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## From The EDITOR

### Happy New Year!

There are a lot of great articles and community announcements included in the paper this month. I trust you will enjoy the read.

2019 is in the books and 2020 is about to begin. For me personally it was probably one of the fullest and joy-filled years of my life. We had young men getting married, graduation ceremonies, music lessons and children learning to drive... This doesn't include business activities. At times life felt like a pinball machine, getting bounced around without much strategic thought to what was next.

I remember a leadership seminar I attended in which the presenter spoke about balance. As a ski coach he related life to the dynamics of the shifting terrain under a skier's feet as they hurtle themselves down the hill. The skier can't control the terrain, but must adjust quickly to a very dynamic environment. As a relatively good skier I related well

to his analogy. Often our life will feel out of balance. Regular routines go out the window and the tyranny of the urgent rules the day. Our ability to adjust to an ever changing dynamic of life is what will enable us to finish well. We can't control the terrain of life. We try, but it usually ends in significant frustration. What one can do is analyze, learn from our past, and apply to the ever-changing dynamics of life.

My father in law (former hockey coach) asked me a very direct question when discussing my last business season, "So what did you learn and what will you do differently".

So as we start 2020, let's not forget to look back and remember, learn, and adjust ourselves from the past year in both the successes and failures we have experienced.

*From my family to yours,*  
**Lowell Harder**

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

## Artist PROFILE

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

Pat has an active website at [www.PJ-illustrations.com](http://www.PJ-illustrations.com) where her portfolio of work is displayed.

### WILD HORSES OF ALBERTA SOCIETY

invites you to join us for an information evening

**Wednesday, January 15 • 3 - 8 pm**

**Sheep River Library**

**129 Main Street, Turner Valley**

Learn about our Alberta wild horses; calendars for sale, brochures and lots of wild horse pictures. We look forward to seeing you there!

### WILD HORSES OF ALBERTA SOCIETY

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until Christmas!



**HIGH COUNTRY LIFE**

BY MARK  
ADMAKI-CA

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## Obituary Doug Seibert

Nov 28, 1955 – June 17, 2019

It was with heavy hearts we had to say goodbye to an important part of our Bragg Creek community in June. Doug always had a handshake and

kind word for anyone he met. He had a way of making people feel special.

Doug was always ready to help his Bragg Creek people and in turn they helped him. Supporting people, businesses, putting out fires and mowing neighbors lawns and ditches... Doug was there.

We will miss passing him on his Kubota, white hair in the wind heading

to town to pick-up the cigarettes his wife told him he couldn't have.

Doug lost a very long battle with physical and mental health issues and is now with his Mom, Dad and son "making a long story short!!"

I want to thank all of you who knew Doug for your love, support, kindness and help.

*Doug's bride, Tracy*



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### THE BRAGG CREEK AND GREATER AREA HISTORICAL SOCIETY\*

The BCHS is happy to present

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1:00 pm February 15, 2020

in the Snow Bird's Chalet, Bragg Creek

Join us for a fascinating presentation of their collection of poetry and visual art celebrating the beauty and spirit of the Rocky Mountains, Western foothills, prairie landscape, and the natural inhabitants of these beautiful environments.



"This anthology is a stunning collection, which embodies inclusive style, vision and traditions. It is an inspiration which honours this land and this place."

*Sheri-D Wilson, Poet Laureate of Calgary*

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\* With funding support from Rocky View County

# Falls At Home Injure And Kill

Just last month I wrote about falls being the leading cause of injury for seniors. *Soon after, a 40-ish year old friend died from a fall at home while dealing with lights – are you concerned?*

You should be. Unintentional falls send nearly 2,000 Canadians of every age to hospital every day, of which over 400 each day require hospital admissions:

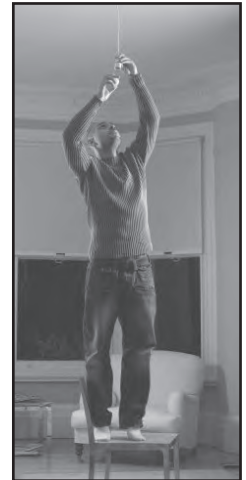
- falls and slips are a leading cause of injury for all ages
- falls are the most common way to suffer a brain injury
- falls are responsible for over 90% of hip fractures
- fall and slip victims on average miss 11 days of work (14 if hospitalized)
- **most falls are preventable.**

Those who fall once are 2 to 3 times more likely to fall again. Reasons include:

- anxiety, stress, tiredness and sleepiness
- temporary health conditions, eg. flu, cold
- muscle weakness, especially in the legs, eg. office workers
- imbalance, causing unsteadiness on your feet
- dizziness or lightheadedness, eg. from weather changes
- black outs, fainting or loss of consciousness
- foot problems — including pain and deformities
- memory loss, confusion or difficulties problem solving
- vision and hearing problems, eg. from headaches
- taking medication that makes you dizzy or drowsy
- drinking too much alcohol, especially with medication
- chronic health conditions, eg. neuropathy, low blood pressure

*"We all think of cancer and heart disease and strokes as being the big problem –*

*they are serious and you do sometimes die of them – but you also find that falls are extremely common and although they don't usually kill you straight away, sometimes they do" - Geoff Fernie, Toronto Rehabilitation Institute.*



**For preventing falls at home checklist, see [www.albertacleanair.com/blog/homefallschecklist/](http://www.albertacleanair.com/blog/homefallschecklist/)**

Falls from ladders and chairs while doing home maintenance when not used to climbing is common; lightbulbs need changing, so do batteries in smoke and CO detectors – climb or hire a pro, your choice.

*by Carla Berezowski,  
Home Comfort Expert*

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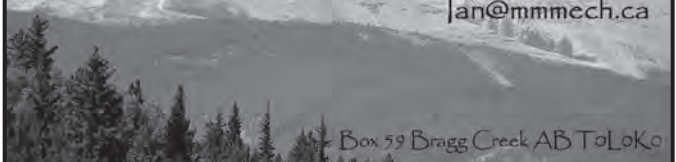
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# ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



**f COUNCILLOR MARK KAMACHI**

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**MKAMACHI@ROCKYVIEW.CA**

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



Happy New Year to you. I hope you had a wonderful break, you're rejuvenated, and ready to get back to tasks at hand. I for one, with my new purple hair to keep cancer awareness on the top of everyone's minds (no pun intended) following a successful Movember campaign, am looking for a productive and positive 2020 as 2019 is now in my rear view mirror. With my role as a councillor just past the half way point, there's still a lot more work to be completed. Hopefully some of the main needs and concerns of our division as well as the County's get addressed soon. I have certainly learned one thing for sure, government doesn't move fast.

## **Bragg Creek Flood Mitigation**

Let's get straight to one of the main topics of conversation on everyone's mind. And that is the question of "Where's the flood mitigation at, when will it get started and how much more is it going to cost?" Well, at the last council meeting before the Christmas break, Administration brought us the most recent information from the front lines pertaining to the above question.

They evaluated the cost differential between construction costs estimated in 2015 and the tender price in 2019. Not including contingencies and engineering services, the cost difference is approximately \$9.0 million. The main factors that resulted with the budget overrun are due to design changes based

on detailed engineering (hydraulic model), conditions of the regulatory approvals, and landowner discussions: Flood barrier structures increased in length from 3,144 metres to 3,922 metres (difference of 778 metres) • 475 metres of bank stabilization (armouring) not identified in the 2015 cost estimate • Replacement of Bragg Creek Bridge not identified in 2015 cost estimate • Level of accuracy between the cost estimate and tender price. The estimate in 2015 was based on 25 line items and 2019 tender price was based on a detailed breakdown of 140 line items • Inflation over a 5 year period for construction materials and • Price per metre to construct in 2015 versus 2019 is \$4,039 and \$5,533, respectively. This does not include the 475 metres of bank armouring noted above.

RVC is a contractor of the GoA for this project. My colleagues and I at RVC will work our butts off to see that this gets built one way or another. Lots of lobbying from RVC to get the GoA moving and the \$\$\$\$. We're "lifeless" and not able to grow without being able to provide assurances to businesses and residents now and in the future. Fingers crossed this gets addressed early in the new year.

## **A New FireSmart Committee**

There's a new FireSmart Committee to kick off the year and congratulations go out to the following folks who have

generously devoted their time and energy to work on this volunteer task force on behalf of all residents in Division 1: Peter Dwan, Roche Herbst, Jorge de Freitas, Andrea Sparkes, Charlie McLean, Jeff Hughes and Ryan LeBoutillier. Gary Nikiforuk will continue to chair this group with assistance from RVC Fire Services. Thank you for stepping up. I look forward to sitting down with everyone in the coming weeks to continue to implement the plan and also add fresh ideas which has been a success over the past few years.

## **Councillor Sanctions**

The court date is only weeks away regarding the sanctioned Councillors Crystal Kissell (Division 9), Samantha Wright (Division 8) and Kevin Hanson (Division 3) for breaching Sections #28 and #29 of our Council Code of Conduct where information deemed "Private and Confidential" and for Council's eyes only were released publicly without Council authorization. Whatever the outcome, it has been a distraction and I'd like to see this put to rest once and for all so we can move forward.

Please go to the RVC website or follow me on You Tube or Facebook as I will try to post more information more frequently regarding our MDP, Rec Board news, etc. Until next month, stay warm.

*– Cheers, Mark*





**MLA Update**  
*Banff/Kananaskis*  
By Miranda Rosin, MLA



### 2020 is going to be Alberta's decade.

2019 was a year of transformative change. Albertans undisputedly acknowledged that the trajectory our province was on was not a healthy one, and they demanded change. Over the course of that year, our Government did our best to swiftly implement policies that would remove the punitive carbon tax, incentivize Alberta-based job creation through lowered taxes and eased labour regulations, create a freer society through the reduction of red tape, balance our finances, and strengthen Alberta's position within the federation.

Results of these legislative changes have not, and will not, be realized overnight. There is absolutely no denying the hardships that still face our province. There are still thousands of Albertans out of work, and thousands more who are underemployed. There are still families declaring bankruptcy every day, and businesses declaring insolvency. Our government is ever aware of the struggles that many are facing, but as we look to the year and the decade ahead, positive developments from the end of 2019 can hopefully project a refreshing year ahead.

Construction has begun on the Trans Mountain pipeline, and work is expected to push through British Columbia to tidewater by Spring of this year. The Canadian portion of Line 3 has been commissioned, which should nearly double oil shipments to over 500,000 barrels once the backlog from the recent CN strike is cleared. Our Fair Deal Panel will soon be releasing our list of implementable recommendations

for increased provincial autonomy and treatment. CNRL has announced that they will be increasing their capital expenditure by \$250 million for 60 new exploratory wells and to create 1,000 jobs - directly citing newly lowered taxes as their incentive for doing so. And banks all across the country are resoundingly predicting that Alberta will lead the country in economic growth this year.

While recent years have been difficult - if not absolutely devastating - for hundreds of thousands of Albertans, the downward trajectory of our province is slowly beginning to turn around. This journey of revitalization is one we are all on together as we endeavour to rebuild a province where our older generations can comfortably retire, where our working population can live and raise families, and where our younger generations can envision a hopeful and promising future. Together, we must rebuild the Alberta where the only limitations to your success are the scope of your own dreams.

Navigating these past few years has undoubtedly been difficult for most of us, but I am feeling optimistic for the year ahead, and I hope that you are too. Happy New Year!



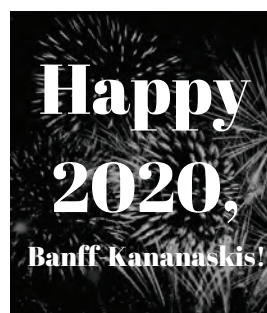
**MLA Miranda Rosin's  
Constituency Offices**

<b>Canmore:</b> 206-1080 Railway Ave Monday - Friday 9:30 am - 4:00 pm	<b>Bragg Creek:</b> 226 - 7 Balsam Ave Mon, Tues, Thurs, Fri. 1:00 pm - 5:30 pm
---	--

☎ 403-609-4509

**MLA Office  
New Year Open House**  
Friday, January 10, 2020  
7:00 - 9:00 pm  
Bragg Creek Office

Join MLA Miranda Rosin  
to celebrate the new year  
and the opening of our  
Bragg Creek office!



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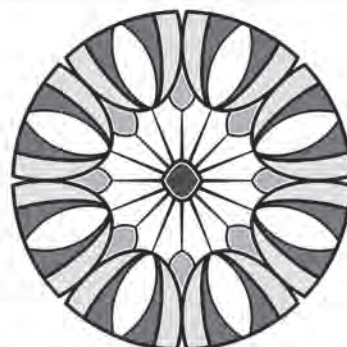
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## Councillor's UPDATE

*Rocky View County*

Kim McKylor, Councillor, Division 2



A number of years ago, we owned a couple of horses. I know many of you do as well. We enjoyed our time in 4-H; rodeo & barrel racing; riding in parades, etc. and I do miss having them now that our daughter is grown. There was a saying when buying a horse, I think many of you can relate....

