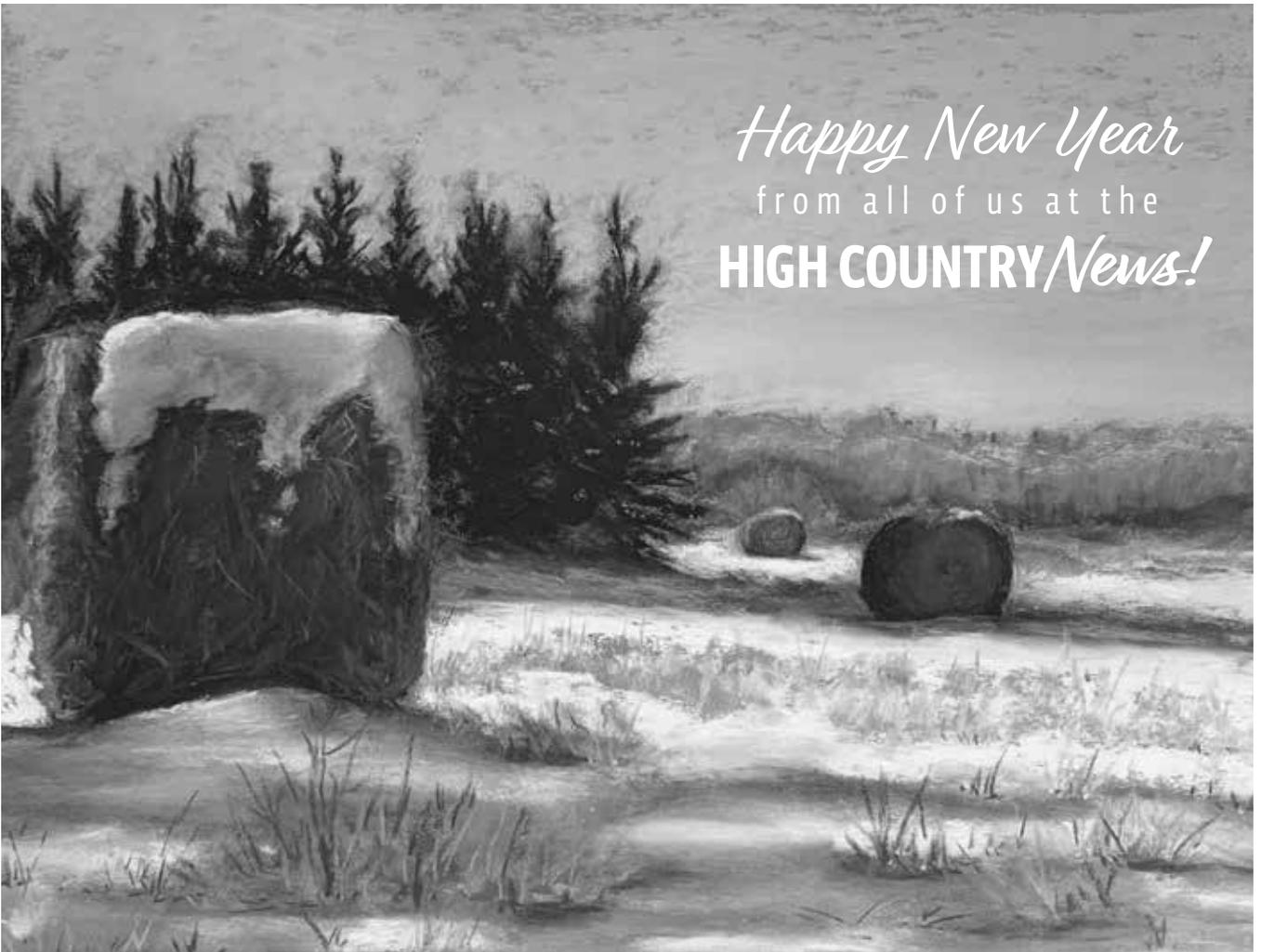


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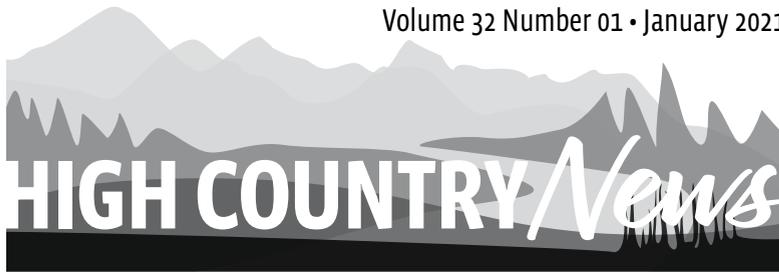
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From The EDITOR

I'm sure most of us are glad 2020 is over. Unfortunately, as we start 2021 with increased restrictions, the challenges associated with the COVID-19 situation are not going away. The fallout effect from the pandemic, how it was handled, and the divisiveness that it has created in our society is significant to say the least. When reflecting on this, I was reminded of a personal event in my life that hopefully can encourage you.

I finally succumbed to the need for glasses. What a game changer that is! My perspective of the world instantly changed. I can see and read road signs! Sometimes we need a new set of lenses through which to view life. We get so accustomed to seeing and interpreting life a certain way that we find it hard to adjust.

When looking at the macro picture of our political, economic, and health situations, it is hard not to get discouraged. Things seem so misaligned. We want to see immediate change. Sometimes the change that is needed is not a different political leader (although sometimes that would be nice), but we do need to lead *ourselves* differently. We can make changes to our person, model a different way of living, and if trust is given to us, become people of positive influence.

We fear the unknown but really we don't need to. The adventure of a new day is in front of us. 365 of them to be precise. What will we do with these days?

There are new skills and our character to develop:

- Habits to learn, or maybe unlearn
- New sources of revenue can be discovered
- We can adjust and reduce our consumption patterns
- We can live a proactively healthy lifestyle

As James C Hunter states in his book *The World's Most Powerful Leadership Principle*, "We will never 'arrive,' so the goal is to keep moving forward on our journey so we can periodically declare, 'I am not what I want to be, but I'm not what I used to be!'"

So as we step into 2021, let us lead ourselves courageously, smile, and welcome the new day in front of us, being grateful for each new day that we get to live, and positively impact ourselves and those around us.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca



Artist PROFILE

Maggie Pringle is an artist trained at the University of Calgary who enjoys living surrounded by the beauty of the Bragg Creek area. Her work includes commissions of mixed media, painting, drawing and collage. She can be reached at 403-949-4041.



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Food Banks Alberta Reminds Albertans Community: Food Banks are Open, Safe and Essential

With stricter COVID-19 restrictions now in effect, Food Banks across Alberta remain an essential service, continuing to support Albertans in need. Food Banks Alberta members have seen an increase in the number of clients accessing member food banks across the province, and anticipate that

the upcoming restrictions will result in further demand, in combination with the imminent holiday season.

