

# HIGH COUNTRY *News*

*Serving the  
Communities of*

Black Diamond • Bragg Creek • Eden Valley • Elbow Valley • Jumping Pound • Longview  
Millarville • Priddis • Red Deer Lake • Redwood Meadows • Springbank • Turner Valley

“We will open the book. Its pages are blank.  
We are going to put words on them ourselves.  
The book is called Opportunity and its first chapter is New Year’s Day.”

- Edith Lovejoy Pierce

*Happy New Year* from all of us at the **HIGH COUNTRY *News!***



Calgary & Area | Serving You with Excellence | Urban & Rural



**Kevin Haller**

(403) 990-6678 | [hallerrealestateteam.ca](http://hallerrealestateteam.ca)





Dr.  
Barbara  
Kostyk

- **Implants**
- **IV & Oral Sedation Dentistry**
- Orthodontics
- White Fillings, Crowns, Veneers, and Bridges
- Laser Method for Early Cavity Detection
- Wisdom Teeth Extraction
- Root Canal Treatment
- Laser Gum Surgery
- Children's Dentistry
- Full Mouth Restoration
- Bill Directly to Insurance

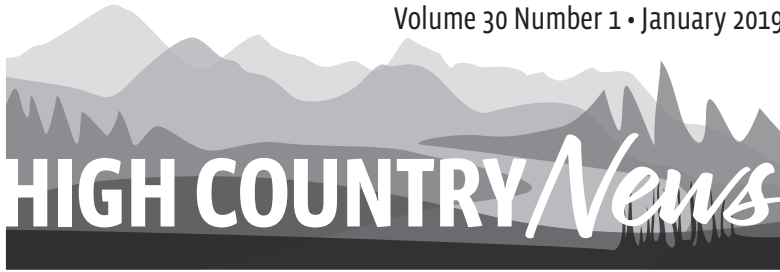
Hours Mon - Tue 11 - 7 • Wed - Fri 9 - 5



## **FIFTH AVENUE DENTAL CLINIC**

we care about your smile

2007 120 5th Avenue W, Cochrane  
Phone 403.932.9660 • Fax 403.932.6051  
appts@fifthavedentalclinic.com • fifthavedentalclinic.com



# HIGH COUNTRY News

## IN THIS ISSUE...

<i>Communities:</i>	<i>Page</i>
Springbank.....	8
Bragg Creek/Redwood Meadows.....	12
Priddis/Millarville/Red Deer Lake.....	28
Black Diamond/Longview/Turner Valley.....	34
<i>Articles:</i>	
From the Editor.....	4
MP Update <i>John Barlow</i> .....	6
MLA Update <i>Cam Westhead</i> .....	7
Councillor's Update <i>Mark Kamachi</i> .....	9
When You Own Mutual Funds, You've Got Management On Your Side <i>Robert Hughes</i> .....	10
Redwood Meadows Emergency Services.....	12
GBCTA: Trail Talk.....	14
BCHS "Downtown" Bragg Creek <i>Michele McDonald</i> .....	15
Staying Fit Over the Winter <i>Jennifer Gordon</i> .....	16
Bragg Creek Community Association.....	18
High Country Rural Crime Watch <i>John Robin Allen</i> .....	20
Sheep River Library <i>Winter/Spring Programs</i> .....	23-26
Councillor's Update <i>Suzanne Oel</i> .....	27
<i>Lifestyle:</i>	
Pain Relief <i>Andrea Kidd</i> .....	37
"NO!": A New Resolution <i>Duane Harder</i> .....	39
ADHD and Depression <i>Roché Herbst</i> .....	40
Mortgage Matters <i>Candace Perko</i> .....	41
Winter Projects to Prepare for a Spring/Summer Property Sale <i>Wayne Chaulk</i> .....	42
Out of the Rut <i>Kat Dancer</i> .....	45
<i>Classifieds</i> .....	46
<i>High Country News Cover:</i> .....	Sketch © Blake Schroeder

**HIGH COUNTRY NEWS is published monthly by:**  
**High Country Business Services Ltd.**  
 Box 476, Bragg Creek, AB, T0L 0K0

Editor: **Lowell Harder**  
 Occasional Reporting: **Faith McLean**  
 Layout & Design: **Anna Grist**

### ADVERTISING RATES:

FRONT PAGE Banner \$175  
 Inside Cover Full Pg \$595 • Index 1/4 Pg \$175  
 Index 1/3 Pg \$210 (Min 3 mth booking front/index)  
 Full Page \$540 • 2/3 Page \$380 • Half Page \$290  
 1/3 Page \$190 • 1/4 Page \$155  
 1/6 Page \$115 • Business Card \$75  
 \*1/4 hour layout included in ad rate  
 Back Page Listing \$96/yr • Layout Charges \$60/hr  
 Commercial Classifieds \$16/4 lines minimum  
 For website advertising, call the office for a quote  
 Discounts available on long term commitments  
 GST NOT included in rates  
 Subscription \$30/year • Circulation: 12,000

**NEXT DEADLINE IS**  
**Saturday, Jan 12!**

*We accept e-transfer, Mastercard & Visa*

*Articles published in the High Country News are solely the opinion of the writers. This publication assumes no responsibility for the content or accuracy of these articles.*

*No part of this publication may be reproduced in any way without the written permission of the editor.*



**403.949.3526**  
[www.highcountrynews.ca](http://www.highcountrynews.ca)  
[highcountrynews@telus.net](mailto:highcountrynews@telus.net)  
 [facebook.com/highcountrynews.ca](https://facebook.com/highcountrynews.ca)  
 [@highcountrynews.ca](https://www.instagram.com/highcountrynews.ca)



  
*Candace Wray*  
Lawyer

  
*Paul Manning*  
Lawyer

  
*Erin Barvir*  
Lawyer

  
*Staci Smith*  
Lawyer

*Services Offered:*  
 Adoption | Arbitration | Cohabitation/Prenuptial/Separation Agreements  
 Custody/Access | Division of Property | Divorce | Guardianship/Trusteeship  
 Mediation | Notary Services | Child/Spousal Support | Wills & Estates  
*Cochrane lawyers serving the local community*



4209-101 Sunset Drive, Cochrane, AB T4C 0W7  
 T: 403.981.0700 | F: 403.981.0701  
[info@mountainvistalaw.com](mailto:info@mountainvistalaw.com) | [www.mountainvistalaw.com](http://www.mountainvistalaw.com)





## From The EDITOR

**H**appy New Year! We trust you had a Restful and enjoyable holiday season. As the front cover states, we have a blank piece of paper on which to write another chapter of our life. Will it be last year's re-run, or will you have the courage to create a new story?

Often we start the year by setting personal goals, or a list of resolutions. Unfortunately, we don't always attain the goals, and the opposite behavior of the resolution is accomplished.

I would like to suggest that a better idea in starting the year is to revisit your values, and then ask yourself how those values are being acted out both publicly and in private. If you are human, you may notice a discrepancy between what you value, and what your outward behaviour looks like.

If we want to create lasting and positive change, we may need to look a little deeper than creating a "30th hour" in the day to finish our to-do list. We have what I would call head values, but they may not transfer to our hearts. We need to address the fears and issues of our hearts to truly change. This is an uncomfortable and scary place to go. Sometimes the changes are only subtle, and sometimes we need to make 180-degree shifts. Wherever you are on the path of life, may you have the courage to move away from the status quo, and embark on a personal journey of change.

The better we can lead ourselves, the better we can serve our families, friends, communities, and businesses.

In closing, make sure to take the time to see how you can be involved in your community, and don't forget to show your appreciation to all those who have volunteered their time in making your community a better place to live.

*From our family to yours, Lowell Harder*

For more from the Editor, visit [highcountrynews.ca](http://highcountrynews.ca)

### Foot Care In The Creek!

Clinics: Thursdays at 6 week intervals  
 Location: Snowbirds Chalet  
 19 Balsam Ave, Bragg Creek  
 Hours: 9,00am -4,00pm  
 Clinician: Jill Read-Johnson,  
 Certified Podologist  
 Cost: \$30.00/session  
 Appointment: Call 403.949.2133 for more details  
 & to book appt for clinics. You will  
 receive a call to confirm your appt.  
 \*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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

---

### Upcoming Foot Care Clinics

Jan 10 • Feb 21

Foot Care Clinics are a Mountain Woods Health Services Community Initiative in collaboration with Care In The Creek Medical Centre & the Snowbirds Seniors Fellowship  
[www.mountainwoodshealth.com](http://www.mountainwoodshealth.com)



# ABSOLUTE Pest Control

## Pest Free Living Stress Free!

Residential and Commercial services that can be customized to suit your specific needs and property.

**Mention this ad for \$15 off your service!**

(403) 238 - 7400  
[www.apcpestfree.com](http://www.apcpestfree.com)  
[info@apcpestfree.com](mailto:info@apcpestfree.com)

## Artist PROFILE

Inspired by a trip to the art-filled city of Paris a year and a half ago, Blake Schroeder began pursuing drawing and painting. He is currently exploring different styles and techniques with oil paints and mixed media. Blake lives in Priddis with his wife and children.

# THANK YOU!



*The Foothills Full Service Law Firm*

Wills – Real Estate – Family  
Corporate Commercial  
Litigation – Employment  
Notary Public & Commissioner  
Intellectual Property

**Is Celebrating 10 Years of Service**

*We want to thank all of our clients and colleagues for their patronage and support over the past ten years!*

**WWW.MAVERICKLAW.CA**

## Retirement & Tax Planning: Paying Less Tax in Retirement

Congratulations! Your hard work has paid off and you're approaching retirement or already there. You made it. The nest egg you've built up will last your lifetime, and the work you should be doing is in the garden or on your golf swing.

The tax refund created from RRSP contributions may seem like a distant memory once RIF income begins. Any money removed from your RRSP or RIF is considered fully taxable income, and the tax rate can be substantial.

The income from your RRSP and RIF can also claw back government benefits, acting like a hidden tax that won't show up on your return.

The best way to deal with taxes is to get ahead of them. Looking at the full picture early can mean thousands in savings. A financial plan is essential to make sure you are paying the least amount of tax over your lifetime.

***Live your retirement years the way you want. Join our two Professional Financial Planners for a free Retirement & Tax Planning seminar at the Spiritwood Retreat on Thursday, February 21, 2019 at 7pm.***

To register online at [eventbrite.com](http://eventbrite.com), search for 'IG Wealth' in Priddis, all dates, or call 403.473.6328

# IG WEALTH MANAGEMENT

## BRAGG CREEK PLUMBING & HEATING LTD.

BOX 1148, BRAGG CREEK, ALBERTA T0L 0K0

COMMERCIAL • RESIDENTIAL • GASFITTING • PRIVATE SEWER

[www.braggcreekplumbingandheating.com](http://www.braggcreekplumbingandheating.com)

**DOUG TUTTLE**  
bcph@explornet.ca  
Ph: 403-931-0486  
Fx: 403-931-1617

## Century Rock Masonry

All Types Of Stonework  
Fireplaces • House Facings • Retaining Walls  
Patios • Garden Art • Repairs

David Andruko



403-819-5303





**MP Update**  
Foothills  
By John Barlow, MP

Everyone has their favourite room.

The Parliamentary Restaurant, the Senate, Hall of Honour, the Memorial Chamber and certainly the House of Commons.

As I write this column and think about everything I am thankful for I am truly blessed to be sitting in one of my favourite rooms in the entire world.

I am sitting in the breathtaking Parliamentary Library in Centre Block of Parliament Hill.

Even as I listen to the tapping of the keys on my laptop I catch myself glancing up at the incredible woodwork, smelling the books and drinking in the quiet atmosphere.

This month the House rose, signifying the end of the Fall session. For many of us it could be the end of an era.

When we return for the Winter Session at the end of January the House of Commons will no longer be in Centre Block, but in a temporary location in the newly renovated West Block. The iconic Centre Block, with the Peace Tower as its keystone, will be closed for more than a decade for a massive renovation.

For many current Members of Parliament, we may never have the opportunity to return to the traditional home of Canada's democracy. I know they are saying ten years, but for a project of this magnitude, I



am guessing closer to fifteen years until the House resumes in its splendid home.

Therefore, December's adjournment proceeding was bittersweet to say the least. For me, still a relatively new Member, I found it hard to escape the grip of my seat.

On Dec. 13, the last day of the session, I asked what could be my last question in Question Period in the true home of the House of Commons. I was honoured to ask a question of the Prime Minister about the energy crisis in Canada and its impacts on families in Alberta, especially during the holiday season.

Afterwards, even after the House rose for the Christmas break, I and a handful of others, could not bring ourselves to leave. Instead I stayed in my second-row seat and soaked in the room – grand, elegant and quite simply beautiful.

I thought about the debates that occurred here in the past, the icons of Canadian history who sat in these same seats – MacDonald, Laurier, Diefenbaker, King, Trudeau, Mulroney, Chrétien and Harper. The men and women who made the difficult decisions and passed legislation in this House helping to build a nation, a pillar of democracy admired around the world.

History was made here and at times I find it hard to believe I am a part of that history.

The shooting in October 2014; sending troops into Syria; Malala Yousafzai addressing the House of Commons; an emergency debate on TransMountain pipeline; legalizing marijuana; a floor-crossing from the government to opposition. Good and bad, I have had a front row seat to key moments in our history.

I have been able to because of your confidence and support. I have served the constituents of Foothills (Macleod before that) for more than four years and each day I still get goosebumps when I walk up the Hill and see the Canadian flag atop the Peace Tower.

As much as we will try, the temporary home of the House of Commons will not be the same. However, I know the essence of this hallowed place will live on in West Block over the next decade as we continue to debate the issues important to Canadians and continue to make history.

Well, the librarian has told me it is now time to close the library as well. Sad.

I know this is not a traditional Christmas column, but as we head into 2019 I want to say how thankful I am for the opportunity the residents of Foothills have provided me to represent you in the House of Commons.

*From Louise, myself and our family I want to wish you a Merry Christmas and a wonderful 2019.*



Barrister & Solicitor,  
Notary Public

Thank you to all  
my clients for  
your loyal support!

Hoping for a  
Happy New Year  
for you all!

**Linda A. Anderson**

**25 Years  
Experience**

**403-243-6400  
403-949-4248**

[linda@lindaandersonlaw.com](mailto:linda@lindaandersonlaw.com)

Appointments available in  
Redwood Meadows & Calgary



**Moose Mountain Mechanical Ltd**

- Plumbing & Gasfitting
- New Build & Reno's
- Hydronic Heating
- Residential & Light Commercial

Ian Greenhalgh

Phone (403) 949-2522

Cell (403) 471-4159

[ian@mmmech.ca](mailto:ian@mmmech.ca)

Box 59 Bragg Creek AB T0L0K0

# MLA Update

Banff/Cochrane

By Cam Westhead, MLA

Every Albertan owns the energy resources in the ground, and we have a duty to defend those resources. But over the last several months they were being sold for pennies on the dollar due to the punishing differential which rose to record highs recently. Immediate action was required, and Premier Notley made the difficult yet necessary decision to mandate a short-term reduction in oil production to defend Alberta jobs and the value of our energy resources.

The price gap is caused by the federal government's decades-long inability to build pipelines. Ottawa's failure in this area has left Alberta's energy producers with few options to move their products, resulting in serious risks for the energy industry and Alberta jobs.

Alberta produces roughly 190,000 raw crude oil and bitumen barrels per day: more than can be shipped by pipelines, rail or other means. The amount of oil that is being diverted to storage is at record highs and storage is nearing capacity.

Under the action announced by Premier Notley, production of raw crude oil and bitumen will be reduced by 325,000 barrels per day to address the storage glut, representing an 8.7 per cent reduction. After excess storage is drawn down, the reduction will drop to an estimated average of 95,000 barrels a day until Dec. 31, 2019 when the rules supporting this action end.

Relative to inaction, curtailment is projected to reduce volatility, narrow the differential by at least \$4 per barrel relative to where it otherwise would have been and add an estimated \$1.1 billion of government revenue in 2019-20 – money used to pay for roads, schools and hospitals.

The Alberta Energy Regulator will implement the reductions starting in January 2019. The reduction amount will be reviewed each month to make sure production is in balance with transportation and storage capacity. A 10,000 barrel per day exemption will ensure the smallest oil producers are not unduly affected.

The reduction reflects broad

consensus in industry and input gathered by expert envoys appointed in November to work with oil companies on solutions to the oil price differential.

Premier Notley's fight to get top dollar for our energy resources includes a made-in-Alberta strategy to build new pipelines, invest in new rail capacity, and add value through more upgrading of oil and gas here at home. Combined, these efforts will create thousands of new jobs and attract tens of billions of dollars in new private investment.

The coming weeks and months will not be easy as we navigate through this process, but I can promise we will never back down in our fight to protect jobs and the resources owned by all Albertans. Premier Notley and I will never stop fighting for Alberta.



**THE POWDERHORN SALOON**

BRAGG CREEK  
403-949-3946

Wishing you & your family a happy & healthy 2019!  
Happy 40th birthday to the Powderhorn! Est. 1979  
Watch for birthday celebration events throughout the year

“Great Western Cheer & Great Cowboy Beer”

TAKE OUT MENU available!

JANUARY EVENTS

- FRI 4 • AL BARRETT BAND
- FRI 11 • MALIBU MIKE
- FRI 18 • JR KAKUITTS
- FRI 25 • BACKROAD TRAVELER BAND
- SAT 26 • CURRINGO = RANI RASOI & BINGO

WATCH FACEBOOK FOR EXTRA BINGO DATES

**CAM WESTHEAD**  
Banff-Cochrane MLA

Constituency Office  
102, 721 Main St, PO Box 8650  
Canmore, AB, T1W 0B9

Phone 403.609.4509  
Toll-Free 1.866.760.8281  
Fax 403.609.4513  
banff.cochrane@assembly.ab.ca

*NEW Office Hours at  
the Bragg Creek Community Centre  
Last Fri Each Month • 9 - 11am*

*Or please contact the office  
to arrange a meeting  
appointment  
in a location  
convenient  
for you.*





**OK TIRE™**  
Honestly driven.

**WELCOME TO OK TIRE COCHRANE.**

We carry all brands of tires, whether it be for your 1 ton truck, your SUV, Family Sedan, or even your Horse Trailer. We are here to meet your every need.

**FULL MECHANICAL SERVICES**  
Brakes, Tune-ups, Wheel Alignment, Suspension, Oil Change, Inspections, General Maintenance. Your dealers alternative.



412-1<sup>ST</sup> STREET WEST, COCHRANE AB. (2 blocks west of MacKay's Ice Cream)  
PHONE 403-932-2086 info@oktirecochrane.com  
**www.oktirecochrane.com**



# Springbank Creative Arts Club Update

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

The club gathered for a lively windup in Dec at the home of Pari, thanks to Pari for being a gracious and welcoming hostess. There was food, beverages, a gift exchange and new ideas for the New Year, a very nice evening with great friends.

2019 already! This year is the 36th year for this organization. Dedicated membership, volunteer commitment, and friendships keep us returning each year. Thank you to the members.

Next scheduled meeting Jan 23, 2019 7:00 at the Amica at Aspen Woods. Please contact Janice at [janice3lambert@gmail.com](mailto:janice3lambert@gmail.com) for any new business to be introduced at the meeting.

There will be a Spring Fling Sale! May 11, 2019 AMICA at Aspen has invited this club to hold the event at their facility at 10 Aspenshire Drive SW Calgary, 10am - 4pm. This is a great opportunity

to see this facility and pick up Mother's Day gifts. More details to follow.

*We are a small, but enthusiastic group and would welcome new members to come and join us. This is a great opportunity to meet artists, artisans, and other crafters living in Springbank. Bring along your latest creations (show and tell) to share with the group. For more information about the annual sale Nov 2 & 3rd, 2019 or membership email [yjo999@gmail.com](mailto:yjo999@gmail.com) Follow us on [facebook.com/springbankchristmasmarket](https://www.facebook.com/springbankchristmasmarket).*

Submitted by Yvonne Bamlett



POSITIVE APPROACH CANINE EDUCATION

## PACE PROGRAM

**PACE is a program tailored to you!**  
TWO DIFFERENT CERTIFICATES ARE OFFERED:  
*Canine Handling Skills and Behaviour Knowledge Certificate;*  
*Canine Handling Skills, Behaviour and Instructor Certificate*  
Choose one that meets your career and development goals!

**YOU WILL LEARN:**

- Breeds & Development Stages
- Canine First Aid, Health & Nutrition
- Conducting Dog Evaluations & Assessments
- Canine Fear, Anxiety, Aggression, Reactivity & Guarding
- Instructing Group Classes & Private Settings
- Off-Leash Park Education
- Dog to Dog Interactions
- Canine Communication
- Learning Theory
- And More!

**Learn more and check out our video at:**  
[cochranehumane.ca/programs/pace-education/](http://cochranehumane.ca/programs/pace-education/)



**Program Start Date:**  
March 23, 2019

**Application Deadline:**  
February 1, 2019

Earn your certificate under professional dog trainers and a certified canine behaviour consultant with more than 20 years of experience working with dogs in the animal welfare field.

