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From The **EDITOR**

We greet the New Year with a much anticipated chinook. Maybe more than the reprieve in weather we need to experience the warmth of a personal chinook. I like the turn of the calendar year as it represents a fresh start, an ability to re-look at vision/ mission personally and within our families and business. Although winter is a wonderful time of year, it can represent the times in our lives of no growth, brokenness, and little hope. Whatever the brokenness of your personal winter, I trust that you will be able to rebuild from that brokenness into something precious.

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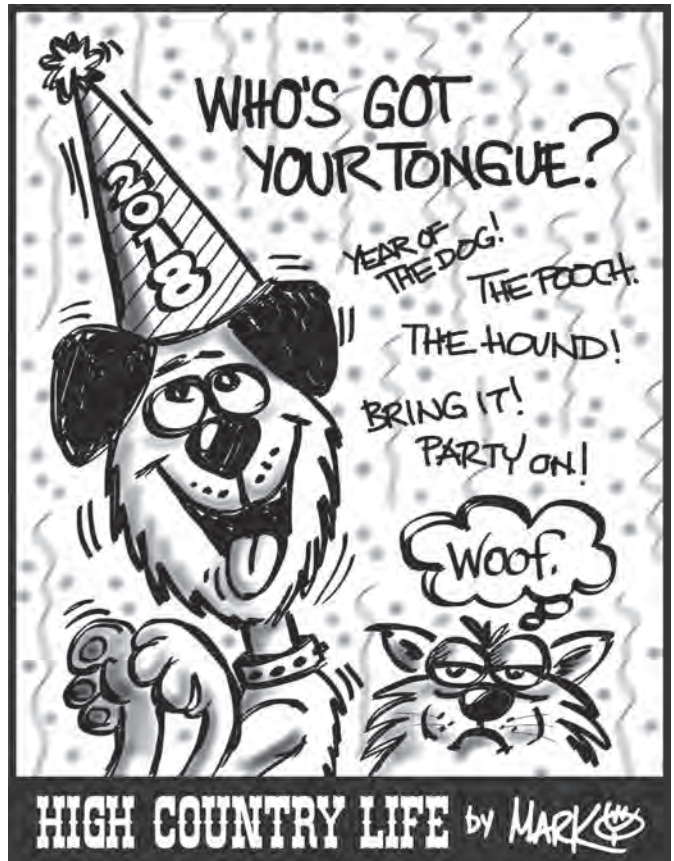
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HIGH COUNTRY LIFE by MARK

It is with a great deal of sadness that we announce the passing of Joan Elizabeth Merryfield (nee Burby) on December 14th, 2017 at the age of 91.

Joan was predeceased by her loving husband Jack; her son George; her brothers Bill Burby, John Burby and sisters Irene Bricker and Margaret Swanson. Joan is survived by her daughter Marie (John) Nylund, son Jim and daughter Carol Storey as well as 5 grandchildren and 7 great grandchildren. She is also survived by her brother Brian Burby as well as numerous nieces and nephews.

Joan was born on September 13, 1926, one of the 6 children of Leo and Mary Burby who ranched south of Bragg Creek. Her grandparents, Rev. and Mrs. W.H. Muncaster, homesteaded on Fish Creek where they established a ranch in 1907. Joan married Jack Merryfield in the fall of 1946. They settled in the hamlet of Bragg Creek where they made their home for 51 years. In 1997 Joan & Jack moved to Redwood Meadows where they resided for 12 years prior to moving to the Big Hill Lodge in Cochrane. When



Joan's health started to fail in 2011 she became a resident of St. Martha's Place, Banff Mineral Springs Hospital where she received excellent care.

Joan took an interest in all of the activities her children were involved in and encouraged them to enjoy nature and wildlife. She made sure the family had an assortment of pets to care for and enjoy. She was always ready to lend a hand with community projects and activities her children were involved in. Joan was a strong supporter of the community of Bragg Creek. It was her idea that inspired the establishment of the Bragg Creek community grounds and community hall when she suggested that these lands might be acquired after the

Bragg Creek School was permanently closed in the early 1960s. Joan was an avid photographer and artist. She was an active member of the Bragg Creek Artisans, Bragg Creek Painters Group, Bragg Creek Ladies Auxiliary, Bragg Creek Seniors and later the Redwood Meadows Seniors Group. For many years she wrote a weekly column in the Rocky

View News. These columns were spiced with observations of wildlife, wildflowers and weather, community events, and humorous anecdotes.

Joan also enjoyed excursions with Jack to their beloved Kananaskis County, camping, visiting family and friends and the annual Burby Family Reunion. She was proud to help celebrate her family's 100 years of ranching in the Bragg Creek area in 2009.

Joan's family are grateful for the wonderful care that Joan has received over the past several years from the staff of Big Hill Lodge, Cochrane Home Care, and Calgary's Carewest-Glenmore, Foothills Women's Centre, Rockyview Hospital, St. Martha's Place, Banff, Dr. Marriott and Dr. Hoegh-Petersen.

A memorial service for Joan will be announced at a later date.



Anna Grist is the layout designer for the High Country News, and has been a freelance graphic designer for over 13 years since graduating from the Graphic Design program at Mohawk College in Ontario. She and her husband and two children moved to Alberta in August.

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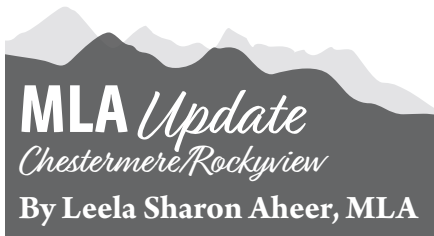
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MLA Update
Chestermere/Rockyview
 By Leela Sharon Aheer, MLA

"Jingle Bills, Jingle Bills, Albertans Get To Pay" (An NDP Christmas Carol)

Hello High Country News readers! I hope you enjoyed the holiday season without too much damage to your waistline. It's been an eventful month since I spoke to you last. Despite the "fear and smear" campaign, a parade of NDP Cabinet Ministers, and even the presence of the Premier, UCP Leader Jason Kenney won an overwhelming victory in the Calgary Lougheed by-election on December 14 with over 70% of the vote. Voters told the NDP in no uncertain terms that they weren't buying what the NDP is selling. I would like to thank the many volunteers including my husband and children who worked tirelessly during the by-election campaign and especially the electors in Calgary-Lougheed who have placed their trust in Jason Kenney.

As we go into the New Year I thought I would fill you in on some of the legislation that passed. There were many complex Bills that should have

been referred to a committee so Albertans could be consulted but instead were rammed through in the final days of the session. The end of the 29th session of the Legislature brought 30 bills with literally hundreds of pages before us to be debated between October 30th and December 13th. So here we go!

Bill 33, Electoral Divisions Act. This Bill kept us in the house for an extra week to carry on debate. The minority report put out by Commissioner Gwen Day was thoughtful, insightful, and the opposition was able to see that this document needed more work. Accordingly, we voted against the majority recommendation. Effective representation depends on more than just riding population. The size of some of our rural ridings presently poses major challenges. Some of these ridings are now even larger, and will be very difficult for those of you seeking time with your local provincial representative. For example, Olds-Didsbury-Three Hills has 14 municipalities with over 100 municipal officials. This reduces the rural voice, and I am sad to say we did everything possible to shed some light on this issue but the Government voted in favour of the commission and Alberta will see their rural voice diminished due to this Government's actions.


Bill 32, An Act to Strengthen and Protect Democracy in Alberta. This was an interesting bill. The most important thing to note is that the Chief Electoral Officer was not consulted on this bill in any real or meaningful way. This was another massive piece of legislation left to the dark hours of the legislative sitting. Interestingly Greg Clark, the former leader of the Alberta party, voted against referring this Bill to a committee. It is interesting because on one hand he felt consultation with the Chief Electoral officer was necessary, but went on to state that there was enough good in this bill to warrant pushing ahead. Why, you may ask? He felt that we in the UCP wanted to keep the bill in committee because we wanted to be able to bend the rules. This would be funny if it was not such a sad statement. If our referral motion had been accepted it would have allowed the Chief Electoral Officer to be consulted so the system could be improved. In the end the Alberta Party voting against the referral simply increased the odds that outside funding for parties will continue as opposed to fixing the problem in a committee where all scenarios can be hashed out. It is quite the double standard, and an interesting way to use our party as a scapegoat for behaviour that his own party is displaying. In the end we extended the sitting dates to accommodate this debate as well, and I can only tell you that this 200-page document eliminates the 6-month

residency required to be a voter in Alberta, and if you can find someone to vouch for you they can vote. The government also called for an Independent Election Commissioner and an office to be created that will lack the oversight of the Chief Electoral Officer and duplicates his role. This is just gross overspending. We were unable to establish an independent office for Persons With Disabilities, or Seniors, yet this seems to be no problem for the Government. The lack of consultation left glaring holes in the legislation. Independent offices need to go through rigorous searches for the officer, and it takes up committee time, requires a tremendous amount of outreach, and then the posting for the job must be advertised. The recruitment process is huge! This Bill needed to be sent to committee.

Bill 30, An Act to Protect the Health and Well-being of Working Albertans. This was truly an interesting exercise in smoke and mirrors. There was some very good legislation in this bill, necessary in fact. This was slapped on our desks on November 27, 2017 and passed by December 12, 2017. The government began work on consultations around OHS from August to October. The line of questioning was geared towards how the bill would look before the consultation even began. Farm and Ranch legislation is not included in this piece of legislation. Employers are given a great deal

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more responsibility for health and safety. Some of the important changes coming from this bill is the definition of harassment which includes: conduct, comments or bullying due to race, religious beliefs, colour, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income, family status, gender, gender identity, gender expression, and sexual orientation, sexual solicitation, or advance. This Bill makes sweeping changes at exorbitant costs to employers. The changes to the Workers Compensation Act alone make it unsustainable. How does the act actually enhance health and safety? The government rammed through the changes to the Labour Relations Code and the Employment Standard Code all at once. This is the same sort of nonsense with an organized and predetermined outcome just like Bill 17, the so-called "Fair And Family Friendly Workplaces Act" which removed secret ballots for union certification. All of our small and medium size business are at risk because of enormous administrative costs to support joint committees, added administrative training, alternative work placements, and reporting. The right to refuse dangerous work is not a new thing as the Government claimed. They have simply reworded the legislation. There are good parts to this legislation such as protections for injured workers, assistance during appeals and making the OHS Act more explicit. However excessive job site safety committees will actually take away dollars from actual safety training programs. This next bit is truly disturbing. The new Labour Relations Board will replace the Occupational Health and Safety Council which is bad because while the council is made up of industry people, the board is full of -you know it-bureaucrats. I will have more to say about this.

Albertans received a nice holiday gift from the NDP Government, a 50% increase in the Carbon Tax. Here's a fact: the NDP never mentioned their job-killing Carbon Tax during the 2015 provincial campaign. There was no reference to the Carbon Tax in their platform, and they never told Albertans they were going to slam the province by raising the price of nearly everything: groceries for your family, utility bills to heat your home, and gas to drive your kids to hockey practice. The NDP deceived you on their Carbon Tax, the biggest tax increase in the history of Alberta. Again, the NDP is raising the cost of everything at a time when over 100,000 Albertans are looking for work and Edmonton and Calgary are tied for second for the highest unemployment rates in the country. How can the NDP justify this?

Well, the NDP claims their job-killing Carbon

Tax would provide the so-called 'social licence' needed to get our much-needed pipelines built. In their mind, opponents to critical energy projects will be persuaded by punishing Albertans and seeing them pay more of their hard-earned money to the Government. Let's not forget \$150 million GST tax dollars applied to a 3-billion-dollar carbon "Levy". A lovely gift of your hard-earned money to Ottawa from the NDP. Interestingly, those who opposed Alberta's pipelines before the introduction of the NDP's Carbon Tax continue to do so, including members of Premier Notley's Oil Sands Advisory Group (paid by you). I challenge the NDP to name ONE prominent environmental activist or activist organization who have been persuaded by the Carbon Tax to change their position on pipelines. It gets worse. The NDP's Carbon Tax didn't persuade the B.C. NDP Premier, John Horgan, who told his government to use "every tool in the toolbox" to stop the Kinder Morgan pipeline. The NDP's Carbon Tax didn't stop the City of Burnaby from refusing to issue municipal permits that are necessary to the construction of the Kinder Morgan pipeline. The NDP's Carbon Tax also didn't prevent Trudeau from killing two critical Alberta pipelines: Northern Gateway and Energy East. According to the NDP, their multi-billion-dollar Carbon Tax was supposed to move these folks from opponent to supporter.

Instead, these same anti-Alberta actors are more motivated than ever to build a wall around our province. You've seen the quoted oil price on the news I am sure. As I write this, lack of export capacity has meant Alberta is selling huge volumes of oil at a \$25.00/barrel discount. This is costing this province over \$20 million dollars A DAY. This has real consequences for investment, jobs, and the services that Albertans need.