Food Banks Alberta continues its Alberta-wide awareness campaign to let Albertans know they can safely support or access their community food banks during these uncertain times. Food Banks Alberta also strongly encourages Albertans to ask for help if they are in need of food, family essentials, pet food and more.

Find your local food bank through our interactive map or online directory at: www.foodbanksalberta.ca/open

Food Banks Alberta is the provincial association of food banks in Alberta, with a mission to strengthen the impact of the provincial food bank network by creating new opportunities, increasing knowledge, providing resources, and delivering innovative programs. We seed connections for positive social change. We are composed of a strong network of more than 100 member food banks across Alberta.

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Freedom in a Floundering World

If you are like me, you are likely wondering what this 2021 will look like. A short twelve months ago we embarked optimistically into our new decade as a province with unbounded confidence towards our economy and way of life. But our world has changed drastically since then. The simple, happy lives we freely lived have fallen victim to a never before seen virus and the decisions of worldly governments feebly attempting to slow its spread. Society has had serious conversations about legislation's ability to force medical examinations and treatments. People are demanding that vaccines be made mandatory on the general populous. Businesses shutter in while the masses call for stay-in-place lockdown orders, and for the first time in our history as a Western world we are unable to go certain places in public without covering our face. At times it seems as though the distinguishable rights, freedoms and compassion that historically made me so proud to be Canadian are being diminished to no more than a memory lingering distantly in the back of my mind. I know I am not alone in feeling that way.

At stores, those who do not wear their masks quite properly or forget to hand sanitize upon entrance are sneered at with judgement by passersby, and sorting through the produce to find a pure, unblemished fruit has become a novelty of the past. Churches and religious institutions, the only places left where people can turn to for hope and community, are mocked and scorned for remaining open. Just the thought of receiving a hug, a gesture

formally known to represent warmth and comfort, now horrifies some. Our precious little world has lost its way.

Over the past ten months we have seen nearly every democratic society in the Western world gamble away their longstanding values of freedom and self-determination in surrender to fear and uncertainty. I am proud to say that Alberta has not, but I do worry the wills of society are changing.

Our Government has worked hard to keep 85% of our economy open during even the worst of times and avoid far-reaching lockdowns, contrary to almost everywhere else. We have vowed never to make vaccines mandatory and will even be going so far as to repeal section 38(1)(c) of the Public Health Act which allows for such. I have personally fought back against the legality of forced treatments as Deputy Chair of the Public Health Act Review. Yet many amongst us are unhappy about these endeavors. What is scariest about the current state of our world is not that people have begrudgingly surrendered their personal freedoms to the Government, but that they have begged and pleaded for the Government to take them away even when it did not want to do so. To paraphrase a neighbor of ours, people have been societally conditioned over the past year to view freedom as selfishness. That is a sad realization to admit. They say it takes just three weeks to form a habit, and we are now ten months into COVID 19 behaviour.

Heading into 2021, our province faces a pivotal crossroads in our history. We may choose to follow the path that so many other jurisdictions have chosen and establish a permanent, deeply held reliance on the Government, looking to institutions for continued moral, emotional, and financial support, or we may return to the old normal we all knew and loved where people lived without fear of their future and walked with confidence. I know which of the two options I prefer.

Ronald Reagan famously said that "Freedom is never more than one generation away from extinction. We don't pass it on to our children in the bloodstream. It must be fought for, protected, and handed on."

The fate of this new year and our future here on earth are the responsibility of no one other than ourselves to determine. As we embark into 2021, we must assess what kind of world we want to live in; what demands we may shortsightedly make of those with the ability to enact them and what the long-term consequences of those demands may be. We must also assess the role both ourselves and Government are expected to play in that world, and to what extent. We can get past COVID 19, but we need to want to do it.

The 20's can still be our best years yet if we let them be. Stepping forward into this new year, let's push for better. The future is in our hands, and with diligence and responsibility we can get our old normal back.

A graphic for MLA Miranda Rosin's constituency offices. At the top is the coat of arms of the province of Alberta. Below it, the text reads "MLA Miranda Rosin's Constituency Offices". Underneath, the office hours are listed: "Office Hours: Monday, Tuesday, Thursday, Friday 1200 pm - 430 pm". At the bottom, there is a portrait of Miranda Rosin. To the right of the portrait, two office locations are listed: "Bragg Creek: 226-7 Balsam Ave" and "Canmore: 206-1080 Railway Ave".

ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



 COUNCILLOR MARK KAMACHI

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Welcome to 2021 and with Covid-19 on the way out, it looks as though things will only get better. Fingers crossed all goes well with vaccine distribution, the opening up of our economy and an end to all of the negativity created to cause division among us. In all honesty, I'm so glad 2020 is behind us. Here's to 2021 being the year of recovery.

As your local councillor, I am periodically inundated with questions, concerns, complaints, enquiries, whatever you want to call them via emails, phone calls, texts, call-outs on social media, etc regarding everything from folks not wearing masks, berm height, stench of garbage, lack of internet, to the costs associated with life-saving efforts to save mosquitoes. Okay, the last one I made up. Whatever the question, they're all relevant, important and honest.

However, when the "caller" communicates in an offensive, threatening, malicious or derogatory way towards myself, my colleagues, or their neighbours without first getting the facts, I have little time or respect for those individuals. 99% of the time, taking a step back and looking at the whole situation, regardless of the outcome and treating others with respect and understanding, resolves the problem amicably. There's always an answer to life's problems no matter how involved or menial.

But there are those out there who have nothing better to do than to stir "shtuff" up. Purposely. They create "false truths" (you've heard that one before) and knowingly they will cause

division. We only have to look to the USA to see it in full play. Well, it also happens here in Rocky View County (RVC). Okay, maybe on a much smaller scale, but there's no doubt in my mind, that's it's done to discredit, taint and maliciously harm individuals and often time for reasons unbeknownst to the individual being targeted. Sadly, that's politics.

Case in point. Recently, on a group faceBook (FB) post, a false accusation (one of several thrown at me over my term) about my conduct as your councillor was brought to my attention. In most cases, they go after my advertising design company, AdMaki Creative. And they have all fallen by the wayside as they were dubious claims at best, proven false by legal experts. But this time their purported attempt to just discredit me goes further. This time they are knowingly manufactured. A simple call to me would have easily resolved their claim of "*Councillor Kamachi has been pilfering taxpayer dollars to expense advertising for his business*", however, they go to great lengths to build distrust and falsely accuse me of taking advantage of the public purse. This is pure slander. Honest fact finding is what I would expect from reputable groups.