 Gain hands-on experience rehabilitating dogs with common and complex behavioural issues using positive, scientifically proven techniques, and mutual respect between dog and handler.

 Attend monthly work-shops and weekly sessions training dogs with your certified mentor.

 Gain more practical hours and utilize countless opportunities to work with behaviours you won't find in any other program and earn hours to become a certified dog trainer.

Photo Credit: THE DOG WITH A BOW PHOTOGRAPHY



**LEELA SHARON AHEER, MLA CHESTERMERE – ROCKY VIEW**  
Please support local business and Volunteer!  
Volunteers and local business are the heart of your community!  
We offer Commissioner For Oaths Services (free)

**Want to meet? Call us! 403-207-9889**  
Constituency Office:  
215, 175 Chestermere Station Way, Chestermere  
Walk In: Tues. – Wed. 10 AM – 4 PM, Friday 9 AM -12 PM  
Other times: call ahead for appointment  
[Chestermere.Rockyview@assembly.ab.ca](mailto:Chestermere.Rockyview@assembly.ab.ca)  
Find us on Facebook



*Meet. Adopt. Love.*

   [cochranehumane.ca](http://cochranehumane.ca)





**Cochrane & Area HUMANE SOCIETY**



1998 - 2018



**Will Your Furnace SURVIVE THE WINTER?**

Previously **SEARS**

**Trapped Indoors Special**

Get Peace of Mind  
✓ INSPECT ✓ CLEAN ✓ TUNE

## 11% Off

HVAC REPAIRS and  
CLEAN AIR EQUIPMENT

Ref. Coupon Code HC-911

A LIMITED TIME OFFER EXP. 31/JAN/2019

Call Us Today **403-230-2496**

Furnace Heating, Fireplaces, Garage Heaters,  
Water Heaters, Air Filtration & Treatment,  
Duct Cleaning, Repairs and Sealing.  
**Installation - Maintenance - Repairs**

 **24x7**

[www.AlbertaCleanAir.com](http://www.AlbertaCleanAir.com)  
**Indoor Clean Air & Wellness Experts**

 **GUARANTEED TRUSTED EXPERTS**





# ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



**COUNCILLOR MARK KAMACHI**  
@MARKKAMACHI  
CHECKMARKK.CA

MKAMACHI@ROCKYVIEW.CA  
OFFICE: 403-949-3343 | CELL: 403-861-7806



## What happened to 2018?

Wow. I can't believe that we're having to adjust to new numbers on our calendars. Welcome to the New Year. I hope you enjoyed a wonderful Christmas surrounded by friends and family. As for me, I'm looking forward to leaving 2018 behind and setting new sights. This past year had been trying on aspects of business, councillorship and personal matters. I thank you for your understanding and patience.

So the most asked question around this time is "What are your New Year resolutions?" Personally, I hope to get my life organized: my business has to stay vibrant, my family needs to see me more often, my dogs need to see me as their Alpha, and council has to make changes so our residents' lives are enhanced. Now that's a big wish but I'm a believer that positive thoughts net positive results.

## So what's on the horizon?

As we look back on 2018, I must say there were some great outcomes. For starters, I want to welcome our new CAO, Al Hoggan, as he takes charge. He has a lot of work in front of him and I wish him nothing but success. I look forward to working with him, fellow councillors and his administrative staff as we continue to strive to make Rocky View County the best place to live in all of Canada.

In addition, the mandatory water/wastewater hookups in the Hamlet will help pave the way for getting our treatment plant paid off. With fewer septic fields in operation, the safer our natural water source will be. I continue to work on getting more participants from landowners to potential business developments to tie in.

In recent meetings with administrative staff, our terms of reference for our Area Structure Plan (ASP) will go through an evolution. One that will hopefully get us growing sensibly as we strive for a larger tax base accompanied by growth within our community. Plans are to look into the Hamlet expansion Area of our Revitalisation Plan conceived after the 2013 flood.

Speaking of which, if all goes well with final design and cost plans, we could see the 4-way stop at the entrance to Bragg Creek get transformed into roundabouts. The design has been years in the making and is currently being finalized by Alberta Transportation - we could see construction as early as late spring. Fingers crossed because this will alleviate traffic congestion, make our roads safe for local residents, visitors and our Tsuut'ina neighbours in the summer peaks travel times. No more dealing with frayed nerves.

On the topic of frayed nerves, congrats go out to the FireSmart committee

as they continue to meet regularly to implement safe practices when it comes to ways to mitigate a future disaster. Remember, it's only a matter of time before we face our own wild fire catastrophe. Let's do our part to take preventative measures to lessen the destruction. Get educated and involved.

With regards to the recent decision of Rocky View County Council to ask the Provincial Government to halt the Springbank Dry Dam proposal until proper "apples to apples" comparisons could be made against other ideas, it doesn't mean we stop flood mitigation plans in the Hamlet. Land acquisitions, design and construction is still moving forward. We cannot afford to wait until our current or possibly a new government takes the reigns. We have to continue to look after our immediate needs while we have the funds.

In closing, there is lots on the horizon for the whole of RVC. With only a bit more than a year into my role as a councillor, I must admit, there is still much learning to do and I'm counting on my colleagues, both on council and in administration to help me understand the ways of municipal governance.

Please do not hesitate to connect with me with questions or concerns you may have regarding your role in this community. Thanks for your support.

– Cheers, Mark



## When You Own Mutual Funds, You've Got Management On Your Side

By purchasing mutual funds, you can take the worrisome guesswork out of owning stocks. Fluctuations are not as terrifying because you know that you have your own professional portfolio managers who understand that volatility in the market also brings opportunities. They can purchase stocks in a mutual fund's portfolio at lower unit/share prices, at exactly the time when many, motivated by fear, might sell. If the market moves downward you can purchase mutual fund units at lower prices.

**Diversity heads the mutual fund advantage:** A good equity mutual fund holds a diversified group of stocks in its portfolio, thereby reducing the likelihood of all the assets held within the fund losing value in a decline. In fact, many managers will hold more cash if they feel that the market will soon decline. The average investor buys stocks at their peaks because they feel good about the growth witnessed in a rising bullish market. Thus, they buy right when the stocks cost more. Conversely, most people get nervous, selling their securities after the market has moved downward, and the value of their portfolio holdings has decreased.

**The wisdom of long-term investing:** It is almost impossible to time the market accurately, but there are two effective long-term strategies to eliminate the temptation to try timing the market.

**Stay invested:** Buy and hold mutual funds whose managers buy value-oriented stocks. They will normally regain any lost value as the markets rebound after a decline. Staying invested during a market downturn, and actually buying more fund units, is referred to as contrarian investing—meaning the strategy is contrary to what most fearful people might decide.

**Dollar cost average:** You invest a fixed amount of money, buying mutual fund units at regular intervals. Using this method, you buy fewer units when the prices are higher, and more when lower. You actually win when you buy more mutual fund units/shares

at reduced prices because, eventually, the market moves back up. Based on timidity, not knowledge, many redeem their mutual fund units just when they should be buying more. The investors who achieve enhanced profits are those who buy more of their favourite stocks or equity mutual fund units when their value goes down.

**Why does the market fluctuate anyway?** If we didn't have market fluctuation what would we have? Capitalism could not survive because it relies on freedom of choice. In a healthy economy our combined desires and responses to the media, government policy, current events, supply and demand of consumer goods, (good, bad, or indifferent) move the related markets. Our economies are connected with all the major world markets which now affect each other. Because markets naturally move up and down, it seems unnatural to seek investments that are non-fluctuating.

**The risk of guarantees:** Those who insist on guaranteed investments generally lose after the cost-of-living and taxation is factored in. For example, if you earn 4% in a GIC (term deposit) in a 40% tax bracket, you earn 2.4% net after tax. If inflation runs at 3%, you actually lose 0.6% in buying-power each year you hold that GIC (term deposit). With mutual funds, your portfolio manager purchases stocks belonging to living companies in a diversified portfolio (of pooled investments) and thus can achieve capital growth over longer terms. If you see the market softening, ask your investment advisor if he or she knows of any current opportunities to purchase equity mutual fund units at lower prices.

Contact my office today to begin the process of getting control of your financial situation and to review your investments to ensure they meet your needs in our ever-changing World.

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

**Robert Hughes,**  
P. Eng., CFSB, CFP, CPCA

### Robert M. Hughes FINANCIAL SOLUTIONS INC.



- Certified Financial Planner
- Investment Manager
- Insurance Specialist
- Certified Seniors Advisor

Robert Hughes,  
P.Eng., CFSB, CFP, CPCA

- RRSPs, RRIAs, LIRAs, LIFs, LRIFs, RESPs, & non-registered portfolios
- Life Insurance, Critical Illness, Disability & Long-Term Care Coverage
- Financial Planning - Individuals, Professional Corporations & Small Businesses



**403-949-3250**  
E-mail: [robert@myfinancialsolutions.ca](mailto:robert@myfinancialsolutions.ca)  
Website: [www.myfinancialsolutions.ca](http://www.myfinancialsolutions.ca)  
Box 231, Bragg Creek, AB T0L 0K0





**Cafe hours**

Tuesday - Friday 8:30am-4:00pm  
Saturday 8:30am- 5:00pm  
Sunday 9:00am-5:00pm

good coffee- tea- elixirs- baked goods- toasts  
salad bowls- homemade soups & more

**WINTER YOGA**

**DROP-IN SCHEDULE**

45 - 75 MINUTE CLASSES

<b>MONDAY</b>	<i>Basics &amp; Beyond Slow Flow</i>	9:30am 7:00pm
<b>TUESDAY</b>	<i>Strong &amp; Fluid Evening Registered Series (see website)</i>	9:30am
<b>WEDNESDAY</b>	<i>Slow Flow Evening Registered Series (see website)</i>	9:30am
<b>THURSDAY</b>	<i>The Roll Method Strong &amp; Fluid</i>	9:00am 7:00pm
<b>FRIDAY</b>	<i>Yang/Yin Slow Flow</i>	9:30am noon
<b>SATURDAY</b>	<i>Basics &amp; Beyond Afternoon Registered Series</i>	9:00am

**REGISTERED SERIES /WORKSHOPS/RETREATS**

**BEGINNING YOGA** - Wed. Jan. 16 - Feb. 20 7:15pm 6 class series introducing Heart Yoga

**DEEP RELEASE** - Sun. Jan 20 - Feb 20 7pm Experience the healing benefits of Yoga Nidra

**THE ROLL METHOD** - Wed. Jan 16 - Feb 20 6pm MyoFascial Release (Therapy Balls)

**CRITICAL ALIGNMENT FOR THE BACK** - Sat. Feb 2 - March 16 2pm

**CANDLELIT YIN EVENING SERIES**- Monthly Friday evening Practices

**YOUTH YOGA PROGRAM** - Mondays/Wednesdays/Fridays . (visit website for details)  
We focus on kindness, gratitude and a deep sense of love and respect for oneself and others

**TEEN YOGA PROGRAM** - Tuesdays 4:30pm A supportive series offering Mindful Movement, Meditation, Breath Awareness, Relaxation Techniques & Community volunteering

**VISIT OUR WEBSITE**

403.813.8465 WWW.THEHEARTOFBRAGGCREEK.CA #12 BALSAM AVE



**Residential,  
Commercial and  
Recreational  
Planners and  
Contractors**

**Specialty Services  
include:**

**Landscape Master  
Planning**

**Pond and Creek  
Design and  
Construction**

**Excavating and  
Trenching**

**Retaining walls**

**Earth Moving**

**949-2785**

Call us or visit our website  
at

[www.scopeprojects.com](http://www.scopeprojects.com)

**Ron Peiluck M.A.  
Managing Director**

**Adam Vanderwoude  
LAT**



It's time for some outdoor fun times to burn off everyone's energy and holiday calories. There's lots of ice in the area, some of it is safe to enjoy for skating and fishing, some of it isn't. Here are some ice safety tips. Above all, remember that no ice can ever be considered 100% safe!

1. **Avoid Moving Water:** Ice that forms over moving water is usually weaker, especially where there is a stronger current. Avoid this ice unless you are positive it is frozen at least 5 inches thick.
2. **Measure before you go:** Less than 3 inches: Stay off! 4 inches: Skating,

walking and skiing are okay; 5 inches: Snowmobile/ATV are okay; 8 inches plus: Driveable

3. **The Colour Wheel:** Clear, blue or green – Skate away! Dark or white ice may be a sign of weakness.
4. **Know Where You Stand:** Ice near the shore can be weaker than ice in the middle of the lake, and sometimes vice versa. Don't think one part of the lake is exactly the same as the other.
5. **Watch For Snow:** Ice with piles of snow can increase the pressure and decrease the safety. Snow can also insulate and warm the ice, slowing the freezing process.
6. **Look At Your Surroundings:** Cracks, seams, pressure ridges, slush and dark areas are all signs ice is unsafe.
7. **Don't Go Alone:** It simply isn't smart to be on the ice without another person there, just in case. Make sure you're within eyesight of a buddy and keep a cell phone handy!

**IF SOMEONE FALLS THROUGH:**

- Call 9-1-1
- Anyone still on the ice should lie down slowly to distribute their weight over a larger area.
- The person in the water should remain calm, breathe normally and kick to slowly ease their way out of the water. Turn toward the direction they came in, and place hands and arms on unbroken surface. Lift themselves on forearms and kick feet to try to get out of the water. Once they make it to the surface, have them crawl or roll away from the broken ice area.
- Everyone should avoid standing up until far away from the broken ice.
- As soon as you can, get the victim into dry clothing and treat for hypothermia.

**WATCH YOUR DOG!**

Keep an eye on your dog to ensure that it remains in safe areas. If your dog does fall in, phone 9-1-1. First responders have the equipment needed to keep everyone safe—if you try to rescue the dog yourself, chances are you'll fall under, too.

 <p><b>Household Artists Inc.</b> Specializing in Post Construction</p> <p>Edith L. Walton President info@cleaningartists.com</p> <p>Bonded • Insured • Licensed • Workers' Compensation</p>	<p><b>Cleaning Services</b> Commercial Industrial Residential</p> <p>We Check It ✓ www.CleaningArtists.com Office: 403.569.0413 Cell: 403.519.6111</p> 	<p><b>ELECTRICIAN / HANDYMAN</b></p> <p><b>CALL KEITH: 587 894 2244</b></p> <p>Master Electrician - General Handyman - Small Load Hauling</p> <p>Taking Care of Your 'HONEY-DO' List</p> <p>KEITH WALTERS - celtic.kw@gmail.com</p> <p>Celtic Electrical Services Box 1006, Bragg Creek, AB T0L 0K0</p>
--	--	---



## Bragg Creek Insurance Services & Registries Office

<p><b>Insurance Services Include:</b></p> <ul style="list-style-type: none"> <li>Home &amp; Farm</li> <li>Automobile</li> <li>Commercial</li> <li>Travel</li> <li>Specialty</li> </ul>	<p><b>Registry Services Include:</b></p> <ul style="list-style-type: none"> <li>Motor Vehicles</li> <li>Corporate Returns</li> <li>Land Titles</li> <li>Vital Statistics</li> <li>Alberta Health</li> </ul>
--	---



**1 River Drive S, Box 537**  
**Phone: 403-949-2599**  
**Fax: 403-949-5646**  
**www.braggcreekinsurance.ca**

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





# Thank you sponsors of Bragg Creek's Spirit of Christmas Festival

## **The Bragg Creek & Area Chamber of Commerce and these participating businesses:**

ATB Financial • Bragg Creek Artisans Society • Ladies Auxiliary to the BCCA  
 Bragg Creek Leather Shop • Belcourt Pet Spa & Supplies • Bragg Creek Foods • Bragg Creek  
 Insurance Services • Bragg Creek Oil & Vinegar Market • Bragg Creek Trading Post • Carl's Jr.  
 Crabapple Cottage Ladies Boutique • Creekers Bistro • Frontier Candy and Ice Cream • Gypsy Maries  
 Harder & Sons Exterior Maintenance Services • High Country News • Lucid Café • Moose Mountain  
 General Store • Moose Mountain Mechanical Ltd. • One of a Kind Gifts • Powderhorn Saloon  
 Sandstone Pharmacies – Bragg Creek • Sharon Bayer – Real Estate Professionals Inc.  
 Signum Consulting Ltd. • Snack Mania • Spirits West Merchants • Sugar Shake Bakery & More  
 The Bavarian Inn Restaurant • The Best Little Wordhouse in the West • The Hub  
 The Italian Farmhouse Ristorante & Bar • The Painted Moose

## **Further thanks to the following organizations and businesses for their support during the Festival:**

Local Committee for Calgary and Area RE/MAX Realtors, Rocky View County, Bragg Creek's Seniors Chalet,  
 Bragg Creek Community Association, AdMaki Creative, The Hub, Redwood Meadows Fire Department



**Bragg Creek's  
Seniors Chalet**

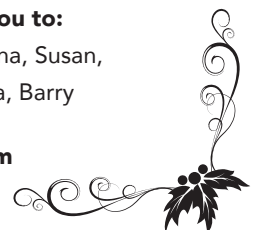
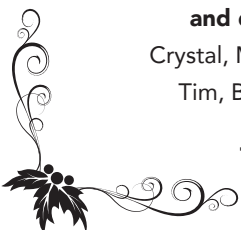
**RE/MAX**  
Outstanding Agents  
Outstanding Results



## **The Festival would not have been possible without the energy, commitment and drive of the committee and our wonderful volunteers – a heartfelt thank you to:**

Crystal, Mona, Donna, Pauline, Jane, Shawntel, Christine, Ben, Kathleen, Rhonda, Marina, Susan,  
 Tim, Bev, Garry, Faye, Yvonna, Brenda, Liz, Harmony, Shaye, Julie-Ann, Janine, Janna, Barry

**The Bragg Creek & Area Chamber of Commerce [www.visitbraggcreek.com](http://www.visitbraggcreek.com)**



# TRAIL TALK!

The Latest from the  
Greater Bragg Creek Trails Association



## West Bragg Creek (WBC) Trans Canada Trail (TCT) Update

In early 2018, the GBCTA raised \$500,000 from Rocky View County (\$331,000) and TransCanada Trail Foundation (\$169,000) to complete the construction of a pedestrian bridge, just east of Wild Rose, and 472 meters of strong post guardrail that is required as per the Rocky View County approved design for the subject trail.

The strong post guard rail was installed for the GBCTA in the summer of 2018 by Volker Stevin, under contract to Bragg Creek Excavating, providing trail user safety adjacent to the busy WBC road.

Mcelhanney were retained by the GBCTA to handle all the technical, regulatory approval, tendering, inspection and project management work

for the pedestrian bridge project. They completed environmental technical work and obtained Department of Fisheries and Oceans regulatory approval for the bridge abutment installation work. However, the one bridge abutment tender received exceeded the budget funds available, so the abutment work was deferred until August/September 2019. The GBCTA recently received approval for \$70,000 in funding from Alberta TrailNet for the pedestrian bridge. The GBCTA had the bridge abutment work retendered and is pleased to confirm that A M McKay Contractors Ltd. has been awarded a contract to construct the pedestrian bridge for August/September 2019.

The pedestrian bridge superstructure was constructed by JimBob for the GBCTA and is in storage awaiting installation in September 2019. This price for the bridge

superstructure was locked in before steel prices rose significantly due to US steel tariffs.

The GBCTA also installed a trail counter supplied by the TCT Foundation on the WBC TCT in the Hamlet of Bragg Creek, just east of the pedestrian crosswalk. The counter can distinguish between cyclists and pedestrians. The GBCTA will report on trail counts in 2019 once we have sufficient data.

The GBCTA plans to have snow removed from the WBC TCT during the winter of 2018/19 by Mike Frena, a GBCTA part time employee.

The GBCTA would like to thank all those who have supported this trail with funding, volunteer work or whatever you did to help make this project a reality.

We would like to recognize Carber Goodlet for his successful fundraising efforts and Conrad Schiebel, Bill Hoynes and Mike Frena for the installation of the trail counter.

We sincerely hope trail users enjoy this major new trail that helps connect our community while improving public safety and providing numerous other benefits.