I would like to conclude on a happy note. I am humbled and truly honoured to say that my Private Member's Bill 206, the Child, Youth, and Family Enhancement (Adoption Advertising) Amendment Act, passed with unanimous support in the Legislature and has been given Royal Assent. Families who wish to adopt children into a loving home will be able to advertise that they are ready, willing and able. These precious children are a gift to those looking to complete their families through adoption, and to birth families looking to find forever homes for their babies. There was much thoughtful debate and many worthy amendments proposed from all sides. I am grateful to all MLAs for their support and I would like to particularly thank my friend MLA Nathan Cooper, himself a father to two adopted children, for the inspiration.

As always, we love to hear from you.

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Speaking of Photography

Being a “natural light photographer” has its ups and downs. Unfortunately, the available light that one has to work with is very often inadequate for the job at hand. There is only so much that you can correct in software like Lightroom. If the light sucks, it just sucks!

While being aware of the quality of natural light available is always a good thing, understanding light and how to use artificial light to compliment the existing light to create a great portrait, is a must when someone wants to be a well-rounded portrait photographer.

When I began my career as a professional photographer, electronic flash was very crude. I had to carry around a power pack on my shoulder to power the flash. The pack had a 12 volt lead acid motorcycle battery on board. Must have weighed 5 lb easy. It wasn't fun during a twelve hour wedding. The pack had two power levels, half and full. To arrive at the right exposure, you first needed to focus the lens to determine

the distance to the subject. Then with that information, you mentally had to calculate the aperture setting. All while composing the image and trying to catch the right expression.

It's no wonder I have no hair left. And to top it off, we couldn't check the back of the camera to confirm the exposure. That news would have to wait a few days until the film was developed.



Today's world is much different. Digital cameras will give you instant confirmation that your exposure was on point or not. Electronic flash systems are 100% better than in those in the past. There is no reason for a photographer to be in a vulnerable position by relying solely on available light. In the outdoors, one moment it could be sunny only to change to overcast

gray as a cloud parks itself in front of the sun.

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The Cochrane Trade Show, presented by the Cochrane & District Chamber of Commerce, is the largest annual event in Cochrane.

Our last Trade Show was another sell-out and we expect no less for 2018. This year's show will take place on Saturday, May 5th and Sunday, May 6th 2018 at the Spray Lake Sawmills Family Sports Centre.

As a consumer show, the event has over 140 local exhibits ranging from home based businesses to products and services offered at retail stores. The show has attractions for all

ages, and many interactive displays, as well as family entertainment. Public admission grows each year with expectations of 2800 to 3000+ people visiting the show. We even hold a Silent Auction which is another great way to showcase your business' products or services.

Various non-profit organizations will also be showcasing their

talents and ways they support the community at large. If you are interested in volunteering with any of these special groups, here is your opportunity to find out more about each of them.

No matter what aspect of the show you participate in, it is sure to be a great experience for everyone! Join us as a vendor booth exhibitor or through general admission!

Come out to the show this year and help support local businesses.

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What's Your Perspective?

Remember it's a Marathon, not a Sprint!

Happy New Year to you all! I hope you had some time to relax and rejuvenate amid the chaos of the holiday season. It always seems like a whirlwind of activity and then BAM, here we are in 2018 already! If you are a resolution maker and feel like you've already gone off track of your 2017 goals, remember that a year is a marathon, not a sprint! There will be hills and valleys to overcome, so looking at the big picture will feel less daunting.

According to the Statistic Brain Research Institute, more than 40% of people give up on their new years resolutions after only one month! In 2014, the Toronto Star highlighted stats on the length of time Canadians kept their new years resolutions. For example, 19% gave up just after 24 hours, 15% in one week, 52% in one month and 19% in one year. Why such a high failure rate? According to a Carleton University professor of

psychology, "we are culturally primed to procrastinate by making a resolution for a future date, instead of committing now". Why wait for an arbitrary date in the future when you can commit to positive changes now?

Variety is important when looking at the year ahead. Your goals can range from specific races, to personal and professional relationship building and living a more mindful life. Sharing your goals with others and writing them down allows for accountability and a higher success rate. Here are some other suggestions for making realistic goals for 2018:

Establish a baseline. If weight loss is on your list, jumping on and off the scale can be frustrating and not a true indication of your progress. Take a measurement of your waistline instead. Exercising and eating healthy may help you build muscle and shed fat. This may not be reflected on the scale but will definitely show on your waistline. Find the top of your pelvic bones and wrap a tape measure around

your waist, in line with your belly button. Take a relaxed exhale and don't squeeze the tape too tight! Measure yourself every 3-4 weeks. An attainable weight loss goal may be 1-2 lbs/week.

If increasing your physical activity is one of your goals, *use a specific activity to track your progress.* Use time, distance or repetitions as a guide. How many burpees or jump squats can you do? How far can you walk or jog? Use the Rate of Perceived Exertion Scale (RPE). The RPE scale is used to measure the intensity of an exercise and ranges from 0-10 (nothing at all – to maximal effort). This is a subjective measure of your strength at any given time. For example, a 5-6/10 would be considered moderate activity where you are breathing heavily and can hold only short conversations. This is a measurable way to help you evaluate your progress over time.

Keep your goals attainable, realistic and timely. Keep a long term goal in mind, but pick a short term timeline so you have successes along the way. They say it takes

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*Jennifer Gordon (BSc.PT, AFCI)
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Group Insurance Will Look After Me – Won't it?

Sally has been working for the same company for over twenty years. About a year ago, she was given a new group benefits booklet because her employer had switched insurance companies. Like most people, she put it aside and intended to read it when she "had the time." Sally was just diagnosed with terminal cancer and made the time to read her group booklet. She was upset to learn that the life insurance coverage with the new insurer was only one times annual earnings. The previous coverage had been two and a half times annual earnings.

Peter had a serious lung infection and spent several weeks in hospital for treatment. He also stayed at home for over a month to recover from his illness. Peter was shocked when he tried to claim disability benefits from his group insurance plan. **His employer had been having money problems and had not paid the premiums on the group policy.** His claim was denied because the policy had lapsed.

Steve is about to retire and wants to continue his group coverage. He learned that there are no provisions for him to continue any coverage at all under the group plan. All he can do is convert the life insurance coverage to a personal plan. The new rates, however, are very high and Steve can only afford a small amount of life insurance.

Many people sail through life thinking that their group coverage at work will take care of their needs. Group benefit plans treat all employees the same, regardless of individual needs. Some coverage amounts may be determined by income, but a single worker with the same earnings gets the same benefits as a married employee with children.

A group employee insurance plan is a contract between an employer, union or association and an insurance company to provide protection for the employees or members. The only right

an employee or member has under the plan is to name a beneficiary for certain insurance proceeds because they are not a party to the contract.

The initial definition of disability in a group long-term disability means if you are disabled and cannot perform your regular duty you are on claim. **After 2-years the definition changes from your job to any job.** After 2 years unless you are totally disabled your benefits will likely stop. Who pays the bills then?

The group plan can be changed at any time. An employer may decide to switch insurance companies, reduce coverage or cancel it completely. The insurance company can change the policy on the renewal date, which can increase the premiums, reduce the coverage or refuse to renew altogether.

With the average age of the workforce at an all-time high and an increasing number of claims under most group plans, premiums are steadily increasing. Employers are taking a closer look at employee benefits and making whatever changes they can to control costs, which too often comes as an **unpleasant surprise for employees.**

For Sally, Peter and Steve, it is too late to do much, if anything, about their situations. The answer is to view group insurance as a temporary job-associated perk and to get personal life and disability insurance now. Once acquired, you will have policies that you control, policies you can convert, assign, change plan or amount, or even cancel, when and if you choose. We just cannot rely totally on our employer, the government or family and friends to look after us.

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Dad's Getting Married.... Oh Boy! Now What?

Everyone knows of someone that gets divorced or becomes a widow(er) and then remarries. In situations where the remarried individual is an employee of a business or has a business that is not a family business, his/her passing or divorce from the new spouse is an unfortunate circumstance. However, when the remarried individual is the owner of the family business, the passing or divorce of that individual is challenging and very complicated.

For this discussion, let's say that 'Mom' has passed away and 'Dad' owns the family business that both his son and daughter work in and they expect to be the next generation of owners of the business. Dad then finds a new partner and decides to get remarried. What happens then if Dad passes away or gets divorced?

The Passing of Dad

If Dad dies without a will, the laws governing 'intestacies' would (in Alberta) grant Dad's spouse the greater of 50% everything owned by Dad (including shares in the family business) or \$150,000, with the remainder of his estate divided equally between his spouse and his children with his spouse also entitled to proper 'maintenance and support' from the estate. Potentially having their step-mother as the majority owner of the business and dependent on income from

the business is probably the son's and daughter's worst nightmare.

If Dad has a will at the time of his passing, he could direct the executor to pass his shares in the family business to his son and daughter to ensure the continuity of the family business. Unfortunately, while Dad had great intentions, his spouse continues to have a claim to those shares (and anything else he may own) as a number of jurisdictions have will legislation that grants spouses the right to inherit at least as much property of Dad's estate as his spouse would have obtained had they divorced. In this case, Dad's spouse could become the owner of at least 50% of the business.

But it could be even worse for his children as other jurisdictions have "adult interdependent partner" legislation. If Dad's spouse is determined by a court to have been both financially dependent on Dad and his "interdependent partner" with the business being the sole source of income for Dad and his 'partner', the court could award the entire business to Dad's 'partner'.

If Dad's spouse looked to enforce her rights to Dad's estate and the business, it's hard to imagine how this matter doesn't end up in court and any 'unjust enrichment' claims to the business that the son and daughter may have are probably limited.

A Future Divorce

A similar result would occur if Dad got divorced as Dad's spouse would be entitled to 50% of the growth in the business from the date of their marriage. In that case, hopefully Dad, son and/or daughter could raise the funds necessary to address this payout. If not, Dad may have to sell various assets, including the business, to pay out his former spouse.

What Can Be Done?

To avoid the costs of estate or divorce litigation, there are steps that Dad could take to limit any future claims by his spouse. Having a will is much better than not having a will so that is a good place for Dad to start. Dad could also enter into a 'pre-nuptial agreement' with his spouse. From the perspective of his son and daughter, they will have to hope that Dad doesn't have a change of heart and elect to rewrite his will and/or rip up his pre-nup. Dad could also advance shares to his son and daughter and create a family trust to deal with his remaining shares. Under the family trust, Dad could decide who is included as a beneficiary of the trust understanding that the list of individuals may include more than just his son and daughter.

A completely different approach would be for Dad, his spouse, son and daughter to engage in conversations concerning the business, the eventual transition to the son and daughter, and the establishment of any related processes. These discussions might prove difficult but could be managed if they were facilitated by a Family Enterprise Advisor. In using an FEA, the parties can better understand the others' goals and concerns and negotiated agreements can be put in place. For more information about FEAs, or to find a FEA to work with your family, go to www.family-enterprise-xchange.com.

If you have a question or issue that you would like to read about in future columns, please feel free to email me at reid@2020law.ca. If you want to revisit past columns, they are all online at www.yourfamilybusiness.ca.

Until next time.

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My name is Mike Decore and I am a Councilor and Committee Head for Communications for the Townsite of Redwood Meadows. The townsite is pleased that monthly updates will now be included in the High Country News. Please read through for updates from our community.

TOWNSITE NEWS

The work on the alleviation of ground and surface water concerns at the North end of the townsite continues. The lift station was installed and the Townsite was waiting for Fortis to connect the power supply. The date for this was variable due to not getting a firm commitment from Fortis but the Townsite was hoping for this to be completed by the end of December.

Townsite has secured the contract of our garbage pick-up to remain the same. Pick up will still be Tuesdays and residents are asked to have their garbage out and placed in bins, not bags by 7am. A reminder to residents that town bylaws state that garbage cannot be placed out the night before.

The Recycling Bins behind Redwood House have been removed. Council encourages all residents to practice home recycling both as a cost-effective strategy for the community, and to support Redwood Meadows in maintaining its desire to be environmentally aware.

The Townsite implemented several action items in accordance with traffic safety. They included refurbishing the speed bumps, more signage on speed, and the usage of a Speed Sign. The Townsite Speed Sign trailer

was fabricated in December, and the sign was put into usage. Initially the sign will be placed on public spaces along the main arterial collection roads within Redwood Meadows.

INTERNET CAMPAIGN

The townsite continues to promote the implementation of providing Fiber Optic Internet Service with AXIA. An information session was held on December 18th with AXIA representatives in attendance. We are hoping to reach our goal of having 80% of residents sign up for the service to happen. Many thanks to our volunteers for door knocking, flyer distribution and getting the word out about this exciting opportunity. A reminder to residents to check the Townsite Facebook page for updates and information.

LEASE UPDATE

Framework discussions continue and both the Townsite and Tsuu'Tina are working towards setting guidelines, dates for completion of action items, and ensuring all appropriate figurative ground work has/is being completed. This is being done to adhere to having the lease fully

completed by 2019. Due to the Christmas break, the next Lease Café, updating residents on progress will be held on February 13th at 7pm at Redwood House.

COMMUNICATIONS

Councilor Decore has continued to work to improve the communication residents receive from the Townsite. The townsite now has access to the Bragg Creek/Redwood Meadows discussion group, has re-activated the Townsite Twitter account, and has asked that information for residents be more readily posted on both the Townsite Facebook and Website pages. In addition, look for monthly updates now in local publication The High Country News. Thank you to the owner of this publication, Lowell Harder, for allowing this to happen.