If it is fast & good – it won't be cheap.

If it is good & cheap – it won't be fast.

If it is cheap & fast – it won't be good.

Trying to accomplish all 3, as we would say – didn't exist.

Recently, I saw something similar as it relates to Municipal taxes, County services and density:..

Stable Services & Low Density – you can't have low taxes

Low Density & Low Taxes – services won't be stable

Low Taxes & Stable Services – density will need to go up

Rocky View County has been pretty fortunate. We actually have one of the lowest residential property tax rates and we are 5th in Alberta for economic base – that is despite being only the 12th largest municipality in Alberta.

We continue to work to ensure that property taxes (we have no control over School Boards) increases are kept low and we will continue to ensure your services remain stable. At a time when the Provincial Government is cutting funding and downloading more expenses to Municipalities, we may need to look at increasing densities or attracting commercial development in the areas that make sense.

In Springbank, our new ASP (not yet passed), will allow for more cluster type residential areas. Currently, our smallest lots (outside Harmony) are about 1 home on 2 acres. Cluster residential allows combined homes and green space to be the equivalent of about 1 home per 1 acre. By moving homes closer together, servicing (ie water/waste water/internet) become cost effective for developers. When we (over many years from now), have more cluster development areas, my hope would be that then servicing for the surrounding acreages now become more accessible. Recently, Pradera Springs was approved (Land Use) and one of the conditions was that the

developer pay for serviced water pipes to a number of homes immediately adjacent. It was also suggested to the developer, when they get to the sub-division stage and development permits, that they try to make available high-speed internet to those homes as well. Evolution of a community can bring an uncertainty, I know. When the original sections of lands became 1/4 sections – there was change, 1/4 sections to 40 acres, 40 to 20's, 20's to 5 and now 2 acre parcels. This evolution of land use change took decades and moving into a new, cluster style, will also take many, many years.

### 2019 Accomplishments:

I'm sure the County will be doing a year in review, but we've actually done quite a bit this year. Some of this work isn't complete yet, but I'm hopeful that 2020 will see much of this work, and more done. These are the things that will enable us to better respond to the continued recession in Alberta (5 years now).

- Redrafting of the County Plan
- Changes to our Recreation Model – and dedication to recreation
- Live streaming of Council; more transparency; more engagement than ever before
- 25% increase in funding for Family & Community Support Services

- Assist in the funding for the RCMP Rural Crime Reduction Unit
- Donated a fire truck to a small Mexican village
- Dog license fees waived
- Short term property rental policy
- New strategic plan
- Sold old County building for \$13M
- Held our first (annual) open house and pancake breakfast in our new building
- Christened a new STARS helicopter – we are the ONLY municipality that funds STARS at the level required to have our logo on the helicopter!

We still have things we need to work on. The growth management board needs to be better aligned so that all member municipalities can grow. Regional planning is key, avoids waste, etc. but we also need to ensure it isn't just for Calgary's benefit, especially when all Albertans win if Alberta grows!

Locally, I'm still actively working on a new community centre as well as a plan for the expansion of recreation in Springbank. These things, as I've learned over the past two years, take a bit of time – but I have the will to see it through!

For complete info on all County events: [rockyview.ca/NewsEvents/Events.aspx](http://rockyview.ca/NewsEvents/Events.aspx)

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Kamp Kiwanis would like to thank Moose Mountain General Store for its continual support of our Annual Summer Kamp Winter Reunion which occurred on December 14th, 2019. Campers had an amazing day that they will never forget. On behalf of the Staff, Volunteers, and Campers at Kamp Kiwanis - Thank you Mark, Jennifer and Staff!

## Springbank Heritage Club

There's something new happening at the Heritage Club which will be of interest to the '50 plusers' out there who would like to join the Heritage Club but are working weekdays. Over the past year or so a Sunday afternoon games session has evolved, 1 - 4pm with the availability of all the same activities as on Tuesday afternoons: cards, pool, shuffleboard, c a r p e t bowling or just bringing along your craft or hobby to work on as you socialize. Newcomers are always v e r y welcome.

In the past few months our upbeat special events program has included YYC and Fall Colours tours, a turkey supper, an outstanding hawk presentation by the Calgary Wildlife Rehabilitation Society, and the highly successful Annual Christmas Bake Sale.

As always, a grateful thank you to the Springbank Lions Club for providing bus and driver for our off site special events.

### **Our Regularly Scheduled Activities:**

- Tuesday Choral Group 10-12pm contact Joan, 403.851.3818

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## Six Major Mistakes Investors Make

After watching investors for many, many years, I keep seeing investors make the same mistakes over and over again. Here are six (6) of the major mistakes that I see investors making.

**First:** Most investors usually have far too much invested in Canada. Canada is approximately 2.5% of the World's Capital Markets and most investors have 65% to 85% Canadian content. Not all World Stock Markets move up or down at the same time. Investors need to be Globally Diversified around the world. World population is estimated to increase from 7.0 billion people in 2015 to approximately 10.5 billion by 2050 (a 50% increase). The population growth in Canada, U.S., Europe, Australia, New Zealand, Russia and Japan is forecasted to be flat to slightly down over that period of time. The growth in population is projected to occur in India, China, Indonesia, the Middle East, South America and Africa. Investors need to be Globally Diversified around the world.

**Second:** When investor do utilize mutual funds, they usually end up with some form of passive investment management style that closely follows some stock market indices such as the S&P 500, bond indices or some combination of both. Instead, investors should be utilizing professional asset management investing in mutual funds with *Active Fund Management*. Active fund managers, instead of following and mimicking various stock market or fixed income averages, pick and choose individual investments and the country in which to invest.

**Third:** The *potential loss of purchasing power* is something that most investors don't understand. Investors either ignore or are unaware of the fact that the **actual** cost of living is increasing at a rate far higher than the core inflation rate that the government gives us. In many instances it is increasing in excess of 10% annually. If you want to see the data to back up that statement, please contact me and I will be happy to give you my sources.

**Four:** *Fallacies of Fixed Income Investing.* Given that the cost of living is increasing far in excess of almost all fixed income investments returns (i.e. bonds, G.I.Cs, etc.), the average investor falls behind in purchasing power by investing significant assets in fixed income investments. In addition, the taxes on the interest earned from their fixed income investments is taxed as ordinary income, the least tax efficient way to earn income. Fixed income investments significantly reduce an investor's performance, compared to equity investments. A larger allocation to equity investments, with adequate advisor oversight, and a reduced fixed income allocation will increase portfolio returns over time. The exception to this portfolio allocation is a recession. Once there is strong evidence of an impending recession, a reduction in equity investments is warranted until the recession bottoms.

Once the recession bottoms, a reallocation back into a higher equity allocation is warranted.

**Five:** *Proper Tax Planning is essential but is often overlooked.* Different investments have different tax consequences (i.e. ordinary income, dividend income, capital gains, return of capital). Taxation, during an investor's life and later in their estate, is something that most investors, or their advisors, don't give adequate attention to. Unfortunately, taxes can and do have a significant impact on an investor's current net worth or the value of an estate.

**Six:** *Investments or Insurance* – It is NOT an either/or proposition. Most people do not have adequate insurance coverage (i.e. life insurance, critical illness insurance, disability income replacement insurance, long-term care coverage, etc.), to cover the risks of life. Adequate life insurance coverage can go a long way to mitigate the effects of taxation, especially in an estate.

If you have made one or more of these mistakes call us for a review of your capital accumulation and preservation strategy.

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

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## New Years Resolutions: Setting Appropriate Goals!

Setting New Year's resolutions are easy, establishing and maintaining them is hard. Here at the Bragg Creek Chiropractic Clinic we have put our minds together and come up with a more efficient way of setting those resolutions. Setting goals can be more of a task than we might think. Goals should be S.M.A.R.T, Motivational, and suit your lifestyle.

S.M.A.R.T stands for **Specific, Measurable, Attainable, Relevant, and Time sensitive**. Setting a goal to simply get into shape during the 2020 year doesn't follow any of the basic steps. Being **specific** means setting a goal that is clear and well defined not vague or generalized. **Measurable** goals are concise and easiest with you setting a number and having a way to measure whether you are improving or not. Make sure your goal is **attainable** and realistic for you specifically so there is no loss of motivation to continue. **Relevant** goals are as simple as they sound, keep it relevant to the direction you want

your life to head in. Lastly is **time sensitive**, meaning some goals should have a measurable timeframe and not necessarily "in the year 2020". You can substitute this for a shorter time frame so that you create a sense of urgency and once the goal is completed that achievement is much more rewarding.

Everyone is motivated by different specific elements, creating New Years resolutions around things that truly motivate you rather than what seems desired will help make those resolutions more attainable.

Without setting too many goals, some helpful tips to setting multiple resolutions can include setting different types of goals all together. Keeping the S.M.A.R.T. acronym in mind, set a goal that is longer term, set a short term goal, and lastly, set a stepping stone goal. The stepping stone goals can lead into the short or long-term resolutions, however should be measurable and attainable in its own way. An example of a stepping stone goal into a short-term goal can be described like this; I plan on losing ten pounds in three months (short term) and will do this by eating

a salad as one of my main meals of the day for four out of seven days (stepping stone goal). Focusing on specific small goals of eating certain healthy meals, or exercising x amount of times per week, or eating out at most twice per month are great stepping stone goals to the short-term goal of losing ten pounds in three months.

Set goals that are motivating, and ones that follow the ever so popular S.M.A.R.T acronym when you are setting your New Years resolutions this coming year and you will be much more successful and accomplished.

If you would like any help in attaining your goals this coming year, stop by the clinic and we would love to help.


Wishing you and your loved ones a very Happy New year!

By Dr. Ryan Derochie  
Bragg Creek Chiropractic Clinic

New Extended Hours:  
M: 1:30-6:00  
TUES/THURS: 8:00-4:00  
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## Chamber Update

As we start another year there is a lot of uncertainty. As I speak to various business owners, there is a sense of uncertainty as to what is next.

We can't change the macro economic picture of our province or country, however we can look at our municipal and local areas and forge ahead, looking for and creating opportunities that will enhance our business community.

The Bragg Creek and Area Chamber of Commerce can be a resource for your business that facilitates networking opportunities, we are an advocate to our local municipal and provincial government, identifying opportunities, and most of all, a place to build meaningful relationships with other local business owners.

We look forward to working with our members as we enhance our local business climate, identify opportunities, and look to make our area investable.

# DANCE CLASSES

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### AGE 3-4

*"Tiny Ballerinas"*, WED 9:45-10:15am  
*"Hop n' Pop"*, WED 10:15-10:45am



### AGE 5-6

*"Fusion"* (includes Jazz/Acro/  
Hip Hop/Musical Theatre),  
WED 1:30-2:30pm



### Age 6-7

*"Fusion"* (includes Jazz/Acro/  
Hip Hop/Musical Theatre),  
FRI 2:30-3:30pm



### Age 8-9

*Junior Hip Hop*,  
FRI 3:30-4:15pm

### Age 10+

*Hip Hop*,  
FRI 4:15-5:00pm

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### Spirit of Christmas in Bragg Creek!

(left) MLA Miranda Rosin, Santa (special visit from the North Pole) and Jen Jurkowski flipping the switch for the first Spirit of Christmas tree lighting ceremony.  
(top) Horse drawn wagon rides were a huge hit despite the frosty air!  
(right) Santa made an appearance, much to the delight of the children coming for activities at the community centre!



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It's been a magnificent month in the High Country, our home in paradise, out here on the edge of the prairie somewhere west of Calgary. I've never used that adjective before in these columns, but no other word more accurately describes this past month, particularly during this holiday season. Here is why.

For some, Christmas means extra work, unruly crowds, traffic jams, too much commercialism, no time for quiet meditation about life or about New Year resolutions. On the other hand, for many, particularly children, it is one of the happiest times of their lives. For children, the spirit of Christmas means receiving gifts and having fun with family and friends. For adults, it often means generosity, kindness and benevolence. We can see those aspects in our own to community.

1. For several years, the High Country Rural Crime Watch Association has been able to offer free memberships and signs to persons in the Foothills area, thanks to a grant from Legacy Oil and Gas. In May, 2015, Crescent Point Energy acquired Legacy.