*Submitted by Eric Lloyd, Special Projects Coordinator (Volunteer), GBCTA*

Join Us At Our Upcoming  
**Community Events!**



**BRAGG CREEK**  
community church *All Welcome!*

**Sunday Service 10:00am**  
**Youth Gym Night • Jan 4 at 7:00pm**  
both at Bragg Creek Community Centre  
*Pastor Dave Zimmerman • braggcreekchurch.ca*



**Ladies Bible Study**  
Mondays 10:30am  
**Needle Craft Club**  
First Sat of Every Month 7:00pm  
**Parent & Tot Group**  
Coffee, treats and informal visiting for parents,  
while children enjoy some playtime!  
Fridays 9-11am  
**Monthly Business Lunches**  
Wed January 23 • 11:30am-1:30pm  
Do you own or manage a small business in Bragg Creek or Redwood  
Meadows? Retail AND home based businesses, join us for a FREE lunch  
once a month to get to know your fellow business operators!  
**Christian Fiction & Nonfiction Library**  
*Located in the Bragg Creek Shopping Centre • Balsam Ave*

*This ad space generously donated by the High Country News*



**The Bragg Creek and Greater Area  
Historical Society**

Guest Lecture Featuring

**Rob Lennard**

author of 3 books of “historical fiction” on Southern  
Alberta, musician, and resident historian at the Bow Valley Ranch



Known as the “History Wrangler”,  
Rob invites you to attend his  
high energy, fun and music-filled presentation  
on Alberta’s history

Sunday, January 20th, 2:00 p.m.  
at the Snowbirds Chalet, 19 Balsam Avenue, Bragg Creek  
Everyone (including students & children) is Welcome  
Refreshments Of All Kinds Will Be Provided

Event Fee \$5.00 at the door (Yearly memberships \$10.00 to all events)

*\*with funding support from Rocky View County*





**BRAGG  
CREEK  
HISTORICAL  
SOCIETY**  
*Notes*

### “Downtown” Bragg Creek

The Bragg Creek Shopping Centre celebrates a 40-year milestone in 2019. But long before the mall was built, this piece of land (originally granted to the CPR) had been acquired by Jake Fullerton. The original quarter section was adjacent to his homestead at Circle 5 Ranch, and in 1939, Jake developed this subdivision that included cabin lots north of Balsam Avenue. In 1945, Jack Merryfield bought vacant lots on the corner and with his brother, opened and operated a Purity 99 gas station and garage until 1952.

In 1948, Jack sold the lot west of the Purity 99 station to Jerry Cooke and Alex Baptie, who added a dance hall to the community. Jerry (of Cooke Motors, a Calgary car dealership) had a band and called the square dances. He also had a group of friends, known as the “Grizzle Club,” always on hand to both grizzle and help. The Corral Dance Hall, with its distinctive western saloon false front, hosted locals and cabin dwellers throughout the 50s.

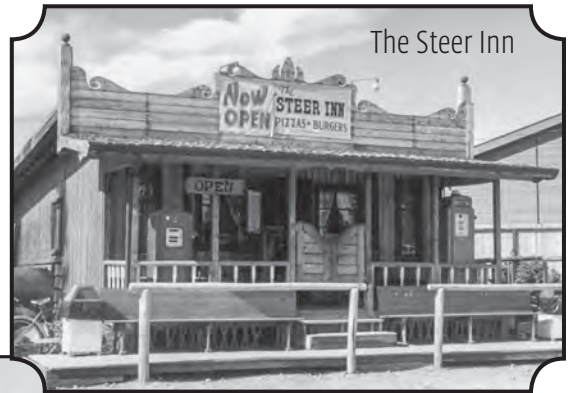
A barn and a corral -- this one for horses -- were added to the property to accommodate a “dude” riding business. Don Sanders, and Freddie Nash who had been operating from Bar B Q Steak Pit land, moved the operation to Jerry Cooke’s land so the entire operation took the name The Corral. *(A side note: Freddie was a former forest ranger who rode with leading lady Barbara Kent in the western “His Destiny,” filmed in the Highwood country in 1926.)*

The horses were first kept up at Tom Fullerton’s homestead, the Last Break Ranch. Later, the horse concession was operated by Don Sanders who kept them on the family’s (Macdonald) homestead in West Bragg. He would jingle them

down from there on weekends to rent by the hour. The pounding of hooves as the horses crossed the steel covered bridge could be heard for miles. After a few years, with more roads and more tourists, trails for horses became so scarce that Don continued his dude business from his homestead (until 1981). Folklore claims arson was the cause of the fires that burned both buildings to the ground in the early sixties. The site sat vacant for many years.

In 1979, the current mall opened and featured a Red Rooster Food Store, Grandma Lee’s Bakery, a Wicker Tea and Spice gift store, a hardware store and notably — the only remaining original tenants — The Powderhorn Cattle Co. and Frontier Candy & Ice Cream. The post office was added as a stand-alone in 1985 and the second part of the mall added years later. The businesses were heartily welcomed by the locals. The food store, for example,

C). It also burned down in the 1964 fire. Gordon Shoults of the Bar B Q Steak Pit took over and moved in his second take-out business. It was leased to Patti Birrell and named the Steer In “to good food”. Bob and Dave, from Calgary’s Everett and Lucas comedy show, had taken a break from touring and brought their comedy bus out to stay in Bragg Creek and work on the building. The result was so good that Gord then asked Bob to run the business. By then named the Steer Inn, it was operated by Bob and Rose Everett throughout the 1980s. Tourists loved the fresh burgers, home cut fries



Bragg Creek Shopping Mall

and the capital S branded on each bun. Fittingly, their slogan was “let us brand your buns.”

These gathering places of the ‘hood’ have spawned many tales, some fit for print, some not. One story, about the horse named Dozer from Elkana who would bring

his rider down to the ‘Horn for a beer, is classic. Dozer also enjoyed a libation, never dropping a drop. These days, this might pose a liability or public relations issue, but for a 1200-pound fan of the barley, could one beer really hurt?

*Michele McDonald for the Bragg Creek Historical Society*

*Sources: Our Foothills Manitoba: Freisen. 1975; Boyes, Fran, Cochrane Times, June 4, 1980; Teghtmeyer, Barbara: High Country News early 1990s; Norman, Judie: Interview August 2018; Nylund, Marie: Interview August 2018; Teghtmeyer, Barbara: Interview September 2018; Everett, Bob: Interview August 2018; Fullerton Sam, December 2018; Rowan, June, December 2018.*

**Please join the BCHS for Rob Lennard’s music and stories on Alberta History, January 20th @ 2:00 p.m. Snowbirds Chalet.**



**Staying Fit Over the Winter**  
 by Jennifer Gordon  
 BSc.PT, APCI, BA Kin  
 Physiotherapist, Bragg Creek Physiotherapy  
 www.braggcreekphysio.com

**Happy New Year, Creekers!**

Hope you all had a wonderful holiday season filled with delicious food, belly laughs and relaxing times by the fireplace. January is often a time to reflect on new goals, get back on track or simply shed all that holiday cheer! Sometimes our winter season can be a deterrent for staying active. The snow is falling, streets can be icy and it's likely cold a lot of the time. Dreaming of sandy beaches and warm sunsets occupy our minds!

Don't let the cold weather turn you into a couch potato or the holiday stress get the best of you! Here are some ideas to stay fit, stay sane, and have fun with family and friends throughout the winter season.

According to the Canadian Fitness and Lifestyle Research Institute, 61% of adults over the age of 18 are insufficiently active for optimal health benefits. This puts us at a higher risk for chronic conditions, injuries and diseases such as high blood pressure, heart disease, osteoporosis and diabetes.

**Interval Training:** How do you squeeze in those longer workouts during the shorter winter days? Dividing your time between family and work can be a challenge. Try incorporating interval training into your

work out. This is a great way to shorten your workout while still maximizing your calorie burn. Interval training simply means mixing up the intensity during a workout. You will actually burn more calories in a shorter period of time.

If you only have time for a 30 minute work out – you can incorporate hills or changes in speed to bump up the intensity of your workout and challenge your body in a different way. For example, you could alternate three minutes of moderate intensity activity with one minute of higher intensity. This can be done walking, running, cycling or on cardio machines at the gym. Interval training is a great way to challenge your body, push through training plateaus and take your fitness to the next level.

**Tobogganing:** Grab the kids, bundle up and find a hill to swoosh down. Climbing back up those hills, especially when the kids insist you pull them too, is good exercise! The squeals of glee and the powder soaked faces are the reward for all that hard work. Ensure you have good gripping shoes or Yak Trax, and if you are pulling kids back up the hill, alternate which side you pull with so that you avoid straining your lower back or shoulder muscles. It's also a good idea to wear helmets – both for warmth and safety.

**Shovelling:** Oh, this dreaded winter chore! Snow blowers aside, there is always some amount of shovelling that needs to happen over the next few months. This is also a very common mechanism of injury for lower back strains, disc protrusions, and shoulder injuries. Ensure you warm up a little before digging in – try some shoulder circles, mini lunges, and side to side torso stretches. The best strategy to prevent an injury however, is good

technique. It is important to engage your core, this means slightly draw in your lower abdomen towards your spine. Squat with your back straight, hips flexed, knees bent, and lift with your legs. Pushing the snow rather than heaving it up and away can save your back even more. If you have to pick up and throw – make sure you keep the load close to your body, fill the shovel only half full and toss in front of you. Twisting to throw snow over your shoulder puts undue stress on our backs and lumbar discs.

Shovelling can be good exercise, if like all activities, you are warmed up and prepared for it!

**Walking:** Braving those cold winter days is so much more fun with someone else in tow. Try going for a walk with a friend or taking the dog out. Those four-leggers never seem to get sick of the snow and cold! Walking briskly for 30 minutes 4-7 days a week can greatly reduce your risk of heart disease, high blood pressure, obesity and osteoporosis.

**Snowshoeing:** Snowshoeing works your heart, lungs, quads, hamstrings and hip flexors. Using poles also works your biceps, triceps, chest and back muscles. Especially if you're a runner in the summer and want to keep up your cardio, snowshoeing is a great activity for cross training through the winter. Greater Bragg Creek Trails Association has well marked, amazing trails to enhance your outdoor bliss!

**Cross Country Skiing:** There are fantastic ski trails in West Bragg as well, beautifully groomed & maintained. Cross country skiing is the optimal workout, by incorporating the arms with the legs in a weight bearing activity, this increases the workload on the cardiovascular system.

**Let's work together to get you on the right path**

Bragg Creek Physiotherapy envisions a healthy community that is inspired and empowered to lead fulfilling, active lives in the natural beauty that surrounds us.

**OUR SERVICES**  
 physiotherapy, massage therapy, acupuncture, IMS, custom foot orthotics and knee bracing, fitness programs, and more.



**Bragg Creek Physiotherapy**

*Your pathway to physical freedom*

.....

403-949-4008 | braggcreekphysio.com  
 24 Balsam Avenue, Bragg Creek



Because it is non impact, it is easy on the joints, especially if you are nursing a lower limb injury. It also trains a great range of heart rate, the upper end of zones with climbing hills and allows recovery on the descents. It strengthens the quads, gluts, hip flexors, triceps and back muscles.

**Skating:** Lace up! Find a frozen surface – a rink, a flooded backyard or a lake (Parks Canada website provides info about where to skate outdoors and how to be safe). When conditions permit, there is a track cleared for skating on the Bow River just near downtown Banff. Other great day trips include Lake Minnewanka, Two Jack Lake, and Johnson Lake in Banff National Park.

**Make a Snowman or a Snowcave:** Packing, rolling and lifting that heavy snow will work your back, arm and leg muscles. Remember as kids we could do this for hours? Make sure you're warmed up and lightly stretched out before beginning. Bend your knees and lift with your legs to prevent any lower back or neck strains.

Be prepared with proper clothing, footwear, and equipment. Staying hydrated is equally important during the winter while exercising outdoors. Warm up and cool down – you might spend a few extra minutes warming up for winter exercise and afterwards, give your body time to adjust to the indoors before peeling off those layers.

Brave the outdoors and have fun this winter season. Take some time for yourself or with family and friends to

enjoy the invigorating winter air and the powdery snowflakes falling around you!

Furthermore, Bragg Creek Physiotherapy is excited to announce a relaunch of their fitness services including personal training, group fitness classes and nutritional counselling. We look forward to guiding you on your pathway to physical freedom in 2019 and beyond. More details to follow in the February edition of the High Country News.

*Best wishes for a happy & healthy 2019!*


**YOUR SUCCESS - IS OUR SUCCESS**

# CoVenture


ACCOUNTING & TAX SOLUTIONS

ACCOUNTING	The Old West Mall, Balsam Ave, Bragg Creek	CONSULTING
TAX SOLUTIONS	success@coventure.com	BOOKKEEPING
INCORPORATION	<b>403.949.4243</b>	SAFETY TRAINING
BUSINESS ADVICE		START-UP SUPPORT

**www.coventure.com**



## Banded Peak School Kindergarten Program



Kindergarten students at Banded Peak are provided an exciting, enriching, and nurturing learning experience to begin their formal schooling. Talented, qualified teachers, spacious, well-equipped classrooms, a strong focus on literacy, numeracy and citizenship, access to a rich school library, daily physical education in our gymnasium, music, buddy programs, opportunities for parent involvement, and access to on-site before and after school childcare are but a few of the wonderful aspects of kindergarten at Banded Peak.

Parents and new kindergarten students are invited to take a 'peak' into our program on the evening of **Wednesday, January 16th beginning at 6:00pm.** During the evening orientation, parents AND new students will be introduced to our kindergarten team, review our program, tour the school, and participate in a number of activities to help prepare new students for the upcoming school year.

Please check the Rocky View School website at [www.rockyview.ab.ca](http://www.rockyview.ab.ca) (Advanced Registration Edition) for further info on how to register your child online.

Banded Peak is located 1.5KM south of the Hamlet of Bragg Creek on Highway 22.

**KINDERGARTEN REGISTRATION FOR THE 2019/2020 SCHOOL YEAR AT BANDED PEAK WILL BE ONGOING FROM JANUARY 14TH.**

*Please contact Banded Peak School at 403.949.2292 for further information.*



Find Us On:





## Commercial & Residential Painting

### Interior & Exterior

### Large Drywall Repairs

### Ceiling Painting & Repairs

### Woodwork Refinishing

*We are interested in both large and small projects. Feel free to contact Francois if you have any questions concerning our company!*

*We offer free estimates and are fully licensed.*

*We look forward to meeting with you and earning your business!*

**Francois Bradette, Project Manager**

**www.breezeofcolor.ca | 403.397.9698 | francois@breezeofcolor.ca**





**Hello Community!** Compliments of the season and a happy start to the New Year for all! Let's make 2019 the best year for Bragg Creek yet! Before we jump into everything coming up at the Bragg Creek Community Centre, we have a big thank you for everyone who planned and helped out with the Kids Only Store on December 1st. Our thanks to Banded Peak School kids (or Santa's Elves), Andrea Nelson, Renate Van der Zande, Shaye Radford, Carrie Hucal, Tanya Kamachi, Michelle Minke and everyone who volunteered. We had 160 kids come through and almost ran out of gifts to offer! We would also like to thank everyone who donated all manner of various sundry items for crafts and additional gifts including Cochrane Canadian Tire, Camp Horizon, Banded Peak Veterinary Hospital, Sandstone Pharmacy, My Favorite Store and our lovely local residents. We love being able to be part of the Spirit of Christmas initiative and help build holiday spirit in and around the community so our thanks to Louise-Marie Auger and the planning committee for another great year of festive fun!



Jennifer Jurkowski and Cathy McVee represented the Chamber and delivered a cheque of \$880 to Adam Ross with Camp Horizon. The money was raised from the first annual Scarecrow Scurry. Looking forward to topping this amount next year!

Upcoming in 2019, be sure to save the date of MARCH 9TH to beat the winter blues and attend our Hawaiian themed BCCA Fundraiser! There will be food, drinks, music and a 12 foot inflatable palm tree that is too good to miss. Stay tuned for tickets sales and additional information!

Be sure to check out our website, [www.braggcreekca.com](http://www.braggcreekca.com), to stay up to date on all of our upcoming programs throughout the year! Your centre is a hub of activity and has on offer everything from Drop-in Pickleball to theatre training to morning walking clubs. We would like to highlight the Outdoors-In Nature Connection Camps being run on the Professional Development Day of March 18th and Spring Break from April 23rd to 26th! Be sure to get the kiddos in early and avoid the deadlines by registering at [www.outdoorsin.ca](http://www.outdoorsin.ca) today.

There is so much more going on in the early months

of 2019! For additional information on what's coming up and going on at your Bragg Creek Community Centre, be sure to like and check out our Facebook page.

See you around town!  
Ben McTaggart  
Event Coordinator

# MOVIE NIGHT

## Smallfoot

### Friday, January 25, 2019



**Doors Open: 6:00pm | Show Time: 6:30pm**  
Members FREE | \$5 Per Person Non-Members

Concession: hotdogs, popcorn, candy, pop!  
Remember: Parental supervision required!!!!



[www.braggcreekca.com](http://www.braggcreekca.com)  
 25 White Avenue | 403-949-4277  
[info@braggcreekca.com](mailto:info@braggcreekca.com)

## CRABAPPLE COTTAGE

Have A *fashionable* New Year!

There's No Place *like The Cottage!*



NEW ARRIVALS

*new-year sale!*

shop now!

UP TO 60% OFF!

*new things to* ♥

Hollywood Fashion Secrets  
Undercover Wardrobe Magic

**Ruby's Closet**  
Travel Ready, Travel Bags

Get WILD  
**Alberta Wild. Bath & Body**  
100% Natural. Handmade in Canmore

**Dylan's Silver**  
Raw Beauty Redefined

open daily! The Old West Mall  
2-27 Bellamy Ave, Bragg Creek  
403.949.4264

If you have never experienced "The Cottage" Follow & Like Us On Facebook & Instagram Like so many of our valued clients already do!  
[@crabapplecottagebraggcreek](https://www.facebook.com/crabapplecottagebraggcreek)



small place, Big Destination!



BRAGG CREEK PERFORMING ARTS PRESENTS

# THE TEQUILA MOCKINGBIRD ORCHESTRA

FEB. 9, 2019



BRAGG CREEK COMMUNITY CENTRE  
23 WHITE AVENUE, BRAGG CREEK  
DOORS AT 7:00 PM • TICKETS: ADULT \$30.00 SENIOR \$28.00  
TICKETS: CALL 1-888-855-9090 • WWW.BRAGGCREEKPERFORMINGARTS.COM  
OR IN PERSON AT SUNCATCHERS, WHITE AVE, BRAGG CREEK



# Traditional Tae Kwon Do

for a Strong Mind & Body

- Teaching Adults & Kids (Ages 6+) •
- Family Discounts •
- Over 25 Years Experience •



**TRY A CLASS!**  
Monday & Thursday  
at Redwood Meadows  
Community Centre

redwoodtaekwondo@telus.net  
403-277-7510  
redwoodtaekwondo.com

# BRAGG CREEK DENTAL

## MICHAEL D. CLANCY, D.M.D.

Our patients are our most important asset.

That's why we've developed our practice philosophy and designed our office with you in mind.

We welcome patients of all ages into our family practice.

Our office is equipped with advanced technology to provide you with the advanced care you deserve.

Let your smile be a sign of happiness and good health!

Call or email our office today to schedule a visit.

*Happy New Year  
& All The Best  
In 2019!*  
*Dr. Mike & Dawn Clancy  
& Staff!*

Box 608, 35 White Ave., Bragg Creek, AB T0L 0K0

403-949-2288 • Fax 403-949-2295

bcdental@telus.net • www.braggcreekdental.ca

We direct bill to most insurance companies (some conditions apply)  
We follow the new 2018 Alberta fee guide



**HCRCWA**  
*Update*

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

**HIGH COUNTRY RURAL**

**CRIMEWATCH**  
ASSOCIATION



sin. The year ended with a drama between good and evil. Near Nanton, police from Turner Valley noticed someone driving a stolen truck and trailer worth around \$90,000. As they later discovered, the trailer held something worth another \$20,000. The police approached the vehicle. What happened next?

To avoid arrest, the driver abandoned the truck and jumped into a car waiting nearby. A high-speed chase ensued, from Nanton to High River to Claresholm to Longview, where the R.C.M.P. used spike strips to take out all four tires of the car. It still did not stop. The passengers, two women and one male, continued to drive on the tire rims. Eventually, just south of Black Diamond near Highway 22, they could drive no more. The passengers emerged and are now facing multiple charges. Can you guess what was so valuable in their trailer? What had they stolen? It was something near and dear to Canada, part of a heritage we share with the world.

It was maple syrup. A lot of it, but not as much as thieves had stolen in Quebec six

years earlier. Over the course of twelve months there, between 2011 and 2012, thieves absconded with 3,000 tonnes of syrup worth 18 million dollars. I guess maple syrup is the new pirates' gold.

More problems: A week after that high-speed chase, another event occurred in our midst, or perhaps I should say "did not occur." Again, it was a trio, this time with two men and a woman. One of the men had an ill-concealed pistol, and one had a mohawk haircut and possibly a tattoo on his neck. The female was around 5'6" (1.67 m.) tall with shoulder-length blonde hair. Early in the morning they drove to a ranch and began to try to steal a quad there. The owner, out to feed horses, interrupted the theft in progress.

Thankfully, the would-be thieves did not harm the resident in the encounter, but things could have turned out quite differently. A neighbour commented "Living in the country is not as great as before." The incident serves to remind us that in such a situation you must call 911, remove yourself from harm's way, and collect as much information if possible.

It's been a quiet month in the High Country, our paradisiacal home on the windy edge of the prairie somewhere west of Calgary. As we begin the new year, what should we expect? More radon gas in our homes? High River Mayor Craig Snodgrass says that is a real danger to Albertans.