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HAPPY 2018 DIVISION ONE

I hope you and your loved ones had a wonderful holiday break and that Santa was good to you? On behalf of myself and my family, as well as Rocky View County Staff & Council, I wish you a prosperous New Year.

I have been on the job for a few months now and I must admit, not unexpectedly, it's a challenge to get up to and staying at the speed on the issues that face RVC Council & Staff. It's a steep, steep learning curve and I ask that you be patient as I try to provide the 'best customer service' ever. At the end of the day, I am loving this challenge with its endless array of topics and will work my butt off for the ratepayers of this county.

Some of the on-going issues to speak of in our division will be addressed in more detail as I bring the community together via my website and social media streams. In the meantime, here's a synopsis of what's going on:

Bragg Creek Flood Mitigation

Administration and property owners are still under negotiations but things are moving along diligently. We hope to see shovels in the dirt in early 2018.

Emergency Egress Road

Administration is currently negotiating with the Tsuut'ina and landowners regarding road layout and costs.

SRI

Given the recent direction for the GoA to address concerns from environmental studies as well as the addition of concerns from our Native community and potential developers of affected lands, talks are on-going.

RCR Wintergreen Resort

Please attend the January 23, 2018 Council session as the RVC Staff and Council address ongoing concerns and solutions regarding this project.

I'd like to take this opportunity to thank my fellow councillors, RVC staff, Liz Breakey (past councillor), Cam Westmead (MLA), our community leaders and engaged citizens for their demonstration and efforts of how we as a community need to grow. Please feel free to contact me or visit my website or Facebook page to keep tabs on the latest in news, updates and the occasional frivolity. Laughter is good medicine.

Cheers, Mark

f COUNCILLOR MARK KAMACHI

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Hello Community!

Welcome New Year! We hope the holiday season was full of fun and happiness! We at the BCCA are all rested up after being closed for the week between Christmas and New Year's, and can't wait to get up and running with winter programs for the whole family!

We would like to thank all of the volunteers, attendees, and generous local businesses who made the Spirit of Christmas so much fun. It was great to see

so many happy faces out there enjoying the activities. Additionally, thank you to Andrea Nelson and all the other volunteers for running the Kids Only Store again this year. We hope there were lots of pleasantly surprised parents out there who enjoyed their kids' choices of gifts!

Something you may have noticed over the Christmas season were those brave volunteers out at the Bragg Creek Community Rink at all hours who have been working so hard to get that rink up and running. Thank you to the Bragg Creek Rink Committee and all the volunteers for giving their time to provide our community with such an essential, Canadian, small-town activity.

You may have also noticed that the Bragg Creek Community Centre is getting a new sign. Thanks to some awesome volunteers, and our fantastic community partners Bragg Creek Community Church and The Little Schoolhouse, we will now highlight more of the awesome things that happen in and around the Centre!

We hope that 2018 brings you lots of joy and adventure, and that we can play a part in that. Let us know if there are services or programs you would like to see, and we would be happy to chat about providing more for our community, together.

*Happy Holidays & A Happy New Year!
Shaye and the BCCA*

CARE IN THE CREEK MEDICAL CENTRE

JANUARY is ALZHEIMER'S AWARENESS MONTH

Everyone knows someone or a family coping with dementia. Dementia is the loss of mental function, such as memory and judgement, which affects daily activities. Alzheimer's is only one type of dementia.

In 2016 it was estimated that over half a million Canadians suffer from

dementia with 64% having Alzheimer's. Unfortunately, Alzheimer's is irreversible and medical science does not yet have a cure. In addition, this disease places a huge burden on the health system and the people caring for someone with Alzheimer's living at home.

The Alzheimer's Society of Calgary has a number of workshops and resources to help persons suffering from Alzheimer's and their caregivers. Come and talk with your physician at Care in the Creek

Medical Centre in Bragg Creek about these resources and other help that is available in the community. If you do not have a family physician, your local Care In The Creek Medical Centre will welcome you.

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is accepting new patients.

Call 403-949-2457 today to book your appointment or visit us at www.careinthecreek.com.

Youth Drop-in Sports Nights
7:00-9:45 • Bragg Creek Community Centre

Come on the first Friday of the month for drop-in floor hockey, basketball, and nine square in the air for youth ages 13-18
Dec 1 • Jan 5 • Feb 2 • Mar 2 • Apr 6

Snacks and refreshments will be provided with each evening wrapping up with a short life talk

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Bragg Creek Community Centre
January Events

January 2nd	Community Centre reopens and Winter Programming starts!
January 18th:	Women's Group
January 26th:	Ladies Auxiliary Soup and Pie
January 26th:	Movie Night in the Creek 'The Lego Ninjago Movie'

2018 Winter Program Guide
Details & Registration: www.braggcreekca.com

- Rumble & Roar with Tots Time area!
- Women's Group
- S.T.E.A.M Club
- Artsy Afternoons
- Acrobatic Studios
- Badminton
- Pickleball
- Movie Night
- Lego Club
- Youth Activity Night
- Movie Night in the Creek

**** NEW PROGRAMS ****

- Drone Club
- Junior Chefs
- Walking Club

Be a part of our Winter Programming!
We are looking to expand our winter programming. If you want to run a program in our centre we can offer program promotion and great rental rates!
Email info@braggcreekca.com

Bragg Creek Community Centre
info@braggcreekca.com
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The Bragg Creek Artisans are a local collective of artists and artisans that meet the first Wednesday of each month, 7 pm at the Community Centre. After each meeting we work on a project and learn new techniques and work with different mediums. January will be working on some pottery with Vera and February we will be trying our hands at some sculpting. We welcome everyone from the area to join us. If you enjoy creating or are just a creative type, this is definitely the group for you. Membership is \$20 per year and also provides access to varied workshops throughout the year. We

would like to send huge shout out and THANK YOU to everyone who came out to the Bragg Creek Artisan 2017

Christmas sale. It was a great show and we appreciate your continued support as we move into our 41st year.



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Duo to play in Redwood Meadows at part of Bragg Creek Performing Arts season

Longview roots/swing duo Over The Moon will play at Redwood House as part of Bragg Creek Performing Arts' spring season.

Married performers Suzanne Levesque and Craig Bignell, who is an award-winning vocal and multi-instrumentalist, will play Feb. 10 to open a four-concert schedule that also includes legendary family entertainer Fred Penner appearing at a matinee in Bragg Creek on March 24. Vancouver's Laila Baili will play an evening show that same night. Brother and sister Jill and Matthew Barber round out the season on May 5. Over The Moon live on a ranch in Longview and there is a strong sense of place and the rhythms of the land to their music.

Their music is a wild ride from 40's sounding western swing, Appalachian old-time, to cowboy blues. Simple and sweet, all of their material has a common thread that speaks of the Canadian west. This performance in the intimate setting of Redwood House really should not be missed. Tickets for Over The Moon and all shows are available online at:

Online: braggcreekperformingarts.com

Call: 1-888-655-9090

Pick Up at: Suncatchers in Bragg Creek.

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Over The Moon

February 10th, 2018

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

With the holiday season behind us, the Board is looking forward to our next two year plan. I encourage you to provide us with feedback about what you would like to see the Chamber Board work on over the next two year period. Our strategic planning session is on January 22, so please get your comments to us by January 15 so that we can incorporate them into our planning. You can reach me directly at suzannebraggcreekchamber.com or 403-923-0480.

Our next meeting is on January 17 at The CountryWood Retreat & Conference Centre, 36 White

Avenue. We will have a discussion about the role of the Chamber and what our membership would like to see us accomplish in the next two years. This is an open meeting and I encourage you to attend!

I hope everyone had a happy safe and healthy holiday season! On behalf of the Bragg Creek & Area Chamber of Commerce, I would like to thank all of the businesses, sponsors and the Spirit of Christmas Committee and volunteers for all of their hard work, energy & commitment to make the Spirit of Christmas a huge success this year!

*Respectfully submitted,
Suzanne Jackett
President*

*Bragg Creek & Area Chamber of
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Ings Mine

Dr. George Ings was medical doctor born in P.E.I, educated at Edinburgh University and practiced medicine in Calgary in the 1890's. While a highly skilled and respected doctor, Dr. Ings had a great curiosity and interest in minerals. He would spend months riding horseback throughout the foothills in search for coal outcrops, (a seam of coal that appears at or near the surface) and one such discovery was at the head waters of Bragg Creek, on the western slopes

of Moose Mountain. The story goes, that at one point Dr. Ings had over 1000 tons of coal stockpiled at this site, but there was no way to transport it out of the hills. Over the years, the pile became overgrown with vegetation and eventually disintegrated.

Between 1900-1914, Ings discovered another coal seam on the south flank of Moose Mountain, near the mouth of Canyon Creek. This is the site that is referred to as Ings' Mine, near the Canyon Creek Ice Cave (Bragg Creek Ice Cave). There is a bit of a misnomer that the ice cave was the mine site; it is not. The Cave is formed by groundwater seeping through the soluble limestone rock. Ings hired a miner named Bob Parker to operate, and by 1914 Jake Fullerton (Circle 5 Ranch) had the contract to supply coal, hauled by team and wagon or sleigh, from Dr. Ings' mine at Canyon Creek to Bragg Creek's first oil well, the Mowbray-Berkeley.

The development of the Mowbray-Berkeley oil well began in 1913 on the Elbow River bank on the S.E. ¼ 11-

23-5, today's Provincial Park, and was financed by British capital. Drilling equipment was hauled from Calgary, a wooden derrick, cookhouse and a line of bunkhouses were built and teams of horses were housed in a large circus-type tent. The field superintendent at the British Alberta well in Bragg Creek was Mr. Nathaniel Lea, or "Nat".

The travel route from Ings' mine to the well was mostly high and dry; however, there were many steep hills where teams of horses were "doubled up" to pull the weight. Jake hired every team and man available; some were locals and some from Calgary. Bob Ware, son of the legendary cowboy/rancher John Ware, drove one of Jake's teams for almost two years. Over a three-year period, thousands of tons of coal were hauled for fuel to operate the Mowbray-Berkeley.

By 1916-17, as World War 1 continued, British capital was no longer available and the well was capped. Dr. Ing was overseas with the Medical Corps., yet his interest in geology resumed in the Athabasca Oil Sands when he



Hauling coal from Ings' Canyon Creek mine to Mowbray-Berkeley well, 1914. Teamsters in photo: Jake Fullerton, Art Livingston, Bob Ware, Bill

Bell.

Photo courtesy Anne Chapman

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 JAN 26 - AL BARRETT BAND
 JAN 27 - RANI'S RASOI
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returned. He is reportedly the first man to take samples to Ottawa for analysis.

In his daughter Edith's words, Dr. Ings was known to be a kind man, but perhaps not so practical. Before he went overseas, it was estimated that he was owed about \$100,000 in unpaid medical bills. He kept account of his fees, but never mailed a patient a bill for his services. This habit, and the practice of roaming the Alberta

foothills as an amateur geologist may explain her thoughts. Dr. George Ings is remembered in the area by the Ings' Mine Provincial Recreational Area, in the Canyon Creek valley.

Sources: Purmal, Freda. 1975. Our Foothills. Freissen, Manitoba: Coleman, Diane 2015. Mountains to Metropolis, The Elbow River Watershed. FriesenPress, Victoria.



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The *Little* Schoolhouse News



Celebrating the holidays and our tremendous work thus far was the focus over the last few weeks prior to the break. While we welcome the two weeks off as a time to reflect and relax, we eagerly anticipate the remainder of the school year. So much to learn and experience! Our Christmas parties gave us an opportunity to sing our hearts out

and share treats with our families. As always, the Hibernation Celebrations were a favourite as we all snuggled down for the winter in our PJs. Kindergarten students studied the difference between hibernation and torpor, documenting this learning in their journals. The preschool children loved role-playing the skunks, snakes, turtles and frogs that hibernate for the winter.

At The Little Schoolhouse, we strive to create a caring, community-minded learning environment for our students and their families. We welcome parents to volunteer and hope that families become actively involved in the early education of these bright young students. It is always such a pleasure for our staff to see the growth in our preschool and kindergarten children over the years we work with them at the school.

We wish you all an exciting 2018 filled with adventure and wonder!

Registration for the 2018-19 school year begins on January 16th at our Registration Night, 6:30pm at The Little Schoolhouse. Please visit our website at www.thelittleschoolhouse.ca for information and forms. Our Alberta Learning funded kindergarten program is on Tuesday and Thursday from 9-3:15 and multi-aged 3 & 4 year-old preschool programs are on Monday, Wednesday and Friday mornings from 9-11:45am and afternoons from 12:30-3:15pm. For information on programming please contact me at mscar@thelittleschoolhouse.ca or call the school at 403-949-3939.

Cara Haar, M.Ed., teacher

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REAL ESTATE

BRAGG CREEK 3 Bedroom Suite for Rent



Nestled In the hamlet of Bragg Creek
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ACCOMODATIONS

Time Share: Christ Church Barbados. Divi Resorts
International www.intervalworld.com/web/my/home,
Divi South Winds Week 50, Unit #201. Call
3.063.763.0636 for more info.