H.C.R.C.W.A. expenses remained minimal, so we could carry on for four more years without other financial support, but at the end of this year our funding was about to run out. We thought we would have to charge new members a ten dollar fee to join our association so we could continue our work. Then last month TC Energy, a major North-American energy company in Calgary, generously gave us an early Christmas present: funding for at least two more years. If you live in Foothills but are not yet a member of this Rural Crime Watch, you should join your neighbours. As in the past, the benefits are many while the cost is still free. To join, phone 403.931.2407.

2. Over the past few months, we have reported on multiple break-ins to restaurants in Priddis (Water's Edge) and

Bragg Creek (Rockies & Powderhorn). In an act of unprecedented generosity, the owners of Rockies, Ben and Emma Pirija, opened their restaurant to the general public as usual on a Saturday afternoon but then, instead of charging clients the prices listed on the menu, they asked them to give whatever they thought would be appropriate for their meal to help the owners of Water's Edge repair their restaurant from the theft and vandalism they had endured. At the end of the afternoon, the Pirijas took the funds thus raised, matched it dollar for dollar themselves, and then, along with several of their customers, drove to the Water's Edge to surprise the owners with the gift.

3. Paying it forward, Jane and Cory Morgan, owners of the Water's Edge, decided to give a generous share of those funds, \$975, to the H.C.R.C.W.A. We are so grateful. It reminded me of something that happened in Bragg Creek a few years ago. The then-owners of the Creekers restaurant saw they were to face some competition from a new restaurant, Bragg's Korner Kitchen, about to open just in front of them. What happened? On opening day, Creekers sent the Korner Kitchen a bouquet of flowers to welcome them to the neighborhood. A beautiful gesture.

4. On a personal note, one morning last month after a large snowstorm, I was driving with our huge rescue dog, "Dallas," very slowly west on Route 22 about four kilometers from Priddis. The road was unplowed and virtually invisible under about seventy centimeters of snow. Unfortunately, I drove off the road and could not get back on it. A car with three ladies returning to Calgary from a hiking expedition in Bragg Creek, passed by and saw me stranded. They

welcomed me into their car (where I called CAA) and then rescued Dallas. While this was going on, approximately ten other cars also stopped to ask if they could help. That is one of the finest aspects of our paradise on earth. I was able to tell each person that I was already being helped.

After it was evident that CAA would be a while, the ladies drove us home a few kilometers further west, where we could recover. It took CAA twenty-six hours to rescue my car. I will never forget the kindness of the ladies who helped a stranger and his dog in our time of need. If any reader knows who they were, I would appreciate being able to let them know how grateful we were.

Does the Christmas season exist here? To paraphrase one of the most famous editorials ever written, Yes, Virginia, there is a Santa Clause spirit right here in our paradise. It abounds here as certainly as do love, generosity, and devotion. They give life its highest beauty and joy.

So that's the news from our High Country, where the spirit of Christmas lasts throughout the year.

John Robin ('J.R.') Allen  
H.C.R.C.W.A.  
jrpriddis@gmail.com

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## Update from the Greater Bragg Creek FireSmart Committee

**Welcome to Your New Greater Bragg Creek FireSmart Committee!**

Rocky View County Council has appointed the following residents to join Councillor Mark Kamachi and RVC Fire Services District Chief Marcus Weckesser on the Greater Bragg Creek FireSmart Committee: Peter Dwan, Jorge de Freitas, Roche Herbst, Jeff Hughes, Ryan LeBoullitier, Charile McLean, Gary Nikiforuk & Andrea Sparkes. It's fantastic that these volunteers have stepped forward to help promote FireSmart activities. A successful FireSmart program requires the engagement of the Community as a whole to adopt preventative measures that break the potential transmission of wildfires from forests to structures (and vice versa) – if you want to pitch in and help out, please contact one of our Committee members.

A SPECIAL THANKS GOES OUT TO Michele Longo, Dave Rupert and Mark Betts for assisting with restarting the GBC FireSmart Committee and undertaking an impressive list of accomplishments over the past 18 months. Their keen insights and enthusiasm will be missed – a lot of ground was covered in setting up the Committee – their fingerprints show up throughout the Community. If you see them, please say thanks for volunteering and assisting with making our Community safer!

### **RVC Hamlet Land FireSmart Treatments Starting Up!**

The treatment of Rocky View County reserve lands in the Hamlet is underway – watch for the contractor signs and have a look at the work. The treatment plan involves a total of 7 parcels that will be FireSmarted – planned work includes removal of dead fall, trimming lower branches, and thinning of tightly spaced trees.

Plans are being developed to FireSmart additional RVC reserve lands and portions of the Bragg Creek Provincial Park. Please contact your Committee members to highlight any specific concerns you may have with RVC reserve lands in your neighbourhood – or if you are interested in holding a neighbourhood Chipper Day. The Elk Valley and Wintergreen communities both held well received Chipper Days in September.

### **Banded Peak School FireSmart Education Coming Soon**

Rocky View County Fire Services has teamed up with Banded Peak School to introduce a highly acclaimed FireSmart teaching module to the Grade 4 students. This module was developed by teachers in the Slave Lake school division following the 2011 Slave Lake wildfire, and includes discussion of fire sciences, forests, and preventative measures using FireSmart principles to protect persons and structures from wildfires. This program will be run in the New Year.

Members of RVC Fire Services have gone all out – and augmented the teaching module with additional ideas, models and displays. Plans are to work with the School on expanding the programs to other Grades in the future.

Winter is a great time to perform FireSmart treatments when the trees are dormant and the snow keeps the fire hazard low – a great outdoor activity on a nice day! You can obtain burn permits at the RVC Elbow Valley or Redwood Meadows fire halls.

Check out the Greater Bragg Creek FireSmart Committee on Facebook! A FireSmart Calendar has been developed that is an easy reference of planning FireSmart activities throughout the year.

### Foot Care In The Creek!

**Clinics:** Thursdays at 6 week intervals  
**Location:** Snowbirds Chalet  
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## Happy New Year!

by Jennifer Gordon

BSc.PT, APCI, BA Kin

Physiotherapist, Bragg Creek Physiotherapy

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

Welcome to 2020! That sounds like a futuristic year to me, not actually the present date – this is hard to believe! I hope everyone had a wonderful holiday season, whether it was filled with family, friends and parties or was quiet, relaxing and peaceful. Welcome to January, often a time to reflect on years past and look ahead with new aspirations or plans.

With that in mind, I thought it would be a good opportunity to talk about goals. What are goals, why do we set them and how does physiotherapy play a role?

Goal setting is based on the belief that people can change their behavior and will work towards a goal. A meaningful goal can motivate a person to participate in activities or change their behavior in order to achieve that goal. According to human psychologist Abraham Maslow, our actions are motivated in order to achieve certain needs. He developed a five-tiered hierarchy of needs based on what makes people happy and what they will do in order to achieve those needs. The most basic physiological needs are

one's primary goals – breathing, food, water, sleep. Once those goals are met, one moves towards safety and security. As the hierarchy reaches more complex needs such as love and self-actualization, the goals become more social and personal. When we set goals, it is advised to make them SMART goals – Specific, Meaningful, Attainable, Realistic and Time oriented. "A goal without a measurable outcome is like a sports competition without a scoreboard" (North Carolina Office of State Human Resources)!

The goal of physiotherapy is to improve mobility and strength, to relieve pain and to restore physical function. This enables you to resume your regular activities of daily living (ADLs) including work, school, recreational activities and personal care. Physiotherapists help people affected by injury, illness or disability through movement, exercise, manual therapy, and education. They help to maintain health for people of all ages, helping patients to manage pain and prevent disease.

For some patients, the goal may be a complete recovery with full, unrestricted function. For others, it may be to recover the ability to do as many ADLs as possible. The goals set during

rehabilitation depend on the nature of the injury and the patient's motivation. It is important to set goals during the course of rehabilitation because it can provide a patient with motivation. Meaningful goals agreed upon by patient and therapist can motivate a patient to participate in their recovery throughout the various stages of healing. This may be to have one's pain level decrease from an 8/10 to a 3/10, or to improve knee flexibility from 70 degrees to 110 degrees. It may be to run a 10km running race by a certain date or progress from using a cane to no walking aid. Goal setting is an important aspect of physiotherapy in order to make the recovery process focused, meaningful and relevant to your stage of healing and ability.

If you are struggling with an injury or have a fitness goal in mind for the new year ahead, our health care team of physiotherapists, massage therapist and personal trainer would love to help you set some SMART goals and facilitate you in achieving an injury free and active 2020.

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## Did someone mention a gym in Bragg Creek?

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There's an estimated 3,460 fire departments in Canada, 85% of these are staffed by volunteer firefighters. As a volunteer-driven organization, Redwood Meadows Emergency Services (RMES) responded to nearly 300 calls in 2019 (at time of writing); 51% were medical and 13% were fire-related.

Every year, Canadian firefighters are injured or killed in the line of duty.

This month, we're giving some tips to protect your volunteer firefighters as we do our work.

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

**MOVE OUT OF THE WAY – IT'S THE LAW:** When you see the big red trucks heading to someone else's emergency with lights flashing, pull over to the right side of the road and STOP, until the emergency vehicle passes. Once the truck passes, check your mirrors to ensure more emergency vehicles aren't following before resuming speed.

**KEEP YOUR DRIVEWAYS AND PATHS CLEARED OF SNOW AND ICE:** Sliding is fun on sleds and skates in the winter, but not down snowy driveways in firetrucks or while carrying emergency gear. If you know of a neighbor with mobility issues, be a snow angel and help them keep their paths clear of snow and ice.

On behalf of the firefighters and officers of Redwood Meadows Emergency Services, it was an honour and privilege to serve our community and protect our neighbours in 2019. Best wishes for a safe and happy new year!



## Business Lunches Resume!

by Carol Mertens  
[www.braggcreekchurch.ca](http://www.braggcreekchurch.ca)

**Do you own a business? Do you work from home? Do you manage one of the retail spots in this great community? We would like to invite you to lunch!**

On the 4th Wednesday of every month, The Hub, sponsored by Bragg Creek Community Church, hosts a Business Luncheon for Bragg Creek and area businesses as an opportunity to meet, network and get to know other business neighbors. The luncheon menu items are purchased from a different restaurant each month in an effort to support our local food providers. We encourage all businesses to come out to chat, visit, network and enjoy delicious locally made food in a comfortable, inclusive atmosphere. Always interesting and energizing, our Business Luncheons have grown significantly and have become very popular in the community. All businesses are welcome including retailers, service providers, home-based businesses and others. The next Business Luncheon at The Hub, 224 – 7 Balsam Ave is on Wednesday January 29th from 11:30am – 1:30pm... please join us then!



## Bragg Creek Centre

### Happy New Year Creekers!

I truly hope you all had a wonderful holiday filled with family, friends and general merry making.

December saw our annual BCCA Kids Only Store which coincides with the Bragg Creek and Area Chamber of Commerce's Spirit of Christmas. Kids were delighted to shop for their family with the assistance of our Helper Elves. This year we welcomed the Snowbird Seniors to provide their face painting talents and fun kid's crafts from the Community Centre. It was heartwarming to see so many community members attend and volunteer. The Centre was bustling and bursting with festive cheer! We hope all our Bragg Creek families enjoyed the gifts chosen lovingly by their little ones.

We wouldn't be able to continue offering these fun annual events without help from our amazing community volunteers! A big "Thank You" to:

Banded Peak and Springbank Middle School Helper Elves: Jake C., Ryan L., Jake M., Kinley R., Eleanor P., Hunter R., Maizie P., Trinidy H., Andrea A., Maya J., Olivia S., Chelsea T., Samara M., Calissa J., Luuk D., Kennedy B., Shawn M., Bronwyn & Juliette.

Our grownup Helpers: Shaye Radford, Renate van der Zande, Rose Dallyn, Carole Van Kleek, Victoria Carter, Carol Ann Schmaltz and John Dickinson for helping with the store and concession.

This New Year has brought some changes to the Centre with the departure of our General Manager Shawntel Dickinson, and also our Program and Events Assistant, Shea-Lynn Yuzicapi.

We wish to extend our deepest gratitude for all that Shawntel has done for the BCCA working extremely hard to ensure the BCCA is serving the needs of our community. Shawntel, thank you very much for your hard work and we will look forward to seeing you sitting in the chairs at the next community event.

Shea-Lynn Yuzicapi is returning to Saskatchewan to be closer to family. Shea was a great addition to our team and will certainly be missed. Best of luck to you Shea!

The BCCA is actively recruiting for new members to our team. If you know of anyone who may be interested and qualified, please see our website for current openings.

### January Programming

- **Co-ed Ball Hockey** starts Wednesday the 8, 7:30–9:30pm. Email [info@braggcreekca.com](mailto:info@braggcreekca.com) to register. (Drop in available)

### Returning this month:

- **Adult Pickleball:** Jan 7, 7:30–9:30pm

The fastest growing sport you've never heard of. What is pickleball exactly?

