road's edge keeping to the shadows as much as possible, my tender pale Canadian skin no match for the heat of mid-afternoon Hawaii.

Marvelling at the lush tropical greenness all around, I wandered with my head on a swivel to catch the sights; cheese plants with leaves the size of my torso wrapped thick around the trunks of screamingly tall coconut palms, hibiscus blossoms the size of soup plates, great tall trees with bursting broad canopies topped with livid deep orange flowers which, squeezed and mashed with water create a gorgeous sunset hue watercolour paint - the Royal Poinciana Trees.

I walked around admiring houses and artwork, along one stretch there came the sound of a small chainsaw. In the mid-afternoon heat, a couple of guys liberally painted in sunscreen were cutting down a coconut palm and stacking coconuts across the road. I said Aloha in passing and walked on by, only to discover the road stopped a few yards further on. I revolved and returned the way I came, again giving a nod to the working men as I passed. I heard a soft call behind me "are you thirsty? would you like a coco?"

Gosh. I turned and accepted with great enthusiasm. It's only my second day back in Hawaii and this will be my first coconut, Mahalo! What is your name? He introduced himself as John and his partner as Ben. I stood in the middle of the road in glorious sunshine, sucking fresh coconut water from the great green fruit in my hands, dripping the excess down my face and front. Repeating my thanks, I took my leave and wandered circuitously home with coconut balanced first in one palm and then the other, held high in the air above my head, keeping my body energized and powerful, walking with head high and back straight. There is yoga to be practised everywhere.

Back in time a few days... as I prepare to depart Calgary for Maui, I am already at my friend's house in the city. At midnight I get a text saying I shouldn't go to my beloved Fantuzzi as he's just come down with COVID-19, instead, Paul will pick me up & give me a bed for the night. I have spoken briefly to Paul some time in the past few months regarding Fantuzzi's music, but I have no idea who he is or where he lives or what he does.

From -27 with a windchill to -40, I escape Calgary. It took some time with the confusion of personnel absences due to COVID-19, lengthy security, planes that occupied the gate ours needed. The ground crew had to retreat inside to thaw out for a while before they could escort our plane off the property... having taxied to the end of the runway, we then stopped for another 10 minutes on the tarmac to be thoroughly deiced before liftoff.

Nearly 3 hours late after all the entertainment, everyone was remarkably relaxed... the prospect of warmth and sun at the other end is a great leavening agent. As we flew west, I enjoyed my view of the fast-receding Rockies. This time, the peaks were spectacular - stunning rippling edges of winter mountains, jagged teeth tearing the lips of the land apart, rearing up snugged in snow and blown about the peaks by white whips of lacerating cold snow-ice-wind. And then... we were above the roiling clouds, travelling at no speed and all speed over the cotton wool prairies of the sky.

Eventually the clouds dissipated and the steel Pacific rippled like a sheet of glossed satin far below. Finally, as the sky was losing the brilliance of blue day and tongues of apricot promise flicked out from the horizon, the dark blue-purple-grey silhouette of Maui island gleamed forth from the edge of the sea. The looming island was swathed about its hips with low cloud, the volcanic land crumpling into the sea, waiting for us to land.

Paul arrived to pick me up, asking if I needed anything from anywhere on the way home. I discover I am, after all, on the way to Hale Akua, a friend's retreat and organic farm. I had originally planned to be at Hale Akua a few days before heading to the Big Island, before dates and plans shifted.

I woke to the sounds of the jungle, the sun rising at the foot of the bed. After I was sure the paying guest had left and I would not disturb, I crept down to the

stone deck outside, lay down my towel and performed two Surya Namaskar to the rising sun. Then I sat to play my harp in the warm morning sunlight as the heat increased and the sound of the waterfall below provided a pleasant background. What bliss! Stunningly green. The shock of viridian after the strict beauty of Alberta's winter tones is an assault upon the senses. I love this.