Throughout last year we saw that sometimes our tranquil exterior belies an unfortunate reality: snakes share our Eden. We must still protect ourselves from



**We make life less taxing®**

**Our Members Pay Less Tax!**

Are you **FRUSTRATED** with your tax outcome?  
Wondering if you got **ALL** your deductions that are available?  
**Call me now for a FREE second look!**



**Tax Planning**



**Tax Consultation**



**Tax Preparation**



**Audit Protection**



Jeff Ryan | 587.583.5363 | jryan@fbc.ca | www.fbc.ca/our-testimonials



**Some other suggestions:**

• When calling the 24/7 complaint line of the RCMP, 403.933.4262, ensure that you provide as much detail and description as you can to help the officers. Even if it is just something minor, your report could contribute to identifying the suspects with information such as fingerprints, footprints, or license plates, etc.

• A recurring theme: Ensure that you lock your vehicles, homes, and buildings. Remove valuable contents from your vehicles when you are not in them.

For further protection, if you would like to join our High Country Rural Crime Watch Association, **membership is free and entails no obligation.** We cannot enforce the law—the task of the R.C.M.P.—but the information we publish regularly in this column is but a fraction of the news we circulate about crime in this area more frequently to our membership. We also host seminars on how to protect our homes. To join, phone me at 403.931.2407 (24 hours a day, 7 days a week is my normal work week) or visit our website for membership applications, tips, resources, and emergency phone numbers: [www.hcrcwa.ca](http://www.hcrcwa.ca). Our Facebook page has more information: [www.facebook.com/HighCountryRuralCrimeWatch](http://www.facebook.com/HighCountryRuralCrimeWatch).

I end with a sad story, but it took place in Calgary, not here: a friend in our High Country had a computer virus, so he took his computer to a well-known store in the city. For a small fee it offered to clean his drive and get rid of the virus. When my friend got his computer back again, his data was not on it, but another person's data was there. The store had simply switched the drives of two customers and charged each for the "service." It took a couple of weeks to straighten out the situation. That action was annoying but not intentional. I will devote another column to some intentional computer scams that affect the denizens of this paradise.

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



# MOUNTAIN'S EDGE RENOVATIONS

**QUALITY... INTEGRITY... ATTENTION TO DETAIL**



**Complete Custom Renovations**



WCB, Insured, Licensed, 2 Year Warranty

**[www.mountainedgerenovations.com](http://www.mountainedgerenovations.com)**  
**403-949-7727 or 403-461-2710**



# FORTRESS

**ROOFING & EXTERIORS LTD.**

Est. 2001

Now located in the MD of Foothills  
**10% discount for Area Residents!**

Call us for a **FREE Estimate**  
**403-264-7844**

- Roofing
- Siding
- Cladding
- Gutters
- Windows
- Insurance
- Repairs

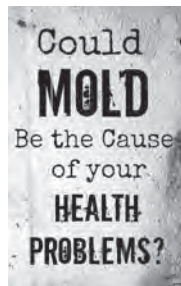
**[www.fortressroofing.ca](http://www.fortressroofing.ca)**

## Indoor Wellness, Because the Cold is Coming: Part 1 of 3 Indoor Mold from Humidity Issues

Last year numerous families in our area were exposed to mold in their homes – the majority didn't even know it, yet they did in fact experience the related symptoms including nasal stuffiness, throat irritation, coughing and wheezing, eye irritation, skin irritation and those with allergies may have experienced more severe reactions. Those with lung disease may have dealt with serious infections in their lungs.

A combination of external events created the prime environment for mold growth: humidity and heat. Do you recall the massive snow accumulation and the low outdoor temperatures last winter? Do you recall keeping your windows closed to stay warm?

**Where did the humidity come from?** In addition to your humidifier, everyday household activities including showering, cooking, laundry, fish tanks, plant



evaporation, your breathing and so on. If you had family and friends visiting, significantly more moisture was added to the air – after all, your overnight guests also do shower and you have more dishes to wash.

**Why did the humidity stay (accumulate)?** When it's cold outside, we tend to close our windows to preserve the heat inside and reduce our energy bills. As a result of progressive code changes mandating improved building construction, specifically focusing on reducing the air leakage from your home's building envelope, the generated moisture has no way to exit your home, other than through the exhaust venting (e.g. bathroom vents, kitchen stove hood); last winter's snow fall covered up the majority of these vents causing this humidity to stay trapped inside of your home.

*www.almanac.com: 2019 Winter temperatures will be colder than normal, with above-normal snowfall.*

Residents of humid areas like, for example, Ontario and Louisiana, use dehumidifiers to expel the unwanted moisture (also often seen as condensation on windows); but how many Albertans would ever consider buying a dehumidifier? A better solution is to install a heat recovery ventilator (HRV), gaining several benefits at once:

- a) Maintains the appropriate humidity levels in your home,
- b) Provides much required ventilation for your home, fresh air in and "used" air out,
- c) Transfers 70-80% of the heat energy from your used to your fresh air.

The result: safe, comfortable environment for your family, at a fraction of the cost, ie. lower utility bills.

As Mike Holmes advocates "The bottom line is that whether it's mould, asbestos or radon, any time our health or our family's health is compromised we need to be concerned." Call your local Indoor Clean Air expert.

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

*Carla Berezowski, CAPS,  
Alberta Indoor Clean Air*

**Alberta**  
INDOOR CLEAN AIR

# Will Your Furnace SURVIVE THE WINTER ?

Previously **SEARS**

**Trapped Indoors Special**

Get Peace of Mind  
✓ INSPECT ✓ CLEAN ✓ TUNE

## 11% Off

HVAC REPAIRS and  
CLEAN AIR EQUIPMENT

Ref. Coupon Code HC-911

A LIMITED TIME OFFER EXP. 31/JAN/2019

Call Us Today **403-230-2496**

Furnace Heating, Fireplaces, Garage Heaters,  
Water Heaters, Air Filtration & Treatment,  
Duct Cleaning, Repairs and Sealing.  
**Installation - Maintenance - Repairs**

**www.AlbertaCleanAir.com**

**Indoor Clean Air & Wellness Experts**

BRAGG CREEK  
EXCAVATING

**Excavating:**  
Backfilling, Trenching, Cat Work

**Landscaping:**  
Rock Retaining Walls,  
Rundle Stone Patios,  
Rock Work, Stairs

**Acreage Development:**  
Road Design & Building,  
Drainage, Ponds & Dams,  
Sewer & Water, Clearing

John Lajeunesse • 949-2756 • 620-0250

**JAPCO**  
PEST CONTROL LTD.

**JAPCO Pest Control Ltd.**  
Serving Bragg Creek & Area  
Over 20 years experience

SPECIALISTS IN:

- Commercial & Residential Pest Control
- Hantavirus Clean-up

[www.japcopestcontrol.ca](http://www.japcopestcontrol.ca)

For a free estimate call 403-242-2467  
1-877-755-2726 or e-mail [info@japco.ca](mailto:info@japco.ca)

Member Pest Management Association of Alberta





# Sheep River Library Winter/Spring 2019 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. Mondays, Starting Jan 28 9:00

### Chi Gong

This moving meditation can help to balance and harness your Qi or "life energy". The activity takes you through a set of slow, gentle movements while you focus on visualization and your breathing. This simple practice brings more peace, joy, and balance to your life as it dissolves pain, worries, depression, anxiety and fears. While all this is happening, you are healing your body, your mind and emotions, and connecting spiritually. No cost but donations will be accepted for a designated charity. Instructor: Edna Howdle Mondays Jan 14- April 15 3:00



### Sourdough Bread Class

Discover the process of making sourdough from the beginning until it goes in the oven. There will be opportunities so see and experience the succession of sourdough at various stages of what is usually a 12 to 14 hour process. At the end we will taste some fresh -baked bread. Sourdough starter will be provided. Instructor: Jane Toews 2 Wednesdays Jan 16 & 23 7:00

### Women's Bible Study: The Armor of God

This 7- week study by Priscilla Shirer will focus on learning how God speaks. For more information on the study or childcare provisions call facilitator Deborah McInnes 403-630-8681 Tuesdays, starting Jan 8 9:30

### How to Solve Cryptic Crosswords

Have you ever wondered what these puzzles are all about? Learn the techniques for solving these puzzles in one evening so that you can enjoy hours of satisfying puzzle solving. Wednesday, January 23 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 7 7:00

### Inductive Bible Study

We will be studying Hebrews Part 2 (Chapters 5-10), using the inductive method. New students are welcome to join -you do not need to have completed Part 1 as a review will be done at the beginning of Part 2.

Instructor: Jan Burney \$10 for course materials Wednesdays, January 9 10:00-12:00

### Repair Café

We will have five different stations with skilled volunteers to fix a variety of broken household items. Also, learn how to use a 3-D printer so those items do not have to be tossed away or replaced.



Saturday, Mar 16 12:00-5:00



## 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 Sheep River Library membership to join and to borrow snowshoes. Snowshoes are available for adults in S, M & L sizes based on weight not shoe size. We also have children's S & L.







## Sheep River Library Winter/Spring 2019 Programs

### 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 Mar 6 - Apr 10



#### 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 Mar 6 - Apr 10 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 Mar 6 - May 15 1:00-3:00

**For the above programs registration begins**

**Monday, December 3, 2018 online at**

**[www.litforlife.com](http://www.litforlife.com) or phone Literacy for Life at (403) 652-5090.**

#### E-Reader Support

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

### 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 and Jan Burney.



Thursdays, Starting January 10 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 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

### 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:***

- ✓ Learn the best practices for developing your job search strategies
- ✓ Review some tips on how to make your job search less stressful and more effective
- ✓ Review the benefits of networking
- ✓ Find out about local resources that can support you

Wednesday, February 13 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

Wednesday, May 15 1:30 - 4:00

#### One on One Consultation

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





# Sheep River Library Winter/Spring 2019 Programs

## 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 16-Mar 20

Apr 3-Jun 12 11:30-12:00

### Movers and Shakers

(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 16-Mar 20

Apr 3-Jun 12 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 16-Mar 20

Apr 3-Jun 12 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 16-Mar 20

Apr 3-Jun 12 1:30-2:30

For the above programs registration begins

Monday, December 3, 2018 online at

[www.litforlife.com](http://www.litforlife.com) or phone Literacy for Life at (403) 652-5090.

### Parent Coffee & Chat

All parents are welcome to come and chat over coffee, get parenting information and meet other parents. Supervised play is offered for children. Facilitated by Parent Link Centre.

2<sup>nd</sup> & 4<sup>th</sup> Thursdays 10:00-11:30



### PD Days

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

Titles of movies will be available 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 8 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.

Second Fridays starting Jan 11 10:30

Jan 11: Great Expectations

Feb 8: Tess of the D'Urbervilles

Mar 8: Carry On, Jeeves

Apr 12: Mrs Dalloway

May 10: Booked



### 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

### 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 4 7:00







# Sheep River Library Winter/Spring 2019 Programs

## 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 14: The Visitor
- Feb 11: Bella Martha
- Mar 11: TBA
- Apr 8: TBA
- May 13: TBA



## Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hat at writing songs there is an open door for you with this group. Bring your instrument. For additional information please contact Al at 403-651-9016 or aldcmehl@gmail.com

Facilitator: Al "Doc" Mehl  
Second Wednesdays 7:30 starting March 13



## Conversational French

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

First Wednesday of the month at 3:15

### 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.

## Southern Alberta Law Talks

Free 40-minute workshops:

### Wills, Powers of Attorney and Personal Directives

Gain a basic knowledge of what goes into a Will, Enduring Power of Attorney and Personal Directive, some of the decisions you need to make when preparing these documents and the powers and duties each document bestows upon your personal representative(s). And, of course, we'll answer as many of your questions as we can.

Tuesday February 12 OR April 9 6:30 – 7:10



## Administration of an Estate

Receive a basic understanding of the documents required and the process of administering an estate in Alberta. We'll talk about when an estate needs to be probated or not and what happens when someone dies without a Will in place. And, of course, we'll answer as many of your questions as we can.

Tuesday February 12 OR April 9 7:20 – 8:00

## Family Law Basics:

### Parenting and Child Support, Uncontested Divorce, Property Division and Spousal Support

In this free 90-minute workshop, we will discuss custody and access; child support; the different types of support, how it is calculated and enforcement of child support orders; how to obtain an uncontested or joint divorce in Alberta; property division; what's divisible, what's not and some of the different ways to divide property. You'll also learn a little bit about spousal support; different types, who's entitled and how it's calculated. And, of course, we'll answer as many of your questions as we can.

Tuesday, March 5 OR May 7 6:30 – 8:00



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





## Councillor's UPDATE

*M.D. of Foothills*

Suzanne Oel, Councillor, Division 4

**Foothills County:** Effective January 1, 2019, our municipality's name is now officially changed to "Foothills County". The Order in Council can be found here: [www.qp.alberta.ca/documents/orders/Orders\\_in\\_Council/2018/1218/2018\\_396.pdf](http://www.qp.alberta.ca/documents/orders/Orders_in_Council/2018/1218/2018_396.pdf)

**Hot Topics Q & A with Provincial Officials:** In November 2018, I was able to raise some questions on your behalf when we attended our Fall Convention for Rural Municipalities of Alberta. Here are a few...

**Q:** to Justice Minister & Sol. Gen. Kathleen Ganley: Thanks for the work you're doing to fund support to RCMP in the Rural Areas. Stats are showing an increase in reporting of suspicious activity – more people engaged is a good thing. However, earlier this year, some residents called in while they were watching their property being robbed and were put on hold. There is still a need to address RCMP call-taking. Please comment.

**A:** Yes, there's two things. We're working on the non-emergency calls and then also the emergency calls handled by RCMP dispatch. We recognize this is an issue and are working on it.

**Q:** to Service Alberta Assistant Deputy Minister Steven Bull: 1. When Bell took over the Supernet and purchased Axia, there were side-effects. A community awaiting the last part of their project install came to a full stop. Please comment. 2. Also, please explain the role of Bell regarding the Alberta Supernet 2.0.

**A:** 1. This community will get service if not from Bell, then from a third party. 2. Bell is doing infrastructure upgrades, including

installing more dark fiber in order to reach the goal of the CRTC for 50-down/10-up. Various funding ideas are being considered for reaching communities. Expectations can also start at more realistic levels, such as 25/5. Some Federal monies from the Investment in Infrastructure Program plus \$750M from CRTC will be available for remote rural areas.

**Q:** to Alberta Transportation officials: Can you please provide an update on the status of the Hwy 22 Priddis-Fish Creek Bridge project? (Discussed stats, recent activity, etc.)

**A:** A consultant has been hired to bring the file up to date to be ready to go. They'll look at the design and it will be tender-ready by the summer of 2019. It has been on the unfunded projects list for awhile. No promises of a project start-date, but will be ready to go when money becomes available.

**Q:** to Alberta Transportation officials: Regarding the two passing lanes on Hwy 22 near 272 St. W, we respectfully request that passing be removed, double-solid lines painted and cautionary signage installed.

**A:** Evaluations are currently under way, as discussed and requested by Foothills County representatives and community residents. AT will respond to Foothills on this.

**Q:** to Alberta Environment & Parks (AEP) Minister Shannon Phillips & Ag & Forestry Minister Oneil Carlier: A wildfire burned from May 27 into June 2018 in the Champion Lakes MacLean Creek area. It burned to within 5 kms of some residents in West Foothills. There's a chance that the fire was human caused by a random camper's fire. Currently the province has rules & regulations in place in the Public Land Use Zone there. Residents have asked me if I could request that these be effectively communicated, enforced, and more signs be placed to ask people to fully extinguish their fires. Can you please

comment on these requests? And, thanks for the wildfire team's work to extinguish this fire!

**A1:** AEP Minister Phillips: McLean Creek PLUZ is next to be planned under the South Saskatchewan Regional Plan and will have fire pits, toilets, etc. People want to enjoy the outdoors, so the Government of Alberta wants to make it safe and considerate of neighbours.

**A2:** A&F Minister Carlier: 70% of wildfires are human-caused. We have to get the word out to prevent this.

**2019 AEP Action (my note from follow-up discussion):** AEP will be working on pre-planning for the Footprint Management Plan and Recreation Plan for the Maclean Creek and other neighbouring areas, including data collection and modelling. Affected communities, municipalities and other organizations will be invited to the consultation process when ready. An example of the process and plans can be seen with the recently approved Livingstone-Porcupine Hills Land Footprint Management Plan and Recreation Management Plan. Link: [aep.alberta.ca/land/programs-and-services/land-and-resource-planning/regional-planning/south-saskatchewan-region/subregional-plans/default.aspx](http://aep.alberta.ca/land/programs-and-services/land-and-resource-planning/regional-planning/south-saskatchewan-region/subregional-plans/default.aspx)

**FireSmart:** In 2019, your Foothills Divisions 3 & 4 Councillors and our Fire Department will be planning FireSmart meetings. We will announce more details soon.

**Convention Guest Speaker:** Amanda Lindhout shared her inspiring story of courage, resilience and grace as she survived being held hostage in Somalia in 2008/9. It is truly a story to help us gain perspective about life: [amandalindhout.com](http://amandalindhout.com)

For Other News & Updates:  
Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[www.facebook.com](http://www.facebook.com)  
Best Regards, Councillor Suzanne Oel

WCB \* LICENSED \* INSURED  
Support Your Local Business

**HOT PEPPER®**

**FURNACE & DUCT CLEANING**

**403-888-2000**

[www.HotPepperFurnace.com](http://www.HotPepperFurnace.com)

**HOT PRICES - GREAT WORK!™**

HomeStars A+ rating

SATISFACTION Every Time GUARANTEED



# PRIDDIS News

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

**2019 Priddis Pond Hockey Classic:** Hosted by the Priddis Panthers with sponsorship from Hockey Canada, the local Pond Hockey Classic will take place January 4th to 6th. Games will be at Priddis Community Rink, as well as Millarville and Black Diamond. For more information contact Dave at priddishockey@gmail.com or check Facebook for Priddis Panthers Hockey.

**Priddis Community Skating Rink:** Thanks to the hard work of many volunteers, the Priddis Community Rink was ready early December. Anyone with a current Priddis Community Association membership is welcome to enjoy the ice. It is mandatory to wear a helmet while using the rink.

Following is a rink schedule for practice and shinny:

Mon - Thur 6-8:30pm: Panther's Practice  
 Tues 8:30-10:30pm: Drop in Shinny  
 Wed 8:30-10:30pm: Ladies Drop in Shinny  
**Skate with Santa:** We had an amazing day! Thanks to the wonderful Priddis Early Learning Program parents and supportive

community, we raised \$517 at our bake sale and skate with Santa. Jane's Cafe also generously donated \$400 from their coffee sales on that weekend. Way to go Priddis!

**Parent & Tot Coffee Morning:** A coordinator is still needed for the local Priddis Parent and Tot Coffee mornings. They usually meet once a month. It is a very easy volunteer position for someone looking to get involved in the community. If you, or someone you know may be interested, please email pccayoungfamilies@gmail.com

**2019 PCA Board:** Thanks to the Board members stepping down for all their contributions to the PCA. Elections took place at the December meeting and the new Board Members are listed on www.priddisalberta.com

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

Due to unprecedented interest in our program, we wanted to take this time to highlight our registration process with the community. As noted in our Parent



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

## OPEN HOUSE

JANUARY 15<sup>TH</sup> 6-7PM



### THE LITTLE SCHOOLHOUSE

Bragg Creek Kindergarten & Preschool Programs

**KINDERGARTEN**  
 Tuesday/Thursday Full Days  
 Fully funded by Alberta Education

**PRESCHOOL**  
 Monday/Wednesday/Friday Mornings & Afternoons

Located in our historic schoolhouse building beside the Bragg Creek Community Centre on White Ave.

For additional information please contact  
 admin@thelittleschoolhouse.ca  
 403.949.3939

Or visit us online [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca)

# SAC LAW

*Your mobile legal services option*

Meeting you in the convenience of your office, home or other meeting place in the "High Country" or south Calgary, to provide competent legal services for a reasonable price.

**Services:** Wills • Powers of Attorney • Personal Directives • Small Business /Company Law

**SAC LAW wishes you and yours, peace and joy this Holiday Season and all the New Year through!**

*Let the Mobile Services of SAC LAW assist you in setting up a plan should you pass away or be unable to make your own decisions.*

**Call or email to discuss your options.**

**Sylvia A. Carruthers, LL.B.**  
 Over 35 years legal experience!  
**Email [sac.law@shaw.ca](mailto:sac.law@shaw.ca)**  
**or call 403.554.8535**





students will be placed on a waiting list for that year. A waiting list may be required for any newcomers to the program. Please Kate Berkan, Program Director at PELPreschool@gmail.com

**PCA Membership 2019 Now Due:** Renew your annual membership with the Priddis Community Association for 2019 season. Membership is only \$25 per year for the entire family. We have made it easy for you to pay for your membership online at [www.priddisalberta.com](http://www.priddisalberta.com) You can still mail in a cheque or drop it off at the Priddis Store. A Business Membership is only \$50. Everyone needs a Priddis Community Membership to participate in programs at the Hall and using PCA facilities. Thanks in advance.