For the uninitiated, pickleball is something of a mix between tennis, racquetball and ping pong. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules—for instance, try to stay out of the "kitchen"—but they're easy to learn. Looking for a new indoor sport? Try Pickleball! Email [info@braggcreekca.com](mailto:info@braggcreekca.com) to register. (Drop in available)

- **Walking Club:** Jan 8, 10:30am

Meet up with fellow walking enthusiasts for some exercise while catching up with friends or making new ones! All abilities welcome. FREE



**Bragg Creek Centre**

## The Bragg Creek Community Centre is Hiring!

The Bragg Creek Community Association is looking for a new **Community Centre General Manager** to join our team. Overseeing three Centre employees and all contract resources, you will interact with our partners and stakeholders and the Board of Directors regularly. The General Manager is the key to ensuring the centre operates effectively.

For the full list of roles and responsibilities, desired experience, and how to apply please view the full job posting at: [www.braggcreekca.com](http://www.braggcreekca.com)

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• **Rumble & Roar:** Jan 9, 9:30–11:30am

Our drop in open play space for children 0–5 years. Let your kids run, bounce and play while you have the opportunity to connect with other parents. A Parent Link Early Childhood Educator is available to help with child rearing questions or concerns every other week. Member \$2/child, non-member \$5/child. Coffee provided, please bring your own mug.

• **Artsy Afternoon:** Jan 9, 1–4pm

Do you have an artistic hobby? Want to join other artistic types in a social setting? Bring your painting, sculpting, knitting project for an afternoon of arts, crafts and conversation. Members FREE, Non-Member \$5.

• **Lego Club:** Jan 20, 3:30–4:30pm (third Monday of each month until May 18, 2020)

Offered through the Cochrane Public Library. Come by the Bragg Creek Community Center once a month for some fun challenges, unique LEGO pieces and to meet new friends! Ages 5+. FREE

• Springbank Dancers will be back this winter offering their classes for the littles and have added some new dates and times for older dancers.

**Wednesdays Jan 8–June 17 (Mini sessions available Jan 8–Feb 12)**

- Tiny Ballerinas (ages 3–4) 9:45–10:15am
- Hop’N’Pop (ages 3–4) 10:15–10:45am
- Pre-Juniors Fusion (ages 4–6) 1:30–2:30pm

**Fridays Jan 10–Feb 14**

- Pre-Juniors Fusion (ages 6–7) 2:30–3:30pm
- Hip Hop (ages 8–9) 3:30–4:15pm
- Hip Hop (ages 10+) 4:15–5:00pm

Go to [www.springbankdancers](http://www.springbankdancers) to register online.

**Upcoming Events**

• **Save the date February 15th as the Bragg Creek Centre presents Comedy Night in the Creek!**

Join us for an evening of hilarity as 3 professional comedians turn the auditorium into a stand-up comedy club! Cash bar. Doors open 6:30 pm. Show starts 7:00 pm.

Tickets are \$25 online or \$30 at the door. Tickets on sale at [www.eventbrite.com/e/85989431705](http://www.eventbrite.com/e/85989431705)

\*This is an 18+ event

• **Are you a BCCA Member?**

Support your Community Association by purchasing your membership today and receive discounts on programs and rentals. Family Memberships are only \$40/year!

• **Do you have woodworking experience?** We have a number of projects from storage bins to a recycling compound. If you can volunteer

your skills or materials please contact [outreach@braggcreekca.com](mailto:outreach@braggcreekca.com).

If you have a program or event idea or just a comment in general, email us at [program@braggcreekca.com](mailto:program@braggcreekca.com) or call 403.949.4277.

*Happy New Year!*

*Christine Pollard*

*Program and Events Manager*

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Sugar Shake Bakery

**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:**

Committee: Jennifer, Pauline, Carol, Crystal, Jane, Louise-Marie, Christine, Shannon  
Volunteers: Donna, Susan, Tim, Yvonne, Roxanne, George, Brian, Rod, Ethan, Katie, Medelaine

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





## Sheep River Library Winter/Spring 2020 Programs



### Mind and Body

#### Qi Gong

This moving peaceful meditation can help to balance and harness your Qi (also spelled chi), or "life energy". The activity takes you through a set of slow, gentle movements while you focus on visualization and breathing. Beneficial for your physical, emotional and spiritual well-being. No cost but donations accepted.

Instructor: Edna Howdle

Mondays, starting January 6 3:00

#### Inductive Bible Study

We will be studying the gospel of John Part 2, using the inductive method.

Instructor: Jan Burney \$10 for course materials

Wednesdays, starting January 8 10:00-12:00

#### Women's Bible Study:

This 16-week study continues, alternating a video by Kelly Minter with class group discussion week by week. Start and end times are perfect for those who have children in pre-school. For more information on the study or childcare call Deborah McInnes 403-630-8681.

Tuesdays, starting January 7 9:30

#### Write4health—poem-making apothecary "medicine for the soul."

Poem-making gives us permission to listen from *inside out*, finding health, wellness and balance. Poem-making is a distillation of our experience, our heart, and our language. Zero experience needed.

Facilitator: Angela Simmons

Thursdays February 6, 13, 20 & 27 6:15-8:00

#### Astronomy Nights with Les

Throughout the spring, on evenings when something of note is happening in our skies, the library telescope will be set up in Millenium Park. Check the website for dates.

Facilitator: Les Antoniuk

#### Digital Photography Scanner

Learn how to put your photos and slides into a digital format that will protect their features and save you space. Please call the library to arrange a one-on-one session.

#### Zumba

45 minutes of aerobic fitness inspired by various styles of Latin American dance performed to Latin American dance music. Cost \$5 per session

Facilitator: Jodi Puhlaksi

Wednesdays starting January 8 6:30

#### Radon – it's a gas, gas, gas

Is your granite counter-top radio-active? Find out what Radon is, what it does, and what to do about it if your levels are high. Join us for a fact filled session followed by a Q & A. One lucky winner will receive a free Radon test kit.

Facilitator: Grant Sinclair

Tuesday, January 28 7:00

#### Sleep Basics

This workshop covers the effectiveness of your current sleep routine and identifies various ways to improve your sleep. Facilitator: Taryn Neva (Primary Care Network)

Monday January 20 1:00

June 8 10:00

#### Mindful Eating

Learn how to improve your diet and relationship with food by paying closer attention to why and when you eat.

Facilitator: Taryn Neva (Primary Care Network)

Monday June 1 1:00

#### Future Thinking

Is your memory slipping away? This 10-week DVD series taught by 50 of Canada's top doctors, looks at the causes, treatments and preventions of memory-related illnesses.

Thursdays, starting January 23 10:00-11:30

#### Library e-Resources

Jan and Gita detail the digital resources that are at your fingertips with your library card: books, newspapers, magazines, movies, music and much more.

Thursday, February 6 7:00





## Sheep River Library Winter/Spring 2020 Programs

### The Creative Side

#### Q & S Club (Quilting & Sewing)



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 experts.

Thursdays, starting January 16 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.

Tuesdays, starting January 7 10:00-12:00

#### Mini Abstract Art Workshop

Learn a creative process and art techniques to create an abstract painting. All materials supplied. Ideal for the person with no art experience and for artists too.

Applicable for 12 years old and older. \$40/ person

Facilitator: Sharon Wagner

Saturday, February 1 1:00-4:00

### Career Development with MCG Careers

#### Conducting and Effective Job Search

***This workshop will help you:***

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

Wednesday, February 12 1:30 – 4:00

#### Interview Skills

*Are you preparing for an upcoming interview?*

***This workshop will help you to:***

- ✓ Understand different types of interviews
- ✓ Prepare for interview 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 13 1:30 – 4:00



### One on One Consultation

A McBride consultant is at the library most Wednesdays to meet with you individually.

Call **403-601-2660** to make an appointment.

### The Wild at Heart

#### Sheep River Ramblers



We organize walking, hiking and snowshoeing groups for all levels. Borrow walking poles, snowshoes, microspikes, pedometers and Kananaskis Explorer Packs. To learn

about any Rambler event please call the library to add your name to the Rambler email list. (Must have a Sheep River Library membership to join).

### Computer Courses

#### Tech Talk Café

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 10, Social Media, Internet Security/browsing, Skype and managing photos and files.

Facilitator: Norma Dogger

Wednesdays starting January 15 1:00-3:00

#### Word – Basics and Beyond

Ever wondered what all those icons mean and what's on all those tabs? Learn lots of tricks and improve the look of your documents.

Instructor: Jan Burney

Thursdays January 23 & 30

OR May 21 & 28



7:00

7:00

#### E-Reader Support

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





## Sheep River Library Winter/Spring 2020 Programs



### Children's Programs

#### New in 2020:

Please register at the library for these sessions which were previously run by Literacy for Life.

#### 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, January 29 - March 18 9:30-10:00  
April 22 - June 10

#### 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, January 29 - March 18 10:30-11:00  
April 22 - June 10

#### 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, January 29 - March 18 11:30-12:00  
April 22 - June 10

**Natured Kids** (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. Join us for one hour of fun in the sun, rain or snow! Dress for the outdoors!

Wednesdays, January 29 - March 18 12:45-1:45  
April 22 - June 10



#### PD Days

Recently released (mostly animated) movies will be screened at 10:30 on PD Days.  
Titles of movies will be available at the library and on our Facebook page one week before. One attendee will win a copy of the movie shown.

#### 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> and 4<sup>th</sup> Thursdays starts January 9 10:00-11:30

#### Moms Coffee/Playgroup Time

Moms of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in.  
Facilitator: Christine Meikle  
Tuesdays, starts January 7 9:30-11:30

### Clubs & Groups

#### The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library.  
Second Tuesday starts January 14 1:15

#### The Austentatious Book Club

This group meets once a month to discuss classic novels. For a list of titles please ask at the library.  
Facilitator: Jan Burney  
Second Fridays starting January 10 10:30

#### Poetry by the Fireside

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

#### Conversational French

Join other French speakers for conversation. (Note: this is not an instructional class).  
First Thursday of the month 3:15

#### Community Drumming Circle

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  
Facilitators: Laura Lagendyk and Gita Grahame  
First Fridays starts January 3 7:00





## Sheep River Library Winter/Spring 2020 Programs

### Dogtooth Mountain Film Group

Come and see films from around the world that are not usually screened outside of film festivals.

Second Mondays      \$2.00      7:00

January 13 - Aurora (2019)

February 10 - Soul Kitchen (2009)

March 9 - TBA

April 13 - Kona fer í stríð (Woman At War) (2018)

### Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hand at writing songs, there is an open door for you with this group. Bring your instrument. For additional information please call Al"Doc" Mehl at 403-651-9016

Second Wednesdays starts January 8      7:30

### Genealogy Group

Want to research your family tree? Have you hit a brick wall in your research? Learn proven techniques to get you started and share your journey with others. Facilitator: Sheila Bjerreskov

Second Wednesdays starts January 8      7:00

### Unschoolers/Homeschoolers

If you are practising unschooling or homeschooling (or even considering) then you are invited to meet on the first and third Fridays. Make new friends and explore ways to support each other.

Facilitator: Graham Lettner

First & Third Fridays starts January 17 10:30-12:00

**REGISTER NOW**

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

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

Our hours are:

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

## Mother's Day Movie and Mocktails

**Calling all flappers!**  
**Join us as we return to**  
**Downtown Abbey 1920s**  
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**mocktails, appetisers**  
**and a screening of the**  
**Downtown Abbey**  
**movie.**

**1920s dress is**  
**encouraged but not**  
**required. (But why**  
**wouldn't you?)**  
**Please register at the**  
**library.**



**Friday, May 7:00**





# WELL OWNERS

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## **Standard Water System Maintenance Schedule:**

<b>Equipment/ System</b>	<b>Maintenance Required</b>	<b>Recommended Frequency</b>	<b>Risks/Results if Neglected</b>
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 (as per Alberta Environment)	Reduced well yield, bio-fouling, incrustation, bacteria build-up, sulphur smell & black slime on surfaces
Raw Well Water Testing (Provincial Lab)	Obtain water sample & submit to lab	Twice per year (as per Alberta Environment)	Contamination of distribution system with micro-organisms, bacteria, e-coli, cryptosporidium, giardia, coliforms, etc

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## Councillor's UPDATE

*Foothills County*

**Suzanne Oel, Councillor, Division 4**



**2020 Foothills County Budget:** It's GOOD NEWS: a hold-the-line "0" increase budget along with no reductions in service levels! On November 27, 2019, Council passed a motion to adopt this first pass at our 2020 Municipal Budget, as our operating budget. When we dive into more details on operations and capital, Council and Staff may still make adjustments to include more roads on our road matrix list (permanent dust control surface) or make alterations or additions to the items we have reviewed. Also, we're waiting for more information from the Province, which we won't have until February-ish 2020 (assessment values, education tax requisition amount), and whether we have a surplus or deficit from 2019 (it's looking like we won't have a deficit from 2019). Our goal is to maintain the "0" increase to be responsive to the difficult economic times that many residents find themselves in, even though we may yet have to rework some things. Thank you to our Council for their input and to our Departments for all their work to provide this comprehensive and thoughtful budget estimate.