Paul is a delight. We talked, practised Qi Gong in various shady places with lush green underfoot. We ate a delicious breakfast/lunch of salad and many varieties of sauerkraut, then he gave me a 45-min Shiatsu session before heading out again for the airport. We talked of writing and books and made vague plans to remain in contact and discuss the potential of doing some work together. We stopped at the end of the drive to our other friend's house where Fantuzzi had walked up (his first walk anywhere since he got COVID-19). I am bouncing up and down with excitement, but we cannot get close to each other yet. Just to see him in person makes my body sing, it was a crazy reintroduction after two years apart.

I said farewell to my newest friend Paul at the airport. I'm so glad I braved the trepidation and trauma of travel to be here again. My beloved Fantuzzi is a little smaller than last time I saw him, energy not yet back to his magnificent fullness, but the brilliant spark of life and lust for living is still as strong as ever. Long may it continue!

With gratitude and love,
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YES, MR. FRODO! THERE IS GOOD IN THE WORLD by Andrea Kidd

Wheeling the shopping cart out of the store and loading groceries into the trunk of my car, I wondered, "Why is my throat dry?" Buckling into the seat belt I swallowed and wondered again, "Am I getting a sore throat?"

I canceled all plans to get together with special people over the holiday, and, sure enough, as I pulled the last Kleenex from the box on Christmas Eve and dabbed cream onto a stinging Rudolf-like nose on Boxing Day, my suspicions were confirmed.

"Oh, it's just a cold," I breezily told people.

"Have you had a COVID-19 test?" was the first thing on their minds, if not their lips.

I shut myself away, quarantining for the benefit of others and my own peace of mind. I rested much and withdrew from the busy world around me.

"Well, that's disappointing," I thought. "No family get together. COVID-19 has shut down my life so much, and now this!"

But, as Samwise Gamgee said to Frodo Baggins, "there's some good in this world."¹

In the back of a closet I found a jig-saw puzzle. Soon I was absorbed by the picture gradually taking shape of the plants and creatures that live in ponds. The colours and shapes slotted nicely together to form Scented Pond Lilies, Water Willows, some Large Mouth Bass, a bright blue Kingfisher, a Ribbon Snake and an Eastern Crayfish among the Broad-Leaved Cattails in and around the water. Oh, the satisfaction of creating a perfect picture. Only one piece missing! Oh, there it is, under the table! Perfect! In the midst of misery I found the joy of getting every detail exactly right and achieving perfection!

I discovered another delight. Turmeric tea! Someone had given it to us, probably because they didn't fancy it either. But, when you have a cold, it's spiciness, steaming hot with a spoonful of honey, clears the nasal passages and feels really, really soothing!

Oh! The delicious Christmas Feast and the New Year's Banquet I enjoyed! Others had prepared special holiday meals for

their family and friends and they sent me their leftovers. A couple of minutes in the microwave and I had instant festive food with all the trimmings!

On a milder day, amongst the bitterly cold ones, I ventured out for a walk. It felt so good to breathe the cool, refreshing air, see the pristine whiteness across the fields, foothills and Rocky Mountains and marvel at the hoarfrost clustered on the bushes and chain link fences.

"Hello!" I called to a resident who was coming out of his garage. Suddenly, I was surrounded by two friendly chubby, puppies. They didn't have a thought about social distancing! They were oblivious to germs, viruses and social convention. They joyfully ran to me, ran around me, followed me and loved me. Their owner called them, but they were new to him and paid no attention. We laughed, those puppies and me! We laughed and accepted one another with glee. Down the road I went on my way

home. They followed me, greeted me, ran circles round me, bounded half way back to their owner when he called, and then came back to me to fill my afternoon with pure joy!

Finally their owner came and bundled one round, pudgy healthy body under each arm, apologised and turned to go back to his home.

"No! No! Don't apologise!" I called, "Your puppies made me happy today!"