**Booking the Hall:** To view or book the Hall, contact the Hall Rental Director, Lori Paladeau at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com). Check [www.priddisalberta.com](http://www.priddisalberta.com) for availability, pricing and updates. We are looking for a new Hall Director to start in January.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- [www.priddisalberta.com](http://www.priddisalberta.com)

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

*Happy New Year and a Healthy and Prosperous 2019!*




**Miranda Rosin**  
 & the Banff-Kananaskis  
 UCP Constituency Association

wish you a  
*Happy  
 New Year*  
 and a blessed  
**2019**



✉ [votemirandarosin@gmail.com](mailto:votemirandarosin@gmail.com)  
 📌 Banff-Kananaskis Constituency Association

RESIDENTIAL & COMMERCIAL EXCAVATION SERVICES  
*Full Service Excavation • Septic Design & Build  
 Trucking of Gravel, Rock, Fill & Loam  
 Trenching • Large Scale Landscape Work  
 Road Building & Acreage Development*

**LT EARTH SERVICES LTD.**  
**403.478.0050**  
*Professionally Trained WCB  
 Full Commercial & Liability Insurance*



**ELBOW RIVER EXCAVATING  
 & LANDSCAPING**  
*Serving Bragg Creek & Area for 22 Years*

**Bob Cat • Hoe • Trucking • Landscaping • Road Building  
 Rock Walls • Loam • Gravel • Trenching Water Lines  
 Utility Lines • Site Preparation  
 Tree Removal • Tree Planting  
 Post Pounding • Drainage  
 Snow Removal**



**Joe - 949-3227  
 Cell - 899-4886**

## 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

Mon at 9:30am & Wed at 7pm  
Location: Upper Room

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

### Faith and Coffee

Wednesdays at 10am  
Location: Multipurpose room

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

### Joyful Voices

Tuesday, January 8 at 10am  
Location: Chapel

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

### Craft Day

Sat, January 19 from 10am - 4pm  
Location: Midlands Link

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

### Quartetto Gelato Concert

Sunday, January 20 at 3pm  
Location: Sanctuary

Virtuosic showpieces, romantic tenor arias, blazing gypsy pieces, multi-instrument mastery, and a World Accordion Champion - this is Quartetto Gelato. For 25 years this dazzling ensemble has enchanted audiences and critics worldwide with their exotic blend of musical talent, artistic passion, and humour. Purchase your tickets online or through our ticket line at (403) 256-3181 ext. 5.

### Playtime

Saturday, January 26 at 12pm  
Location: Midlands Link

We are excited to have a joint function, where old and young, friends and

strangers can play together. There will be potluck lunch available. Bring your favourite board games, card games, lego, playdough, rollerblades, scooters, badminton set, or just show up and enjoy an afternoon in community! Families are most welcome.

### Triple F

Saturday, January 26 at 12pm  
Location: Midlands Link

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

### Dealing with Differences Workshop

Sunday, November 18 at 12pm  
Location: Sanctuary

Join us for this fantastic workshop presented by psychologist Jillian Thomas on How to Create a Welcoming Space for Everyone.

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

Your Friends at Red Deer Lake United Church  
403.256.3181, office@reddeerlakeuc.com  
Instagram @RedDeerLakeUC

Sunday Worship: 10:30am • reddeerlakeuc.com

## ST. JAMES ANGLICAN CHURCH

Priddis Valley Road in the Priddis Hamlet  
www.meotaparish.ca

Rector: Rev. Alan Getty • Associate: Rev. Gordon Pontefex

January 13th · 9:15am  
HOLY EUCHARIST

January 20th · 9:15am  
HOLY COMMUNION

January 27th · 9:15am  
HOLY EUCHARIST

February 3rd · 9:15am  
HOLY COMMUNION

February 10th · 9:15am  
HOLY EUCHARIST



Connect at  
Facebook.com  
/meotaparish  
and  
@meotaparish  
on Instagram



Concert Series

PRESENTS:

Sunday  
Jan. 20  
3:00 PM

eclectic  
classical,  
tango,  
gypsy,  
and  
folk  
music

## Quartetto Gelato



**Performance at:**  
Red Deer Lake United Church  
7 km west of Macleod Trail on  
22X (Spruce Meadows Trail).

**Doors Open at:** 1:30 PM  
Dessert for purchase.

**Concert Hall Opens at:**  
2:00 PM

**Ticket Information:**  
Tickets \$25/person.  
Youth \$10/person.  
12 yrs. and under are free.

**How to Purchase Tickets:**  
Phone 403.256.3181, ext.  
5 for the ticket line, or  
purchase on line at

We recognize these valuable groups for their support of live music:





## BUSINESS PROFILE:

*Sue Sharp*

Sue has been instructing fitness for close to 30 years, with a few breaks to concentrate on her Silversmithing business and to do some specialized personal training. She moved out into this area around 25 years ago and has run community fitness programs in Black Diamond, Millarville and Okotoks.

She was hoping to find a group of locals to exercise with as it often makes it easier

and more enjoyable to exercise with friends!

Generally it's agreed that every person should get at least 20 minutes of non-stop cardio a minimum of three times a week, on top of that, after the age of 30, muscle mass begins to shrink, but you can significantly slow that down by lifting weights. The classes Sue offers follow these guidelines. Generally most classes start with a 10 minute warmup to ensure your body is warm and ready for exercise, then approx. 20 of non-stop cardio which is what your cardiovascular system needs to keep in shape. The second half of the class incorporates weight training in proper form and

ends with a stretch. She also includes HIIT workouts which are interval type training, as well as Kick Boxing, Latin, Step, low-impact and fit ball.

A good variety helps reduce the body's adaptation to exercise and allows you to keep seeing improvements.

Sue is certified with Alberta Fitness Leaders Association & continues to take courses to improve her knowledge base as well as ability to address your individual needs.

She encourages everyone to come out and join the group at Square Butte Hall and exercise in a friendly environment. Everyone is welcome!

### Fitness Classes

at Square Butte Hall

Come join us for group fitness classes

Monday, Wednesday, Friday

9:00 - 10:00

HIIT, Step, Low-impact, weights, ball  
\$50/month or \$8.00 drop-in

Call Sue for more info  
**403.931.0346**



FROM FALLEN TREES

fromfallentrees.com

Wade Greisinger  
Wood Worker  
wsgreisinger@yahoo.ca

Custom Cabinets, Finishing  
& Renovations  
403-809-3370

## Bragg Creek Chiropractic Clinic

We are more than just bad backs!

Dr. Darren Scarborough  
Computerized Gait Analysis  
Radical Shockwave Therapy  
Active Release Techniques  
Chiropractic Manipulative Therapies  
Postural Correction  
Custom Orthotics  
Acupuncture

Grace Michelsson, RMT  
Massage Therapy  
Hot Stone Therapy

**949-3953**



PLYWOOD  
SPRUCE  
TREATED  
WESTERN RED CEDAR  
DOUGLAS FIR  
COMPOSITE  
PVC  
SMARTSIDE PANELS & TRIM

DECKING  
TREATED  
CEDAR  
COMPOSITE  
PVC

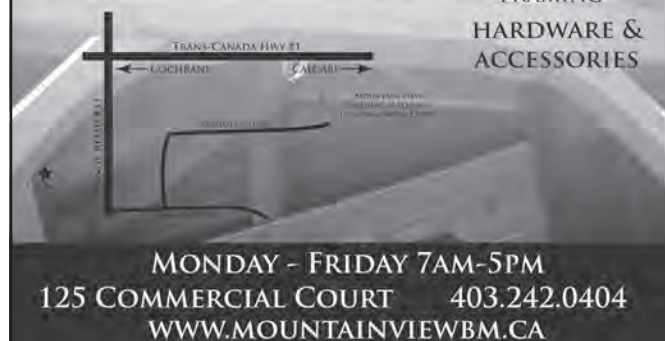
FENCING  
TREATED  
CEDAR

EXTERIORS  
SIDING  
SOFFIT  
TRIM

TIMBERS  
CEDAR  
DOUGLAS FIR

INTERIORS  
PANELLING  
FLOORING  
FRAMING

HARDWARE &  
ACCESSORIES



MONDAY - FRIDAY 7AM-5PM

125 COMMERCIAL COURT 403.242.0404

WWW.MOUNTAINVIEWBM.CA

## Ski for Heart: A Fundraiser for the Heart, Mind and Soul

Ski for Heart is a magical weekend in the Rockies for anyone with a passion for the outdoors and a commitment to support life-saving research. No mental or physical prep is needed; it's all about unwinding and unplugging with family and friends. For more than 40 years, it's been one of Alberta's best-loved fundraising events. Simply raise a minimum of \$500, receive discounted room rates

(up to 60% off) at the Fairmont Chateau Lake Louise and celebrate our fundraising success.

We're pleased to announce that David Gray, host of CBC Radio One's morning show The Eyeopener, will join CTV's Darrel Janz as the weekend co-emcee! This year's Honourary Chair is two-time Olympic champion John Morris.

To register or for more information: [skiforheart.ca](http://skiforheart.ca). The event will take place at Lake Louise, Alberta, Jan. 25-26, 2019.



Heart disease and stroke continue to be a leading cause of death in our country. More than 66,000 Canadians die from these diseases each year – that's one every 7 minutes. The Heart & Stroke Foundation's mission is to prevent disease, save lives and promote recovery. Research has always been the cornerstone of everything we do.

Our goal this year for Ski for Heart is to raise \$155,000 – enough to provide one year of funding for a Canadian research project.

For more information please contact Donna Kwan at 403.351.7078, or at [donna.kwan@heartandstroke.ca](mailto:donna.kwan@heartandstroke.ca)

## COUNTRYSIDE PICTURE FRAMING

Okotoks Air Ranch  
Offering 40 Years of Experience

Picture Framing Services  
Friendly, Home-Based Business

By Appointment  
Phone 403.995.3363

[www.countrysidepictureframing.ca](http://www.countrysidepictureframing.ca)

Come and see what a difference a frame makes!

"Frame it right - Frame it for a lifetime"

No distance too far if it's done right



*winter landscaping available*

**Fences • Patios • Deck Resurfacing  
Retaining Walls • FireSmart/Forest Management**

**ALSO booking NOW for summer projects!**

*Serving Bragg Creek, Cochrane, Calgary & the Foothills since 2009*

**HARDER & SONS**  
EXTERIOR MAINTENANCE SERVICES INC.

**403.949.3442** [www.exteriormaintenance.ca](http://www.exteriormaintenance.ca)  
[info@exteriorsmaintenance.ca](mailto:info@exteriorsmaintenance.ca)

Member of:  
LANDSCAPE ALBERTA  
Green for Life!



*"No job too small, no tree too tall!"*

24 hr Emergency Services  
**FREE ESTIMATES**

Weston Hornberger  
**403.401.3939**

[BigTwigTreeExperts@gmail.com](mailto:BigTwigTreeExperts@gmail.com)





## Indoor Wellness, Because the Cold is Coming: Part 2 of 3 Radon Gas

Radon is a hot topic again. 1 in 8 Calgary homes and 1 in 6 rural homes are exposed to dangerous levels of radon gas, exceeding 200 Bq/m<sup>3</sup>; in southern Alberta, 1 in 2 homes exceeded 100 Bq/m<sup>3</sup>. According to an investigation by CTV and Health Canada, radon is the second leading cause of lung cancer.

Most people are scared of it, yet most do not really know what it is. It is not a soil problem, it is a gas problem; gas that can accumulate in your home and can cause significant health problems. Radon gas is a result of the breakdown of uranium – it is a radioactive gas, it is odourless, colourless and tasteless. When radon gas is released outdoors, the abundant fresh air dilutes it and wind blows it away. But if radon gas seeps into your house, as it does in numerous area homes, it will accumulate. This is especially concerning during the cold months when your home's windows and doors are closed. How does it enter your home? Generally through the



porous concrete foundation and walls, and unsealed penetrations.

What is a concerning amount of radon gas exposure? Health Canada recommends that if radon gas concentration:

- Exceeds 200 Bq/m<sup>3</sup>, fix your home within 2 years
- Exceeds 600 Bq/m<sup>3</sup>, fix your home within 1 year

According to CTV, in the foothills area, University of Calgary researchers performed a study of over 2,300 homes and have "observed houses at 7,199 bq/cubic metre which is the equivalent of say 36,000 dental x-rays equivalences of radiation each year." "Approximately one person a day in Alberta is being diagnosed with radon-induced lung cancer which is why we're doing this. To understand what makes for a high radon exposure household," said radon researcher Aaron Goodrazi.

Surveys have also shown that different areas and even homes on the same street can have substantially different levels of radon gas. In reality, it is a unique situation for each home, each business, school, daycare and any other building. And worse, the levels fluctuate during the year, typically

being highest during the winter when your windows are closed.

The study confirmed that mitigation was successful in all homes where efforts were made to reduce the gas.

If a radon gas issue exists, two principal solutions are available to mitigate the radon gas entering your home:

- a) Sump pump systems for depressurization of under-slab radon gas, using a continuous operation fan
- b) A heat recovery ventilator (HRV) to automatically on-demand ventilate the gas from your home

Many houses in Alberta already have HRVs and the latter solution enables not only mitigating the radon gas but also to improve your overall indoor air quality, providing your family a safe and comfortable indoor environment.

As Mike Holmes advocates "The bottom line is that whether it's mould, asbestos or radon, any time our health or our family's health is compromised we need to be concerned." Call your local Indoor Clean Air expert.

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

Carla Berezowski, CAPS,  
Alberta Indoor Clean Air



# Will Your Furnace SURVIVE THE WINTER ?

Previously SEARS



**Get Peace of Mind**  
 ✓ INSPECT ✓ CLEAN ✓ TUNE  
**11% Off**  
 HVAC REPAIRS and  
 CLEAN AIR EQUIPMENT  
 Ref. Coupon Code HC-911  
 A LIMITED TIME OFFER EXP. 31/JAN/2019

Call Us Today **403-230-2496**

Furnace Heating, Fireplaces, Garage Heaters,  
 Water Heaters, Air Filtration & Treatment,  
 Duct Cleaning, Repairs and Sealing.  
 Installation - Maintenance - Repairs

 **24x7**

**www.AlbertaCleanAir.com**  
 Indoor Clean Air & Wellness Experts

 **GUARANTEED TRUSTED EXPERTS**

*www.krugersguesthouse.com*

ACCOMMODATIONS  
 SHORT OR LONG TERM • YEAR ROUND

Stays available in

- Rooms • Cabin • RV and Trailer
- Also one camp spot available for RV & Trailer

5 minutes to trail head parking for hiking, biking & cross country

*64 Breezewood Bay, Bragg Creek • 403.949.3770*

## Wilson Plumer

---

Chartered Accountants

ben@benplumercpa.com  
 Bus: 403.949.4947  
 Fax: 403.949.2252

PO Box 879  
 3 River Drive S.  
 Bragg Creek, AB T0L 0K0





# TURNER VALLEY & BLACK DIAMOND News

**H**appy New Year Diamond Valley! We hope everyone had a warm, safe, and happy holiday season.

The **United Church in Turner Valley** hosts **Family Fun Night** the last Tuesday of the month, this month being January 29th. Head on over with the family to Turner Valley School for some fun physical activity and socializing. The Family Fun Night is held in the gym and runs from 6-7:30. For further information, the United Church's number is 403-933-4114.

The **Oilfields Curling Club** is hosting their **Ladies Bonspiel** on the weekend of January 4-6. Drop by and cheer our local Foothills ladies on. They have a lounge upstairs with big windows to check out the action, and drinks and snacks are available. The next Bonspiel will be the Mixed one on the weekend of February 22-24.

**Oilfields Curling Club** is always welcoming new players and spares. They have mixed, ladies, mens, seniors, and junior leagues at varying times of the week. Members are from Black Diamond, Turner Valley, Longview, Millarville, Priddis, Okotoks, and Calgary and everywhere in between. They host their own four Bonspiels per year, plus other Southern Alberta Bonspiels, and World Curling Events. You don't have to have any experience to join, I did it a few years ago and had a great time. The Oilfields

Curling Club is located at the Oilfields Arena in Black Diamond at 613 3rd St., behind the high school, and for more information you can visit [ocurling.com](http://ocurling.com).

**Oilfields Arena is also home to the Foothills Skating Club.** They offer programs sanctioned by Skate Canada. Their programs follow the Long Term Athlete Development Plan, meant to allow individuals to participate in skating for life. Foothills Skating Club offers programs for individuals ages 3 and up, and some of these programs include

PreCanSkate, CanSkate, Prelim Prep, and Test Level. For more information, call 403-933-2544 or check out the Foothills Skating Club on Facebook.

Another great organization for youngsters at the Arena is the **High Country Minor Hockey Association**, home of the Rockies hockey team. They have practices, games, fun events, fundraising events, and volunteer opportunities. All different age groups including atom, peewee, bantam, and midget, and kids from the Foothills are welcome to come and check things

## STOP GETTING SOAKED BY YOUR PLUMBER!

**Before you call just any plumber, be aware of the TOP 3 THINGS that make your plumbing repair more expensive than it needs to be.**

- 1. Flat Rate Charges:** Means you pay a set cost for the repair no matter how long it takes. Usually, the repair time is far less meaning you pay more for the repair compared to an hourly charge.
- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

HERE'S HOW YOU WIN!

- 1. Price-Rite Plumbing** only charges for the time it takes to properly repair your issue as quickly as possible.
- 2. We don't** replace parts other than what's required for a proper repair.
- 3. Well stocked vans** means we have the parts required for your repair.

YOUR NEXT PLUMBING REPAIR WILL BE PRICED RIGHT AND DONE RIGHT. CALL 403-660-1122 OR VISIT [WWW.PRICE-RITEPLUMBING.COM](http://WWW.PRICE-RITEPLUMBING.COM)



BENEATH THE ARCH CONCERT SERIES



# Foothills Brass

with **Gianetta Baril**

**SUNDAY, February 24, 2019 ~ 3:00 pm**

Matinée Concert at 3:00 pm ~ Doors Open: 2:30 pm

**Adult: \$25 / \$30 at the door**  
**Child (6-12 yrs): \$10 Kids under 6: Free**

Flare & Derrick Community Hall, Turner Valley

**Buy Your Tickets Online @ [beneaththearch.ca](http://beneaththearch.ca)**

Transaction Fee For Online Tickets

**or in person from [Bluerock Gallery](http://Bluerock Gallery), Black Diamond**

**Tickets on Sale : January 7, 2019**





INFO & TICKETS: [beneaththearch.ca](http://beneaththearch.ca)



out. Check them out at the Arena and bring a food bank donation, the box is located in the lobby, or check the High Country Minor Hockey Association out on Facebook as well.

**Oilfields Arena** is open to the public and other hockey or skating clubs as well. Ice is in place from the fourth week of August until the end of March. Sandul's Pharmacy sponsors a free skate on Sundays from 2:45-3:45, thanks to them, and they have done so for many many years. The Arena offers 4 dressing rooms with showers, a concession, open pad ice times, and much more. Right beside the Oilfields Arena is the Scott Seaman Outdoor Rink. For bookings or to find out more, call Les at 403-933-5272.

It's a great season of music in our Foothills coming up. **Beneath the Arch Concert Series is pleased to present Red Moon Road** on Saturday, January 5th. This Winnipeg trio features a roots drum kit split between two band members, and an acoustic guitar franken-rigged to also be the bass. Simultaneously, a band member plays mandolin, lap steel, banjo, and organ (often at the same time) while the unmistakable sultry voice of Sheena soars above it all. Thanks to our local sponsors Pharmasave, Mt. View Dental Hygiene, and the Black Diamond Hotel. Doors open at 7:00 with the show starting at 7:30 at the Flare and Derreck in Turner Valley. For rush tickets, season's tickets, or more information, visit [beneaththearch.ca](http://beneaththearch.ca) or drop in to the Black Diamond Blue Rock Gallery for rush tickets.

**On the Edge Concert Series hosts Quartetto Gelato** on Sunday, January 20th at 3:00 pm. They feature virtuosic pieces, romantic tenor arias, blazing gypsy pieces, multi-instrument mastery, and a world accordion champion. For tickets or more information, visit [reddeerlakeuc.com](http://reddeerlakeuc.com). The show will be held at the beautiful Red Deer Lake Church.

Back in Turner Valley, the **Legion** will be hosting their 90th anniversary in the form of a **BirthDay Party!** Good food and drink and company will all be a part of this special day, which is January 19th, and the Party will be held from 1-6. They will be also be having a **Robbie Burns night** on January 25th, and yes they will be serving haggis. There will be other menu options is you're not a haggis fan. For more information, drop by the Legion or give them a call at 403-933-4654 or 4600.

The **Sheep Creek Arts Council is having their class registration and membership evening** on Thursday, January 10th from 7-8:30. They have a full line up of painting, quilting, photography, knitting, and belly dancing. For further information about these classes and programs, check out [sheepcreekarts.ca](http://sheepcreekarts.ca) or pick up one of their brochures from around town, ie, the Library, stores and banks. Yearly membership is only \$10 a year and enables you to join clubs and take classes all year. The SCAC is located at 133 Sunset Boulevard in Turner Valley.

Down Longview way, the **Friends of the Bar U Ranch are hosting their annual Stockmen's Dinner** on January 26th. They will be celebrating Pioneer Family

H o n o u r e e ' s  
Chalmers, Leeds,  
and Lyall this year.  
Cocktails start  
at 5:30 followed  
by a prime rib  
dinner, and a  
silent auction.  
For tickets, visit  
Sandul's Pharmacy  
in Black Diamond,  
Co-op High  
River, Classic  
Rodeo Boutique  
in Nanton, or  
Walker's Country  
N Western Wear in

High River. The event will be held in High River at the Highwood Memorial Center, for more information, call Lynne at 403-933-4119 or email at [matildafarm@shaw.ca](mailto:matildafarm@shaw.ca).