The post was anonymously written and hosted on Rocky View County Connect's FaceBook page (RockyViewForward.com is their web address). The accusation was that I was using ratepayer dollars to pay for a monthly comic I produce for this very publication to promote my business. The group posted my

actual expense report (which was scrutinized and authorized by Rocky View Administration and the Reeve), which they obtained via a Freedom of Information and Privacy Protection (FOIP) request for a fee (don't get me started on the costs to residents every time a FOIP is conducted on any elected official). Maybe I'll cover that on another rant.

Along with the expense report photos was a shot of the comics in question I was apparently expensing. Yes those comics were my creation. Yes they have my company's URL at the bottom. But Nooooo. They are not expensed. I get paid by the High Country News to produce said comics. They have absolutely nothing to do with my expenses although they would like to make you think so. In fact, the expenses in question are for the extra space I request from the publication to communicate more than the "free" space allotted to me as an elected official. Let me make that clear. The expense claims are for the extra space I have requested to speak to Division 1 folks.

Needless to say, everything was on the up and up and this group knows that. I find the irony in their intentions misleading. On the Rocky View Connect/Rocky View Forward FaceBook page description they claim, "*This page aims to unite residents across the County to share information regarding County matters and events.*" I make my case.

Until next month stay safe.
Wear a mask.

– Cheers, Mark

A Time for Albertans to Stick Together

There are two possible reactions to natural and manmade disasters. Driven by fear, we can allow disasters to divide us and our communities. Or, in the midst of disasters, we can consciously decide to unite – to stick together and work together more closely than we’ve ever done before to overcome the adversities that beset us.

So for Albertans, currently facing the twin disasters of the COVID-19 pandemic and a contracting economy, which will it be? I address this question from the perspective of an Alberta family that has been involved in our politics and economy for more than 85 years.

On the governmental front, is now really the time for the municipal governments of Edmonton and Calgary to be at loggerheads with the provincial government? Or is now the time for maximum cooperation?

In the legislature itself, is now really the time for the opposition to do nothing

but oppose? Or is now the time to set an example of “pulling together” through cross-partisan support of measures aimed at restoring our health and economy?

On the labor front, is now really the time for the public service unions to think only of themselves and declare war on their employer? Or is now the time to share more fully in the sacrifices that other Albertans are being called upon to make?

On the economic front, is now the time for each sector – energy, agriculture, services, manufacturing, high tech – to fend for itself? Is now the time for “dog eat dog” competition to secure the biggest possible piece of a shrinking economic pie? Or is now the time for maximum cooperation within the private sector to help pull the Alberta economy on to more solid and prosperous ground?

On the health care front, is now really the time – during a pandemic – for doctors and the provincial health department to be in conflict? Or is now the time to submit outstanding differences to third party arbitration

and get on with jointly discharging a collective responsibility to meet the health care needs of Albertans?

And on the broader political front, is now the time for Albertans to divide between separatist and federalist camps? Or is now the time for both camps to unite in support of those measures which both consider necessary to secure fairer treatment for our province from a hostile federal government?

On the media front, controversy is always more newsworthy than cooperation and sparking division invariably gets more hits than searching for common ground. But is now really the time to amplify the controversial and divisive and for mass media to become the chief carrier of the fear virus? Or is now the time for a conscious media effort to inoculate the public from the fear virus by focusing much more on the positive and constructive?

Contrary to the views of those who ignore Alberta’s political and economic history, this is not “the most divisive period Alberta has ever faced” nor is it the first time Albertans have been forced

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to deal with natural and manmade disasters at the same time. Let us learn therefore from that past experience about the dangers of pulling apart and the benefits of pulling together under such circumstances.

In the 1930's, the years of the so-called Great Depression - when agriculture was Alberta's major industry and largest employer - the prairies were afflicted with a terrible and prolonged drought. Combined with the collapse of the financial system, the result was a 50% drop in the provincial GDP, an economic contraction even greater and more disastrous than what Alberta is experiencing today. Note also that in those days unemployed and desperate Albertans were literally "on their own" with no comprehensive social safety net in place to cushion them against the consequences of such a combined social and economic collapse.

Did this combination of disasters feed negative reactions and division? Of course it did! Farmers uttering dire threats against the banks and the railroads, unions blaming management for the desperate plight of workers, violent strikes in the Crowsnest Pass, bankruptcies and law suits galore, death threats to politicians and executives, violent scuffles between individuals on the waiting lines outside the soup kitchens, provincial politicians vehemently denouncing the federal government, and the "ride the rails to Ottawa" protest initiated by the unemployed brought to a violent conclusion in Regina by the federal authorities.

But what eventually brought much of this division to an end? The efforts of

reconcilers and peace makers? To some extent, yes, many of them from the faith communities – communities now largely ignored and disparaged by the secular decision makers of today. But also, and ironically, it was the threat of an even greater disaster – the beginning of World War II - that brought the dangers of internal division into a new light and made "pulling together" an obvious and absolute necessity.

Would it actually take something as drastic as the prospect of a War to force Albertans – indeed all Canadians – to pull together in the face of the challenges that now confront us? Or will we individually and collectively find the will and the courage to actively support rather than criticize and attack those who are doing their level best to implement positive measures to cope with those challenges? Note, as a first step, the merit in reconceptualizing as "challenges to be overcome" what, up to this point, are most often described as "disasters".

"This too shall pass" as did the Great Depression.

And what will future history books say about how we Albertans handled ourselves in the midst of these current challenges? Will they record that we allowed fear and mistrust to sink us in a sea of discord and division? Will they name with shame and regret those individuals, organizations, and media who led that discord and division? Or will they tell the inspiring story of a successful effort to "pull together" in meaningful and extraordinary ways? Only time will tell, and the story it will tell is up to you and me.

by Preston Manning

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Have You Planned For Your Financial Future?

Much of what we do today is designed to improve *our future financial situation*. This is a short-term focus and has long-term consequences. As with anything, we can get better results by following a plan. Without a plan your reactions to World and personal events can have very 'knee jerk' consequences. Therefore, both an Estate Plan and a Financial Strategy are important for those who want to ensure *better tomorrows for themselves and their families*.

A *Financial Strategy* focuses on what we want to happen and when, while we are still alive. *Estate Planning* is concerned with what we want to happen here on earth after our death. It is best to *start with the Estate Plan because no one knows how soon it will be needed*. Also, a well thought out Estate Plan provides direction for the development of your Financial Strategy.

Your Estate Plan

The first step in planning your estate is to *decide what you want to happen to the people you care for after your death*. Your *WILL* is a necessary precursor. It is imperative before anything else can be executed. For example, how much income do you want your loved ones to have? If you want your family to have a debt-free estate, how much is needed to pay off your debts? Do not forget there are many income and other taxes that are triggered by death. How much tax will your heirs have to pay before they can inherit the assets in your estate?