Time Share: Scottsdale Arizona. Diamond
Resorts International www.diamondresorts.com,
Scottsdale Villa Mirage Level: Valued Club
Member. Please call 3.063.730.6336 for more info

ANIMAL CORNER

Rescued dogs & cats available for adoption to
good homes. See rockymountainanimalrescue.com
for details.

CAREGIVERS WANTED

Babysitter/Nanny to start work immediately. Pay
negotiable, I will be needing his/her services for 3
days per week 4 hours per day suitable Between
Monday, Wednesday and Friday for my 3 year old
son. Email danaestpowell@gmail.com.

CAREGIVERS WANTED

Highly social, 18 yr old sports fan
with autism is looking for someone to
support him in the New Year. \$19.58/
hour. Various shifts available. There is
flexibility in the potential hours and
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class . . .) For more info please contact
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Information contained herein, while not guaranteed, is thought to be correct



A white-tailed doe finds a comfy seat in West
Bragg just before Christmas. © Anna Grist

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Sheep River Library

Winter/Spring 2018 Programs

Mind and Body

Brain and Body Fitness for Seniors

Regain the joy of movement. Improve body awareness, balance, coordination and mobility through gentle movements and exercises. Learn Brain Gym® Activities to improve focus, concentration, organization and communication and to feel calm, relaxed and centred.

Instructor: Dana Luebke

\$78.75 for 10 sessions, \$10 drop in fee

Mondays, Starting Jan 8 9:00

Yoga

Enjoy an hour of yoga with certified Shivam Yoga instructor Jane Rezende.

Wednesdays 5:00

Healthy Weight/Fit2Go

Do you want to get - fit, lose those unwanted pounds, but most of all get healthier and have more energy? Join Betty Anne and Shyrelle for two classes. Betty Anne has a diploma in Applied Nutrition, Physiology and Anatomy. She has been a nutritional counsellor for 20 plus years.

Shyrelle is a personal fitness trainer, certified through NASM. She is currently finishing her Fitness Nutrition Specialist Certification.

Thursdays Feb 8 & 15 7:30

Fee: \$50.00 (both classes)

Learn How To Have Healthy Cells

The healthy cell concept will help you learn how to possibly prevent common diseases that attack our society, e.g. heart, liver, kidney, immune system and even cancer. You will understand how cell protection, cell exercise, cell environment, cell food and a healthy mental attitude can be instrumental in protecting your body. Betty Anne Graham has a diploma in Physiology and Anatomy and has been a nutritional counsellor for over 20 years. 3 classes

Fee \$75.00 (all 3 classes)

Saturdays Jan. 13, 20, & 27 10:30

How to Solve Cryptic Crosswords

Have you ever wondered what these puzzles are all about? Do the clues seem nonsensical? Learn the techniques for solving these puzzles in one evening.

Wednesday, January 24 7:00

Aging with Wisdom and Joy

In this highly interactive eight-week course we explore and challenge beliefs about aging. The course draws from the insights of current authors and experts in conscious aging and elderhood, and we learn from each other's experience. This is done through presentation, personal reflection, and group discussion. We cover self-compassion, forgiveness, surrender, and more.

This is for pre- and early retirees, mid-agers, and seniors who want to live more fully with open hearts, acceptance, peace, purpose and optimism.

This course, from The Institute of Noetic Sciences (IONS), uses a required workbook which will be available at the first class for \$35. Facilitator:

Colleen Lemire

Tuesdays Apr 10-May 29 7:00

Diamond Valley Fit Club

Join us for a 30-45 minute workout. All levels of fitness are welcome! No equipment required. A yoga mat is optional.

Facilitator: Rachel Kates

Wednesdays 7:00

Library e-Resources

Find out from Jan and Gita what digital resources are at your fingertips with your library card: books, newspapers, magazines, movies, music and more.

Thursday, February 8 7:00

Inductive Bible Study

We will be studying the book 1 Peter, using the inductive method. Instructor: Jan Burney

\$10 for course materials

Wednesdays, Starting January 10 10:00-12:00

The Wild at Heart...

Sheep River Ramblers



We provide walking/hiking groups for all ability and mobility levels. We walk, hike, snowshoe in winter, socialize and have lots of fun. Borrow walking poles, snowshoes, microspikes pedometers and Kananaskis Explorer Packs. To receive information about any Rambler event add your name to the Rambler e-mail list. (Must have a library membership to join).



Sheep River Library Winter/Spring 2018 Programs

FOOTHILLS SEARCH and RESCUE (Dates TBA)

Adventure Smart

Learn basic survival techniques to make your hikes into the wilderness safer and more enjoyable.

Map and Compass Reading

Find out how to use a compass correctly and accurately read a map.

Check the library website for dates and times.

Wings Over Canada

Join authors and photographers Ian Wilson and Jacinthe Lavoie as they share their "travelogue with wings" and explore Canada one bird at a time, from shorebirds to songbirds, and raptors to waterfowl. This 45-minute multimedia presentation is a mix of vivid images, classical music and entertaining stories.

Thursday April 12 7pm

The Creative Side

Q & S Club (Quilting & Sewing)

This club is open to any quilter or sewer of any ability. Participants can work on either their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by Janet Balance, Dolores Ziegler & Jan Burney.

Thursdays, Starting January 11 7:00-9:00



Fibre Fiends

If you like to knit, embroider, sew, crochet, quilt or any other creative endeavour you are welcome to hang out and pursue your passion with other like-minded individuals. Experts will be on hand to assist. Those who wish to stay longer are welcome to work at the large table.

Tuesdays 10:00-12:00

Makerspace Equipment

If you wish to become proficient using our scanning lab equipment or the scan 'n' cut machine call the library and make an appointment for one on one instruction.

Computer Courses



Tech Talk Intro (Adults)

Just getting started with technology? A great introductory class on the use of popular, current technology! This fun, relaxed group looks at building everyday technology skills. We supply laptops but feel free to bring your own as well as tablets and smart phones.

Wednesdays Apr 11-May16 3:00-5:00

Tech Talk Basics (Adults)

For beginners who already have an introductory level of knowledge, this fun, relaxed group looks at building your knowledge of everyday technology skills. We supply laptops but feel free to bring your own as well as tablets and smart phones.

Wednesdays Apr 11-May16 6:00-8:00

Tech Talk Café (Adults)

Build your technology knowledge! Offered in a casual drop-in environment where participants bring their own laptops or tablets. A facilitator is on hand to offer assistance on topics such as Windows 8, Social Media, Internet Security/browsing, Skype and managing photos and files.

Wednesdays Apr 11-May16 1:00-3:00

For the above programs registration begins Monday, December 4, 2017 online at www.litforlife.com or phone Literacy for Life at (403) 652-5090.

E-Reader Support

Need help downloading e books onto your e-reader? Call 403-933-3278 and make a one on one appointment with Gita on Friday afternoons.

Intro to iPads

This class is for those new to ipads, teaching you the basics in this three hour class. iPads will be provided for the class or you can bring your own. Instructor: Pat Siefert

Tuesday, March 6 1:00-4:00

ipads: Beyond the Basics

Find out what else you can do on your ipad so that you can make the most of your device.

Tuesday, March 13 1:00-4:00



Sheep River Library

Winter/Spring 2018 Programs

Career Development with McBride Career Group

Conducting An Effective Job Search

Is your job search as effective as it can be?

This workshop will help you:

- ✓ Recognize the symptoms of stress and learn how to apply positive coping techniques
- ✓ Explore less stressful, more effective, and even more enjoyable

Tuesday, March 13 1:30 – 4:00

Resume Writing & Cover Letters

Do you need help creating or updating your resume and cover letter so that they stand out from the rest?

This workshop will help you:

- ✓ Highlight your skills and accomplishments to target the position you want
- ✓ Make a great first impression to help you get the interview

✓ Learn the basics of composing and customizing a solid cover letter
 Tuesday, April 17 1:30 – 4:00

Interview Skills

Do you have an upcoming interview to prepare for? Want to learn the fundamentals of a successful interview?

This workshop will help you to:

- ✓ Understand different types of interviews
- ✓ Prepare for interview questions including behavioural type questions
- ✓ Learn about best practices and interview etiquette
- ✓ Practice your interview skills to build confidence
- ✓ Follow up with employers in an effective way

Tuesday, June 5 1:30 – 4:00

One on One Consultation

A McBride consultant will be at the library most Wednesday afternoons to meet with you. Call **403-601-2660** to make an appointment.

Children's Programs



Rhythm and Rhyme

(parent/caregiver with babies up to 12 mths)
 Meet new people in a relaxed space while you learn songs, rhymes, and activities that fit the age of your child. You will learn strategies to engage your child as they move through different stages.

Wednesdays, Jan 17-Mar 21
 Apr 11-Jun 13 11:30-12:00



Movers and Shake

(parent/caregiver with babies 12 to 24 mths)
 Children and parents enjoy time together learning language through songs, rhymes and early learning activities. Join us for some wiggling, giggling and jiggling!

Wednesdays, Jan 17-Mar 21
 Apr 11-Jun 13 10:30-11:00

Toddler Time

(parent/caregiver with children 24 to 36 mths)
 Spend quality time with your toddler learning language through songs, activities, rhymes and stories.

Wednesdays, Jan 17-Mar 21
 Apr 11-Jun 13 9:30-10:00

Natured Kids-our newest program!

(parent/caregiver with children 3-5 yrs) Experience nature as a learning tool! Essential skills will be introduced to families through games, songs and activities out in nature. Come join us for one hour of fun in the sun, rain or snow! Dress for the outdoors!

Wednesdays, Jan 17-Mar 21
 Apr 11-Jun 13 1:30-2:30

For the above programs registration begins Monday, December 4, 2017 online at www.litforlife.com or phone (403) 652-5090.

Grandparents Day

Join the Foothills Children's Wellness Network as they present a fun filled program for grandparents and their grandchildren.
 Saturday, January 20 10:00-12:00pm



Sheep River Library Winter/Spring 2018 Programs

Story Time

Join our fabulous story teller Katie for a fun morning of stories in the Children's area.

Wednesdays 11:00

PD Days

Recently released (mostly animated) movies will be screened at 10:30 on PD Days.

Titles of movies will be available at the library and on our website and Facebook page one week before. Attendees can win a copy of the movie shown.



Clubs & Groups

The Diamond Valley Book Club

The Library Book Club meets the second Tuesday of every month. Members choose books two months in advance and selections will be posted at the library.

Tuesday starting January 9 1:15

The Austentatious Book Club

This group meets once a month to discuss a chosen classic penned by authors such as Jane Austen, the Brontes, Charles Dickens and the like. January's selection is *The Invisible Man*

Second Thursdays starting Jan 11 10:30

Poetry by the Fireside

This group meets on the last Thursday of the month at 10:30 to read the works of poets both dead and alive and also share their own work. A monthly writing project is assigned. Facilitator: Doris Daley

Conversational French

Parlez Francais to your heart's content and improve your bilingual abilities!

First Wednesday of the month at 3:15



Community Drumming Circle

Release some stress and unleash your creativity on a Friday night! No drumming or musical experience is required. Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together.

Participants must register at the library. Suitable for ages 6+. Fee: Donation

First Fridays Starts January 5 7:00

Dogtooth Mountain Film Group

Sub-titles don't scare us! Come and see independent films from around the world that are not usually screened outside of film festivals. You will laugh, cry and be challenged by what you see.

Second Mondays \$2.00 7:00

Jan 8: Last Cab To Darwin

Feb 12: Failan

Mar 12: TBA

Apr 9: TBA

May 14: TBA



REGISTER NOW

To register or to get more information about any of these courses please contact the library by whichever means works best for you:

- Phone: 403-933-3278
- Fax: 403-933-3298
- Mail: Bag 10, Turner Valley, AB T0L 2A0
- E-mail: abdsrclibrary@marigold.ab.ca
- In person: 129 Main Street NE, Turner Valley
- www.sheepriverlibrary.ca
- Facebook: Sheep River Library

Our hours are:

- Monday, Friday & Saturday: 10am-5pm
- Tuesday -Thursday 10am-8pm



Common Aesthetic Water Quality Problems and Solutions

(Source: Health Canada)

Problem	Cause	Solutions
Hard water (scales/deposits in kettles and water heaters)	Excess calcium	Water softeners* Reverse osmosis Distillation
Rusty (red to brown) staining of fixtures and laundry and/or metallic taste	Excess iron	Chlorination-filtration Mineral sand filtration Aeration-filtration Distillation
Black staining of fixtures and laundry and/or metallic taste	Excess manganese	Chlorination-filtration Mineral sand filtration Aeration-filtration Distillation
Rotten egg smell	Hydrogen sulphide	Chlorination-filtration Mineral sand filtration Aeration-filtration
Water has laxative effect	Excess sulphates	Reverse osmosis Distillation
Turbidity/grittiness	Mud/silt/clay/sediment in water	Sediment filters
Organic (tea) colour	Tannins	Chlorination-filtration Ozonation-filtration

MICROORGANISMS (Source: Alberta Health & Wellness)

Bacteria/Viruses	Soil or surface water infiltration or septic system seepage	Chlorination Ultra Violet Light Reverse Osmosis Distillation Ozonation
Cryptosporidium/Giardia	Water Sources that have been contaminated by human & animal wastes	Ultra Violet Light Reverse Osmosis Distillation Ozonation

* Individuals on sodium-restricted diets should consult their physician before drinking artificially softened water. Iron and manganese can also be removed by a softener, provided the water is not too hard.