However: That said, we have now encountered a "plot twist" on our budget, despite our best efforts. Residents and council asked for help with addressing rural crime, so the Province has announced

a new policing cost model, as one of their measures, that is aimed toward getting 300 new RCMP & 200 staff to tackle rural crime. Thanks – I think? So, this means that a new provincial tax will be collected by us, similar to the education portion of your property tax bill. We'll separate it out on your tax notice so you can see it. As we plan for a 1% increase that will be tagged onto our 2020 taxes, we await the results to see if this equals more service or any new officers in our area. Further, we

will be increasing taxes up to 3% from this requisition alone, over the next 3 years in order to pay for 30% of this new policing cost. Our required portion, approximately \$644,000 will scale up to \$2,000,000 by year 3. There will be a new police advisory board, which will see representation for us by the Rural Municipalities Association. The rate of tax will be subject to review every 5 years, so it's a wait and see on a number of fronts, including: results and payments over time.

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*Come meet your team*

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**Water Servicing Plans:** While we cannot give you all the details yet, Okotoks and Foothills County are collaborating to provide water servicing for future growth in our Central District, Hwy 2A Industrial Corridor and Okotoks. What's new is that it was determined that there is no piped-water option from the City, so we have continued to look for available water licence, study options for sourcing raw water from the Bow River south of Calgary and make plans for scaling upgrades to infrastructure. The key thing is that we are working together to create a win-win for our water-challenged area. We hope that the scenarios we are studying will equal results shortly, which would bring opportunity and certainty to investment in our communities. Of course, any work that will be undertaken must yet be approved by our councils and would then be subject to the Alberta Environment review process.

**Renewing Enhanced Policing:** We now have a year of experience behind us with obtaining Enhanced RCMP Policing through over-time shifts. After the dust settles on paying for these shifts and seeing some fine revenue, we think it is worth giving it the go-ahead for 2020. We will continue to watch that the fine revenue offsets the overall cost of approximately \$250,000, as we await the revenues to flow in over a number of months to cover approximately \$100,000 of our outlay. With this type of extra policing, we can measure the amount of hours, location and results of a greater police presence. Since we do not know if the new police cost model will provide any new officers or increase in service here, we will continue with this initiative until we know more from the province.

**Our Top Goals for 2020 include:** continuing to develop the Hwy 2A Industrial Corridor by getting water and fiber optic internet services up and running, supporting residents to tackle rural crime, surviving the workload to do the Calgary Metropolitan Region Board growth plan which is due by December 2020, and applying permanent dust-control surface to roads on our matrix list - keeping in mind a potential reality check that may come from the effects of Mother Nature and any increase in oil prices, where a 1 cent increase will cost us approximately \$50,000. !

*For Other News & Updates:*

Please visit my website: [suzanneoel.com](http://suzanneoel.com)  
[facebook.com/councillorSuzanneOel](https://facebook.com/councillorSuzanneOel)  
 Best Regards, Councillor Suzanne Oel

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## PRICE-RITE PLUMBING





**H**appy New Year and Welcome to 2020! We hope everyone had a chance to enjoy some special time with family and friends over the busy holiday season.

**Parent & Tot Playgroup:** The drop-in playgroup meets the first Friday of each month at the Hall. Indoor activities include playing with tunnels, slides, an obstacle course, basketball, enjoying refreshments, etc. The next date is January 4 from 10:30 to 11:30am. No fee is charged to attend. If you are new to our community with a young family this is a great way to get to know your neighbours and find out what programs are available in the Priddis area. We are looking for someone to coordinate this monthly activity. Please contact [priddiyoungfamilies@gmail.com](mailto:priddiyoungfamilies@gmail.com). This event is also listed on the PCA website, [www.priddisalberta.com](http://www.priddisalberta.com).

**Skate with Santa:** The Priddis Early Learning Program sponsored a 'Skate with Santa' on December 15 at the Priddis Community rink. Hot beverages and festive baking were available for purchase with all proceeds going to PELP. The ice was great, thanks to volunteers and hockey parents working with the Priddis Panthers. This event was a lot of fun and well attended by the community.

**Priddis Early Learning Program - PELP:** We are opening 2020-2021 registration for existing students and their younger siblings on January 1. The annual Open House for new registrants is on Thursday, February 6, 2020. If you wish to enroll your child at PELP for the 2020/2021 school year, please join us for our Open House and Registration night. We will provide an overview of the program and open general registration beginning this evening. Please bring the personal information sheet and \$50 registration fee to secure your spot. If there are more children than spaces available, a lottery will take place. Please check out the website or email for more information. [pelppreschool@gmail.com](mailto:pelppreschool@gmail.com) or [pelppreschool.wixsite.com/pelp/registration](http://pelppreschool.wixsite.com/pelp/registration)

**Priddis Community Rink Update:** The latter part of the summer and fall saw a lot of volunteer families spending time at the rink to ensure all the Priddis families have somewhere to skate this winter.

Although the rink work is not completely done, the rink boards, fence, lighting and resealing of the rink are complete. The rink has been flooded and Priddis Panther ice crews are working diligently to clear the snow and maintaining the ice for everyone's enjoyment. So ... 'GAME ON!'

What is left to do? Even though the players bench and penalty box structures are complete, the benches themselves, siding, some landscape work, and pathway to the players benches still need to be done. The benches will be completed in short order and, once the weather lets up a bit, an opportunity to put the siding on may present itself. If not, this activity can wait until the spring and can be completed with the last bit of landscaping work.

All this work could not have been completed without the financial support of all the donors nor without the thousands of volunteer hours that went into the tear down and rebuild of the community rink. This rink has been a part of the Priddis landscape for some 40 years and will now be around for at least another 40 years!

When using the rink, please show your appreciation of this great facility by putting garbage in the containers provided.

**Priddis Hockey:** Priddis Panthers Pond Hockey is in full force. The Panthers are thrilled to have 100 registered participants and welcome over 25 brand new players to the sport. The ice is in and reserved weekday evenings for Priddis Pond Hockey practises between 6-8:30pm. We are planning to have tournament games hosted at the Priddis outdoor rink January 3-5, so come out and cheer us on. For more information on joining this pond hockey league, contact Dave Thompson at 403.921.3640 or email [priddishockey@gmail.com](mailto:priddishockey@gmail.com)

The success of our community program is in many ways due to the amazing parent volunteers. A big thank you to countless hours our parents have sacrificed to support their child's hockey participation and the re-building of the community rink this past summer.

**Board Members for 2020:** President, Andrew Webber; Vice-President, Dave Thiessen; Treasurer, Vacant; Secretary, Laurie Sedgwick; Communications, Stephanie Fitzgerald; Grants, Ken Pretty; Hall Rentals, Mike Wollersheim; PELP, Kate Berkan; Priddis Panthers, Dave Thompson; Property & Maintenance, Lindsey Kindrat; Publications, Sue Warren; Young Families, Stephanie Fitzgerald.

**Renew your Membership:** Family and Business memberships were due November 1. Renew your Priddis Community Association Memberships by printing off the form(s) online from our website. Submit it with payment by mail or drop it off at the Priddis Store. Go to [www.priddisalberta.com](http://www.priddisalberta.com).

**Booking the Hall:** To view or book the Hall, contact Mike, the Hall Rental Director at [PCAhallrentals@gmail.com](mailto:PCAhallrentals@gmail.com). Check [priddisalberta.com](http://priddisalberta.com) for availability, pricing and updates.

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

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

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



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## Millarville-Stockland 4-H Beef Club

The Millarville-Stockland 4-H Club started their new year on October 9, meeting at the Millarville Racetrack. The club has 24 members and 3 cleaver members. The new club President for 2019/2020 Club year is Harry Rawn. There are lots of returning members and new members. There will be 14 steer projects, 5 market lamb projects as well as many female projects for both cattle and sheep.

On November 3 the beef project members met to weigh-in their steer projects and some of their heifer projects. This provides the beef members with their starting weight for the year so they can track their animals' growth.

On November 8 some of the Millarville Stockland members went to Priddis Hall to help set up, clear tables and serve pie for the Priddis Fall Supper. It was a very well attended community event and the members of the club had a great time helping out.

On November 16 some of the members of the Millarville Stockland Club attended the District Multi Judging workshop at the Millarville Racetrack. All of the members learned the judging format used throughout 4-H and got to practice their skills judging halter horses, market steers, breeding ewes and pancake spatulas, to name a few. I look forward to many more multi judging workshops and competitions throughout the year!

by Club Reporter, Blade Bell

## Are You Safe? What I Learned About Carbon Monoxide (CO) Detectors!

Last month I wrote about the mother that, after living with an incurable "flu" for a quarter of her life, found out that the mysterious illness that left her with extreme, debilitating fatigue for 10 years was chronic carbon monoxide poisoning from a leak from her family's home's heating systems. Even worse, their CO monitor did not detect it!

Carbon monoxide exposure typically happens in the winter, so read on and protect your family.

### CO poisoning types:

- ACUTE poisoning includes headaches, stomach upsets, dizziness, drowsiness, confusion, and seizures, leading to coma and death. Acute cases are what we hear about in the news.
- CHRONIC poisoning is somewhat vague but includes fatigue, flu-like symptoms, musculoskeletal pain,

memory issues, motor and emotional disorders including irritability, moodiness, and depression.

### 9 PPM max specified: CO exposure limits as defined by governments and experts:

- US OSHA: 8 hour average of 50 PPM for a HEALTHY Adult
- Health Canada: 24 hour average of 10 PPM
- US EPA: 8 hour average of 9 PPM
- World Health Organization: 8 hour average of 9 PPM
- American Society of Heating Refrigeration and Air Conditioning Engineers (ASHRAE): 8 hour average of 9 PPM

### 50 PPM min alarmed: Regular CO detectors typically alarm as follows:

- average of 50 PPM alarm after 8 hours
- average of 70 PPM alarm after 1 to 4 hours
- average of 400 PPM alarm after 4 to 15 minutes

When a regular CO detector goes off, it is an emergency, ie. do something now. Unfortunately, this regular CO detector will not alarm to let you know that you are being exposed to low levels that lead to chronic CO poisoning.

False sense of security? You bet! Even worse for babies, kids, and adolescents with still-developing brains, and seniors and chronically ill (eg. COPD, cardiovascular disease) whose bodies are strained. Bottom line: regular CO alarms are meant to offer protection to healthy adults during very high levels of CO in a home's air.

A low-level detector typically alarms at 10 PPM, which gives you crucial early warning of a developing CO problem possibly leading to chronic CO poisoning. I invested in one for only pennies a day and now I have my peace of mind.

For more information on low level CO detectors, see [www.albertacleanair.com/blog/lowlevelCOdetectors/](http://www.albertacleanair.com/blog/lowlevelCOdetectors/)

by Carla Berezowski,  
Home Comfort Expert

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*We are Red Deer Lake United Church, an inclusive and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.*

### Upcoming Events and Programs:

**On The Edge Concert Series**  
The Western Swing Project Band  
Sunday, January 19 at 3pm

Join us for an afternoon of mixed genres with a Big Band sound. The Western Swing Project Band is an accomplished eight-piece band from Calgary. The name 'western swing' originated from various music styles and genres in the first half of the 20th century, including western music, Texas fiddle tunes, New Orleans brassy jazz, BIG Band swing, Spanish American folk songs, Mississippi blues, and more. This 21st century Western Swing Project Band is the musical expression of two stellar musicians from Calgary, Neil Bentley and Dave Hamilton, who have travelled extensively as working musicians. Tickets are \$25 and available

at [redeerlakeuc.com/tickets](http://redeerlakeuc.com/tickets).

**Sandwich Bee**  
Monday, January 27 at 9am

Every month, we work together in our commercial kitchen to make sandwiches for the Calgary Drop-in Centre. If you like

pitching in for a good cause and enjoy the company of like-minded, sandwich-making people, please join us!

### Feeding the 100

Saturday, February 8 at 3:30pm

We also put our kitchen skills to work each month preparing meals for Hillhurst United Church's downtown outreach program. These hot meals are served to people who really need them on Calgary's cold, winter streets. You would be most welcome to come out on a Saturday afternoon to see what Feeding the 100 and Red Deer Lake United Church is all about.