If you have a business, do you want it to be sold or retained? If it is to be sold, who will buy it? What will be needed to guarantee the sale? If you want it to be kept in the family, who will run it? What will they need to keep it going?

Your Financial Strategy

After you *decide on the things you would like to see happen*, you can begin figuring out how to improve their chances. Some of your decisions can be written in your Will, as directions to your

successors. Others may need special written Agreements with other people to make sure that they will happen.

Some assets will be in the wrong form to do what you want. You may want to decide to convert them to another form at your death or before. For example, an interest in a private business could be converted to cash by means of an Insurance-Funded Buy-Sell Agreement.

Some of your assets, in their current form, may be appropriate for your heirs and you want to preserve them from the tax collector and other creditors. What you might need is a method of creating instant, adequate cash at death to satisfy the estate liabilities, hence the need for life insurance.

Some of us may discover that we do not have enough assets to leave our family in the position we would like them to be.

We then need instant cash at death to create our estate. Life insurance can be a relatively cheap solution to create the estate cash to pay the estate liabilities and to create estate cash assets that can be bequeathed in you Will.

A sad fact is that many people will spend more time planning a vacation or dinner party than their financial future.

Your trip to your financial future deserves at least equal concern about the risks ahead. You can then try to avoid those concerns or offset their adverse consequences. Is your financial vehicle in good condition? *Will there be enough cash or income to offset such common risks as death, disability, or serious illness?* Have you reviewed your financial trip insurance lately?

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Redwood Meadows Residents

Can I roll my upfront lease payment into my mortgage?

Yes, maybe or no ... it will all depend on your homes equity (equity = the difference between the current market value of your home and the amount you owe the lender who holds the mortgage) plus your personal qualification criteria.

Yes

- ✓ You qualify for a higher mortgage amount based on your verified income (via income tax returns, job letter/pay stubs),
- ✓ You have excellent credit,
- ✓ You are not carrying a large amount of debt,
- ✓ Your property is in good/great condition,
- ✓ Your current mortgage is for much less than 80% of your home's current value,

If you meet this criteria ... yes, you should qualify to include an upfront lease payment into your mortgage. This can be done by *refinancing your existing mortgage or potentially looking at a 2nd mortgage.

Maybe

- ✓ You are unsure if you qualify for a higher mortgage amount based on your verified income (via income tax returns, job letter/pay stubs),
- ✓ You are not sure of your credit standing,
- ✓ You are carrying some debt,
- ✓ You are unsure of your home's current value,

✓ You estimate your current mortgage is for less than 80% of your home's current value,

If you meet his criteria ... you may qualify to include an upfront lease payment into your mortgage but you should reach out to a mortgage professional to review your personal circumstances. If you do qualify, this can be done by *refinancing your existing mortgage or potentially looking at a 2nd mortgage.

No

- ✓ You do not qualify for a higher mortgage amount based on your verified income (via income tax returns, job letter/pay stubs) due to a reduction in income or recent job loss,
- ✓ You do not have good credit,
- ✓ You are carrying a large amount of debt,
- ✓ Your property is in poor condition,
- ✓ Your current mortgage is for greater than 80% of your home's current value,

If you meet any of this criteria ... no, I am sorry but it is doubtful you will qualify to refinance your mortgage. I would suggest you speak with your everyday bank and ask about personal or unsecured borrowing options.

**Refinancing is the process that repays your existing mortgage and starts a brand new mortgage, usually for a higher loan amount and/or for a better interest rate. If a refinancing is not an option (too high of a prepayment penalty from your existing mortgage for example) then we may consider a 2nd mortgage for the extra funds you need.*

Submitted by Candace Perko

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Councillor's UPDATE

Rocky View County

Kevin Hanson, Councillor, Division 3



Welcome High Country News Readers: Hopefully January finds you and your extended families well. Springbank and Elbow Valley residents have asked for more of my thoughts on the governance of Rocky View County, and background on my decision making. Luckily, HCN found space for a column for Division 3 going forward.

I take the COVID-19 pandemic very seriously, which my debate supports. I found Administration's decision to close the County Hall in early December and move public hearings into the new year prudent. It gives us time to better understand COVID-19's second wave and ensure we are

not negatively impacting the situation. New procedures for how the Public participates in on-line public hearings was formulated December 12th, details are available on the County website.

RVC "Keep the Lights On" 2021 Budget: In closing out the year, Council's major task was approving 2021's base budget. Council directed Administration to look for ways to cut expenses with minimum impact to service levels. The draft budget for debate had a target of 0% tax increase. This required looking for new efficiencies and areas to trim given the "new realities" for 2021.

By reducing investments in preventative maintenance, Administration recommended areas where service levels could be decreased without any long-term impact to County infrastructure. Ditch spraying and maintenance, lengthened time between gravel road resurfacing, and eliminating mosquito control were suggested.

While I could not support a County funded mosquito program for only

some residents in Langdon and Church Ranches (Bears paw), I did vote for it, on the contingency that a County-Wide policy would be in place for 2022. I did not support a Council majority keeping the preventative gravel surfacing budget status quo at prior years' levels. Given our trimming efforts, the economic outlook, and sizeable 700K budget amount, I argued for decreasing our service standard from a 1 in 4 to about a 1 in 5-1/2 year average. Council finalized a 0.5% tax increase for the base budget, by putting the whole 700K back in.

Electoral Divisions for 2021: This is the final year of this Council's four-year term. The Electoral Divisions' review resulted in a reduction of Councillors from nine to seven. To meet requirements of the "Specialized Municipality" status we are seeking, the Division boundaries required adjustments to be more equally representative in terms of current and future projected population. Excepting Langdon, the new divisions all border Calgary, and radiate outward to our extremities.

Current Divisions 1, 2 & 3 are amalgamating into two new Divisions. Folks residing in Bragg Creek, Highway 8, Elbow Valley (where I live), and the southern parts of Springbank will constitute the new Division 1. The central and northern part of Springbank will constitute the new Division 2. For the full report on the electoral division study, and maps of the new divisions, please visit: www.rockyview.ca/elections.

As we are well into the second wave of the COVID-19 pandemic, town-hall style meetings continue to be a challenge. Please e-mail me if you would like to be added to my e-mail list for potential future communications.

Kevin.Hanson@RockyView.ca
or call 403.463.1166.

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Barlow's Bill C-205 Debated in Parliament (Biosecurity on Farms)

My Private Member's Bill completed the first hour of debate in Parliament on Thursday November 26th in the House of Commons.

Bill C-205, An Act to amend the Health of Animals Act, addresses the critical issue of securing the biosecurity of our food supply, especially when people trespass onto farm property and at facilities. It will also increase the penalties for groups and organizations who encourage individuals to threaten the health of animals, workers and farm families.

This Bill does not limit an individual's right to peacefully protest on public property.