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Do you have a mortgage renewal in 2018?

It is always a good idea to review your mortgage when a term ends.

Is your current mortgage still competitive? Has there been a change in your job or your family situation? What are your long-term goals? Are you up-to-date on what the market is doing with regard to interest rates? It's always a good idea to review your mortgage at renewal time to make sure you're in the best product for your current needs and that it still fits into your overall financial plan. This is a great time to re-evaluate your needs and goals.

Typically, the renewal process starts when your lender sends you a mortgage renewal statement about 20 to 45 days before your current mortgage matures. At that point, you will have to make an important decision. The renewal letter may not give you the best rates available. In fact, these are often higher than the lender's lowest rate. Negotiating a rate and other privileges can strengthen your financial position. Reach out to a trusted mortgage broker at this time to review other options that may be available to you.

Too often, Canadians receive their renewal notice and sign on the dotted line without weighing their options. By doing your homework, you can bring yourself one step closer to mortgage freedom.

Here are a few ideas to pay off your mortgage faster.

- Pay down as much as you can afford on the existing mortgage before renewing.
- A new mortgage should be tailored to your specific needs and not to the latest headlines.

- If the renewal rate is lower than your previous rate and you are still comfortable with making these payments, keep the payments the same at the lower rate.

- If you're making more money, try shortening the term of the mortgage by paying bigger lump sums each month. This strategy not only cuts the repayment period, it also saves you interest in the long term and pays down your mortgage faster. It's a great option for those who are financially sound, planning an extended leave or working toward early retirement.

- Apart from making larger payments, you can also change the frequency of your mortgage payment from monthly to accelerated biweekly or weekly installments.

You may also want to consider refinancing at renewal time. Refinancing frees up cash you may need for debt consolidation, home renovations or investments. So take a fresh look at your future and stay on top of your renewal.

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A new day

A new year

Thank you

Lord!

January 14th
9:15am
HOLY COMMUNION

January 21st
9:15am
HOLY EUCHARIST

January 28th
9:15am
HOLY COMMUNION

February 4th
9:15am
HOLY EUCHARIST

February 11th
9:15am
HOLY COMMUNION

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CONSERVATION AREA

Conservation matters.


The Ann & Sandy Cross Conservation Area (ASCCA) exists as vital habitat for the diverse wildlife that call the area home while also providing valuable education programs, especially for young people. We aspire to be a leader in habitat management and to raise awareness of conservation issues, inspiring people of all ages to work towards a more sustainable future.

In 1987 Ann and Sandy Cross had a dream, which bloomed into a legacy. Thirty years later, we continue to celebrate our accomplishments and our vision for the future. We have a dedicated and enthusiastic team of volunteers. Without them none of our work would be possible. In 2018 and beyond, let's work together to inspire others to see the importance of natural areas. A healthy environment impacts all of us and the power to change rests within each of us. Investments in conservation and conservation education will yield significant rewards for us all.

We would like to thank The Calgary Foundation, Chevron Canada Resources, Pembina Pipeline Corporation, Land Stewardship Centre, Community Foundations of Canada, The Government of Alberta Watershed Resiliency and Restoration Program, Government of Alberta STEP Program, Government of Canada CSJ Program, MD of Foothills No. 31, Evergreen Centre for Green Cities, Community Natural Foods, Blake Cassels & Grayden LLP, Fluor Canada Ltd., Prairie Sky Royalty Ltd., Rampart Oil Inc., and Tentree International for their support in 2017. We would also like to acknowledge and thank each of our individual donors.

The Ann & Sandy Cross Conservation Area (ASCCA) is a 4800 acre day use natural area southwest of Calgary. It began as a land donation from A. R 'Sandy' Cross and his wife Ann. The ASCCA was founded with the hope that it would be remain a protected 'piece of paradise' and unique outdoor classroom.

Learn more at crossconservation.org and follow us on Twitter and Facebook at @ASCConservation.

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Councillor's UPDATE

M.D. of Foothills

Suzanne Oel, Councillor, Division 4

Wishing you all a Happy New Year! and sharing some news...

High Country Rural Crime Watch is working with the MD of Foothills: Due to crime escalation, your MD of Foothills Councillors have requested that we work with our 3 Rural Crime Watches (High Country, Okotoks & Foothills local to the MD of Foothills to promote a presence of our Rural Crime Watches (RCWs) and that a liaison from our Protective Services assist with bringing all 3 groups together in the Spring of 2018 for a discussion with RCMP, Fish & Wildlife, RCWs, Councillors, MLAs and public/RCW members/Community Associations. Council has appointed Protective Services Coordinator, Officer Darlene Roblin, and Operational Supervisor, Officer Darcy Beaudette, as your law enforcement liaisons for the MD of Foothills, with the intention to better communicate our Crime Watch Association initiatives throughout the MD of Foothills. A map will be added to the MD's website, which will highlight the 3 RCWs along with contact info. At present, information is given to new residents about each RCW. More social media and other means of promotion will be used. We look forward to all of these measures to assist with creating a better defense of personal safety and our rural properties. For more information about our local High Country Rural Crime Watch, please visit: hrcwa.ca

Also, we are now on Facebook, just

search High Country Rural Crime Watch Association.

Large Animal Emergency Preparedness Update:

On November 21, 2017, emergency response agencies, leaders and field personnel attended a workshop in High River, hosted by the MD, which provided an overview of the equine industry in Alberta and with the goal to assist municipal bodies to incorporate equine into their existing emergency plans. As you may recall, our High Country Rural Crime Watch hosted an initial meeting with the Alberta Equine Federation and local emergency responder leaders earlier in 2017, which led to an introduction of this topic and further action from our MD Foothills Ag Services and MD Emergency Response coordinators. The November meeting was well-attended and many people gained new information. Organizers have discussed that some future plans may include having an equine specialist on call, work will continue on our emergency planning in consultation with municipalities that have large animal strategies in place, and will include planning citizen workshops, etc. Good news all round :-)

Dust Control Product Performance:

The MD of Foothills is using a product called "Clearview" for "dust control" on our gravel roads. Residents can request 100 m of "dust control" on a public road, near their residence. Our Public Works team applies dust control spot treatments to approximately 850 public road locations, plus other approved roads that fit within budget. Our Deputy-Director of Operations is pleased to report that this product

is working well and we are fine-tuning the application process as we gain experience. Due to the effectiveness of Clearview, we are using less and seeing cost savings because the product lasts longer than previous products we have tried. In 2016, we used 1.7 million litres and in 2017, we used 930,000 litres. With this success, in 2018, we may be able to increase the amount of kms of road we treat and keep working on better utilization of the product. Lastly: Did you know you can enter into an agreement with the MD to pay for additional (above the 100 m the MD provides) dust control on public roads near your place, with the caveat of the MD determining need for grading when necessary? You can contact our Public Works Department to learn more about this: 403.652.2390

Change in Procedure for accepting Email Submissions for Planning & Hearings:

In October, I requested that our planning staff investigate a change in procedure for the Planning and Development Department to allow for the acceptance of email submissions for planning and development related documentation and Council correspondence relating to public hearing matters. I am pleased to announce that we made the change on December 13! Previously, Council correspondence relating to public hearing matters was only accepted by fax or letter and email or other electronic formats such as PDF were not accepted. To increase efficiencies and accessibility for both planning/development staff and landowners/applicants, the department recommended to change the practice to allow for the acceptance

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of email submissions. Our staff will now need to revise and update planning and development application forms, information booklets/brochures and applicable sections of the Municipal Website to clearly outline submission requirements. I believe this positive change will encourage landowner involvement and result in less frustration. Thank you to all our planning staff and to Samantha Payne for her work on this report!

Dark Sky Petition link:

Consider adding your electronic signature to the petition to protect the dark skies around Calgary, in the MD of Foothills, asking our provincial ministers of Environment and Transportation to reconsider the street lighting they plan to install on the SW Calgary Ring Road. For more info and to sign the petition, visit:

www.change.org/p/shannon-philips-protect-the-dark-sky-sites-around-calgary

Canada Post Parcel & Mail Pickup Centre in Priddis:

Just a reminder, if you haven't heard the good news, Priddis Business Connection Inc. is now our local parcel pickup location as of Nov. 20, 2017. For most of us, this is a relief to have closer to home convenience. However, if you prefer other locations, you can still use "flex-delivery" to designate where you want your parcels sent.

For Other News & Updates: Please visit my website: suzanneoel.com

Facebook: [/CouncillorSuzanneOel/](https://www.facebook.com/CouncillorSuzanneOel/)

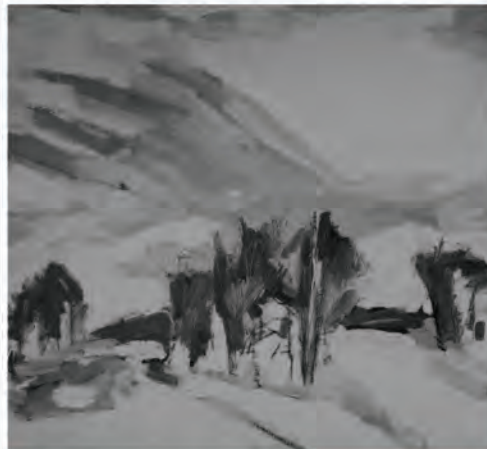
Best Wishes, Suzanne

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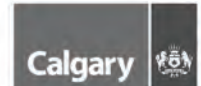
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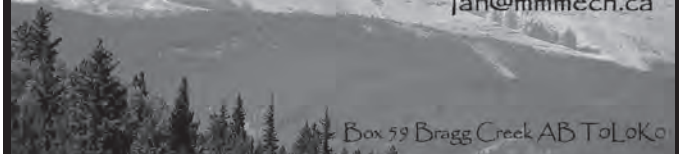
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HIGH COUNTRY RURAL CRIMEWATCH ASSOCIATION

It's been a quiet month in the High Country, our paradisiacal home out here on the edge of the prairie somewhere west of Calgary.

We had schadenfreude in early December when we baked in balmy weather while the eastern coast of the U.S. was covered in ice and snow, all the way down to Georgia. With luck, we'll have a normal winter until May to let us have water for the summer.

The big news in the High Country is that, in addition to our normal web page, we now have a Facebook page with the latest news about criminal enterprise and police work in thwarting such enterprises in our Elysian Fields. To locate to the sites, Google "Facebook HCRCWA" and choose our site.

Law efforts have been particularly rewarding this past month. Calgary

Police and the RCMP broke up a Calgary crime ring that had also operated in the Priddis and Millarville area. That had an immediate effect on break-and-enters here. Police recovered 1.3 million dollars' worth of stolen property, including forty-seven vehicles, along with bobcats, ATVs, trailers, tools and generators. For further information, including pictures and names of the accused, Google "police recover \$1.3".

Turner Valley RCMP Corporal Tiffany McGregor reported to us that they recovered four stolen trucks, a camper, a snowmobile, and two trailers from a rural property in Millarville, AB. Charges are pending, and a media release has also gone out. The investigation started when a homeowner called the police about a suspicious person on his property. To see details of what happened, along with photographs,

Google "suspicious person complaint," and the first item listed is a Canada Police Report talking about events of December 13 and the recovery of stolen property.

The police were able to do that because of the High Country Rural Crime Watch Association mantra of O-R-R: Observe what is suspicious activity in your neighborhood, Record what you see: licence numbers, descriptions, locations, activity, anything that could help the police, and Report what you saw to the police. That is of great benefit to their efforts to reduce property crime in our area, and that is what a homeowner did.

We do not know if the anonymous homeowner above was a member of the High Country Rural Crime Watch Association, but we know of a similar situation involving one of our members, and it led to the same result: arrest and conviction. In brief, one of our members saw a theft in progress where thieves were loading items from a house into a truck. Our member phoned the Turner Valley RCMP which arrived in time to arrest the thieves. The moral: Just think of O-R-R when you see something suspicious.

Cindy Wilson
Chartered Accountant

Bus: (403) 949-4947
Fax: (403) 949-2252

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We also heard about a recent discouraging event. Apparently around 9:50 a.m. on a Monday morning a herd of elk wandered onto a farmer's field in our area. Several vehicles had pulled over in the ditches to watch the spectacle. Then someone began shooting at the herd from a green truck in the ditch. Puffs of smoke from the truck window were visible. The herd ran and circled around in the field while traffic driving past was forced to slow down quickly as it encountered all the gawking, stopped traffic.