Sam, you are right! So much bad happens, but there is good in this world, too.

Andrea Kidd

¹ From The Two Towers, Lord of the Rings Trilogy by J.R.R. Tolkien



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One of the complexities of being an executor

There is no question that being an executor can involve complexities. This article discusses briefly some that occur when a child or children under the age of 18 are beneficiaries of the will for the estate which you are administering. (All references in this article to a "child" mean a person under the age of 18.)

Many people do not recognize that having a child as a direct beneficiary of an estate can add another complexity to the already difficult role of being an executor. In such cases, it is generally required that you involve the Office of the Public Guardian and Trustee. There are two components to this Office. It includes the Public Trustee and the Public Guardian. The Public Trustee has the role of protecting the property of minors and unborn persons.

The Public Trustee must be involved in some way when a child has a direct interest

in an estate as a beneficiary. It may be minor or in some cases, considerable.

The Public Trustee must be served when you make application for a grant of probate or administration where a child or unborn person is a beneficiary. (A grant of administration refers to a situation where there is no will.) If you do not serve the Public Trustee it can delay getting probate. Once served, the Public Trustee has no obligation to be involved further unless they see a need.

However, depending on the amount given to a child and other provisions of the will, you may need to further involve the Public Trustee. While there are exceptions, only under certain circumstances is it appropriate to give the money to the child's parent to hold for the child.

In some circumstances, funds from the estate will need to be paid to the Public Trustee to hold for the child until they are of age, unless the Court approves another person to act as trustee. When the Public Trustee receives funds, it invests it in its own fund and pays interest, currently at a rate of 2.5%.

While the annual fee of the Public Trustee for holding the funds is nominal depending

on the amount held, there are some additional costs for managing the file.

If a child is the beneficiary of proceeds of the sale of land by an estate, the Public Trustee must consent to the sale.

If insurance is payable to a child and no trustee is named, the Public Trustee will need to be involved.

These are just a few situations where the Public Trustee is involved. If you are acting as executor of an estate or administrator of an estate without a will, and a child is a direct beneficiary, it is important to obtain appropriate advice about any needed involvement of the Public Trustee. Obtain advice about dealing with the funds for a child. To get appropriate advice, consult a lawyer, a certified executor advisor or other appropriate advisor.



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CONSIDER A PRE-LISTING HOME INSPECTION & THE IMPORTANCE OF AN UP TO DATE REAL PROPERTY REPORT

Home Inspections - Buyers Inspections and Seller Pre-Listing Inspections

With the 2022 real estate market showing signs of ongoing strength carrying over from the vibrant 2021 market, we may see offers this year where buyers may need to limit conditions to compete and some buyers may even waive a home inspection.

In most cases buyers will want to have a home inspection and what they reveal can be very important in whether a sale is stalled, aborted or completed. A home inspection, which usually occurs after a buyer has made an offer, is meant to be an objective analysis of a home's condition.

Inspections aren't a big financial burden. For example, a review of a 2,000 square foot home typically costs around \$500 - \$600, with the buyer footing the bill. But what can make an inspection so stressful is that a long list of trouble signs can sabotage a deal. And sometimes sellers complain that some of the inspectors themselves are overly zealous. Also, sometimes a seller

may not even be aware of a problem until an inspection highlights it. However, it makes absolute sense to have a qualified inspector take a thorough look at any home that a buyer is about to purchase. Many inspectors used to work in construction, or still do, and their expertise can provide vital information that is not apparent to the average prospective buyer. It also results in a preventative maintenance guide into the future for the buyer to properly look after their new home.

A thorough professional will look at the foundation and the framing and dry walling to make sure nothing is cracked, warped or rotting, and examine the roof for problems with shingles and gutters. Inspectors will also look for plumbing leaks, make sure the water heater, wiring, heating systems and fireplaces are properly operating and safe and to code, check appliances and many other items. Some have the equipment to do initial air quality testing for mold, carbon monoxide leaks etc.