"When activists trespass onto farm property and facilities they may not fully grasp the consequences of their actions," said Barlow.

"First and foremost, they are endangering the safety of livestock, farmers, their families and workers."

"Protecting Canada's food supply is critical – viruses like African Swine Fever (ASF), Avian Influenza (AI), Bovine Spongiform Encephalopathy (BSE) and Foot and Mouth Disease (FMD) pose a real threat to Canadian agriculture."

"These biosecurity threats can decimate poultry operations, livestock herds and devastate our industry and economy."

"We have seen the devastating impact the Covid-19 pandemic has had on the entire Canadian economy, animal-borne diseases like ASF and FMD would equally devastate our agriculture sector from farm to table," concluded MP Barlow.

Bill C-205 was first introduced in

Parliament on February 18th 2020, however, debate was postponed due to the COVID-19 pandemic and the suspension of Parliament.

Strengthening biosecurity measures for trespassers is something farmers, ranchers, food processors, farm groups and commodity organizations all support.

My Bill received strong support from Conservatives, Bloc and NDP during debate.

John Barlow appointed Chair of Canada-Scotland Friendship Group

I am pleased to share some exciting news, the Canada-Scotland Friendship Group has been reconstituted on Parliament Hill and I am honoured to be appointed as friendship group chair.

Originally founded in 2011 and relaunched on October 27th, 2020, the group is a nonpartisan committee consisting of over 40 Members of Parliament and Senators, chaired by MP John Barlow (CPC), with executive committee members represented by MP John McKay (Lib), MP Marie-France Lalonde (Lib), MP Daniel Blaikie (NDP), MP Xavier Barsalou-Duval (Bloc), MP James Cumming (CPC), and Senator David Wells.

At the first meeting, members brought forward important topics of discussions for the group on which to focus. The topics include the upcoming election in Scotland, partnerships between Universities, agriculture, trade and economic partnerships as well as learning more about how Scottish Parliament functions.

At the end of the meeting, the friendship group reiterated the importance of further advancing the ties between Canada and

Scotland, and strengthening our shared values through the work of this committee.

"Canada and Scotland share a profound relationship joined together by family links, strong business and trade relationships as well as shared values, culture and history. Through meaningful work and discussions, the Canada-Scotland Friendship Group will embark on strengthening the bond between our proud countries. During challenging times, friends support one another. This could not be more true than it is today and is certainly symbolized through the reconstitution of the Canada-Scotland Friendship group in 2020. It underpins our deep and meaningful friendship between our two countries, and continued support during the most trying of times."

– John Barlow, Member of Parliament for Foothills, Friendship Chair (2020)

"The setting up this Group between our two parliaments is such good news. The friendships between our countries and our parliaments is real and deep. Indeed, when this Parliament was set up in 1999 we looked at how other legislatures across the world work so there is a little bit of Ottawa's procedures and practices here in Edinburgh. I very much look forward to meeting with the Group members at the earliest opportunity."

– Rt Hon Ken Macintosh MSP, Presiding Officer of the Scottish Parliament

John Barlow

Member of Parliament for Foothills

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The Changing of Rural Policing

Best wishes for the New Year from the HCRCWA! I hope to have some crime statistics for full year 2020 in the next issue for you. In the meantime, there are a couple of fairly significant policing initiatives that you should be aware of.

The Foothills County Pilot Project, which was part of experiments for a new Alberta Provincial Policing model, has been made permanent. What this means is that there is now greater and more coordinated policing coverage within the rural areas of Foothills County. There are 3 main RCMP jurisdictions within the county of Foothills: Turner Valley, Okotoks, and High River. Both the Okotoks and High River detachments had a combination of “in-town” and rural policing duties.

Under this new Foothills County Rural Policing Plan, all of the rural policing responsibilities for Foothills County are under one jurisdiction: The Turner Valley detachment with Staff Sgt. Laura Akitt at the head. This amalgamation of resources enables the RCMP to provide 24-hour manned policing services, a more streamlined approach, and the ability to move resources around the county based on crime trends and resource requirements. “In-

town” policing will still be provided by the respective Okotoks and High River detachments.

On the ground coverage will be provided by 17 Constables, 3 Corporals, 1 Sergeant and 1 Staff Sergeant who can call in assistance from outside resources if required: the RCMP Major Crimes Unit for Southern Alberta, HAWCS helicopters out of Calgary, Calgary City Police Canine Unit, and the RCMP Forensic ID Section out of Airdrie.

Another significant result of this new Policing Plan is a more collaborative approach to enforcement services between the front line RCMP members and the Foothills Patrol Community Peace Officers. Over the past year Foothills County Peace Officers have returned to having direct radio contact with the RCMP members (a return to common sense.)

The second major initiative within Foothills County, CAPTURE, will be implemented in the new year. CAPTURE stands for “Community Assisted Policing Through the Use of Recorded Evidence”. CAPTURE is a voluntary camera registry that records the locations of security cameras that would be available to the RCMP to assist in police investigations.

Often, security cameras capture evidence that can be used to solve a crime. If

an incident happens, the Turner Valley RCMP can view the list of camera locations and contact the registered camera owners. The RCMP could then come to the camera location to view the video evidence with the hope of shortening the time required for investigations. It could also provide key information in the solving of a crime.

It needs to be noted that this is a voluntary registration of your camera(s) and you can withdraw your registration at any time. Joining the registry does not mean you are obligated to give access to or share the footage – by registering you are only providing the location of your camera. This initiative will be implemented in all Foothills County rural areas as well as Turner Valley, Black Diamond and Longview, but not in Okotoks or High River at this time.

There are some other jurisdictions within Alberta that have, or are, implementing CAPTURE, including the City of Red Deer. Turner Valley RCMP will be advertising the program shortly in local newspapers, other

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Join Bragg Creek Area Community Support
on Facebook if you are in NEED or able to HELP in various ways during this time of crisis. Or contact Pastor Dave to donate to the Bragg Creek Food Bank and Crisis Fund or if you are in need of assistance

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

Located in the Bragg Creek Shopping Centre • Balsam Ave

This ad space generously donated by the High Country News

media and with the High Country Rural Crime Watch Association so keep your eye out for this if you are interested in participating.

Staff Sgt. Laura Akitt is open to the possibility of including Trail Cam footage or pictures in this initiative. I personally utilize Trail Cams for wildlife viewing, and sometimes security purposes, and the picture/video quality is extremely good during the day and quite clear at night. As an aside, if you are going to buy a Trail Cam, spend the money and buy a good one. I bought one or two cheap ones initially and they just didn't perform well or last.