We cannot confirm this, but we believe that at least one driver passing by phoned the "Report a Poacher" line at 1-800-642-7112, but the person did not have the chance to read the licence number of the truck. Another driver passing the scene told us that the "hunters" went out on the field to tag the elk they had killed. It takes no hunting skill to kill an elk in a large herd. They also broke the law: no one may shoot a gun from inside a vehicle. **If you or any of your friends see any illegal hunting, phone the Report a Poacher number above.**

With all the crime that is taking place in our paradisiacal home, persons reading this column should give serious consideration to joining the High Country Rural Crime Watch Association if they are not already members. Thanks to the work of a few volunteers and a grant from Legacy Oil, membership is free. Your obligations are nil, and you will get mail or phone call fan-out messages describing recent and current criminal activity in our area. The information we publish regularly in this High Country News column is but a small fraction of the news circulated more frequently to our membership about crime in this area. To join, phone me at 403-931-2407 or visit our web site or Facebook page described above. So that's the news from the High Country where all the residents are law-abiding and all the children are perfect.

John Robin ('J.R.') Allen

Membership Coordinator, H.C.R.C.W.A.



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Welcome to 2018

The Priddis Community Association (PCA) is a charitable organization whose mission is to encourage, enrich and enhance the social, physical and cultural programs in our rural community, while recognizing and honoring its' unique qualities and history.

2017 was a busy year for the PCA. Looking back there was a lot on the PCA Board's plate and a lot was accomplished. Some of the major initiatives and accomplishments included:

- Filing revisions to "household" definition to of our new By-Laws with Service Alberta Registries – allowing us to qualify for casino, bingo and other fundraising permits and approvals;
- Facility upgrades - concrete Walkway to PELP, hall floors were refinished and accordion doors replaced;
- A very successful Stampede Breakfast – up to 1000 in attendance and Fall Turkey Dinner - 340 in attendance;
- A plan to integrate pickle ball to tennis court day use activities – initiated;
- A conceptual plan for a new multi-purpose building now presented to the members and fund raising – initiated;
- A very busy year for hall rentals;
- Relocation of Priddis Postal Services from the old school house to the Priddis Mall was not successful but local Canada Post parcel pickup has become available;
- Priddis is firmly in the cross hairs of the Calgary and area cycling community which brings both challenges and opportunities. The Board has reached out to cycle clubs.
- Discussions with the MD pending use of Municipal Reserve Lands for both

expansion of parking space and a soccer field, resulted in a community hall meeting with further discussions pending.

- Poplar trees causing damage to the tennis court surface are now under management.
- MD was requested to look into a potable water supply for area residents including the Hamlet of Priddis.
- Now possible to pay for memberships, donations and hall rentals on line with PayPal buttons on the web site.
- New website is under construction and will be ready later this month.

The PCA Board Members have every reason to be proud of the accomplishments of 2017.

Please note that Irene Smith, Board Director of Hall Rentals, has decided to step down. The PCA would like to thank Irene for her numerous years of dedicated service and many, many volunteer hours in different capacities for the Priddis community. This position has been filled.

The Treasurer position is currently open for 2018 as Sue Dunne is stepping down. The PCA would like to thank Sue for her contributions as Treasurer over the past two years. Other opportunities on the Board are available as well. Anyone interested in volunteering on the Board is requested to make that interest known to any of the Board Members listed on the website www.Priddis.org.

Ed Osborne, PCA President

Priddis Boot Camp: A child-friendly Bootcamp is happening at the Priddis Hall starting January 9 to March 29, 2018. The minimum number to run the class is 10, maximum of 15 participants. The cost is \$110 plus GST for 12 classes and \$220 plus GST for 24 classes. Young children are welcome to attend but are the responsibility of the parent. Participants must have a Priddis Community Association Membership to attend. The class is a go and there are still a few spots available. To enroll contact

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The next *Men's Breakfast* is Saturday, January 13, 2018. Join your neighbours and friends at the Priddis Hall from 8:30 – 11:00 am for fellowship and a hearty breakfast. The cost is \$6.00/person

Parent & Tot Coffee Morning: The next dates are Wednesday, January 17th and February 21st, at Jane's Café in the Priddis Mall. If you are new to our community with a young family, this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. This event is also listed on the PCA website, www.priddis.org. Contact Lindsay Flynn at (403) 813-3263 for more information.

2018 Casino: The Board application has been approved to have the casino this year. Exact dates are not known at this time, but they will be in August or September. Approximately 40 volunteer positions need to be filled for the two days. This event is our main fundraiser, and receiving the casino funds is crucial to the running of the Priddis Community Association. If you are interested in co-ordinating this event, please contact Ed Osborne at (403) 931-2923.

Priddis Website: The new Priddis Community Association website should be up and running by the end of this month. If you click on the old website, www.priddis.

org it will automatically take you to the new website. Check out the monthly calendar of events and social activities.

Canada Post Parcel Pick-up in Priddis: Priddis parcel pick-up was initiated in November 2017 at Priddis Business Connection, Suite #6, in the Priddis Plaza. Anyone previously going to Silverado will be directed to Priddis. Stamps, prepaid envelopes and flat rate shipping boxes can be purchased. Contact connect@priddisbci.com or 403-931-7191 for more information.

Priddis Early Learning Program (PELP): The PCA and Priddis Early Learning Program parents would like to welcome Mrs. Lindsay Flynn as the new pre-school teacher starting this month. Best wishes go out to Mrs. Kim Popiel. Parents and students would like to express their gratitude for her dedication to the PELP program and her wonderful work in the community.

The 3-year-old program runs on Tuesday and Thursday mornings from 9-11am. The 4-year-old program is on Monday, Wednesday, and Friday mornings from 9-11:30am. Information about this program is available on the website at pelppreschool.wix.com/pelp . Contact PELPpreschool@gmail.com with any inquiries about the program or to register. The new Director for 2018 is Kate Berkan.

She can be reached at (403) 808-3988, email: kj.berkan@icloud.com.

Priddis Panthers Hockey League is a non-contact, no slap shot league, with week night practices, and Saturday games only. Keeping the ice in useable condition in November and December was a huge challenger, but thanks to the all the hockey parent volunteers, they don't give up easily.

Adult drop in hockey is every Tuesday at 8:30pm. No equipment is required but helmets are mandatory. No fee to play, just need to have a PCA Membership. Public skating is open to community members except for prebooked time: Mon/Wed/Thu 6-8:30, Tues - 6-7:15.

For more info, contact Joey Duzlemic at priddishockey@gmail.com. or 403.891.4766.

Priddis Library: Note the new winter hours at the Priddis Library in the old-school house are on Tuesday and Friday from 3:00 to 5:00. There is a great selection of children's books and a play area. Drop by to borrow a book or donate your used books. Thanks to Arlene, Geraldine and Carol for volunteering their time to keep the Library operational for the community.

Booking the Hall: To view or book the Hall, call our new Hall Rental Director, Lori Paladeau at 403-975-8487. Thanks again to Irene Smith for her many years of service taking care of hall rentals. Check the website for availability and updates.

Time Capsule Committee: If you are interested in helping put the next Priddis 50-year time capsule together, please contact Jane Morgan at 403-680-8683.

PCA Membership now due: Renew your PCA Membership for the 2017 – 2018 season. The Membership Form and Business Membership Forms are found on the website on the Publications Page under Community Membership. Mail-in the completed form or drop it off at the Priddis Store.

Everyone needs to have a PCA Membership when participating in programs at the Hall and using PCA facilities. Thanks in advance.

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?

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell

The Priddis Post is published twice yearly – Spring and Fall. Want to place an ad in the next issue? Please contact Sue Warren for rates and timelines at sue.warren@telus.net.



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Out Of The Rut

Chapter 88

Welcome to the first Out Of The Rut of the new year. How exciting! By the time you get around to reading this, no doubt you are starting to feel more comfortable having slithered over the dark hump of midwinter into the long uphill trail to spring and the bursting of new life. Perhaps you are entertained by the Chinook 'dummies' thrown by nature around our small corner of the world, remarkable for their effect of transforming the land, galvanizing vegetation into a burst of frenzied growth, only to be shrugged back into dormancy by the onset of the next dump of snow and cold blast of Arctic air.

Not us though. Us humans bundle up in swathes of warm clothes, drop them at the first hint of spring, retreat grumbling into winter clothes again, but all the while we plunder each day for its riches and expand our network of compassion. Don't we?

All my traveling, changes of venue, surroundings and people, expose me to a tremendous range of opinions, knowledge, challenges and questions. The endless machinations of aging confront me on a daily basis with personal challenges and communal conundrums.

A couple of months ago I remember having a bit of a rant about sugar in our diets. It was a combination of many accumulated frustrations that made me decide to eschew all sugars other than fresh fruit & the occasional handful of raisins. I'm now bombarded with information and situations that support this decision not only for myself, but as a distinct and dramatic therapy for others. If only it were that simple.

Our culture has been duped. We have allowed the blessing of a sweet treat to become a staple. As a consequence we have opened wide the doors to the malignant horde of dis-ease to inhabit our personal temples. Yes, let's

think about the body-temple (with apologies to those who are entertaining images of Rowan Atkinson in black bodystocking) – our body is our most precious temple, our celebration of life, of god, of creation, of whatever you wish to believe in – if we do not honour our own selves, how can we honour others?

As a child I vividly remember the occasion on which a Crunchie bar was spotted in our house – what an extraordinary treat! Carefully hidden in a drawer, we waited almost breathlessly for the day to arrive on which we were allowed to eat said delicacy. I also remember creeping around the dining room table with a slice of bread and butter in my hand before slapping it into a sugar bowl and then racing off to enjoy the illicit bounty.



Psoriasis, exzema, diabetes, heart disease, IBS and related conditions, menopausal issues (I know from personal experience!), inflammation & consequent pain... all will dramatically improve when sugar is removed from the diet. People protest that they don't "take sugar", but the fact is, we all take sugar these days. If we live in North America, we 'take' way more sugar than pretty much anyone else in the world, though others are swiftly catching up.

From my eastern Europe travels I discovered that Polish people consume ten times more sugar now than a decade ago. Polish folk eat 27 teaspoons of sugar a day. Canadians were at this level of consumption in 2004. Reading the vested-interest reports of the Canadian Sugar Institute, they would have us

believe that sugar consumption in this country has remained the same since the '40s! I think they are craftily using semantics & avoiding the issue of high-fructose syrup (death in a bottle) to skew their statistics. US consumption is about 38 teaspoons (over a 1/3 lb) a day. Try pouring that amount of white sugar onto your table and sit and look at it...

I have to say, I can eat sugar with the best of 'em ... give me a fat, warm cinnamon bun oozing sugary cream cheese, sugared cinnamon and butter, or local honey dripping from hot toast (or cold rice cakes for that matter), pastries, pies, cakes and chocolate brownies... ooooh, how fabulously delicious. BUT not every day! When you eat a slice of bread, it should not be full of sugar. When you buy a jar of pickles or salad dressing, it should not be full of sugar. Honey mustard chicken wings? BBQ anything, honey-glazed ham, maple sugared bacon...the list is endless. All our savoury foods are being adulterated with sugar.

Gosh, I hope I haven't exhausted you, but this is important. I want to be healthy. I want YOU to be healthy. If you have pain, are overweight, suffer from any number of possible ailments or dis-ease, then look first at your diet. There is no magic pill to overcome our daily habits. If we are doing something day in, day out, for decades, a quick trip to a doctor or a health professional is, more often than not, not going to provide you with an instant solution. We can help, advise, guide and support, but health and healing is in the hands and heart of the individual. All change begins with you. You have the power to change the world, because after all... the world doesn't exist but for you and your perception of it. All is illusion.

By the time you read this I'll be back in Canadaland. I'd love to see you, share, converse, learn. Don't be shy.

With gratitude and love,
Kat Dancer
bodymudra@gmail.com
www.kat-dancer.com
415.525.2630

We Are Red Deer Lake United Church!

We are an inclusive community of works-in-progress who want to participate in something more than ourselves through faith, love, grace, and compassion.

We believe this is what Jesus is all about.

Upcoming Events and Programs:

Qigong

Mondays at 9:30am and Wednesdays at 7pm

Location: Upper Room

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

Faith and Coffee

Wednesdays at 10am

Location: Multipurpose room

Each week we gather to drink coffee and

explore our faith. It's part community, part Bible Study, part coffee break! Just bring yourself!

Family Tear

Friday, January 19 at 7pm

Location: Sanctuary

"Family Tear" is a play that looks at the challenges of living with dementia such as life choices and dealing with the changes that it presents. The playwright, Michelle Warkentin, not only tackles the subject of dementia but she also looks at other health issues that can plague women. As all of us age, the play is of interest to any adult wondering about dementia. Doors will open at 6:30 PM and the play will begin at 7:00 PM. A concession will be available. Tickets - \$20 per person and \$50 per family. Phone the church office or order tickets online!

Playtime

Saturday, January 20 at 10:30am

Location: Lower Hall

You are welcome to bring your Little Ones for an unstructured playtime, while the Moms and Dads enjoy a cup of coffee or tea and chat. We have a small bouncy castle and some ride-on toys for

the children available. Sandwiches will be served and you are welcome to bring a kid-friendly snack to share. It is a great way to have a laidback conversation while the kids burn off that extra energy! If you have any questions please call or text Judit Pothier at 403-998-6879.