So what constitutes going too far? A less helpful inspector might dwell on things like minor surface mold, chipped paint, cracked electrical plates or other superficial problems, or present buyers with a long litany of issues, with no context about their relative importance and no estimate of the cost of fixing them and create unnecessary paranoia about the home.

However, from a buyer's viewpoint, most would prefer that they are dealing with an over-zealous inspector telling them everything he found and then they can make their decision on what to ask the seller to repair or what they can live with, hopefully based on reasonable expectations for mainly any major issues that might be uncovered. A buyer needs to remember that they are not buying a brand new home and that there are always going to be ongoing maintenance issues that need to be undertaken as a homeowner. As a buyer, one needs to be appreciative that when you get your home inspection report you will likely have a list of little things that you may need to undertake sooner or later to keep the property in good condition but don't expect the seller to fix every little dent or scratch, so to speak.

However, a buyer must certainly rely on a home inspection report that brings to light serious concerns that are more than minor maintenance issues. For instance, in some cases there may be an urgent need for a new roof or at least roof repairs. In another, a case of broken window seals that are not visible to the naked eye and which could mean a very expensive replacement cost for windows. When these kinds of issues arise, it will be important to know whether the property has been listed at a price that has taken these issues into consideration or not.

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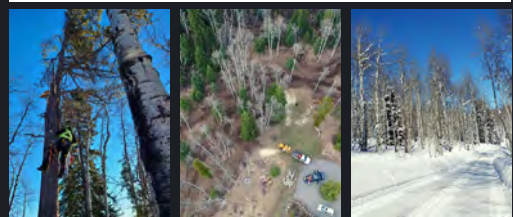
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That is why I personally feel it is a very prudent idea for a seller to consider doing their own home inspection ahead of bringing their property to the market.

That way a truly accurate value can be placed on the home and a decision made as to whether to undertake certain repairs or replacements ahead of the selling process. I have been involved in so many transactions where the stress of having to deal with dormant, unattended 'to do' list of issues becomes a major issue in being able to resolve a dispute about a reduction in the selling price or the seller being required to fix the issues anyway. Furthermore, buyers often estimate items to be repaired or replaced at higher costs than they should be if repaired for by the seller before listing.

The home inspection profession is an unregulated industry, except in British Columbia and Alberta. As well there is a national home & property inspection organization called CAHPI that offers its designation to home and property inspectors who have met their requirements of provincial/regional associations and allowed to use the term "Registered Home Inspector".

The Alberta Government webpage has this to say about choosing you home inspectors:

When hiring a home inspector, make sure to:

- Ensure the home inspector and home inspection business are licensed by the Government of Alberta
- Ensure the home inspection business is bonded and has errors and omissions insurance
- Ask the home inspector about his or her educational background, experience and qualifications
- Ask the home inspector about their familiarity with the current Alberta Building Code

A home inspector must provide a written contract. The contract must include:

- The name, license number and contact information of the home inspection business
- The name and license number of the home inspector
- The address of the home to be inspected
- The date of the contract
- The date of the inspection

When you will receive the completed home inspection report

The home inspector must provide you with a written home inspection report. The report must provide information about all items included in the contract, and must be delivered on or before the date stated in the contract.

One other point is worth mentioning. When a buyer pays for a home inspection report, they do not have to share the report with the seller unless they are not removing the home inspection condition. In this situation the seller has a right to view the inspection report to ensure the reason for not removing the inspection condition is based on legitimate items as noted in the inspection report.

Real Property Reports

When you purchased your acreage or city home likely you received a Real Property Report as part of closing documents. If so it is important to ensure it is up to date reflecting any changes or additions you have made to your home and property since you have owned it. If you have expanded decks, built a patio, added fencing, added a detached garage, quonset

or shed you will need to have your RPR updated to reflect these changes and attain a new Certificate of Compliance from the MD offices.