### Getting to Know Us

Join us for a few Sundays at 10:30am to get a sense of what it is we're about. Come early or stay after the service on Sunday – there's always coffee and community to be enjoyed. This is a safe place to explore faith and spirituality, even if you have doubts or questions. We promise to be friendly and kind.

For more information, please contact us at 403.256.3181 or [office@redeerlakeuc.com](mailto:office@redeerlakeuc.com)

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January 26th • 9:15am  
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February 2nd • 9:15am  
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## Square Butte Community

We sincerely hope you had a Very Merry Christmas and we send out best wishes for the New Year to you all. May you enjoy health, prosperity and happiness in the year 2020.

### Save the Date

We will kick off the New Year with an Old Time Country, Rock and Roll and Blues Dance on February 1st. We will warm up the winter night by lighting a fire under our feet on the dance floor. Be ready to kick up your heels to the tunes of the Tumbleweeds

Band. Tickets are \$20 each and includes an evening lunch. What a Deal.

The Square Butte Community Association has begun the process of scheduling activities, programs and events for the year. We hope to have many dance parties that bring together friends and neighbors with great music and food. Our volunteer coordinators are a buzz with ideas for the return of favored events like the Chili Cook Off and the Ladies Group sponsored Family Games and Pot Luck Day, along with new event ideas. Watch for information about our Chrystal Plamonden Dance Band in May.

Each year, we host programs at the hall that address the interests and concerns of our community. Septic Sense, Fire Smart, Rural Crime Watch, Caledonia Mid Stream Corporation Community Information Supper. Additionally, we like

to serve our community by providing a venue for Weddings, Family Reunions, Birthday Parties and Company Events.

### Buy Early:

We are a small hall with a capacity of just over 100 people so buy early if you want to attend the February 1st. Tumbleweeds Dance. These \$20 tickets will go fast. Ticket purchase may be made by e-transfer to [sq.butte.comm.assoc@gmail.com](mailto:sq.butte.comm.assoc@gmail.com). Additionally, you can reserve tickets at this same email address that can be paid for and picked up at the door.

We appreciate the volunteers who come forward every year with ideas for events and activities that support and respond to the wishes and needs of the residents and neighbors of the people who live in the Square Butte Community. Information about our upcoming programs and events is available at [squarebuttehall.com](http://squarebuttehall.com).



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 is on Tue, Jan 14, 2020 at 7:30pm. We will be seeing Stacey Laursen from Garden Retreat. He is a wealth of information regarding greenhouses and gardening products. Our club sponsors a scholarship for post secondary or adults who are enrolled in courses horticulture related. You must be a resident in the Foothills county. For more info and applications, please contact Carol Poffenroth at [poffenrothcarol@gmail.com](mailto:poffenrothcarol@gmail.com). Also please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15 /year. We welcome new members. For more information email [svirgo@mithril.ca](mailto:svirgo@mithril.ca) or call Sheila at 403-931-3989.



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## TURNER VALLEY & BLACK DIAMOND News

**H**appy New Year, Diamond Valley! Winter reared its head before the official solstice, and we had some heavy duty snow towards the end of November which deposited over 50cm pretty much overnight. The next day wreaked havoc on the roads as the warm roads froze and then were covered by all that snow. I spun off the highway into the ditch in the same amount of time it would take to blink, and it's sure a scary feeling. Steer into the skid they say but it's hard to remember at the time. Thank goodness for 4 wheel drive!

Our local **High Country SPCA** certainly put things into high gear with their **annual Christmas Market**. They raised some good money this year with the hard work put into the Market and the generous support of their patrons. Every dollar counts so don't forget our four legged friends when it comes to your donations, you can check them out on Facebook. Also, the **Ben Steiger Memorial Scholarship Fund** is another very worthy cause to donate to in the New Year. Ben would have turned 23 this past December, and his family and friends established the Scholarship to help other young people attain their goals. To donate, drop by the ATB Financial in Black Diamond or the Diamond Valley Vet, or call 403.933.4397.

**Victoria's Quilts Canada's mission is to provide hand-made quilts to people with cancer.** The organization started in Ottawa in 1999 and in Okotoks in 2003. They have groups under the Okotoks branch also working in Nanton, High River, and Calgary. The branch serves all of Southern Alberta. They welcome volunteers to come and help them with all sorts of tasks, not just sewing. For more information on Victoria's Quilts, phone 403.652.1480 or email chairperson Jacque at rhodes\_jacque@hotmail.com.

**Sheep Creek Arts in Turner Valley** invites you to their winter registration and membership renewal night on Wednesday, January 9 from 7-8:30pm. For painting, they offer classes in acrylic flowers, beginner landscapes and drawing, Paint Your Way by Vivien Wiebe, and Open Art Studio with David Kilter. For quilting, there is Learn to Quilt, hand quilting, collage quilting, and a summer quilt camp. They also hold classes in Toe-Up Magic sock knitting, mosaic tiles, and a needle felted landscape class. They all sound quite interesting, so come pick up a new hobby or refine an old one. More info at [sheepcreekarts.ca](http://sheepcreekarts.ca) or drop by the Arts Council at 133 Sunset Blvd.

**Turner Valley offers Community Support Funding** to local organizations, clubs, sports groups, and individuals involved in special projects, events, and initiatives which have a positive impact for the recipients, local residents, and the community as a whole. A maximum of \$500 will be supplied per project, and there are some conditions. Registered charities may also consider Community Funding from Crescent Point. For more details, visit [turnervalley.ca/community-support-fund/](http://turnervalley.ca/community-support-fund/).

It's **Robbie Burns Day at the Turner Valley Legion on January 24th**. Robbie Burns is recognised the world over for his poems, and Burns suppers are celebrated on this day with traditional dishes of haggis and whisky. One of Burns' poems you may recognize is the one "*Some hae meat and canna eat, and some wad eat that want it. But we hae meat, and we can eat, sae let the Lord be thankful*". So join in this Scottish tradition at the Legion. They will have a regular dinner to choose from and haggis on crackers, if you dare. Also did you know that serving and retired Canadian Armed Forces and RCMP members are eligible for a free one year membership to welcome them to the Legion. For more information, visit [Legion.ca/welcome](http://Legion.ca/welcome).

Also at the Legion coming up is **Resolution Health Fair**, a fun, free, family friendly event. Come learn about the healthy initiatives in our community, find the support you need to rock those New Years Resolutions, and learn how

to find small changes that could make a big impact for your family in 2020. Draws, prizes, demos, discounts, and more! Free gift for the first 5 people through the door. The event runs on January 11 from 9:30-3:30. For more info, follow [yourfitt4life](#) on Facebook and Instagram.

With winter settling in, it's definitely ice time, and there's lots of that going on in our community! **Oilfields Curling Club (OCC)** invites you to join in one of their many leagues. OCC was established in 1959 under the name Turner Valley Oilfields Curling Association, and members curled out of a facility which later became the Bargain Barn. This building was located where the apartments across from the Rona in Black Diamond now are. In 1996 the Club opened their new facility in the Oilfields Arena. This Arena is host to a Ladies Bonspiel the weekend of January 3-5. Also we have a team going to the Alberta Junior Championships in Lloydminster January 1-5, details [curlingalberta.ca](http://curlingalberta.ca). For more info on OCC, email at [occcurling@gmail.com](mailto:occcurling@gmail.com) or drop by and have a look. You don't need any experience to enjoy this Canadian pastime.

**Oilfields Arena is also home to Foothills Skating Club**, which offers programs for ages 3 and up. For more info on this group, visit [foothillsskatingclub.ca](http://foothillsskatingclub.ca). We also have the **High Country Minor Hockey Association** which is home to the Rockies Hockey Team, check them out on the web as well. And **Oilfields Sports Association** was founded in 1979 by a group of volunteers who wanted to offer fun, affordable, recreation programs for kids aged 4-18 in our community. 40 years later OSA's mission remains the same, and they offer Pond Hockey for kids aged 5-17 at different league levels. The kids in this league come from Bragg Creek, Cochrane, Millarville, Priddis, Canmore, and of course the Diamond Valley team. For more info, visit [oilfieldssportsassociation.com](http://oilfieldssportsassociation.com).

The **outdoor rink in Turner Valley** often has rotating games of shinny, or is a good place to test out your blades for the first time. There's something magical about skating under a blanket of stars, which





**Y**our Library is Mobile! Come and learn about the several library e-resources available to you for free. The presentation will be on Wednesday, January 8th. from 1 to 3 p.m. You will

learn how to access these mobile services. Bring along your device, and be sure to bring your app store login and your password.

You will be able to access e-books, audio books magazines and newspapers using these resources for free.

The library will close on the 24th. of December and open again on January 2nd.

We have lots of new DVDs for our collection, thanks to the kind donations by Erika Smith and Susan Ruby-Dunne.

#### ***There's Snow Better Time to Read!***

Two books that provide pleasant reading are *A Gentleman in Moscow* by Amor

Towles and *The Lost Girls of Paris* by Pam Genoff, author of the *Orphan's Tale*. The Gentleman in Moscow is about an aristocrat who is sentenced to house arrest in a five star hotel. The story is full of wit, whimsy, and philosophical musings. Russian history takes up much of the story, and while the hero is confined to a hotel, he meets many fascinating people during his stay.

*The Lost Girls of Paris* is a remarkable story of the courage and fortitude of three girls who were secret agents during World War I in France. It is also a tribute to the power of female friendship.

*Happy Reading!*

Sylvia Binkley, [sliv@telus.net](mailto:sliv@telus.net)

is something locals have been doing at the rink for many, many years. I love the sound of skate blades scraping on the ice. The rink's public skating times are Mon-Fri 3:30-7, and 11-2 and 5-7 on weekends. Hockey runs from 7-9pm Mon-Fri, and 2:30-4:30 and 7:30-9:30 on weekends. There is no supervision at this rink, and helmets are mandatory. Bring your shovel after a snowfall to clear the ice. The rink is free, but there are conditions, such as no pets, no carrying your infant while skating, no headphones, etc. For full details, visit [turnervalley.ca](http://turnervalley.ca).

***Friends of the Bar U Historic Ranch Association will be hosting their annual Stockmen's Dinner on January 25.*** This is a long-standing tradition to honour our ranching families and their history in the Foothills. This year they will be honouring the Bedingfeld, Garstin, and Broomfield families. The event will be held at the Highwood Memorial Centre in High River with cocktails at 5:30 followed by a prime rib dinner and a silent auction. For tickets

and more details, check out Friends of the Bar U on Facebook, or you can buy tickets at Sandul's in Black Diamond, High River CO-OP, or Nanton's Classic Rodeo Boutique.

***Foothills provides Immigrant Services*** to help you settle in. They operate under the umbrella of Calgary Catholic Immigration Society. This Society is a non-profit, non-denominational agency that is committed to making immigration a positive experience for refugees, immigrants, and the community. Some services offered are for settling your children into school, English language classes, community connections, and host volunteer programs. For more information, call the Okotoks Office at 403.938.4699 or visit [ccisab.ca](http://ccisab.ca).

It is ***Kindergarten Registration Time*** if your child will be 5 years old before December 31, 2020. There is also a Junior Kindergarten Program for your youngster if they will be 4 years old before Dec. 31, 2020. Kindergarten is optional. Registration

is on January 30 from 6:30-8:30 pm for and at the following schools: C. Ian McLaren, Turner Valley, Millarville, Longview, and Red Deer Lake. You will need to bring your child's birth certificate or proof of citizenship, their immunization records, and proof of address. For more information, visit [fsd38.ab.ca/kindergarten](http://fsd38.ab.ca/kindergarten).

***We hope everyone had a lovely Christmas and New Year's!*** For those of you who put up a real ***live Christmas tree***, you can put it out by your bin and the towns will pick it up during the month of January. Make sure all tinsel and everything is off the tree. The towns will mulch the trees and use them on pathways and around trees. Thanks for all you do, Town Workers!

If you have any events happening in February that you would like to see in the High Country News, please email me at [elaine.w@telus.net](mailto:elaine.w@telus.net). The deadline for this issue is ***January 15.***

*Here's to a great year!*

Elaine Wansleben

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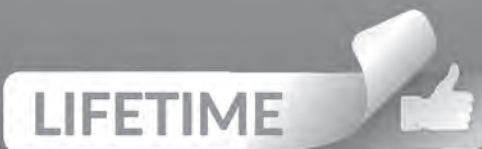


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The beginning of a new year is often a time when we both reflect on what is in the past and look forward to what is yet to come. 2020 marks the end of the second decade of the 21st century. Many of us can probably remember when we leapt into this new millennium, and it seems impossible that 20 years have fled by. For someone who had a child in 2000, it is shocking to think she will celebrate her 20th birthday this year. However, we embrace the passing of time and the changes that it brings, even here at the library.