On the Edge Concert

Sunday, January 21 at 3pm

Location: Sanctuary

Gianetta Baril is a very accomplished harpist from Calgary who has toured throughout Europe and performed for the Queen. She performs regularly in solo and chamber music recitals in western Canada and her recording of Harp Concerti with the Edmonton Symphony Orchestra won a Juno award for Best Recording of a Canadian Work.

For more information about our programs and events please call the church office or check out our website. You're Welcome, Wanted & Accepted. Join us on the Journey.

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Sunday Worship: 10:30am

Square Butte Community Hall

Please check out our new website
www.squarebuttehall.com

Jan 9, 16 & 23: 9am Strength, Balance & Stability Workshop

Join Local Private Fitness Instructor,

Lauren Bomford, of Fit & Strong, in a gentle hour-long workshop that provides gentle cardio, strength, stability, and stretching. Stretch those joints and muscles, and improve your state of mind. Please wear comfortable clothing, and bring a yoga/camping mat to class. FREE for Square Butte Community Members!! Yearly Memberships are \$20.

Jan 20th: 7pm Wine Tasting with Sarah Harrold.

Come learn more about wine! Tasting includes welcome drink, tasting 3 whites, 3 reds & charcuterie board!

Come out & meet your neighbours!

\$40 or \$35 for Square Butte members.
Info Shanna 403-931-2193



Every second Tuesday of the month (Sept to May) at 7:30 pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville church house. Our next meeting is January 9 at 7:30pm. Shane from Wild Rose Heritage Seeds in Lethbridge will be talking about his local seed company. It is an exciting opportunity to hear about a company that grows and collects its own heritage seeds. So the seeds will grow here! Also please remember to like us on Face book! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989



TURNER VALLEY Times

Hello, Turner Valley. I got to thinking the other day about small towns as I approach my 17 year anniversary of moving here. I'm originally from the big old city of Calgary, and thought small towns were all the same, in the sense that they are community minded and most people know most other people in town. But the more I see from our two towns and others in the province and Saskatchewan, we really do have that community mindedness and most people do know most other people. I have seen people help out their friends, neighbours, and people they might not be close to, in both small and big ways. Some other small towns are very cliquy and value their independency in times of trouble. But here we really do chip in when the going gets tough and also just about any other time. I moved out here for a change of pace from the city and cannot believe it's been 17 years. Anywhere I go people say hello and stop to talk about the latest news and how are you doing. So pat yourselves on the back, Diamond Valley and Community, and keep on appreciating our small town values!

You are needed at the Turner Valley Legion! They would like someone willing to take on the position of Secretary on their Executive. Please let one of their Executive Members know if this is something you would be interested in. Some administrative duties are presently being covered on Tuesdays and Thursdays, anyone willing to do alternate days would also be appreciated. Their kitchen also needs volunteers for preparation and/or serving of their dinners, which are held Wednesdays and Thursdays from 5-7, and Fridays from 1-8. Also Yearly Branch inventory Volunteers are needed from January 8th-10th. Various areas of the building need to be counted and tracked on their inventory sheets. If you can help out your local Legion at all, which runs largely on volunteers, please give them a call at 403-933-4600 or drop by.

Sheep Creek Arts Council has its' registration and membership renewal night on Thursday, January 11th from 7-8:30. Come in, have some coffee and goodies and look at the classes being offered right here in Turner Valley this winter and spring. A full list of their classes and clubs are in the pullout of this issue of the High Country News. Keep it for reference throughout this winter and spring. The SCAC is located at 133 Sunset Boulevard.

Beneath the Arch Concert Series is pleased to present Del Barber and Band on Saturday, January 13th. They are a veteran alt-country /folk band featuring tight harmony singing and story-songs drawn from life on the Canadian Prairies. Del's songs tug your heart and tickle your funny bone. Doors for the show open at 7:00 and the show starts at 7:30. They offer a cash bar and refreshments along with coffee and tea and soft drinks. For tickets, you can drop by Blue Rock Gallery in Black Diamond or visit beneaththearch.ca.

Red Deer Lake United Church is pleased to put on the play, Family Tear. Family Tear is a play that looks at the challenges of living with dementia such as life choices and dealing with the changes it represents. The playwright, Michelle Warkentin, not only tackles the subject of dementia but also looks at other health issues that can plague women. As all of us age, the play is of interest to any adult wondering about dementia. Doors open at 6:30 with the play starting at 7:00. There will be a concession available. Tickets are \$20 or \$50 for a family. The play will be held at the beautiful Red Deer Lake Church on Friday, January 19th, for tickets or more information, visit reddeerlakeuc.com or call 403-256-3181.

In Turner Valley, MCG (McBride Career Group) offers Career Corner. They can help you with preparing resumes and cover letters, identifying your employment skills, creating a job search plan, developing interview skills, online access to local job postings and community resources, and career planning. The economy seems to be turning around some, but there are still many people needing jobs, so perhaps it's time to re-evaluate your career. Their services are available at no cost to you, and are held on Wednesday afternoons. For more information, please call 403-995-4377 or visit mcbridecareergroup.com. This program is brought to you in partnership with the Alberta and Canadian Governments.

Alberta Distance Learning Centre is another option that does not require travelling to the city. ADLC has over 250 courses to choose from – all taught by professional teacher-instructors ready to help you succeed. Complete your course on paper or online – the choice is yours. You can start anytime. For more information, call 1-866-774-5333 or visit adlc.ca.

You can recycle your Christmas tree starting Wednesday, December 27th in the town of Turner Valley. Just make sure all decorations and tinsel have been removed and leave it out by your regular garbage. The town will pick it up starting the 27th and throughout most of January. The trees will be composted and used for mulch around the pathways and parks and schools.

If you have any events happening February 1st – March 1st that you would like to see in the High Country News, please email me at elaine.w@telus.net. The deadline for this issue is January 15th.

*Happy New Year,
Elaine Wansleben*

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An exciting new arrival from Amarigold is a learning kit for children ages 4 to 7. The kit is called "Learn to Code". It is to be used with the help of a parent and is an excellent tool to help children become "coding leaders" It includes a Fisher Price Code-d-pillars and the coding board game ROBOT TURTLES. Raspberry Pie, another computer programming tool, will soon be available. If you are interested in using these, speak to Lynda, our librarian, and she will order them in for you. We have a seasonal craft box in the children's area for drop-in-play. Its use is very popular. One's child can come in and just play. He does not necessarily have to take a book out.

The library has received 50 audio books from CELA for the Daisy Player. They include westerns, Tom Clancy, Nora Roberts and Lawrence Hill.

Season One of THE CROWN is now in. New books in for children are *I Love You Like a Pig*, a celebration of the many ways we love each other. Also, *How To Catch a Star*, about a boy who loved stars so much he wanted to catch one of his own. For adults, *The Last Ballad* by Wiley Cash and *The Knowing* by Sharon Cameron. In non-fiction *Pretty Tough Plants: 135 Resilient*, *Water Smart Choices For A Beautiful Garden*.

Hopefully, in the New Year, a group for photographers will be formed. The Writers Group is flourishing, as is the Crib club.

The library will be closed Dec. 26, 27 and 28th.

An interesting read is *Millers Valley* by Anna Quindlen, author of *Plenty*

Of Candles, Plenty Of Cake. The novel is a story set in the 1960's on the American prairie and is a family saga filled with love, sorrow and mystery. Your family history will come alive, as the heroine's memories unfold on the pages. The book asks the question, "What is home?" Is it the people who make a place familiar and loved, or is it the tie to the land that has been in the family for generations? Quindlen explores this theme thoughtfully and insightfully.

Another holiday read might be *The Inner Life Of Animals* by Peter Wohlleben, author of *The Hidden Life Of Trees*. He explores the idea that animals feel love, grief and compassion just as we do. He cites many studies that prove that they do.

*Happy Reading
and Happy Holidays*
Sylvia Binkley
sliv@telus.net

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BLACK DIAMOND *Digest*

Hello, Black Diamond. Well we sure had a nice December for the most part. However, towards the middle of the month everyone was hoping for snow as the ground was so dry. This prompted a fire ban east of the city in Wheatland County. Some of my friends are taking a holiday to Mexico and hoped for a blizzard while they were gone. Well thanks a lot, isn't it enough you are going on a nice holiday without me, now you want us to freeze while you're gone?!!!

Black Diamond's annual Light-Up was a huge success this year, with the warm weather. Downtown was packed with people enjoying all the festivities. Santa arrived on the top of the firetruck and was swarmed by children when he descended. A good time was had all around. Thanks to all the hard work from the Town and volunteers, and special thanks to the Foothills Lions Club, Pharmasave, Cobs Okotoks, 1st Oilfields Cubs, Rachel Ellen Photography, Larry Kaputka and Anchor D. Outfitting.

Dance the night away to support Rowan House Society. Rowan House is a shelter for women and children in the Foothills, and their goal is to build a Violence Free Community. They are hosting along with Broncabilly Entertainment a Fundraiser on Saturday, January 27th. The entertainment features DIVA!, a fabulous entertainer with many different costume changes and eras of music. I have seen this girl perform along with her full band and sang along with every single song. There will be raffle tickets available at the event with full proceeds going towards Rowan House, and the prizes are valued at over \$2000. The show will be held at the Heritage Inn in High River, the doors open at 6:00 and the show and dance runs from 7-11. For tickets and reservations, please call 403-612-7046 or you can get your tickets at the Sobey's in Okotoks or High River.

Friends of the Bar U Ranch are hosting their annual Stockmen's Dinner on Saturday January 27th. They will be celebrating Pioneer Family Honouree's Robertson, Feist, H.I. Thomson, and the Stoney Tribe from Eden Valley. The

Dinner will be held at the Highwood Memorial Centre with cocktails at 5:30 and the Prime Rib Dinner starting at 6:30. Tickets are \$65 and can be purchased through Sandul's Pharmacy in Black Diamond, Co-op High River, or Classic Rodeo Boutique in Nanton. Or you can call 403-933-5500 or email kritchie@xplornet.ca.

Seniors, if you enjoy a walk but the weather is inclement, Oilfields High School invites to you join their Hall Walkers Team. Open every day that school is in session, you can socialize with others while getting your exercise, and some seniors end up volunteering with the students as well. If you are interested in this service, please give the school a call at 403-938-4973, or drop by the school to fill out a consent form. They will give you a tour of the school of your first walk and also a list of class changes and school closures.

Another walking group is the Sheep River Ramblers. They are a walking and hiking club at the Sheep River Library. They also snowshoe and cross country ski in the winter. Founded in 2013, with the financial assistance of a New Horizons Grant through the Government, the group has acquired walking poles, snowshoes, foldable nature guides and a number of

other great items that Ramblers (who have first priority), and other library patrons are welcome to borrow. It's never too late to join! For more information, please call Gita at the Library at 403-933-3278 or email her at gita.library@gmail.com.

Once again this year Sandul's Pharmacy is sponsoring free skating at the Oilfields Arena on Sundays. The free skate runs from 2:45-3:45. Helmets are mandatory. Sandul's has been sponsoring this event for more years than I can remember, thanks Ron and Rose and your staff!

The Town of Black Diamond will take your used Christmas trees again this year. Just make sure that all tinsel and decorations are off of it, and leave it out by your regular garbage. They will be picking up the used trees from January 2nd - 26th. The trees are mulched and then used for underneath trees at the schools and walking paths.

If you have any events happening February 1st- March 1st that you would like to see in the High Country News, please email Elaine at elaine.w@telus.net. The deadline for this issue is January 15th.

*Happy New Year,
Elaine Wansleben*

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**SHEEP RIVER
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Winter/Spring Programs

It is January, the season of New Year's Resolutions. If one of your goals for 2018 is to be fitter and healthier, then some of our new programs may be of interest to you. Healthy Weight/Fit 2Go is for those who would like to get fit, lose those unwanted pounds, but most of all get healthier and have more energy. Qualified instructors Betty Anne and Shyrelle are offering this two session course on Thursday, February 8 and 15 at 7:30 pm. Betty Anne has a diploma in Applied Nutrition, Physiology and Anatomy and has been a nutritional counsellor for 20 plus years. Shyrelle is a personal fitness trainer, certified through NASM. She is currently finishing her Fitness Nutrition Specialist Certification. There is a \$50 fee which covers both classes. Betty Anne is also offering the Learn to Have Healthy Cells course, starting on Saturday, January 13 and continuing on the following two Saturdays (January 20 and 27) at 10:30 am. The healthy cell concept will help you learn how to possibly prevent common diseases that attack our society, e.g. heart, liver, kidney, immune system and even cancer. You will understand how cell protection, cell exercise, cell environment, cell food and a healthy mental attitude can be instrumental in protecting your body. We are pleased to have Colleen Lemire teach her course Aging with Wisdom and Joy (as opposed to resignation and despair) starting Tuesday, April 10 and continuing till May 29 at 7 pm. In this highly interactive eight-week course you will explore and challenge beliefs about aging. The course draws from the insights of current authors and experts in conscious aging and elderhood as well as learning from each other's experience. This is done through presentation, personal reflection, and group discussion. Topics such as self-compassion, forgiveness and surrender will be covered. This is for pre- and early retirees, mid-agers, and seniors who want to live more fully with open hearts, acceptance, peace, purpose and optimism. If, by April 12 you have had enough self-improvement, we have Ian Wilson and Jacinthe Lavoie returning with another of their beautiful multi-media audio visuals: Wings Over Canada. In this show, Ian and Jacinthe will share their recent 5-month photography/camping trip across the country, one bird at a time,

from shorebirds to songbirds, and raptors to waterfowl. This 45-minute presentation is a mix of vivid images, classical music, and entertaining stories, from watching the intricate mating ritual of cranes, to cedar waxwings feeding a nest of young birds, and gannets diving for fish. The presentation starts with birds of the West coast, moves on to mountain birds of the Rockies, winged creatures of the prairies and central Canada, and closes with birds of the East coast. This "travelogue with wings" will interest nature-lovers, bird-watchers, and photographers alike. Our computer classes return April 11. We had wonderful feedback from those who attended the Tech Talk Café over the fall months. This is a great opportunity

to come and ask specific questions on a range of topics from software programs to social media. According to one participant, "We didn't know what we didn't know about the internet. We probably should have been arrested". (Participant shall remain anonymous). Don't forget about our regular groups that meet monthly at the library: book clubs, poetry, drumming circle, conversational French and Dogtooth Film. For details about any or all of these programs and many more, please see the centre pull out pages of this edition of the High Country News. Happy New Year and we hope to see you soon at the library!