Once again, in an active market where decisions are being made faster on purchases, possibly with competing offers, any documentation on a listing that is current and reduces questions and concerns from purchasers such as the status of condition of a home and related documentation speeds up the purchase decisions.

Please connect with me if you would like to discuss any aspect of this article further or you would like an evaluation on your property if you are considering selling this year.

Wayne Chaulk



Wayne, Rebecca & Denise Chaulk



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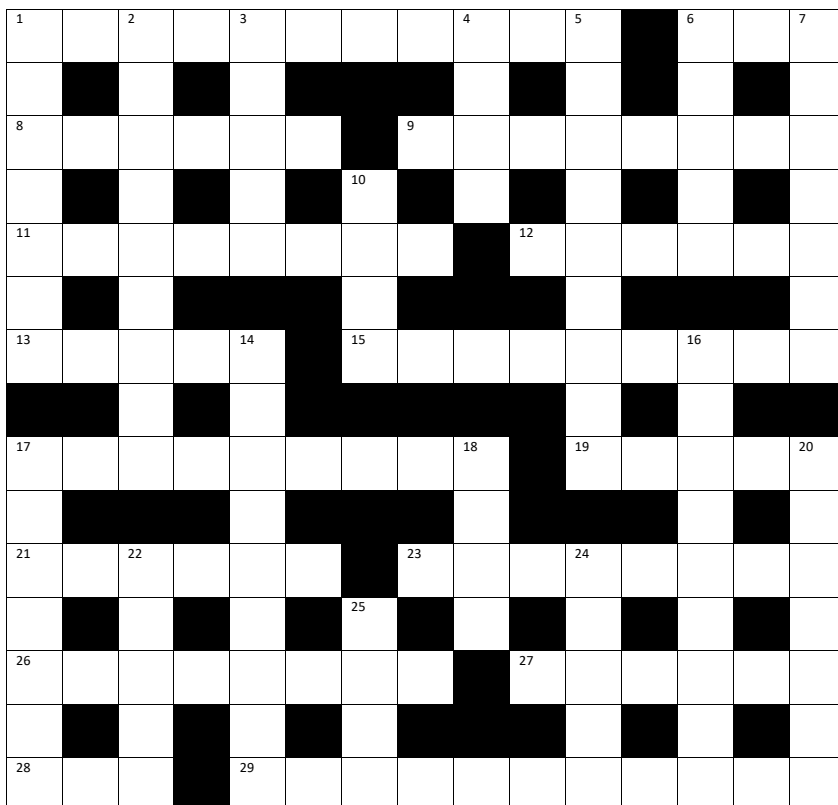
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Cryptic Crossword #9 By Jan Burney

Answers:
Across:
1. Disgraceful 6. Red 8. Strobe 9. Musician 11. Bewilder 12.
Across 13. Exist 17. Righteous 19. Horse
21. Strums 23. Proteins 26. Marjoram 27. Tundra 28. Sir 29.
Easter Bunny
Down:
1. Disable 2. Sprawling 3. Rebel 4. Four 5. Loincloth 6. Rhino
7. Dynasty 10. Read 14. Totem Pole
16. Forbidden 17. Resumes 18. Sure 20. Ecstasy 22. Rarer 24.
Thumb 25. Cats

Across.

1. English princess with southern French princess is mostly full and scandalous. (11)
6. 10 Down in the past sounds like this colour. (3)
8. Good man wears a garment under a flickering light. (6)
9. A thousand Romans before us in charge of Ian, the player. (8)
11. Instruction to get untamed could cause someone to become perplexed. (8)
12. Orientation of this clue is also a religious symbol. (6)
13. Past, present, time's being real. (5)
15. Iridescent insect lands on Lorelei's inn. (9)
17. To be virtuous, say hi or guest goes nuts. (9)
19. Quadruped sounding rough and harsh. (5)
21. Guitarist does this on the first three strings and um, the last. (6)
23. Step in or out of these complex amino acids. (8)
26. Flaw mirrored around junior officer for minty herb. (8)
27. Go backward, nutcase when in this frozen wasteland. (6)
28. Gent taken out of desired action may be referred to as thus. (3)
29. Buns eatery receives unknown and imaginary bringer of chocolate. (6,5)