**MD of Foothills residents can save 6% of their annual property taxes** if estimated taxes are paid in full on/before January 31st, 2019. For more details, contact your local town office or visit [mdfoothills.com](http://mdfoothills.com).

The towns have **bylaws about snow removal in the winter**. Snow, ice, and debris must be removed from sidewalks within 24 hours of a snowfall. **Snow angels are needed** in our community for seniors and those in need of assistance. If you are interested in becoming a volunteer Snow Angel, please contact Suzan at 403-933-4348 for the address of someone in your area who could really use your help. And remember, **recycle your Christmas tree** during the month of January, just make sure all tinsel and decorations are off the tree and leave it out by the garbage bin for pick-up.

If you have any events happening for February, please send me an email at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is January 12th.

*Hope everyone has a fabulous New Year!*  
Elaine Wansleben

## LIVINGSTONE MACLEOD CONSTITUENCY OFFICE

*Communities rich in history, natural beauty  
and fellowship.*

*Please feel free to contact our office should  
you have any questions or concerns!*



**Pat Stier, MLA**  
Livingstone Macleod



Toll Free: 1-800-565-0962  
[Livingstone.Macleod@assembly.ab.ca](mailto:Livingstone.Macleod@assembly.ab.ca)

Legislature Office  
5th Floor  
9820 - 107 Street  
Edmonton, AB T5K 1E7  
Tel: 780-427-1707

Constituency Office  
Box 1209  
Suite A, 2019 20 Ave.  
Highway #2 North  
Nanton, Alberta T0L 1R0  
Tel: 403-646-6256 Fax: 403-646-6250





- Hazardous Tree Removal
- Tree Felling
- Storm Clean-up
- Stump Grinding
- Brush Removal
- Pruning
- Firewood, Mulch & Wood Splitting
- Fully Insured

**www.treeworxpro.com**

24 HR  
Emergency Service

**Call Jeff Hughes at 403.554.2370**



Every second Tuesday of the month (Sept to May) at 7:30pm a speaker is arranged to talk and share their knowledge with the club. We meet at the Millarville Church house. Our next meeting will be on Tuesday January 8. Janet Melrose will be discussing house plants: propagating, best plants for air filtering, and general health of plants. Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email svirgo@mithril.ca or call Sheila at 403-931-3989.

## Indoor Wellness, Because the Cold is Coming: Part 3 of 3

# Cold and Hot Spot Discomfort

People struggling with high temperature variations between rooms or floors might not realize most of their conditioned air is escaping through duct leaks instead of flowing into their living space! Leaks in your ductwork allow cooled or heated air to escape into your attic, basement, crawlspace or even into your walls, leaving your home with hot and cold rooms.

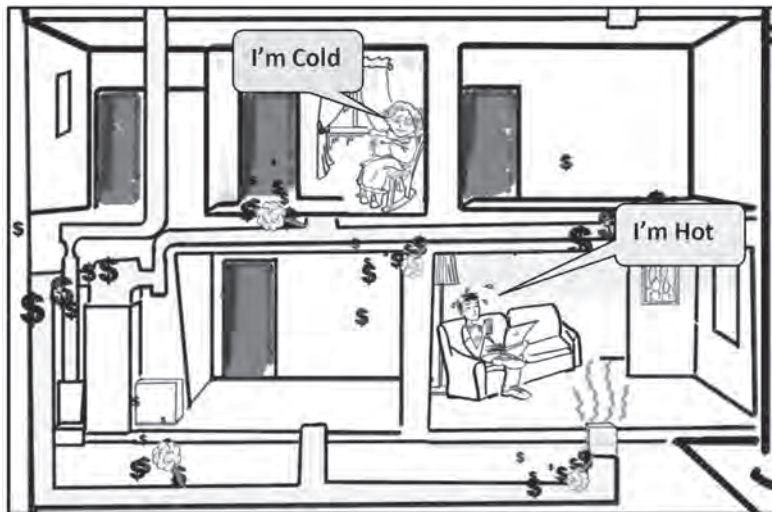
With the cold weather here to stay, this issue of hot and cold rooms can have serious implications.

The winter can be harrowingly difficult for thousands of older people with the ever-increasing cost of energy bills adding to worries about being able to keep warm and well this winter. Cold temperatures can be very dangerous to older people's health

as the cold increases the likelihood and severity of flu, chest infections and other respiratory problems but it also raises blood pressure which puts people at greater risk of heart attacks and strokes.

Living room temperatures should ideally be kept at 70F (21C) and above, whereas

Not knowing ideal room temperatures for optimum health and comfort, coupled with high utility bills often leads to people keeping their thermostat set lower in an attempt to keep costs down. Leaky ducts also exacerbate the situation, adding to uncomfortably hot or cold rooms in the home.



A solution to help prevent illness, discomfort, expensive utility bills and extending the life of your furnace is to seal your ducts. This solution will ensure that the conditioned air is traveling to the rooms you want it to, eliminating hot and cold spaces and improving the overall comfort in your home. When the conditioned air goes to its intended location, your furnace will not need to run as long to warm up your home, extending the life of your furnace and significantly reducing your energy bills.

bedroom temperatures should be kept at a minimum of 64F (18C). However, AARP research shows that over 80% of older people didn't know the ideal living room and bedroom temperatures.

Call your local Indoor Clean Air expert. Please also refer to our other articles in this series in this publication.

Carla Berezowski, CAPS, Alberta Indoor Clean Air.

**Alberta**  
INDOOR CLEAN AIR

## Will Your Furnace SURVIVE THE WINTER ?

Previously **SEARS**

**Trapped Indoors Special**

Get Peace of Mind  
 ✓ INSPECT ✓ CLEAN ✓ TUNE  
**11% Off**  
 HVAC REPAIRS and  
 CLEAN AIR EQUIPMENT  
 Ref. Coupon Code HC-911  
 A LIMITED TIME OFFER EXP. 31/JAN/2019

Call Us Today **403-230-2496**

Furnace Heating, Fireplaces, Garage Heaters,  
 Water Heaters, Air Filtration & Treatment,  
 Duct Cleaning, Repairs and Sealing.  
**Installation - Maintenance - Repairs**

**24x7**

[www.AlbertaCleanAir.com](http://www.AlbertaCleanAir.com)

**Indoor Clean Air & Wellness Experts**

**GUARANTEED TRUSTED EXPERTS**





## Pain Relief

by Andrea Kidd

Quietly I put the phone back in its cradle. I wandered to the kitchen window and gazed, unseeing, past the poplars, the fence, the school yard and up into the cloudy sky. I brushed a tear aside, collected myself, went upstairs, fetched the full laundry basket and took it to the basement. The sharp pain in my chest turned my sadness into anger and I thrust the clothes into the washing machine.

She had hung up on me, had slammed her phone down, never wanted to speak to me again. Would I ever see her, speak with her again?

Many times over the next few weeks I replayed our conversation in my mind. The stabbing pain became an ache and life assumed a new normality, with a gaping hole.

I knew she had moved to Florida by now; a new address, a new phone number. I knew neither. Communication between us was lost.

The stifling humidity of summer gave way to crisp autumn frosts. Christmas was approaching. Excitement mounted daily as the children opened their Advent calendars and practised their parts for the Christmas concert.

My heartache began to break into scheming. How could I reach her? I

prayed and that was good. God needed no internet, no phone connection, no Canada Post. Canada Post! The idea took root in my mind. On a visit to my mother I handed her a Christmas card in a blank envelope.

“Please, you must know her address, so would you write her address on this envelope for me when I’ve gone, and mail it?”

She did. She asked no questions. She expressed no surprise. I was grateful.

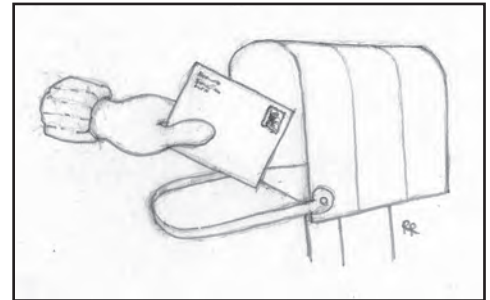
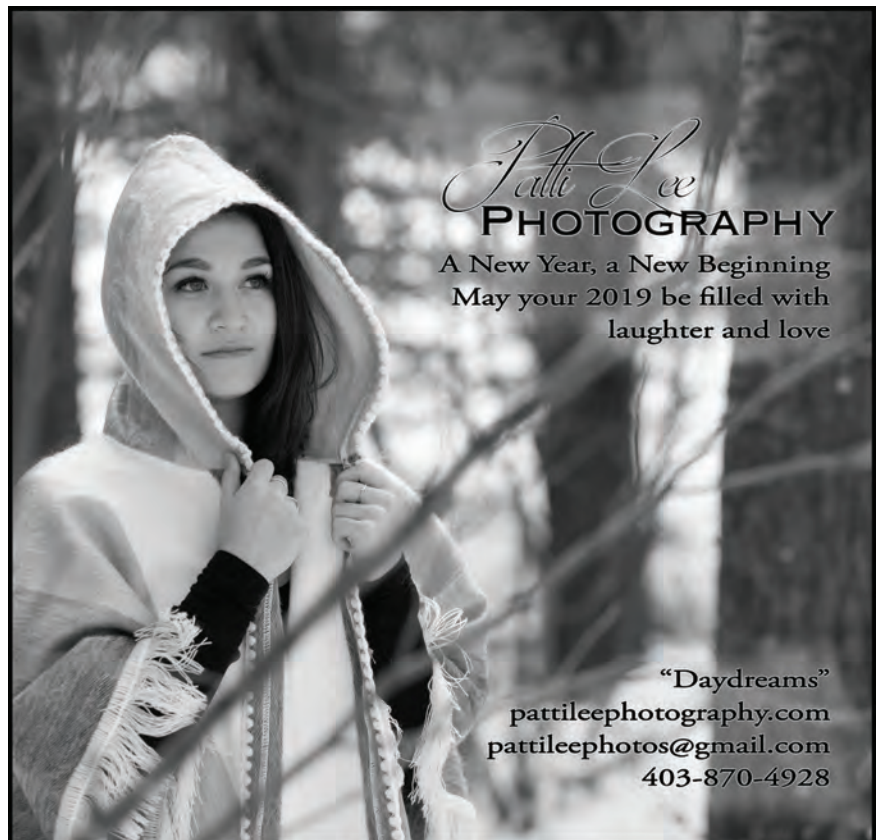
Christmas came and went.

At the end of January a card came from Florida; just a few words.

Not much news, but kind words, good words. Joy drowned my hurt.

Jesus, the Word, came at Christmas. His words bring joy and reconciliation, even today.

Illustration by Russ Rodman

*Patti Lee*  
**PHOTOGRAPHY**  
A New Year, a New Beginning  
May your 2019 be filled with  
laughter and love


“Daydreams”  
pattilecephotography.com  
pattilecephotos@gmail.com  
403-870-4928

**Love Is In The Hair**  
Full Service Family Salon · All Welcome!



587.703.3725      403.931.3109

**Kandyce Lopez**, Stylist / Owner  
Priddis Valley Rd W | Find Us on Facebook



**Stonehouse Masonry Inc.**  
Natural Stone • Brick • Block • Fireplaces

**Tom Blanchette**      Phone: 403 • 630 • 3916  
www.stonehousemasonry.com



**From all of us at the Ann & Sandy Cross Conservation Area, thank you to our 2018 donors, partners and volunteers!**

*What is our inspiration?  
Our goal is conservation  
Of the land, and so that people understand  
The importance of wildlife and habitat*

*We're teaching students to identify scat  
But more than that, to feel connected  
To nature, which should be protected  
To conserve, we say that means to save  
If we don't, our future will be grave  
We'd like you to know how much it means  
From majestic elk to beetles in streams  
That you've supported us to date  
For that, we think you're pretty great!*

We would like to thank The Calgary Foundation, Chevron Canada Resources, Pembina Pipeline Corporation, Alberta Conservation Association, Hammerhead Resources, The Government of Alberta Watershed Resiliency and Restoration Program, Government of Alberta STEP Program, Government of Canada CSJ Program, UNAC Green Spaces, MD of

Foothills No. 31, Rampart Oil Inc., and Fluor for their support in 2018. We would also like to acknowledge and thank each of our individual donors. Thank you for making Ann and Sandy's legacy possible.

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](http://crossconservation.org) and follow us on Twitter and Facebook at @ASCCConservation.

If you have a child between the ages of 6 and 12 who would love to spend a week immersed in nature, please consider sending them to the ASCCA Nature Safari Day Camps. Camps run in July and August from 9 am until 4 pm Monday to Friday. Free pre and post care is offered 30 minutes before and after camp. Our goal is to spend as much time outside as possible, sending the campers back to their own communities with a little more knowledge to be a better steward to their own neighbourhoods; oh and the other goal is to have an amazing amount of fun while doing it. For more information on camp activities please contact Laura at 403-931-2042 or email [lgriffin@crossconservation.org](mailto:lgriffin@crossconservation.org). **Registration opens January 21.**



**SHARON BAYER, REALTOR**  
*Your local real estate expert!*

Sharon@sharonbayer.com | Cell: 403.554.8978

[WWW.SHARONBAYER.COM](http://WWW.SHARONBAYER.COM)



Out of water emergency service & water freeze ups

Water well systems (new, replacements, repairs & maintenance)

Well pumps, pressure systems, cisterns, stock waterers


Water well testing, inspections & troubleshooting, real estate & oilfield pump tests

Water sampling, well cleaning & well treatments

Water filtration (iron filters, water softeners, reverse osmosis & more!)

**Billy Baker**

403-992-2931 • [aquamule.com](http://aquamule.com)



Nothing gives us greater pleasure than enriching your soul on one of our life-changing safaris. With over 50 years of experience, we're the perfect match to create a custom-designed experience according to your desires, interests, budget and timeline.

❖

Interactive Photography workshops, walking safaris, adventure trips, culture, family safaris, weddings, honeymoons, small group tours of 6 guests—11 African countries!

*Life-changing experiences: soul-enriching safaris*

EXPLORATIONS  
**AFRICA**

❖

**Dan & Antoinette**  
Cochrane AB—403 981 5558  
[info@ExplorationsAfrica.com](mailto:info@ExplorationsAfrica.com)  
[www.ExplorationsAfrica.com](http://www.ExplorationsAfrica.com)



## "NO!": A New Resolution

by Duane Harder



Brain neurologists tell us that if "NO" is repeated emphatically 5-7 times, the signal sent from the anterior cingulate to the frontal lobes of the brain, greatly diminishes creativity and logic. HORRORS! Just think of all the creativity that I have inhibited.

Now before we get too far down the guilt path, let's stop and think this through rationally.

"No" helps establish protective boundaries. We teach our children to say "no": to the enticements of strangers; to the inappropriate investigation of the human body; to behavior that violates civil, school and home standards; and to the seduction of flattery. We want them to know when "no" is a steel fence around the sacredness of who they are. We want them to understand that they are like one of the crown jewels that is to be guarded by a functional security system.

The outlaw steps outside the law and puts all their creativity to work at committing the perfect crime. The absence of consistent boundaries or the unwillingness of the parent to enforce boundaries, creates insecurity in the child. They keep pushing against the parent trying to find out where the boundaries are.

In the late 70's, there was an experiment conducted in several Los Angeles primary schools. The fences around the school property were taken down. When that happened, the majority of the children gravitated toward the center of the school playgrounds. When the fences were re-erected, the children dispersed over the whole of the playground. Healthy boundaries establish security, release creativity and engage logic.

When the boundary of the fence is properly established, it helps to inhibit

the creativity that looks for a way of getting under, over or through the fence. In my opinion that is a good thing.

Most of us don't have a problem seeing the application of this as it relates to children. However, when it comes to our personal life we start losing the power to say "No!" and start to cave into the pressure to say "Yes." We hear a request as an order and before long our stress meter is at the explosive level. The inner drive to please people soon precipitates resentment and sometimes hostility. We start to see people as leeches who are demanding more than we can give. This leads to broken promises, broken relationships and a cesspool of guilt.

### How we master the art of saying "No!"

Saying "no" begins with a healthy view of one's own self. We live within community at a variety of levels. We were created to be social beings. Having said that I must recognize that I am a person separate and distinct from the community. We need to hear the words of Shakespeare, "Know thyself, and to thyself be true." None of us have unlimited power, can be in two places at the same time, or possess all knowledge. So how does this work? The boss comes in, places a folder on my desk and says, "I want this back on my desk by 4 pm tomorrow." Under the fear of losing his approval, and potentially our job, we cower to his request. OR we could say, "I know this is urgent to you and I want to fulfill your request. This is what I am currently working on and what needs to be done by the end of the week. I have already

made commitments for this evening. What do you think should be adjusted to accommodate your request?" I know that I do not have unlimited capacity and I am placing the responsibility of his request back on his shoulders. "Show me how the priorities of my work should be rearranged to accomplish your request."

Saying "no" requires that I separate performance from value. The fear of rejection is a strong motivator. Being valued for how I perform is like counterfeit currency—it has no value in the market place of life. It is a wicked task master that keeps driving my life. Poor performance may be tied to several factors, but it is never indicative of the true value of who I am.

Saying no requires understanding the boundaries of my responsibility. Write out and prioritize the responsibilities of your life. These involve home, family, work, community and Church. Along with that, list the 10 most important people in your life. Conclude the exercise by writing out your personal life goals. Filter every request through that list. How does the request affect my relationship to the things that I value most?

This word "NO" has a broad application: it will limit our time on the internet; turn our back to temptation; eliminate the trivial; put a fence around the phone; and help us in the pursuit of those things that are meaningful and precious.

Have a wonderful New Year and a rewarding time exercising your responsibility to say "NO!"

City, Town, Hamlet or Acreage

FOR SALE

**Ken Zacharias**

403-253-1901

Toll Free: 1.800.387.4011

ROYAL LEPAGE

Benchmark

Cell: 403.607.7256  
Email: kenzac@shaw.ca  
Website: kenzac.com

Bringing you home to Alberta  
for over 35 years!



# ADHD AND DEPRESSION

by Roché Herbst, M. A. R. Psych.

### What Is The Connection?

At first glance, ADHD and depression have a lot in common. Both make it difficult to concentrate, remember things, feel motivated or sleep well. They are also associated with moodiness and irritability. Once you get into the details, they look very different. ADHD and depression can occur together though.

### What Is The Difference?

Depression comes and goes. A person could spend large parts of their life not being depressed. The biggest difference is that ADHD has pretty much always existed across most aspects of your life.

### Do People With Adhd Get Easily Depressed?

Just because you have ADHD does not guarantee that you will develop depression. However, it can trigger very powerful emotions as you live life with a few quirks. This could be socially, in school, at work or in relationships. You may forget about assignments or do poorly on tests because you could not force yourself to study. These issues may persist into your professional life, difficulty with paperwork and punctuality, or just trying to keep up with it all. You may be upset and offend somebody without thinking. You may seem disinterested in other people because you struggle to focus during social interactions. You can become so demoralised in a desperate struggle to keep everything straight. "ADHD makes a person's life harder, so it makes sense that they have more to be depressed about. This is especially true when ADHD difficulties persist. Bear in mind that the ADHD environment does not always lead to depression. Also consider genetics, biological or neurochemical factors. Everybody reacts differently" (Greenberger & Padesky, 2016).

### What To Treat First

If ADHD struggles are driving the depression, then it is primary and needs to be considered first. "This often results in a two-for-one, because treating the ADHD improves the depression, making a person feel more effective and feel better about themselves. If the depression is severe enough that it interferes with the ability to address the ADHD, then that becomes primary" (Tuckman, 2012). Most of the time, we treat both simultaneously, at least in therapy.

### What Can I Do?

- Get professional help through your physician and/or psychologist.
- Get your ADHD treated. It may have fueled your depression. Potentially it

could really turn things around in more ways than one.

- Take action, even if you are not motivated. Sometimes we can do things even if we don't really want to. When you are feeling just plain blah, tell yourself that 'this will make you feel better or at least take a chance that it might'.
- Don't let your negative self-talk loop kick in. Evaluate how you feel. Decide what your 'best' will look like for today.
- Life is not perfect. Appreciate the little things that help you get through the day.

Sources: Greenberger, D. and Padesky, C. (2016). *Mind over Mood*. The Guilford Press, New York, New York. Tuckman, A.(2012). *More Attention, Less Deficit*. Specialty Press, Plantation, Florida


## REGISTERED PSYCHOLOGIST BRAGG CREEK & CALGARY

Children, Adolescents & Adults

- ADHD & ADD (Attention Deficit Hyperactivity Disorder)
- Learning Disabilities
- Processing Disorders
- Career Counseling
- School & Workplace accommodations

For more information contact Roché Herbst, M.A. R. Psych.