With the beginning of a new year, I thought I'd leave you with a couple of quotes:

"Where no one intrudes, many can live in harmony." - Chief Dan George

"A man who carries a cat by the tail learns something he can learn no other way." - Mark Twain

*Dave Schroeder
HCRCWA Board Member*

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A Nightmare Results in a Vision

Not in his wildest dreams could Dick Koetsier have imagined the scenario that was about to unfold. It was early afternoon on June 20, 2013, and upon landing in Toronto during a trip to attend his son's graduation, his phone started buzzing and lighting up with video of his Bragg Creek home floating down the violent Elbow River and crashing into the Balsam Avenue bridge. "At first I didn't want to believe it was my house", Dick explained. "But there was no doubt it was".

"June 20, 2013 traumatically changed my life." Dick's 12-acre property was ravaged by the flood, his life possessions were gone, and the ground where his riverfront house once stood was carved out like a crater. What made matters worse is that less than 24 hours before this devastating event, Dick had just become the proud owner of the Hamlet's world-famous BBQ Steak Pit Restaurant. The Steak Pit was a local treasure and tourist attraction, and Dick would soon learn that it too had sustained irreparable damage from the disastrous flood.

As the months passed and the community slowly recovered, drew together and began rebuilding, an idea started to take shape in Dick's mind. "I already loved Bragg Creek but the spirit and resilience that I witnessed in the aftermath of the flood and the trying years that followed, made me realize what

a unique and special place this really is," Dick said. "I wanted to not only live here but also contribute something significant that would bring new life, vitality and investment into the Hamlet, and I became committed to spearheading an effort that would celebrate and honour the history of this place and the spirit of the people who call it home."

Dick's ideas evolved into a visionary proposal he named Gateway Village, his master-planned and designed urban experience in the heart of Bragg Creek. With long-awaited flood protection and local sewer and water treatment in place, Bragg Creek is now ready to begin its revitalization. A boutique hotel, conference centre, health, wellness and spa facilities, a new collection of boutique shops, with well-landscaped public space, Dick states he wants to give Bragg Creek the many amenities it has been waiting for. A large part of the plan is to fulfill the long overdue need for housing and will include multi-family residential units and townhomes, with a mixture of rental and ownership options. Dick is most proud that included in his plan, as a principal pillar of his vision, is the re-creation of the much-loved BBQ Steak Pit that will overlook the Elbow River.

Architecturally designed and planned to complement and promote enjoyment of the beautiful natural surroundings, the publicly accessible 12-acre site will also include artistically landscaped open spaces, pathways as well as a reflecting pond suitable for ice skating. Along the banks of the Elbow,

between the Steak Pit and hotel, will be an Amphitheatre, perfect for outdoor concerts and festivals that will provide artists a venue to showcase their talents and celebrate Bragg Creek's artistic heritage.

"We have designed an exciting resort-style development that will revitalize Bragg Creek and help it to meet its potential and reinforce the Hamlet as truly being 'The Gateway to Kananaskis'," Dick explains. "With all the services and amenities planned for our Gateway Village, Bragg Creek will evolve into a highly accessible and exciting destination with daytime, overnight and extended visitations, shopping and accommodations."

Dick and his development company, Gateway Developments Ltd., are very proud to share their proposal with the community and welcome neighbours, residents, businesses and other interested parties to share their thoughts and comments on the Gateway proposal prior to the application for approval to the Rocky View County Council in the Spring of 2021.

The Master Site Development Plan and an online survey are now available to view at gateway.ca. The survey will remain open until January 29, 2021. If permissible, given the Alberta Health Services COVID-19 regulations, there will be an opportunity to view the plans in-person and ask questions of the development team. Please visit gateway.ca for all the details.



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Making Elbow room for growth in Bragg Creek

Gateway Village is a visionary development in the heart of Bragg Creek. This resort-style destination will enhance the community with a range of services and amenities, and will bring with it much needed jobs, investment and increased tourism.

Gateway Village is being developed by Dick Koetsier and his company Gateway Developments.

A Master Site Development Plan (MSDP) has been completed for the Village, which includes commercial and retail space; a hotel, conference centre and spa; low-density multi-family housing; amenities such as an amphitheatre; generous pathways and landscaped open spaces.

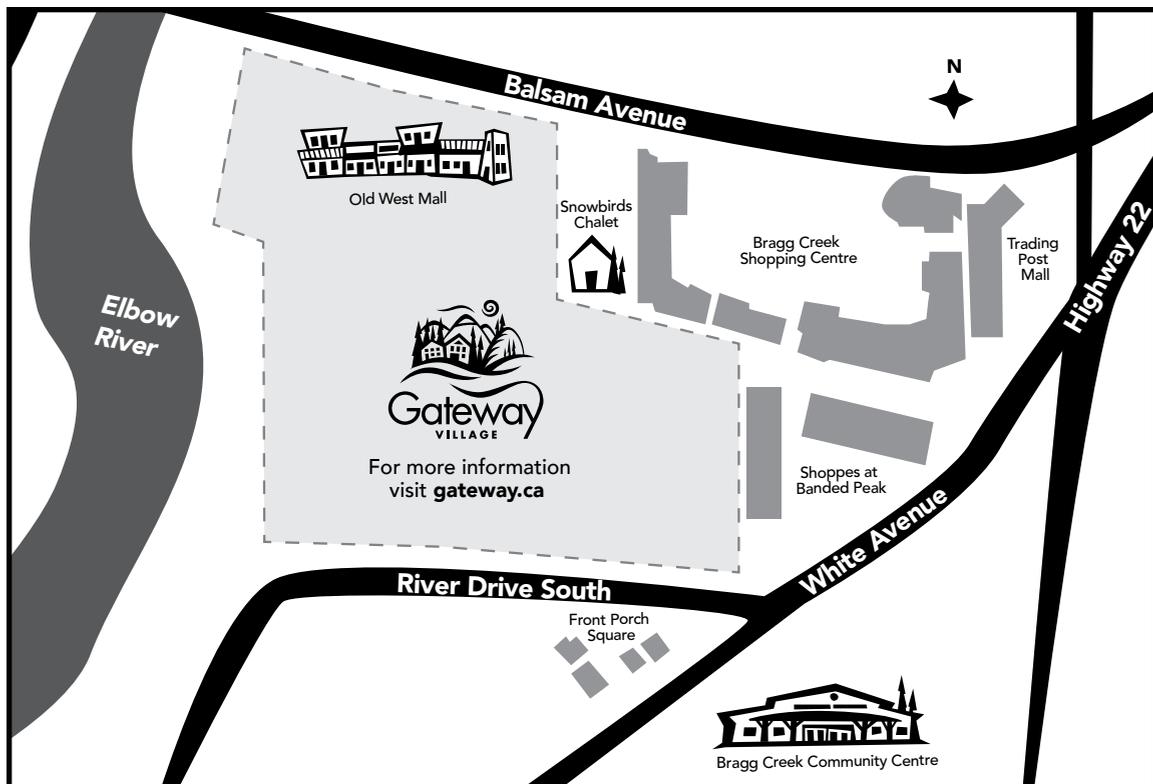
Residents and local businesses are invited to provide their feedback on the plan from January 4 - January 29, 2021.