Down:

1. Sid backs up in front of can, to put out of action. (7)
2. Piercing tool in season causes spreading out. (9)
3. Beware! Belligerent person within is an insurgent. (5)
4. Central subdivider is the roman form of this number. (4)
5. Worn by Tarzan as it's thin, cool with a bit of leather. (9)
6. At first rifleman hunting ivory's not okay with this animal. (5)
7. Endlessly colouring fabric is highly unpleasant for bloodline. (7)
10. Whether past or present, scanning written material looks the same. (4)
14. Mexican bravo given to temp for monumental pillar. (5,4)
16. Hence, offer to buy study is prohibited. (9)
17. Recommences creating a document necessary for job applications. (7)
18. Certainly, ancient city is in the south east. (4)
20. Yeast with carbon and sulphur make joyful excitement. (7)
22. Are repeatedly few and far between. (5)
24. After the tempo starts, purr at the beginning of the bar with first digit. (5)
25. Being in the cast is necessary to be in this musical. (4)

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IMMACULATE ADVANTAGE, NAOMI NADEAU, blessingjoy@hotmail.com 403.618.2605

LOCAL PROFESSIONAL CLEANING, cleaning@fastmail.fm 403.619.9441

LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

SMALL ENGINE SOLUTIONS 403.949.3110 / 403.991.3920

LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES 403.949.3442

MAISONSCAPES, www.maisonscapes.com 403.971.6657

TKMS GROUP, tkmsgroup.ca 877.651.0398

LEGAL

LINDA ANDERSON LAW OFFICE 403.243.6400 / 403.949.4248

MAVERICK LAW 403.949.3339

MOUNTAIN VISTA LAW, www.mountainvistalaw.com 403.981.0700

SAC LAW, The Mobile Law Option, sac.law@shaw.ca 403.554.8535

MEAT PROCESSING

RED DEER LAKE MEAT PROCESSING LTD, info@rdlmeats.ab.ca 403.256.4925

PAVING

LAMBERT BROS. PAVING 403.287.3252

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ABSOLUTE PEST CONTROL 403.238.7400

PET & EQUINE SERVICES

BLUE RIBBON BOARDING & TRAINING BRKon762@gmail.com 403.949.2963

FUR PERSON DOG SERVICES, furlpersondogservices.ca 403.949.4147

MANY LEGS PET GROOMING & SUPPLIES, eeason@telus.net, manylegsinc.com 403.949.3555

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DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek 403.612.7849

ELENA STEPANENKO, Realtor/Property Mgmt, MaxWell Capital Realty 403.560.5468

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RESTAURANT

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CREEKERS BISTRO, Bragg Creek 403.949.3361

POWDERHORN SALOON, Bragg Creek 403.949.3946

THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek 403.949.2750

WATER'S EDGE PUB & Cafe, Priddis www.watersedgepub.ca 403.931.0155

RETAIL

BRAGG CREEK TRADING POST 403.949.3737

ENLIGHTENED HERB CANNABIS, Black Diamond, enlightenedherb.ca 403.933.5323

MOOSE MOUNTAIN GENERAL STORE - HARDWARE 403.949.3147

ROOFING & EXTERIORS

DAZA ROOFING dazaroofting.com 403.542.2592

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MASTER CONSTRUCTION INC, mastercalgary.com 403.554.2715

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A-B-C SEPTIC TANK CLEANING SERVICES 403.288.9500

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ACREAGE DEVELOPMENT SOLUTIONS LTD. 403.815.0004

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WATER WELLS

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