**(403) 510-9984 or [info@wehcs.com](mailto:info@wehcs.com)**





### Jerry & Nancy Kamhuis

- Naturally raised without antibiotics or animal byproducts: In order to be labeled "grain fed", the CFIA only requires 85% of feed to be grain (the rest can be animal by-products)! Our feed EXCEEDS that requirement and is 100% vegetable-source grain-based!
- Raised locally, with great nutrition including organic minerals and vitamins!

Our goal is to provide our customers with a healthy product that tastes great and is reasonably priced

*Chicken like Grandma used to cook!*

**Fundraising opportunities also available  
Ask us about our loyalty rewards program!**

Contact us at [orderdesk@countrylanefarms.com](mailto:orderdesk@countrylanefarms.com) • 403.934.2755  
**COUNTRYLANEFARMS.COM**





## 2018: The Year in Review

As we count down the final days of 2018, we look back on a year that presented many challenges – new stress testing regulations, increased interest rates, shifting house prices, and so much more ...

### Conventional Stress Test

As of January 1st, 2018, Canada's top banking regulator (OSFI) began a requirement to "stress test" borrowers with uninsured loans to ensure they could withstand higher interest rates. Stress testing was already in effect for insured borrowers. This meant all Canadian buyers, regardless of their down payment, borrowing from a federally regulated lender are subject to an OSFI Mortgage Stress Test. Mortgages are qualified using the Bank of Canada's 5-year benchmark rate, which is currently set at 5.34%, for all insured loans. Or at the current contracted rate + 2% if that rate exceeds the benchmark rate, for uninsured loans.

### Prime Rate Increases

The prime lending rate is the interest rate Canada's major banks and financial institutions use to set interest rates for loans, lines of credit, and variable-rate mortgages. There were 3 prime rate increases in 2018 (Jan 18 up 3.45%, July 12 up 3.70%, and most recently Oct 25 up 3.95%\*\*), current prime rate in Canada is currently 3.95%\*.

\*Note, TD Canada Trust prime rate is generally .15% higher than the industry standard prime rate, they are 4.10%.

\*\*The next scheduled date for announcing the overnight rate target (that determines prime rate) is January 9, 2019.

### New Mortgages

• October data from the Bank of Canada showed that the national mortgage market experienced one of the slowest months of growth on record, a meagre 3.4% year-over-year increase. This is already inching dangerously close to the historically lowest levels of below 3.2%, last seen on April and May 2001, according to a Better Dwelling analysis of the figures.

• Moreover, the BoC data indicated a trend that this pace is expected to further grind towards a relative crawl. As of October, the 3-month annualized pace of growth (at just 1.9%) was more than 40% lower than the annual growth.

• In 2017, there were 959,074 new mortgage loans according to CMHC, which was a 6.5% decrease from the previous year.

• Only the category of multiple mortgage holders increased. All others declined.

• The decline in mortgage loan activity was largest among those renewing their loan with a new lender. 134,258 loans were extended to homeowners renewing with a new lender — a decline of 17.4% from 2016.

• The refinancing category dropped by 8.3%.

• Canada's share of high-credit-quality clients increased from 66% in 2002 to 88% in 2017, according to the CMHC. During the same time frame, the proportion of low-credit-quality borrowers fell from 17% to just 3%.

### Mortgages in Arrears

• The number of residential mortgages in arrears has dropped slightly, according to figures from the Canadian Bankers' Association. As of June 30, 2018, 0.23% of mortgages across Canada were in arrears. The same period in 2017 had 0.25% of mortgages in arrears.

### Household Debt

• Canadians are carrying a lot of debt — \$1.68 of it for every dollar of disposable income, making Canadians the most indebted people among G7 countries.

• However, household debt grew by only 3.5 per cent over the past year, this pace of consumer debt growth has fallen to its lowest in 35 years, according to recent data from the Bank of Canada. The last time Canadians slowed down their borrowing this much, back in 1983, consumers were under pressure from interest rates like they are today. But rates were at much higher levels then, with the Bank of Canada's key lending rate peaking at around 21 per cent in the early 1980s.

• There were 11,641 consumer insolvencies in October of this year, up 9.2 per cent from a year earlier, according to data from the Office of the Superintendent of Bankruptcy. The insolvency numbers include both bankruptcies and consumer proposals, an alternative to bankruptcy that

has become popular in recent years. It's the largest number of consumer insolvencies for the month since at least 2010. CAIRP, which represents nine out of 10 licenced Canadian solvency trustees, said 97 per cent of its membership expects insolvencies to rise in 2019. Ninety per cent agreed that Canadians "possess unhealthy levels of debt."

• Data released by Statistics Canada, found that Canadians' savings rate dropped to just 1.4 per cent of their incomes in 2018, the lowest level in over 10 years.

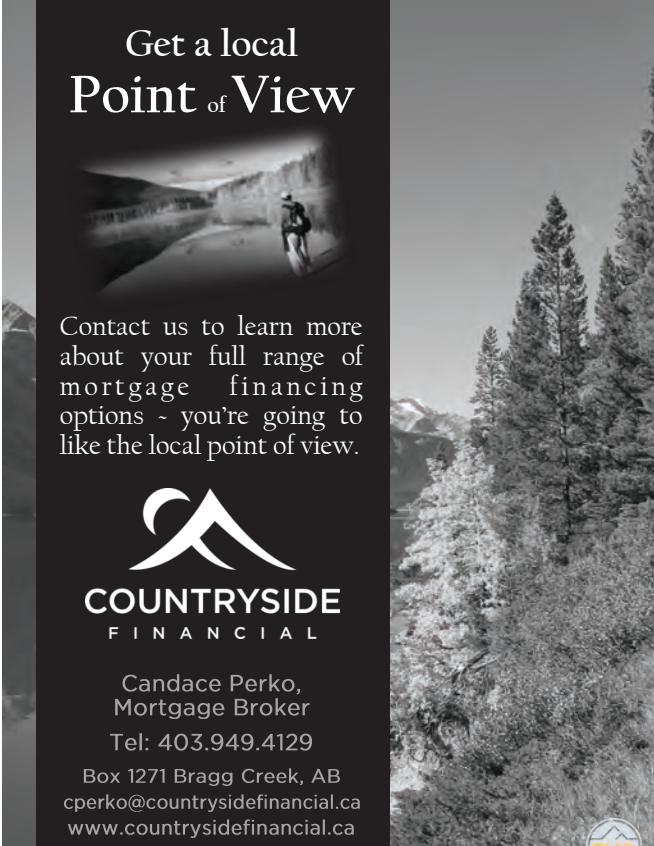
### Canadian Housing

• Canada continued its downward slide in global price rankings last quarter, falling to number 44 on property consultancy Knight Frank's 57-city price index. The report cited the introduction of foreign-buyer taxes in BC and Ontario, stricter mortgage qualification rules and rising interest rates as factors in the country's falling status.


• Cooling activity numbers are music to the ears of policy makers, who were hoping that a new mortgage stress test and foreign-buyer taxes would help to balance the formerly red hot Toronto and Vancouver markets.

• Royal LePage is anticipating the national median home price will increase by 1.2 per cent in 2019, is expected to remain in a "correctional cycle" that began this year, with home prices appreciating at a "snail's pace."

Get a local  
**Point of View**




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



**COUNTRYSIDE**  
FINANCIAL

Candace Perko,  
Mortgage Broker  
Tel: 403.949.4129

Box 1271 Bragg Creek, AB  
cperko@countrysidefinancial.ca  
www.countrysidefinancial.ca



## Winter Projects To Prepare For A Spring/Summer Property Sale

Winter has set in with colder temperatures and short daylight so one can't do much outside work on one's home or property. But if you are planning to list and try to sell in 2019, whether in spring or early summer, there are still a wide variety of things you can do in advance during the winter months. Many of these items will aid in your listing preparedness and take pressure off you when it comes time to actually list. It will improve your marketability by improving the look of your property and provide your agent with valuable information, as well as help speed up potential purchasers 'due diligence' process because info would be readily available that buyers might request or be curious about. This is not an exhaustive list and you may not be able to do all of them but certainly do as many as feasible and achievable over the next 1 – 3 or so months. Many of my past clients have taken this approach with improved success in their sale.

### *Some Items worthy of Attention and Repairs to Consider:*

The following are some of the more critical items to attend to as the list can be endless. Realistically buyers can't expect an 'aged' home to be like a new home so keep the list in perspective! But buyers can be critical & demanding of a home's general condition.

- De-clutter and tidy wherever possible throughout your home. Go through your storage areas, closets and various rooms and pack up items you no longer use and commit to sell or give them away. Be ruthless in this process. If you haven't used something for the last year or two you probably won't. Work towards clean, organized and de-cluttered spaces. Do this in your garage as well! The result will make you home appear larger, cleaner and more appealing!
- Paint any walls or areas that may need a 'spruce up', modernization or neutralizing. Move away from bright, dark & overbearing colors. Remove any old style wall papers/borders/decorative pieces on walls.
- Replace old baseboards with more modern size/style. Paint trims, doors and mouldings if they are looking tired or worn.

- Repair or replace any worn/old faucets/toilets, sinks. Ensure showers/tubs are stain free and all grouting is 'in tack' or redo. Worn grouting can make an area look problematic when all it needs is fresh, clean grouting. If any mold areas exist definitely repair!

- Replace older light fixtures with modern fixtures. Increase brightness in darker rooms, utilize lamps to create mood. Consider Bright White LED lighting bulbs.

- Repair any kitchen and bathroom cabinet door hinges or surfaces that may need attention. Update to new door knobs. It is amazing how simply changing these out can add a little more modern feel to an older kitchen.

- Certainly clean your utility room: furnaces, humidifiers and water equipment, drains and floor areas & de-clutter. If you have water processing equipment, prepare labels for them so potential viewers know right away what various tanks/devices are for. A variety of tanks can be very confusing with agents and buyers guessing what their function is. Confirm any internal cistern tank sizes.

- If your flooring is tired looking and budget allows, consider new carpeting in badly worn areas. If you do are unable to replace them, certainly have any carpets stretched if needed and professionally

*From Our Family To Yours*  
**Happy New Year!** 2019

*From*  
**THE CHAULK TEAM**

A TRUSTED NAME IN REAL ESTATE

**Proud to have been selling in the Foothills & surrounding areas for 25 years!**

**Call the Experienced Team in 2019 for your Real Estate needs.**

ROYAL LePAGE  
**DIAMOND AWARD 2018**

The Chaulk Team (with over 50 years combined team experience) were recipients again in 2018, for the 12th consecutive year, of the Royal LePage Diamond Award representing the top 3% of agents in our market.

ROYAL LePAGE  
**SOLUTIONS**  
INDEPENDENTLY OWNED AND OPERATED



cleaned. If replacing flooring, make sure you get advice from a floor specialist so you are installing more trendy styles and materials.

**Assembling Important Documents and Property Information:**

- Summarize and average out your utility costs for 2018 including heat, power, and communications. Confirm internet provider details, costs and speeds available. Buyers almost always ask for this information once interested in a property. If you are in a problem area for cell or internet coverage, research all and any options as this could be a challenge for selling if buyers feel coverage is poor. With the growing number of hub and cellular options becoming available at least be aware of the options and minimum services one can get.
- Summarize all the main features and unique characteristics of your property and home. Your agent can use these for marketing impact in brochures, on line promotion, etc.
- Assemble a summary of all school options for all grade levels for kids given your particular location & also confirm school bussing options. Buyers will definitely want confirmation of this as part of decision making, so make it easy for them.
- Understand any restrictive covenants or caveats if any exist on your property or community development you may be a part of and prepare a summary for review. These can affect decision making so best to make people aware of them up front. Get a current Certificate of Title and ensure there are no surprises on it including if ownership arrangements have changed.
- If you are an acreage owner definitely gather any old or recent well tests and water analysis reports. If none exist consider getting one done, especially a water analysis and bacterial test just in case there are any critical issues you can

have addressed by installing a piece of processing equipment. Buyers will always have a water condition so be prepared for this. Also confirm your well pumping rate GPM. Guessing what it is from memory is not a good idea; you may need a 2 hour recovery test.

- If your water system includes an internal or external cistern confirm the tank size.
- Summarize any and all renovations, upgrades and repairs you have done over the last 5 years or so and where possible list the contractor and approximate value of the work done. Confirm the roof age and materials if possible. This is always an area of concern. Buyers love to see that a property has been kept in good repair and proof of work done. If you happen to have a wood basement ensure an engineer's report is made available and if not have an inspection done and get a report. Check with MD Foothills in case an engineers report is on file when built.
- Start making a list of any outside work that should be done and set a schedule for attention as soon as the snow is done. Research contractors, pricing and scheduling available.
- Confirm if your furnace is mid or high efficiency if you don't already know.
- Gather any information on septic system including recent repairs and clean out receipts, tank size and style.
- Pull your existing Real Property Report and verify if it is still valid (i.e. no additions have been made since you purchased.) If, however you have added space, expanded decking, added walkways, sheds or an outbuilding it will need to be updated and you will need a new Certificate of Compliance from the municipality. Call the surveying company noted on the RPR and get a quote for an update and plan to have it done when feasible.
- Take time to research and interview real estate agents you may want to consider unless you already have a track record with

an agent. Don't focus on the brokerage name but mainly on the agent. There are excellent agents in all brokerages. Choose someone who knows your product and general area and who will give logical pricing advice. Don't get caught up in the 'international reach' pitch, big team and brokerage prestige image some agents give these days. Most sales come from agents networking locally and with the internet we all can promote far and wide. Choose an agent primarily based on experience, honesty, work ethic and integrity.

Hopefully carrying out many of these steps will take some of the stress out of a usually stressful process and improve your marketability and help you achieve a higher dollar value sale as well! Our market is quite challenging these days so any edge you can bring to a listing will improve your chances of a sale.

© 2018 Wayne Chaulk

# GOLD

PHOTOGRAPHY

## 403.949.2748

**Get Your  
Passport Photos,  
Visa & ID Photos,  
Etc.**

By Appointment Please

**31 White Avenue,  
BRAGG CREEK**

[www.goldphotography.com](http://www.goldphotography.com)

## **TOOL TIME**

### **HANDYMAN & CONSTRUCTION SERVICES**

FOR YOUR HOME IMPROVEMENT NEEDS:  
RENOVATIONS, REPAIRS, MAINTENANCE & UNIQUE PROJECTS  
*FOR ANY TASK...JUST ASK!*

**Al MacDonald**  
**403-949-2349**

*PROVEN QUALITY WORKMANSHIP,  
HONESTY & RELIABILITY*

## **EAGLE SEPTIC**

*Your trusty specialist*

P.O. Box 75135  
Westhills S.W.  
Calgary, AB T3H 3M1

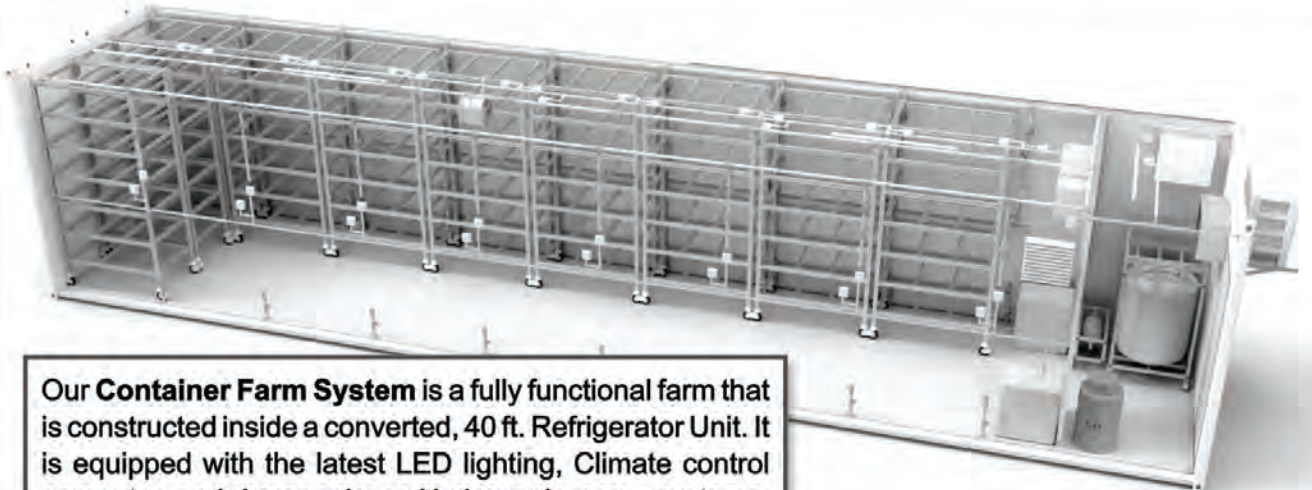
**SEPTIC TANK & VACUUM SERVICE**

**REPAIRS**

**TOP RATES**

**SONNY J. LUSTY**  
Tel: (403) 650-9436  
Fax: (403) 455-9752





Our **Container Farm System** is a fully functional farm that is constructed inside a converted, 40 ft. Refrigerator Unit. It is equipped with the latest LED lighting, Climate control computer and Aeroponic or Hydroponic grow systems. Start growing over 150 different varieties of plants today.

**Advantages of Container Farm System**

Enables growers to easily plan their year-round production using the Climate Control System in a secure environment.

**Plug and Play / Business in a Box**

The basic container uses a “plug and play” concept and allows quick and simple installation of the container on site.

**Modular Container**

Allows optimization of space and expansion of the growing area. It can be stacked high and wide to accommodate a growing demand.

**Full Spectrum Grow Light**

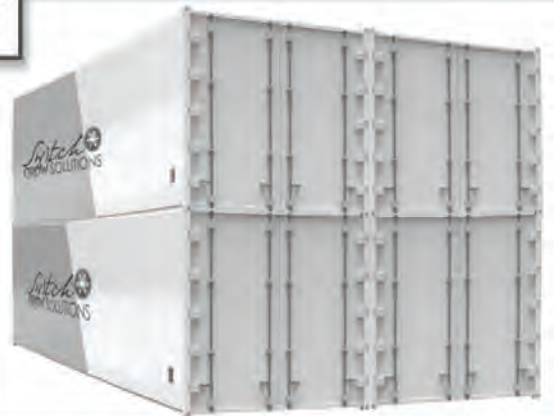
Fitted with our specially designed LED lights giving growers an unprecedented ability to control their plants’ lighting environment.

**Software and System Control.**

Driven by software, which allows you to adjust and manage every element of the system.

**Modular Trolley System**

The Modular and Independent Rolling Trolley Systems are equipped with high intensity full spectrum LED lighting. Trolleys can be conveniently used outside of the container farm and are also suitable for basements and warehouses.





## Out of the Rut *Chapter 100*



One hundred months since I began this odyssey of exploration; leaving behind a business and a loyal group of friends and clients who bravely explored the unknown with me. Everyone who came for help, originally familiar with the routine of shedding clothes and lying on a massage table, eventually volunteered to try this bizarre form of massage I'd discovered called Traditional Thai. What is it that we do? Keep your clothes on for one. Lie down on a mat on the floor, breathe and see what happens... an energy moves through the room, hands, feet, arms, legs, all come into play to create the gorgeous dance of Thai Massage that has kept a nation on its feet, in the fields, at work and at play for centuries. It's a blessing from Thailand to the rest of the world, I'm blessed to have brought this into my life and to others.



One hundred months since leaving behind a house and lifestyle that had become deeply worn... the groove of daily routine carving out a seamless route from home to office to home again. I had a marriage that was creaking, aching to diverge. It wasn't bad, but it wasn't great, there was a deep lack that was unfulfilled and the decision to 'up sticks' and completely change our lives was accompanied by an inner resolve to change my relationship as well as my location.

One hundred months since leaving behind the foothills and plains of Alberta, the magical majestic skies and stunning Chinook arches that push the clouds like rippled ocean floors high above us. Leaving behind nearly twenty years of Canadian living to explore the heat and intensity of northern Thailand, the heat and intensity of Thai food, the heat and intensity of a tsunami of experiences, new colleagues, friends, studies, work and cross-cultural challenges.

In the past eight years I have dismantled one life, embraced a multi-faceted new life, ricocheted back and forth between Canada and twenty-one other countries. I have run through a miasma of rental trauma and finally arrived at a situation where my tenants are lovely folk who love my house and this area as much as I do. I've visited extraordinary countries and met so many fascinating folk with endless stories of life, art, music, spiritual discovery, conflict and confusion. I've worked on film production, music recordings, live performance in

song, poetry and percussion, workshops, advertising, research, teaching, management, more massage. I've danced for weddings and celebrations, taken on event production, web design and marketing, and written and published a book and acquired further editing projects and support for other writers, as well as keeping in touch with Thai Massage in Bragg Creek and around the world.

There were elephant rides (and a stampede!), whitewater rafting, gibbons swinging gracefully between majestic fig trees 140 feet above the land, temples that stun the senses, caves full of mystery and silence, boat rides between exotic islands, views of bays and sunsets and sunrises. There was the Kumbh Mela – the greatest spiritual gathering on earth, shared with 85 million others – the silence of ashrams and the early morning chanting of devotees, coral restoration projects, lava flows and volcanic drama. I've been to/through/on zip lines, canoes, day-long stinking bus rides in the deserted African heartland, safaris, ice fields, waterfalls, horse rides, bicycles, scooters, ramshackle vehicles held together by rust

and faith, Hammams (traditional Turkish baths), Korean, Estonian and Finnish saunas, and swims in lakes, rivers and oceans around the world.