The feedback will be presented to Rocky View County Council when the Master Site Development Plan is presented for approval in Spring 2021.

Please visit gateway.ca to view the detailed plans and share your thoughts.

We are closely monitoring the Alberta Health Services guidelines for COVID-19. If permitted, we will hold two in-person events in January where you can view the plans and ask questions of the project team. Reservations for time slots will be required so that we can manage the number of people in the space and maintain all the necessary precautions to keep the community and project team members safe.

Please watch the website for details and confirmation of in-person events.



Looking Ahead

by **Jennifere Gordon**

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

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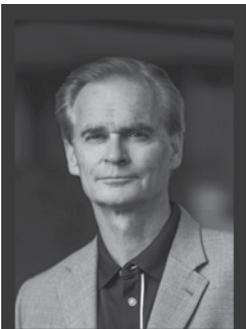
Happy New Year to you all! I hope you had some time to relax and rejuvenate over the holiday season. Perhaps with the smaller gatherings, it was a less hectic holiday season than in the past? Perhaps you had a chance to spend quality time with less people? If you typically love all the action, hopefully you were able to connect in other ways with your loved ones from afar. Regardless, we all can agree that 2020 was a different year in so many ways.

Hopefully we can look towards 2021 with hope. Hope for vaccines, hope for less illness, hope for more freedom, and hope for more compassion. We still have a long road ahead of us and more than ever, we are (literally) all in this together. This road ahead will continue to be a marathon, not a sprint. That can be a mental adjustment for us to prepare for the slow and steady nature of a marathon. If we are anticipating a sprint, we will quickly drain our resources, both physically and mentally. There will continue to be hills and valleys to overcome. If we can pace ourselves, view the big picture, take deep breaths and be kind to one another...we will get through this. Like Glennon Doyle says in her book *Untamed* – “We can do hard things”!

Take care of yourself this year. Taking care of yourself, mentally and physically,

will enable you to more effectively take on the responsibilities you have in life. If you are missing the office, the gym or group activities – reach out to all the great online services and classes that have evolved. Join a fitness and nutrition challenge with a trainer or friend. These goals we set for ourselves often take a community to achieve. A community of like-minded people to keep us on track, motivate us and inspire us. Even though we are missing that human contact in so much of what we do – there are resources available to help us get by. It won't be forever!

Bragg Creek Physiotherapy is here to help you stay moving. Our goal is to help you gain function, maintain independence, prevent future injuries and maximize your athletic performance. The last thing you need right now is a nagging injury bringing you down! We have three physiotherapists, a massage therapist and a personal trainer available to help you get back on track. We have stringent cleaning protocols in place, screening measures and minimal people in the clinic at one time. If you have any questions, or concerns and think Bragg Creek Physiotherapy may help you, please contact us. We wish you all a very Happy New Year and the best of wishes in health and safety for the year ahead.



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Bragg Creek Connect Survey Results Confirms the Immediate Need for a Reliable High-Speed Internet Solution for Bragg Creek and Area

Thank you to all who completed Bragg Creek Connect's Internet Survey. The Committee received almost 200 responses to the survey, and the results confirm that the vast majority of residents in our area are experiencing severe issues trying to work from home, attend school or just stay virtually connected to friends and family during the pandemic as a result of poor Internet service. Reviewing the comments of the survey there is one word that was used over and over again from residents: frustration.

The survey paints the picture of a community where some have had to go to great lengths and have experienced high stress while trying to overcome poor connectivity to get the most basic tasks completed. In some cases, residents have had to jeopardize their health by travelling into their place of work, utilizing public hot spots or splitting up their family and having their kids live elsewhere so they can attend school online. There is concern about paying exorbitant fees to be able to access marginal services. Residents shared stories of lost job opportunities, home businesses suffering, and many have been unable to effectively work from home. Some even shared that they are looking to move out of the community because of poor internet services, which is quite concerning to the future of our wonderful community. Pandemic or no pandemic we need significantly better high-speed Internet service in Bragg Creek and Area if our community wants to thrive, be competitive and attract and support young families.

Some of the results from the survey questions are as follows:

- High-speed internet is a critical or essential service: 97% agree
- 48% of respondents have download speeds less than 5 Mbit/s. This is well below the CRTC's guideline of 50 Mbit/s

- 44% have upload speeds less than 1 Mbit/s. Also, below the CRTC's guideline of 10 Mbit/s
- Area Providers to the respondents: Xplornet: 64%; Telus: 29%; Other: 7%
- Would you switch from your current provider? 84% of respondents say yes.

There was also a lot of frustration expressed with the lack of action by various levels of government, including Rocky View County, to provide what 97% of the respondents say is critical or essential infrastructure. Rocky View, because of the high cost, has taken a passive approach to high-speed internet infrastructure relying on the large commercial telecommunication companies to serve the needs of the community. The Federal government has allocated money for rural internet development; however, this funding requires a solid proposal from an experienced organization to develop high-speed infrastructure. To date the large commercial telecommunication companies have expressed no interest in equitably servicing rural Alberta. The Bragg Creek and Area community will need to continue to self-advocate and pursue creative outside-the-box

solutions to get the high-speed Internet infrastructure that it is needed to every resident and business.

Mag Networks continues to proceed with plans to develop their high-speed solution, in what the survey concludes are the areas that have the poorest service, Wintergreen and West Bragg Creek. Starlink, the high-speed satellite Internet solution developed by Elon Musk's SpaceX, has begun beta testing, and a number of Bragg Creek residents including two from the Bragg Creek Connect committee are participating. Preliminary results are promising. None of the other commercial telecommunication companies currently serving the area have formally announced any plans to improve service in the community.

With the survey results in hand the Bragg Creek Connect Committee will share the results with Rocky View County and other politicians who represent the Community. We will continue to push for solutions with existing and future service providers. Please check in on our Facebook page (www.facebook.com/BraggCreekConnect) for the latest news or to share your story.

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Bragg Creek Centre

Happy 2021 Creekers!

As I write this, the latest round of restrictions under the Public Health Orders are currently in place and we hope that when you read this letter, we have been able to limit the spread of COVID-19. Our greatest wish for our community is that you were all

able to find some Christmas Spirit, joy and gratitude over the holiday season and stay healthy and well during such a difficult time for all of us.

The BCCA's Rink Committee have been hard at work repairing our rink and getting it ready to flood so that we will have a community ice for the New Year. During this time, the Rink Committee are running two fundraisers to help with the costs of the rink: rink board advertising and a Wine Survivor raffle. If you are interested in either fundraiser, please contact braggcreekrink@gmail.com and the

committee would be happy to sell you a raffle ticket (or three!) and advertising space in the rink.