Jan Burney

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Sheep Creek Arts Council 2018 Winter/Spring Schedule

Classes are held at 133 Sunset Blvd, Turner Valley (One block west of the 4-way stop).

To register by mail visit www.sheepcreekarts.ca and print off the registration form. Complete the form and send, with a cheque for class fees, to address below. Please postdate your cheque for 2 weeks before the start of your class. Payment can be made by email transfer. Refunds are offered only if the class is cancelled. SCAC proudly offers its classes at affordable rates.

Membership in the Arts Council is \$10 per year and all patrons/students/participants must become a member. Along with your registration and class fees, please send a separate \$10 cheque for membership or pay the membership fee at the start of the class (membership goes into a different account).

Information phone: Sheila Virgo (403) 931 3989

Register by mail: Sheep Creek Arts Council
Box 277
133 Sunset Blvd
Turner Valley, AB T0L 2A0

Register by email: scac@live.ca

Website: www.sheepcreekarts.ca

Appreciation and Registration Evening

Sheep Creek Arts Council is delighted to invite new and existing members to join them for coffee and cookies at 133 Sunset Blvd. Meet some of the instructors, view projects, renew your membership and register for classes in person.

Thursday January 11 7-8:30 pm

Decorative Painting Group

This method-painting program teaches beautiful brushstrokes, step by step. You will learn to paint and discover a whole new love affair. Instructor: Evelyn Richmond.

\$40/month (paint included for projects done in class)

Mondays Jan 15 1-3 PM

Thursdays Jan 18 7-9 PM

Adventures in Colour, Texture and Acrylic Inks

Explore the saturated colours of acrylic inks. We will play with texture by adding acrylic mediums and paint working on a few canvases at once. Some painting experience in acrylics is required. Bring several references to work from. Instructor: Melanie Morstad (www.melaniemorstad.com)

\$120.00 includes only some supplies. Supply list provided Saturday March 3 10 am - 4 pm

Lino Printing – A Hands-on Introduction

An introductory class to discover the professional way to create quality images from pre-cut designs on lino blocks and print your own. Instructor: Lenny Lane (Lino Lenny). **All Supplies Included \$45**

Sunday February 11 1-4 pm

Lino Printing: From Start to Finish

After a short history on block printing with a discussion of tools, inks, paper etc., you will cut your own lino blocks from designs provided and then create limited edition prints. Instructor: Lino Lenny. **\$100 (all materials and supplies incl.)**

Sunday March 25 10am - 4 pm

Knitting: Cowboy Cowl

The Cowboy Cowl is a knit variation of a bandana. All you need to know is how to knit and purl. Learn the how to read a pattern, increase and decrease, wrap and turn, do a mattress stitch and block your finished piece. Don't be daunted, this is a beginner project, the next step from knitting miles of scarf.

Instructor: Laurie Bullock **2 classes \$20**

Wednesdays Feb 21 and 28 7-9 pm

Knitting Club

Join our knitting club and learn to knit at your own pace. **Drop-in Fee \$2**

Tuesdays January 9 1:30-3:30 pm



Sheep Creek Arts Council 2018 Winter/Spring Schedule

Beginning Oil Painting with Bobbi Dunlop (bobbidunlop.com)

Part 1. Absolute Beginner or Refresher Course

Bobbi will sensitively guide the new artist through the basics of oil painting and touch on all the material required to help you get started.

One class \$50.00 (supplies not included)

Saturday March 24 10 am – 1 pm

Part 2. Values

Learn to see colour and value relationships.

Acrylics can be used. **\$50 (supplies not included)**

Saturday April 14 10 am – 1 pm

Part 3. Starts/Massing

Learn how to simplify shapes and values by using massing. **\$50 (supplies not included)**

Saturday May 5 10 am – 1 pm

Paint the Flower Garden en Plein Air (in oil) Instructor: Bobbi Dunlop

Paint a flower garden in full bloom with hands-on guidance from Bobbi Dunlop plus an oil painting by Bobbi to start the day. Must have taken the classes above or have experience painting in oils.

Class 1 \$100 Saturday June 16 10 am to 4 pm

Class 2 \$100 Saturday July 21 10 am to 4 pm

Location TBA (outdoors - Turner Valley/Millarville)

Painting Your Way

Individual help will be provided to complete an acrylic painting of personal choice. Bring your own photo and have fun learning with others. Beginner and intermediate artists welcome. Instructor:

Vivian Wiebe. Contact vdwiebe@gmail.com for information on supplies. **8 Classes \$96**

Mondays starting April 30 7-9 pm

Tuesdays starting May 1 1-3 pm

Monday Night Painting

Paint on your own project and socialize with friends. Must be a member of SCAC. Contact Cathie (403) 933-7132 or Donna (403)933-3790 to confirm class is a go. **Drop In Fee: \$2 Jan - April**

Scrapbook for a Cause

A Rowan House fundraiser held at Valley Neighbors Club. For info or to register contact Janley Holeha (403)618-9949 or email at janleygrant@hotmail.com **\$65.00**

Saturday Mar 17 9 am-11 pm

Diamond Valley Quilt Club

Want to learn to quilt? Join us on the 1st, 3rd and 5th Wednesday of each month. Work on your own thing, unfinished objects (UFO's), Block of the Month and charity quilts. Bring your lunch. Annual quilt club fee is \$10 plus \$10 membership in SCAC. To register, call Sheila (403) 931-3989.

Drop-in Fee \$2 (for non-club members)

Starting January 3 10:30 am-3:30 pm

Landscape Quilting

Take an adventure with your landscape quilt as you take art to the next level. Instructor: Joyce Brown (joycelb.wixsite.com/fibrecreations)

2 classes \$50.00

Saturdays Feb 24 and April 28

Belly Dance for Fun and Fitness

Have fun learning the basics of middle-eastern dance. All levels welcome. Instructor Kim Davies

10 classes \$80

Tuesdays starting Jan 16 5:30-6:30pm

Camera Club

For anyone interested in photography, novice to professional. Exchange technical knowledge and creative ideas. Opportunities for challenge and feedback through monthly assignments, workshops and an annual photo competition. **\$30/yr.**

Last Tuesday of the month January – April

“A Promise Made Is A Debt Unpaid”

by Duane Harder

Do you remember the Robert Service poem entitled The Cremation Of Sam McGee?

*There are strange things done
in the midnight sun
By the men who moil for gold;
The Artic trails have their secret tales
That would make your blood run cold;
The Northern Lights have seen queer sights,
But the queerest they ever did see
Was the night on the marge of Lake LeBarge
I cremated Sam McGee.*

Sam McGee was from Tennessee and the bitter Artic cold was more than he could take. Furthermore, he shuddered at the thought of an icy grave and that led him to make his partner promise cremation. Left with the burden of cremating Sam's remains, the partner says, "Now a promise made is a debt unpaid, and the trail has its own stern code." Cap, the partner, finds a way to fulfill his promise and cremate Sam McGee.

Yes, there was a time when a man's word was his bond. A verbal commitment was as good as a contract. However, times have changed and undoubtedly, in today's culture, Cap would have dumped Sam McGee on the trail and found justifiable reasons for not keeping his word.

Politicians make promises that evaporate after the last ballot has been counted. Friends promise help that never materializes. Couples learn how to spell yes with a no. Perhaps we should write the poem to go something like this:

*There are strange things done
in the noonday sun
By the people who toil for fun;
The surf and whales have their secret tales
That would make you gasp and run;
The setting sun has cast its light
On many a frightful sight;
But none compares to the awful glare
Of the word that's filled with air!*

So what has led us to this place where our word is no longer our bond? The legal document is often no more than meaningless words on paper. At the risk of being simplistic I want to suggest two areas that have shaped our thinking and left is in a place of defenseless isolation: The relativity of moral values; and The enticement of radical individualism.

The Relativity Of Moral Values—We have obscured the line between good and evil, noble and base. Man has become the evaluator and society the sum total of individual preferences. Outcomes are given inherent value by me and you do not have the right to impose your expectations upon my words.

The Enticement Of Radical Individualism—This could be called "Collective Schizophrenia"—it represents the tension of the many and the individual. Personal pleasure is the apex of personal pursuit. My freedom and happiness take priority over the collective good. As a result we have a society full of possessions but drained of ideals. The caring community has evolved into the community of convenience.

To remove moral absolutes and embrace radical individualism is an invitation to self-destruction. The path of liberty is fenced with moral absolutes and reinforced by a community of people who are willing to invest their assets for the good of the whole.

Sam McGee's wish for cremation was fulfilled by a man whose word was his bond. Imagine Cap's surprise when he opened the boiler door:

*And there sat Sam, looking cool and calm,
in the heart of the furnace roar;
And he wore a smile you could see a mile,
and he said: "Please close the door.
It's fine in here but I greatly fear you'll let in
the cold and storm,
Since I left Plumtree down in Tennessee, it's
the first time I've been warm."*

I choose this year to be a man of my word—one who can be counted on to do what he has said he will do.

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Blue Moon

by Andrea Kidd

John gathered the dirty plates after everyone had finished eating, rinsed them and stacked them in the dishwasher.

“Wow! That’s nice to see,” said Edna. “Does he do this at home?”

“Only once in a blue moon, “ grinned Wendy, “when we have company! You can’t really rely on John for kitchen cleanup.”

“And blue moons seem to turn up out of a clear, blue sky,” laughed Edna .

Really, how often is a blue moon? It’s more often than usual in 2018, though “usual” is an odd word to choose for a sporadic event like a blue moon. Folklore says a blue moon occurs when the moon is full twice in the same calendar month. In 2018 blue moons occur twice, once in January and again in March. So John will be washing the dishes twice in 2018. Then he won’t be doing them again until October, 2020. Blue moons are rather erratic.

Full moons, on the other hand, are constant. Our moon is full every twenty nine and a half days. Whether the night is clear or shrouded in cloud, it is a perfect globe circling our planet. The lunar calendar is based on this indisputable, unchanging phenomenon. It is a reflection of its Creator’s constancy.

Our sun, too, is dependable. As Earth rotates on its axis, the sun’s rays pierce our eastern darkness every morning and fade in the west once every twenty four hours. Days always happen; nights always happen; even the seasonal variance in the length of days in our northern hemisphere is constant. And every three hundred, sixty five and a quarter days the earth completes another orbit around the sun. The solar calendar is based on the dependability of the sun, and also reflects the unchanging nature of the One who created it.

The calendar we use is an attempt to combine two different astronomical cycles to tell time: the lunar cycle and the solar cycle. Our lunar months are constant; our solar year is constant; but the two do not coincide with each other. The ancient Greeks and Romans endeavoured to combine these two systems, and our present calendar is a cobbling together of these two different systems. It is like trying to make a round

peg fit into a square hole. That is why full moons are regular and blue moons are irregular.

We humans love to play with numbers and we strive to control the world we live in. The sun rises and sets; the moon waxes and wanes. These do not change and will not be controlled by us. They are in the hands of their Creator. He, too will not change and will not be controlled by us.

The faithful love of the LORD never ends!

His mercies never cease.

Great is his faithfulness;

his mercies begin afresh each morning.

Lamentations 3:22-23, New Living Translation (NLT)



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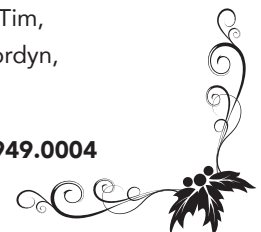
**Bragg Creek's
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The Festival would not have been possible without the energy and drive of the committee and our wonderful volunteers – a heartfelt thank you to:

Marina, Pauline, Donna, Mona, Crystal, Russ, Shawntel, Ellen, Harmony, Yvonne, Tim,
 Susan, Charlie, Janna, Janine, Clay, Ward, Kathleen, Heather, Michele, Suzanne, Jordyn,
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