The side-effects of all these adventures have also run into wild and obscure health

issues ranging from the bites of bizarre insects the day I started a new job; a face like Quasimodo and an arm swollen with the image of a brilliant red snake wrapped around from wrist to elbow, to endless days of depression and inertia. I've nursed my partner through debilitating illness and injury, he's nursed me through psychedelic viral attacks, delirium that strikes with almost lethal swiftness, more wicked bites and mystery illnesses. I've confounded doctors all over the world with unrecognisable and obscure symptoms and enjoyed the ministrations of shamanic healers, acupuncturists, massage therapists and more.

I've lost friends along the way, mourned with others over loved ones' passings. I've celebrated births, marriages, discoveries, and achievements. I've wondered time and time again what it is I'm doing and why, who cares and who notices? I surge through highs and lows and continue to bounce back despite the gathering clouds that mass on my mental horizons. This past year has been the most challenging of them all... bringing me to my knees emotionally, physically, mentally. The spectre of death has danced at my side this year, cajoling and singing his own sweet song, the single song with which we are all destined to harmonize. There is no other alternative, but the timing for this, as with all great comedy, is everything. I'd like to think there are many more adventures to come, more people to meet, to hug and to hold close literally and metaphysically, to love, to learn from. More opportunities to help and be of service to others, more days to gasp in awe at the glory that is all around us and to survive, again and again, the slipping into the darkness that lies at the edge of perception and positivity. I'd like to think that my writing has, and continues to, gleam in that darkness for someone somewhere when they most need it. After all, there is no light without dark against which to see it spark.

Be the spark. See the spark. Never lose the essential glimmer of you.

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

### CANADIAN TAI CHI ACADEMY

Health for Body, Mind, and Spirit

#### New Beginner Class in Bragg Creek

Weekly Class Starting January 2019  
Tuesday evenings 6:30 - 8:00 pm  
at Snowbirds Chalet, 19 Balsam Avenue

#### Demonstration & Registration

6:30 pm, Tuesday January 22, 2019

#### First Class

6:30 pm, Tuesday January 29, 2019



More Information:  
403-949-2933

CanadianTaiChiAcademy.org

# CLASSIFIEDS

Email [highcountrynews@telus.net](mailto:highcountrynews@telus.net) or mail to Box 476, Bragg Creek, AB, T0L 0K0 your ads (typed, please) by the 15th of the month OR visit [highcountrynews.ca](http://highcountrynews.ca)

## SERVICES OFFERED

**JIMMY J's TOWING - PRIDDS**  
Cash for scrap vehicles  
Farm & acreage clean-ups  
403.891.3994/403.760.5797

**ADVANCED AUCTIONEERING:**  
Is it time to sharpen your chant? Are you preparing for a contest? Enroll with us and we can help you! Globalchant.ca or call Rod Burnett at 250.308.8185.

**I-Shine!!! Commercial & Residential Cleaning and Detailing.** We use green products only, specifications of products are available upon request. 20 years experience, and many references available. Please call Leona 403-808-3089 for a free quote!

**Sebring Home Cleaning,** 25yr business in Calgary South to Pridds Area. Bi-weekly, once a month or 1x cleans available. 403-991-9715.

## REAL ESTATE

**COMMERCIAL SPACES for LEASE**  
1100 Sq Ft (2 stories) & 1000 Sq Ft, located in the Old West Mall, Bragg Creek. Call more more info 403.949.3793

**BEAUTIFUL 5 ACRE LOT SOUTH OF BRAGG CREEK:** \$269,900, Beautiful treed 5 acre lot for sale, with mountain/foothill views on the south side of the lot. Only 30 minutes from Calgary / 20 minutes from Bragg Creek. No building commitment. Paved road, well and utilities at the lot. Driveway cleared. Land survey complete. Call Leslie Hunt, 403.464.9488 for directions and more info.

**FOR RENT:** Residential/Commercial Use Bachelor Unit. Contact Alain 403.949.2451. A mixT res/comm use bach unit, 920sqft, fridge, stove, combo washer/dryer incl. with large indoor storage area. Max 2 adults, non-smokers, no pets. Min 1 year lease at \$1200/mth +utility share. Avail. now at 16 Balsam Ave, Bragg Creek. Call for more info.

## WANTED

**AGRICULTURE BUSINESSES WANTED:** We currently have buyers looking to purchase Agricultural Businesses throughout Western Canada. Businesses must demonstrate a positive cash flow with a min. 10% return. Investment level up to \$20mil. Confidentiality assured. TheAffordableBusinessPartner.com. Contact Gil at [gilp74539@gmail.com](mailto:gilp74539@gmail.com).

## EMPLOYMENT OPPORTUNITIES

**WANTED KITCHEN HELP & CASHIER • Creekers Bistro** now looking for a part time Kitchen Help, Cook and Cashier. Send your resume to [sean\\_cho@hotmail.com](mailto:sean_cho@hotmail.com) or bring in person. Seeking someone honest & hard working, willing to learn and grow. 403.519.8620

## FOR SALE

**FIREWOOD,** Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403.333.8462

**FIREWOOD SPLIT AND DELIVERED!** Bragg Creek, Purchase by the truckload, yard bag, or bundle. Text Sam at 403.861.8915 for pricing and to place an order

COMMERCIAL

Blu-Ray Player - Used OPPO UDP-205, \$500. Incl: Owner's manual, Blu-ray player, 63" AC power cord, Remote control, 2 "AA" batteries, 69" HDMI cable, Power Supply 110V-120V ~/220V. Text me or call 917.633.7290, email [paullarry86@yahoo.com](mailto:paullarry86@yahoo.com)

2009 Silver Ford Escape Limited 4x4. Contact Bernice 403-931-2549. Calgary. 158,000 kms. Excellent condition. \$9200.

3/4 Bundle of R12 for sale NEW \$67. Two Michelin tires, 205 65R 15. 36" TV toshiba and custom stand. Ross Best, [rossbest@telus.net](mailto:rossbest@telus.net), 403-933-3637/ 403-851-0562, Will Consider Offers on all items.

Cub cadet 42" garden tractor, xt series, less than 5 hours, mint condition, can deliver, led lights, hydro transmission, 18hp kohler engine. Asking \$1800. Springbank, Richard at 403.700.9708

FREE Ikea corner bookcase. Light pine colour. Assembled. Pickup in Bragg Creek required. Ginny Bannerman, 403.949.4256.

## WANTED

Feed Barley wanted for hobby farm chickens. Would like 8' pickup box filled by auger. 403-931-3261

Wanted John Deere LA from the 40s or any parts for one. ALSO I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Call, text or email Al at [awionzek6@sasktel.net](mailto:awionzek6@sasktel.net), 306.641.4447

**ATTENTION HORSE OWNERS:** If you have any old hay, bottom bales, moldy bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call Don 403.931.2457

## REAL ESTATE

Open Spacious Loft. Contact Darcy 403-933-2442. Rural Country living between Millarville and Turner Valley. 1 bdrm open floor plan loft, fully furnished (if needed), all appliances with laundry, all utilities included. Horses and pets welcome. \$1200/month w/rent subsidized for help around the acreage.

## REAL ESTATE

Long or short term rental available for this lovely log studio apartment, furnished or not, on 6 acres property, whatever your needs are. Available immediately. Price includes all utilities, satellite cable & internet, land line phone, parking for 2 cars, ideal for a single or couple. Pet allowed. \$1,2500/mth, West Bragg Creek. Vera Kruger, 403.949.3770 or [verakruger@yahoo.ca](mailto:verakruger@yahoo.ca)

## BABY/HOUSE/PET SITTING

Mature Responsible Babysitter: I am fun, truly love kids and have successfully completed my Canada Safety Council Babysitters Certificate Program. I also have lots of references and can drive to/from you for cost of fuel. Please contact Aimee: Text 403-618-7744 or call 403-949-7741

House/Pet/Plant sitter available while you are away. References available. Please contact Aimee at 403-949-7741 or text 403-618-7744 for rates and availability.

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



Reach your local customers

Grow your business

Contact us TODAY to choose the perfect ad space for your budget and audience!

403.949.3526 or [info@highcountrynews.ca](mailto:info@highcountrynews.ca)

**FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:**

\$16 for a minimum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted

Information contained herein, while not guaranteed, is thought to be correct





# WELL OWNERS

## WINTER'S COMING QUICK!

### ARE YOU READY?

**Well and Pumping System Maintenance is much easier to complete before Winter arrives.**

### Standard Water System Maintenance Schedule

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

**SIGN UP NOW for Automatic Email Maintenance Reminders**  
[info@acreswest.ca](mailto:info@acreswest.ca)

*Local family owned business for over 25 years*



25 years in Business

- Water Softeners, Iron Filters, Water Purifiers
- Pressure Tanks, Well Service, Pumps
- Water Storage Tanks



**ACRES WEST  
POWER & WATER**

*Our Green Technologies will  
Transform your Acreage*

[www.acreswest.ca](http://www.acreswest.ca)

403-931-3733

# BUSINESS DIRECTORY

LIST YOUR BUSINESS  
ONLY \$8 PER MONTH - 403-949-3526



## ABSTRACT ART

ERROL LEE FULLEN - ABSTRACT PAINTER, SCULPTOR ..... 403.990.1266

## ACCOMMODATIONS

EVERGREEN COUNTRY Bed & Breakfast ..... 403.949.3951  
HEART WEST HAVEN ..... 403.651.3459  
KRUGER'S GUEST HOUSE ACCOMMODATIONS ..... 403.949.3770

## ACCOUNTANTS

WILSON PLUMER CHARTERED ACCOUNTANTS ..... 403.949.4947

## ACREAGE SERVICES

GRASSLAND ACREAGE SERVICES grasslandacres@gmail.com ..... 403.852.7131

## ANIMAL HOSPITAL / VETERINARY CARE

ANIMAL HOSPITAL, BRAGG CREEK ..... 403.949.2650

## ARBOUR CARE & TREE REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442  
TREETWORX TREE CARE, www.treetworxpro.com ..... 403.554.2370

## BLINDS, WINDOW COVERINGS & UPHOLSTERING

HARMONY BLINDS, SHUTTERS & AWNINGS ..... 403.466.2204  
HEIDI'S BLIND NOOK ..... 403.651.3459  
HEMMETT CUSTOM ..... 403.816.3802 / 403.246.1482

## CHILD & DAY CARE

COUNTRY KIDZ CHILD CARE ..... 403.809.3546

## CHURCHES

BRAGG CREEK COMMUNITY CHURCH, Pastor Dave Zimmerman ..... 403.949.2072

## CLOTHING & JEWELLRY

CRABAPPLE COTTAGE FASHION BOUTIQUE ..... 403.949.4264  
TAMMY E JEWELRY, www.tammyejewelry.com ..... 403.818.2932

## CONSTRUCTION, CONTRACTING & EXCAVATION

BRAGG CREEK EXCAVATING ..... 403.949.2756 / 403.620.0250  
CASTLE CREEK HOMES LTD. .... 403.949.3233  
CENTURY ROCK MASONRY - DAVID ANDRUKO ..... 403.819.5303  
ELBOW RIVER EXCAVATING & LANDSCAPING ..... 403.949.3227 / 403.899.4886  
LT EARTH SERVICES - EXCAVATION & TRUCKING ..... 403.478.0050  
SIONI CUSTOM HOMES LTD., sionihomes.com ..... 403.815.8605  
TOOL TIME Handyman & Construction Services ..... 403.949.2349  
WOOLRICH GROUP - woolrichgroup.com ..... 403.851.0076

## COUNSELLING

BRAGG CREEK - DR. KAREN MASSEY, R. PSYC. .... 403.390.1815  
BRAGG CREEK - ROCHE HERBST, R. PSYC. .... 403.510.9984  
PRIDDIS - ERICA BERNARD, MSW, RSW ..... 403.874.0176

## CRUISE & VACATION SERVICES

CRUISE & VACATION CONSULTANT, LEA ANDERSON ..... 403.717.9223 / 403.837.0577

## DANCE INSTRUCTION

SPRINGBANK DANCERS INC., www.springbankdancers.com ..... 403.276.7918

## DENTAL CARE

BRAGG CREEK DENTAL CLINIC ..... 403.949.2288

## EDUCATION

DIAGNOSTIC READING CENTRE OF CALGARY, drccalgary.com ..... 587.356.3722  
THE LITTLE SCHOOLHOUSE - BRAGG CREEK ..... 403.949.3939

## ELECTRICAL SERVICES

ARMSTRONG ELECTRICAL ..... 403.932.9289  
HIGHWOOD CONTRACTING & SOLAR, highwoodcontracting.com ..... 403.803.7102

## FAMILY DOCTOR / HEALTH SERVICES

CARE IN THE CREEK MEDICAL CENTRE ..... 403.949.2457  
FOOTHILLS FAMILY MEDICAL CENTRE & DIAMOND VALLEY MEDICAL ..... 403.933.4368

## FINANCIAL & INSURANCE SERVICES

BRAGG CREEK INSURANCE SERVICES & ALBERTA REGISTRIES ..... 403.949.2599  
ATB FINANCIAL - BRAGG CREEK AGENCY ..... 403.949.3513  
FINANCIAL PLANNER & INVESTMENT MANAGEMENT, BOB HUGHES ..... 403.949.3250  
INSURANCE (LIFE, DISABILITY, CRITICAL ILLNESS, LONG TERM CARE) ..... 403.949.3250  
MORTGAGE BROKER - CANDACE PERKO, COUNTRYSIDE FINANCIAL ..... 403.949.4129

## FIREWOOD

FIREWOOD TIM (PINE & BIRCH) ..... 403.333.8462

## FURNACE & DUCT CLEANING

HOT PEPPER® FURNACE & DUCT CLEANING, DRYER VENTS, FIREPLACES ..... 403.888.2000

## HAIR & BEAUTY

HAIR STYLIST - PEGGY'S AT PRIDDIS ..... 403.686.1095 / 403.931.3142

## HEALTH & FITNESS

BRAGG CREEK CHIROPRACTIC CLINIC ..... 403.949.3953  
BRAGG CREEK PHYSIOTHERAPY ..... 403.949.4008  
JARI LOVE - PERSONAL OR GROUP TRAINING ..... 403.650.1456  
MASSAGE - DEANNA McDEVITT, THREEPOINT MASSAGE THERAPY ..... 403.829.1148  
MASSAGE - SYLVIE LAPPA ..... 403.828.5408  
MEDISPA - COQUINE FOREVER by Julie, coquineforever.com ..... 403.370.6948

## HOUSE CLEANING

IMMACULATE ADVANTAGE, NAOMI NADEAU, blessingjoy@hotmail.com ..... 403.618.2605  
MAID IN THE FOOTHILLS Patricia Holt peppermintpatt@telus.net ..... 403.933.2233

## LAWN AND GARDEN EQUIPMENT SALES & REPAIRS

DR. MOWER (Cochrane), www.dr mower.ca ..... 403.932.9984  
SMALL ENGINE SOLUTIONS ..... 403.949.3110 / 403.991.3920

## LANDSCAPE CONSTRUCTION/ MAINTENANCE & SNOW REMOVAL

HARDER AND SONS EXTERIOR MAINTENANCE SERVICES ..... 403.949.3442

## LEGAL

FAMILY ENTERPRISE ADVISOR, REID SCHMIDT, 2020 LAW GROUP ..... 403.296.1709  
LINDA ANDERSON LAW OFFICE ..... 403.243.6400 / 403.949.4248  
MAVERICK LAW ..... 403.949.3339  
MOUNTAIN VISTA LAW, www.mountainvistalaw.com ..... 403.981.0700  
SAC LAW, The Mobile Law Option, sac.law@shaw.ca ..... 403.554.8535  
ZHIVOV LAW, Personal Injury Law, zhivovlaw.ca ..... 403.770.4939, x103

## MECHANIC

MHM HEAVY DUTY MECHANIC LTD., mobilehdmechanic@gmail.com ..... 403.700.7580

## MLA CONSTITUENCY OFFICES

Banff-Cochrane: CAM WESTHEAD, banff.cochrane@assembly.ab.ca ..... 403.609.4509

## NEWS & ADVERTISING

HIGH COUNTRY NEWS ..... 403.949.3526

## PAINTERS

BJ'S PAINTING ..... 403.949.3443

## PAVING

LAMBERT BROS. PAVING ..... 403.287.3252

## PEST CONTROL

JAPCO PEST CONTROL LTD. .... 403.242.2467

## PET & EQUINE SERVICES

BELCOURT PET SPA & SUPPLIES ..... 403.949.3355  
BLUE RIBBON BOARDING & TRAINING ..... 403.949.2963  
CACHAKATCAN NEW HEALTH & LIFE CATTERY & BOARDING ..... 403.949.2385  
PET SITTING SERVICES large & small/ domestic & farm animals ..... 403.880.5110  
SMILING PUP CANINE BEHAVIOUR CONSULTING, smilingpup.ca ..... 403.949.2385

## PLUMBING & HEATING

ALLANS PLUMBING AND HEATING ..... 403.888.5200  
BRAGG CREEK PLUMBING & HEATING LTD. .... 403.931.0486  
BRICO PLUMBING INC. .... 403.998.5580

## PROFESSIONAL SERVICES

PRIDDIS BUSINESS CONNECTION INC. .... 403.931.7191  
VIDEO PRODUCTION, WEDDINGS, REAL ESTATE, CORP. PROMOTION ..... 403.477.1166

## REAL ESTATE & PROPERTY MANAGEMENT

DEBORAH CLARK, REALTOR® - CENTURY 21 BAMBER REALTY LTD. .... 403.835.3385  
DIETER HENDRICKSON, RE/MAX Mountain View Bragg Creek ..... 403.612.7849  
GREATER CALGARY REAL ESTATE Megan.Stuart@CREB.com ..... 403.978.9117  
KATHLEEN LAPLANTE RE/MAX West, Cochrane/ Bragg Creek/ Redwood ..... 403.818.8049  
ROYAL LEPAGE FOOTHILLS - KEN ZACHARIAS ..... 403.607.7256  
SHARON BAYER, REAL ESTATE PROFESSIONALS INC. .... 403.554.8978  
SUTTON GROUP CANWEST - WILLIE PREBUSHEWSKY ..... 403.660.3767  
TANYA BAKANOVA, REALTOR® STAGER CSP™ - REAL ESTATE PROFESSIONALS INC. .... 403.837.0220  
WAYNE CHALK, ROYAL LEPAGE SOLUTIONS, chaulkrealstate.com ..... 403.252.5900

## RESTAURANT

BAVARIAN INN, Bragg Creek ..... 403.949.3611  
CREEKERS BISTRO, Bragg Creek ..... 403.949.3361  
THE ITALIAN FARMHOUSE RESTAURANT, Bragg Creek ..... 403.949.2750  
JANE'S CAFE, COFFEE SHOP, Priddis ..... 403.931.0155  
POWDERHORN SALOON, Bragg Creek ..... 403.949.3946  
PHOENIX GRAND (Beside Original Joe's - Okotoks) ..... 403.938.9228  
WATER'S EDGE PUB, Priddis ..... 403.931.0155

## RETAIL

BRAGG CREEK FAMILY FOODS ..... 403.949.3747  
BRAGG CREEK TRADING POST ..... 403.949.3737  
MOOSE MOUNTAIN GENERAL STORE - HARDWARE ..... 403.949.3147  
SUNCATCHERS Stained Glass Studio / THE RIVER DRAGONFLY GIFTS ..... 403.949.4332

## ROOFING & EXTERIORS

FORTRESS ROOFING & EXTERIORS LTD. .... 403.264.7844  
GUNS N HOSES ROOFING, EXTERIORS & INSULATION, gnhrroofing.ca ..... 403.796.ROOF (7663)  
MASTER CONSTRUCTION INC, mastercalgary.com ..... 403.554.2715

## SEPTIC (SERVICE AND INSTALLATION)

A-B-C SEPTIC TANK CLEANING SERVICES ..... 403.288.9500  
A-EAGLE SEPTIC, eagle-7@telus.net ..... 403.650.9436  
ACREAGE DEVELOPMENT SOLUTIONS LTD. .... 403.815.0004  
BIG ROCK SEPTIC SERVICES, www.bigrockwaterhauling.com ..... 403.804.5551

## TRUCKING (AGGREGATE/ SOIL/ MULCH/ ROCK)

BRIAN FITT TRUCKING & BOBCAT ..... 403.809.8949 / 403.949.3573  
ROSS TRUCKING ..... 403.651.9428

## TOWING

JIMMY J'S TOWING, \$ for scrap vehicles, property clean-ups ..... 403.891.3994 / 403.760.5797

## WATER HAULING

BIG DRIPPER WATER HAULING INC. .... 403.851.1003  
BIG ROCK WATER HAULING SERVICE, www.bigrockwaterhauling.com ..... 403.804.5551

## WATER WELLS

AQUA MULE Water Well Systems & Services ..... 403.992.2931