In early December we learned with regret that Literacy for Life would be closing its doors at the end of 2019. This meant the end of the pre-school literacy programs and computer classes that this organization had put on at the library for a number of years. Recognizing the value of these programs, and not wanting to lose them, the library sprung into action, to look for additional funding to have the programs continue in their current format with Elone and Janine as Facilitators. As this goes to press, the Friends of the Sheep River Library Foundation is awaiting word from AGLC, to use casino funds to keep the programs going. If all goes well, Toddler Time, Movers & Shakers, Rhythm and Rhyme, and Natured Kids will start on January 29. Please register at the library. We will keep everyone posted as soon as we have some news. In addition to funding from the Friends, the Library Board made the decision to raise the cost of library cards for the first time in anyone's living memory. The extra money raised will go towards supporting these programs. From January 1, a single membership will be \$15 and a family membership will be \$25. If you ever wonder about how much your card is

saving you in book purchases, just peruse the bottom of your check-out receipt. It tells you how much you saved on that visit and your accumulated total since you got your card. Many of you are well into the thousands of dollars. For families with children in the local elementary schools, please remember that you can get a free family membership between June and October of every year, through the generous sponsorship of Mark and Rachelle Muller at AG Foods in Black Diamond.

Our computer drop-in sessions will also continue with Norma Dogger stepping in to assist patrons with the internet, social media and managing files. We are

also offering classes on Word. Other new programs this winter include Zumba, Future Thinking, Mindful Eating, Sleep Basics, and an information session on Radon gas. For the creative souls out there, Sharon Wagner is offering a mini abstract art workshop, and Angie Simmons is hosting four evenings of poem-making. Mark Friday May 8 for an early Mother's Day celebration. Join us for Movie and Mocktails as we dress up 1920s style and watch the Downtown Abbey movie. For a full list of programs with dates and times, please see the four page insert in this issue of the High Country News or go to our website. Brochures are also available at the library.

## Outside projects don't have to wait until the summer In fact, some projects are best done in the winter!

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- Forestry work is less hazardous and more efficient

Whether it's carpentry, excavation, pavers, natural stonework, or forestry and arborist work, consider moving forward with your project this winter and say goodbye to spring and summer weather delays!

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# Thank You!

**From all of us at the Ann & Sandy Cross Conservation Area, thank you to our 2019 donors, partners, and volunteers!**

Another year has flown by at the Ann & Sandy Cross Conservation Area. We hosted our first-ever Wildlife Conflict Solutions workshop in the spring, partnering with Margo Supplies, the Government of Alberta and other local conservation groups. There was a wonderful turnout and amazing speakers and it was a great opportunity to connect with our neighbours. Into the summer we continued to keep busy with day camps and added five summer students to our small team. One of our talented summer students painted a new mural which can be seen in our education building, as well as new soap dispensers with stellar designs which highlight the area as a Nocturnal Preserve. Another enthusiastic summer student started vermicomposting at the ASCCA, to the delight of many students who could name




their own personal worm (the worms are still alive and wiggling). We were proud of both students as they were both past volunteers and participants in our Nature Safari Day Camp.

Our volunteers continued their work on weeding, maintaining fencing, and various other projects. Our habitat management summer students assisted with the conception of a weed management plan, which we hope to expand upon in the future. Motion-capture cameras showed us wildlife such as deer and black bears still thriving, illustrating the importance of preserving the area. With a concern over the number of visitors in the area and their impact on trails and habitat, we made the decision this fall to require paid parking in our visitor lot in 2020. We understand that this policy may lead to fewer people visiting the area, however we anticipate that it will lead to car-pooling and reduce the number of hikers who do not register. Each year we see our numbers increase, while donations decrease. We are concerned over the impact that this will have on the area, as we rely on donations to maintain the ASCCA.


We would like to thank the Alberta Conservation Association, Alberta Real Estate Foundation, A & W Shawnessy, Calgary Foundation, Canyon Meadows Cinemas, Chevron Canada Resources, Community Natural Foods, Fluor Canada, Foothills County, Glamorgan Bakery, Government of Alberta Watershed Resiliency and Restoration Program, Government of Alberta STEP Program, Government of Canada Enabling Accessibility Fund, Government of Canada CSJ Program, Heritage Save on Foods, Pembina Pipeline Corporation, Shawnessy Safeway, Sobey's Bridlewood, TD Canada, TD Friends of the Environment, and UNAC Green Spaces for their support in 2019. 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 @ASCConservation.



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## Tax Season: Why It Pays To Plan Ahead

by Phil Goddard



### Good Tax Planning Is A Year-Round Activity

For many people, tax planning revolves around the RRSP contribution deadline. But that may be too late if you're trying to take advantage of every opportunity to lower your tax bill. With a little advance planning, before the end of the calendar year, you'll be set up for greater success and hopefully lower your taxes.

### A Little Paperwork Goes A Long Way

If you receive a regular paycheque, it's easy to think your income and the taxes you pay are on auto-pilot. Taxes get deducted, contributions get made to a company benefit plan, and it can seem like you don't have a lot of control over the numbers. The truth is, you have more control than you think and there are ways to lower your tax bill and put more money to work.

Planning does not need to be complicated. You only need to locate a few documents and set aside a little time to chat with your IG Consultant. Key documents include:

1. Notice of Assessment sent from Canada Revenue Agency (and available online if you have a MyCRA account).
2. Your latest pay stub and your best estimate for any income from bonuses or commissions.
3. Statements for non-registered investments.

This information will help your IG Consultant determine if any action needs to be taken before the end of the calendar year in order to create the maximum amount of savings for you.

### Planning For The "Rs"

The "Rs" are your registered accounts. These accounts are either tax-deferred or tax-free. They include:

- Registered Retirement Savings Plan (RRSP)
- Tax-free Saving Account (TFSA)
- Registered Education Savings Plan (RESP)
- Registered Disability Savings Plan (RDSP)

When planning to optimize your contributions to your registered accounts, consider the order of events. For example, a contribution to your RRSP could generate a tax refund. You could then contribute that amount to your RESP to generate grants from the federal and provincial governments.

### Consider Capital Gains And Losses

Sometimes, it makes sense to sell investments that have gone down in value because you can use the loss to lower your taxable income. You should seek the advice of a qualified tax specialist before taking this step. If you decide this approach is right for you, your IG Consultant can guide you through the steps and potential tax advantages.

### The Bottom Line

Year-end is not the only time you should be planning the best way to minimize taxes, but it is when deadlines are important, and a little extra attention can reap big rewards. This is also a great time to take note of any changes to your income, your expenses, or your lifestyle. Then, work with your IG Consultant to make proactive changes to your IG Living Plan™ so you can take full advantage of tax-efficient strategies to enhance your overall financial well-being. Call Phil directly at 780.910.1596 and he can show you ways to save taxes you may not have been aware of. There is no obligation.

### Bonus Advice On Bonuses

If a bonus is paid directly to you, there may be taxes withheld at their source. However, if your employer permits, some or all of the withholding taxes on the bonus may not have to be withheld if the bonus or a portion of the bonus is transferred directly to your RRSP. Talk to your financial advisor for direction on this issue.

### Limits For RRSPs & TFSAs

The allowable limits for your 2019 (and subsequent year) contributions for both your RRSP & TFSA is on your 'Notice of Assessment' that you receive after filing your taxes for the preceding year. 2020 contribution room is on the 'Notice of assessment' for 2019.

### Important Things To Remember!

**RRSP DEADLINE:** February 29, 2020.

**TFSA DEADLINE:** NO DEADLINE!

**TAX FILING DEADLINE:** Individuals April 30, 2020; Self Employed June 15, 2020 (accepted by CRA if received by June 17, as the 15th falls on a Saturday.)

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## The New Year by Andrea Kidd



New Year's Day 2020... There's something exciting about a New Year. It hasn't been used yet. It's not worn out. It's unsullied, clean, ready to be dabbled in, played with, its treasures still to be discovered. Nothing has yet happened to make it dirty or ragged or broken.

That's rather fearful, to know I haven't wrecked it yet. Maybe I should just stay in bed, not experience it. I wouldn't want to make a mistake, mess it up. I especially don't want to spoil it for anyone else.

Well, I can't avoid this New Year. Even if I stay in bed, it will still come. I will be in it whether I choose to be or not.

So, I'll put my best foot forward (um... which one is that?) and step boldly into the future (where no one has gone before). Sure, I will mess up something, but life is a gift, a gift is to be lived, used and appreciated.

Later...

Now I've been in this New Year for a while, and it doesn't feel very new anymore. The newness has worn off. I've had a few joys; I've had a few disappointments. The busy glow of the Christmas and New Year holiday season has faded. I no longer feel that initial gladness of returning to quiet routine.

It's one of those days that won't be remembered. It's a cloudy day, a stay-at-home day and get-some-chores-done day; nothing special, just "same-old".

It's the same old kitchen floor that needs cleaning. This floor reminds me of yesterday when I made spaghetti and the tomato sauce splashed; and of the day before when the tea bag missed the compost bin; and the crumbs remind me of toast for breakfast for the past week.

As I carefully push my broom, I mentally sweep my negative thoughts into a pile, scoop them into the dustpan and dump them into the garbage bag. No point rehearsing the disappointments of yesterday. Let them go! Tie the bag! Drop it with the negativity into the garbage can in the garage for hauling away. Only open it to put more in.

As clean, hot water sloshes into the bucket, I think of the seemingly endless supply of good, clear water we have at our fingertips here in Canada. I'm grateful! Realizing God's love also has an endless supply, I inhale deeply, am thankful, and receive. I swish the mop to and fro, stopping to scrub harder at a stubborn stain. I pause and lean on the mop handle. I have a stubborn stain of resentment against someone. It's been hardening in my heart for a while. Will I skirt around it? Will I ignore it? Will I let my mind dwell on it and swell it into hate? Or, will I let God's compassion for me dissolve the resentment for the wrong another did to me? Angrily, tearfully, I scrub at the spaghetti sauce splatters on my kitchen floor till it shines.

Suddenly, the sun breaks through the clouds and sunbeams streak across the room, lighting up my clean kitchen floor.

Relieved, released and the chore finished, I leave the floor to dry, grab a jacket and enjoy a stroll outside in the sunshine.

This is a New Day and I am glad to be in it!

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## How is Your Mind Health?

**Maintained Change = Time + Effort + Consistency ... Forever**

The biggest surprise I get from clients is when they hear that they need to keep working at what they are working at. Focus. Time. Energy. Consistency. Forever. ONLY IF you want the change to last.

Over time, your new habits become easier to repeat. Over time you build momentum so it is easier to keep going. However, you can never stop, (well, unless you are done.)

This is why so many people are disappointed when their results won't stay, they come and go, simply because the effort starts and stops.

Simply by looking at the results in your life, you can see where your effort and focus is.

If you are in great shape, you focus your time on your food, exercise, and sleep. You probably study about what types of foods you should eat, exercise strategies, the benefits of different nutrients and supplements. If you want to maintain this, you do this for the rest of your life.

If you are amazing at your job, you probably work hard, ask questions, and keep trying to learn about the business and what else you can do to make it better, more efficient, more profitable.

You probably read about what you don't know, observe those who are doing things differently, try things out, measure the results and try something else. Rinse and repeat.

The reason most people get the yo-yo results in their lives, in their careers or why they just quit trying is:

1. There is a belief they will be happier with something else than what they have now.
2. They try and change too much too soon and can't maintain it.
3. There is this idea that they only need to do things for a short period of time and then can go back to their old ways, expecting a different result.

Then when things don't work out the way we want them to, we beat ourselves up, blame ourselves for failing again, and tell ourselves how we are not good enough.

"I suck." "I can't do anything." "I didn't try hard enough." "I'm never going to be able to do that."

I don't want you to beat yourself up. If it worked, then I would say go ahead. But it doesn't work. Where we need to start is by getting really honest with ourselves. I mean the kind of honesty that you may not want to share with people. When we are honest with ourselves, we can see how we have been practicing hard for what we currently have in our lives. We have

been practicing these beliefs and thoughts in our lives for a very long time. Where you are today, your result has taken focus, time, energy, consistency and you have been working on it until now.

This does not mean that we have to like everything that we have. We can definitely decide we want to change things. Sometimes,

being very honest with ourselves, we find out that we don't want to change.

What am I talking about? Here is an example that is near and dear to me. I, myself have an interesting relationship with bread. I believe that I LOVE bread. I love sandwiches. That bread is soooo good. In reality, bread actually makes me bloated and sluggish. I feel gross after I eat it. I want to quit eating bread, but, I don't really want to quit eating bread. If I was honest, I want to want the effect of not eating bread without having to quit doing it.

Now, I could just get mad at myself every time I eat bread, and lecture myself and berate myself. OR I can just be honest that I am *learning* to want to not want bread. This way I don't have to feel so horrible about myself when I am doing something I am telling myself I don't want to do. Then I can breathe. Then I don't need to hate myself. I can start to trust myself and I can allow myself to be really curious about why I still want to eat bread.

This process of honesty gives space for you to be curious about yourself instead of being judgmental. I could try and hate myself until I quit eating bread, but there is no point. The point is creating a relationship with yourself that you trust and value.

The other point is giving yourself the opportunity to decide what you want to do with your time and energy. You can't do everything all at once, even though there are probably a lot of things you want to do. So instead of hating yourself because you aren't getting the results you want yet, remind yourself that you aren't working on that yet. It feels so much better, and when you decide to put the energy into accomplishing something, you probably don't want the result to be temporary.

*Remember, the path from here to there is paved with thousands of small steps. Only look at the destination and you might not even take the first step. But, each small step seems easy because we have been walking for years.*

by Angela Wigand, CPA  
CEO & Life Coach

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## A Different Take Oh ADHD

by Roché Herbst, M. A. R. Psych.



### What Do We Have In Common?

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

### Regulating Attention

Peppermint Patty in Peanuts can't pay attention to the teacher, is often confused about what to do next and ignores what her teacher says – unless, of course, the teacher is announcing that it is time for recess! Cookie

Monster from Sesame Street struggles in a different way. He hyper focuses and thinks only about cookies. He can't shift his attention away from cookies.

### Challenges With Hyperactivity

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

### Difficulty With Impulsivity

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

### Challenges With Organization

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

### Regulating Emotions

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

### What To Do?

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

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

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## The CMHC Mortgage Consumer Survey Top 10 You Need to Know

Learn more about the attitudes and behaviours of Canadians when they are buying a home and are homeowners. Check out CMHC's 2019 Mortgage Consumer Survey top 10.

**1. Price and affordability is a "must-have" say 80% of buyers.** First-time and repeat buyers identified price and affordability as a need when purchasing a home. For the second consecutive year, about 1/3 of buyers indicated price/affordability as the top factor.

**2. Almost half (47%) of 2019 buyers were first-time homebuyers.** This is a drop from 2018 where 56% of purchasers were first-time homebuyers. The percentage of repeat buyers increased from 44% in 2018 to 53% in 2019 and the majority of mortgage consumers are homeowners going through the renewal process.

**3. 81% of buyers said their current home meets their needs.** It's "home sweet home" for the majority of Canadians – 4 out of

5 homebuyers said their current house meets their needs.

**4. 35% of buyers recognize the value of using a real estate agent.** More and more Canadians see value in working with a real estate agent - this is up from 28% in 2018.

**5. 60% of buyers spent the maximum amount they could afford in 2019.** The "house-rich, cash-poor" approach is losing momentum. We have seen a decrease from 78% to 60% of Canadians spending the maximum amount on their mortgage.

**6. More than half of those surveyed (65%) believe the "stress test" will keep more Canadians from taking on unaffordable mortgages.** The "stress test" has been out for more than a year. The majority (59%) of homebuyers surveyed were aware of these new rules. Among all buyers aware and not aware of the new rules, more than 3/4 said the changes had little or no impact on their decision to buy a home – down slightly from 80% in 2018. Those impacted reacted by purchasing a smaller or less expensive home.

**7. More than 1/3 of buyers don't expect interest rates to rise in the next year.** While mortgage rates were up in 2019, so was consumer optimism. More buyers were betting that interest rates wouldn't rise again anytime soon. Nearly 1/3 of homebuyers don't expect interest rates to go up in the next year.

**8. 23% of buyers said their current level of debt is higher than they were expecting.** Consumer debt continues to be a significant challenge in nearly every part of the country. The impact of those debts also continued to spill over into the mortgage markets. In total, around 23% of homebuyers in 2019 said their current level of debt is higher than they were expecting. This number is up from 19% of buyers in 2018.

**9. 1/3 of buyers didn't have a monthly budget before buying a home.** Preparing a monthly budget — and sticking to it — is one of the keys to successful homeownership. 1/3 of homebuyers surveyed didn't have a monthly budget before buying a home but more than 2/3 (69%) operated on a monthly budget as a homeowner.

**10. 87% of buyers feel confident that buying a home is a sound long-term investment.** The majority of homebuyers are confident that buying a home is a sound long-term investment. Before deciding that buying a home is the right decision for you, we encourage all Canadians to carefully examine what type of housing is best for them.

by the Canada Mortgage and Housing Corporation (CMHC) ©2019

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**February 6<sup>th</sup> 2020**

**Bragg Creek Community Center**

**Speaker: Phil Goddard Financial Consultant**

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## What Do You Want Out of Life?

by Duane Harder



**W**OW! 19 years of the 21st century have already been lived. It seems only yesterday that the prophets of doom were forecasting a worldwide meltdown due to the inability of computers to make the transition to the new century. I was scheduled to fly overseas on New Year's Eve and some friends thought I was foolish to make the trip. I made the trip and here I am nineteen years later looking forward to embarking on a new year.

New prophets of doom have arisen forecasting a global meltdown due to man's irresponsible use of earth's natural resources. Simply put, we are told that people are the cause of climate change. We have plundered the Amazon rain forests, dumped tons of toxic waste into the atmosphere and created a petroleum-based economy. We are the culprits responsible for global warming and if we do not repent and amend our ways, the impact of the unfiltered sun will be catastrophic.

For the record, I strongly believe in the responsible stewardship of the

resources entrusted to us by our Creator. Our profit driven economy needs boundaries. "My rights," fuelled by entitlement and greed, will use and abuse whatever meets "my needs."

Having said that, I am not sure that people are the cause of climate change. The ice age came and went without the influence of man's carbon footprint.

The intention of this author is not to debate climate change but rather to raise the question, "What do you want out of life?" What really matters to you and why? Psychologist William Marsten asked 3,000 people, "What have you to live for?" Ninety-four percent said they had no definite purpose for their lives. In other words, they were just surviving.

Albert Einstein defined insanity as doing the same thing over and over and expecting different results. An old Chinese proverb says, "If we do not change our direction, we are likely to end up where we are headed." When Alice asked the cat which road she should take the cat replied by asking where she was going. Alice didn't have a definite destination so the cat replied, "Then it doesn't matter which road you take."

Without a purpose in life, does the issue of climate change really matter? Purpose helps to define what matters in life and why it matters. Purpose is the foundation and catalyst of vision. Or to put it in other words, vision is the substance of our purpose. It takes the idea in the mind and translates it into a doable plan with an achievable goal.

Let me illustrate. Purpose: To bring the greatest good to the greatest number of people without a boundary of time. That purpose gives vision for the family: to equip each person so that their maximum potential is released in life. At work I will look for ways to encourage and affirm those who are part of my network of responsibility. In my neighborhood I will look for ways to stimulate "community" and extend care.

When purpose gives birth to vision, passion becomes the fuel that fires my actions and makes me a contagious person who infects others with a passion for life. When vision begins to capture your mind, you will shed peripheral activities for those that move you towards the fulfillment of your vision.

Some time ago, I read the story of Ronan Tynan of Kilkenny, Ireland. As a young man, he wanted to be an Olympic equestrian. However, when he was 20, one of his legs had to be amputated above the knee. That didn't stop him. He simply chose to compete as a disabled athlete. Within 12 months, he was winning medals, and went on to win 18 gold medals and set 14 world records. This man's vision was to become a world-class athlete. When he suffered a huge setback, his vision compelled him to find another way rather than give up.

My Dad would say to me, "Son, if there is a will there is a way." I would like to modify it to read, "Son, if there is a will to fulfill your purpose, there is a way." A clear, authentic, life-capturing purpose will give you the resources you need to go over the mountain, through the mountain or around the mountain. In other words, you will press through the difficulty, obstacle or opposition to find a way.

There was a little over a mile left to complete the marathon. I was tired but determined to finish. I developed a cramp in my right leg. What kept me going? A vision that had captured my life some years before. I wanted to see our children released in life as pillars of truth bringing an influence of justice and righteousness into the earth. It was our son's request and influence that got me signed up for the marathon. I wanted him to know that I would run with him to the end of the race.

Climate change? I want the forecast of my life to read, "Purpose, vision and passion, hotter tomorrow than it was today." I want a legacy of love, life and loyalty to be transferred to the account of our children, grandchildren and great grandchildren and through them to their spheres of influence. That's what I want out of life.



Chicken like Grandma  
used to cook!

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## Out of the Rut *Chapter 112*



Well, that went fast didn't it?

I remember days at school when perms were just becoming a normality for those girls that were into that sort of dressing up and makeup thing, and, not being one of those animals, sitting with my other oddball friend, ruminating on the fact that in 2020 we would be 55 years old! Yikes.

Here it is. I managed to circumnavigate not only the globe, multiple times, but many other things in the intervening 40 years or so. From sitting in a classroom dodging the flying blackboard erasers and whistling bits of chalk to sitting at a marble kitchen counter typing on a wafer-thin computer the likes of which hadn't even been imagined then.

Back in the dark ages of comprehensive schooling in southern England... the new-fangled language-learning techniques included incarcerating students in cubicles with giant headsets and recorded transcripts to talk along with. I remember the terror of those unimaginably heavy headphone contraptions being attached to my head. It did not work for me, I struggled and stressed and agonised over French lessons. Everything else came with relative ease, but the language thing just mangled my head and turned me into a stuttering ninny within seconds. In the face of an angry teacher I protested "maybe it's not just me, maybe it's the teacher". You can imagine how well that went down. That's my last memory of being wrangled into a language lab, although I'm sure it didn't magically extricate me.

We sat geography exams with bits of string – calculating distances on Ordnance Survey maps, allowed to take slide-rules into Maths exams, and compared and contrasted all kinds of passages from classic English texts. The small folded papers of the 'O' Level exams are flags

of nostalgic horror. "Could do better" reports. The multicoloured panel I drew and hung across the foot of my bed "Have you done your homework?" I was terrified of falling short of expectations.

And now, I continue this missive from the sun-kissed slopes of the Tonto Forest in Arizona. Just a few hours ago, wading knee-deep in snow around the brilliantly romantic Christmassy scenes of Bragg and Redwood, now bare-legged, surrounded by cacti, squeaking red-headed birds, fluffy white dogs and beautiful horses – my current charges.

The ease with which a short flight transforms my daily experience from winter to desert highs and lows is somewhat mind-boggling. Unimaginable a couple of generations ago, now it's commonplace to zip around the planet, for folk to spend half the year up north,

half down south. What a luxury it is to be alive now, despite all the angst and terrorising of societies by their governments to keep 'em in line.

It struck me quite forcibly, however, on arriving in a parking lot for



grocery shopping, how insanely wealthy this North American continent is. In our area, we are so privileged compared to the vast majority of humanity, it's very hard to keep perspective. We have a brilliant geographic place to live, fantastic opportunities to work for ourselves, to be creative, innovative, inspirational. We have all kinds of amenities... and then I come here and I am shocked at the even more obvious wealth, the shiny new cars everywhere, the amount of money charged for basic services. Much is cheaper in the US

due to their subsidies, but there are some things that I'm looking at... three times as expensive as back in Alberta, but still thriving. Wow.

And then there are all those for whom these observations are mythical fantasy. The millions for whom putting food on the table each day is a stressful challenge, raising kids is a never-ending subtle anxiety to do the best one can, to provide food, shelter, education, clothing, entertainment, community. I am awe-struck by mothers, home-schoolers, single parents, double parents, combinations of weird and wonderful parents unimaginable a few decades ago. We all get by somehow.

Made it through the holiday season relatively unscathed? Remember that time spent with loved ones is priceless. "Bargains" in the stores are other people's slave wages. Spend your time, not your money. Walk in the glory of nature and hold hands with your friends, children, and/or loved ones. We never know when the next step ceases and the new adventure beyond this life begins.

Bliss you all.

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## 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  
LT EARTH SERVICES - DESIGN AND INSTALLATION ..... 403.478.0050

## TRAVEL, CRUISE, VACATION SERVICES

LEA ANDERSON, Cruise & Vacation Consultant ..... 403.717.9223 / 403.837.0577

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

BRIAN FITT TRUCKING & BOBCAT ..... 403.809.8949 / 403.949.3573  
LT EARTH SERVICES - DESIGN AND INSTALLATION ..... 403.478.0050  
ROSS TRUCKING ..... 403.651.9428

## TOWING

DAVE MOORE TRANSPORT & RECOVERY, www.davemooretransport.com ..... 403.975.3899  
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 ..... 403.931.2991

## WEBSITE SERVICES

OKOTOKSCOMPUTERS ..... 403.478.6382