While we are not currently able to offer our regular programs at the Centre we are looking forward to when we will be able to run programs and events again for our community. Our Internet Co-workspace is currently closed due to the latest restrictions however, we believe that we will be able to reopen to our community members. A reminder, rates are \$25/day, \$75/week and \$250/month for a desk and a reliable internet connection. Thanks to the Ladies

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We're starting the new year on January 22nd

That's because we have some surprises to help make your BavTav experience even better in 2021. It's been a tough journey and we thank you for your friendship, patience and especially the support you've shown over the past year. We wish you all the best and can't wait until we're able to greet each other with hugs and cheers!

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The Community Centre is the hub of the community, and while we haven't been able to 'host' our community in some time now, we continue to operate and do our best to plan for when we can re-open and provide programming for you and your families. The Centre is still operating with minimal revenues and we encourage everyone to renew or purchase a membership if you haven't recently or consider a donation to the Centre. Every little bit helps us continue serving you.

Finally, we want to share what WE are grateful for. You, our community and especially our awesome community volunteers who have given of their time over the 2020 year. We honestly would not have been able to maintain and run any events or programs without our staff and the volunteers who help us.

Take good care Creekers!

Christine Pollard

Program and Event Manager

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2021: Reinventing Ourselves

January 2021 is not for the faint of heart. COVID-19 has forced us to keep Christmas small, a feat that would have made the Grinch proud. Cold days are here, and the winter blues may soon set in, exacerbated by the lockdown requirements. And although the vaccines are coming, it will be months still before we can resume our lives as we left them back in early March of 2020. Even still, I can't help but think that there is a silver lining under all this doom and gloom. Perhaps understanding what that may be is what January 2021 is all about.

Maybe our New Year's resolution this year is to embrace the extra time we have. For most of us, having enough time was elusive, often unattainable. Before the start of the pandemic, we kept running from one thing to the next. Sure, some of us are quite busy still, and working parents of small children have my heartfelt sympathy. But for many others, we have less pressure. We may have to make do with diminishing revenue but, then again, we have less to spend it on. And so, what might be the silver lining January is bringing?

Simpler times? I believe the holiday season, and now January, give us the meaning of what simpler times used to be and can still be if we choose it. Forced to slow down and limit our contact with a selected few individuals, usually from the same household, we now have a chance to get to know each other a bit better.

Early on in the pandemic, Netflix was an easy go-to for distraction. But, it is now getting old. January 2021 may just be this idle time necessary for the

pursuit of creative endeavours. Much has been said about the relationship between idleness and heightened brain function resulting in increased creative power. Wasn't it Albert Einstein, who once cheekily said, "*Creativity is the residue of time wasted.*" And so, what will be your creative pursuit this year?

Take the time to cook and eat together. Perhaps learn a new hobby, learn to read a whole book all over again, relearn old card games, chess, or indulge your family in a paint night, creating masterpieces around the kitchen table that only your family will appreciate.

Perhaps January 2021 is about discovering a new lifestyle. A healthy lifestyle that makes room for fresh air, exercise and healthy eating. A lifestyle that includes time for self-care - perhaps integrating some meditation, yoga or other mind/body and spirit disciplines.

For my part, and amongst other things,

I intend to dive deeper into where our local food and drinks come from. The cultural and technical aspects that transformed them into what they are today. I suspect there will be many surprises and interconnectedness amongst the local cultures - especially the Indigenous cultures. A case in point is Bannock. I will elaborate on this in a future article. For now, I am happy to share the recipe on the next page.

Above all, January 2021 will be a time to learn patience. Patience for the vaccines that will slowly be rolled out and the restrictions that will ever so slowly be lifted. Patience for loved ones who may not do so well under the current conditions.

I see January 2021 as a time during which we will make choices. Rich of these experiences, we now have to decide how we will live our lives after it is all over. Do we really want to go back to where we were, or do we want to tweak it and bring some balance? I am confident we will find the answers. 2021 is truly going to be a time of renewal. I foresee some exciting times ahead.

Happy New Year!

Invitation to food artisans, growers, producers and restaurateurs:

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Bannock

Somewhere between a loaf of bread and a pancake, bannock has a special place in Indigenous cuisine. It is believed that early Scottish fur traders would have introduced *Bannach* (Gaelic for Bannock - meaning morsel of bread) to them. It was cooked on a griddle called a *Bannock Stone*, next to a fire. Over time variants on the recipes would have become as diverse as the people that make this country. Bannock is delicious, easy to make and can be done with the simplest of ingredients and tools: bake in a cast-iron pan, deep-

fried, or over a campfire wrap over green twigs.

The following recipe comes from the 2008 *Métis Cookbook and Guide To Healthy Living*, 2nd edition. It is a light, relatively low-fat version of the original bannock. Perfect for our lifestyle. Enjoy with your favourite homemade jam, in lieu of sandwich bread or with your steaming stew.

(Red River) Bannock

La Galet (Rivyer Roozh)

Courtesy of Heather Andersen, Nora Zilkie, Sigrid Schaus and Dixie Palmer,

British Columbia.

Ingredients:

In a bowl place:

- 3 cups flour
- 2 tbsp baking powder 1 tsp salt
- 1/4 cup sugar

Instructions:

- Cut into the mixture 1/2 cup margarine or shortening. Add enough cold water to make dry dough
- Place in a greased frying pan and bake in 400F oven for 30 minutes (add raisins for company bannock).

Delighted, Outraged Or Terrified By \$170 Per Co2 Ton?

Trudeau's plan to get Canada to \$170 per CO2 ton by 2030 will raise our costs of gasoline, home comfort, electricity, and other basic goods. Home heating alone will cost you an extra \$1,500/year tax.

Electricity is also forecast to go up in price to cover Alberta's decarbonization. Carbon tax will further impact our power price in addition to predicted market increases.



My two engineers dissected our bills again and again. Yup, still contrary to what I originally believed, the variable part does eclipse the fixed.

Nearly 80% of my bill is variable, meaning changes with our usage: the less we use, the lower the utility bill, not fixed to some minimum level like I used to think.

Even better, as

the carbon tax grows to \$170/ton, the more money we will save.

How to reduce costs without changing my family's habits?

Very easy. Proven home solutions save money without adding any extra effort, provide savings of:

- nearly 30% on home heating costs,
- nearly 30% on our air conditioner power costs,
- nearly 30% on water heating costs,
- nearly 80% on lighting power costs,
- another 15% on utilities, through a bunch of small changes.

With short term payback, these were a no-brainer for our family, unlike the decades-long payback alternatives we considered for most green energy solutions. Most delightful is that we saved money and seriously reduced our carbon emissions, both without any extra effort.

We would be happy to share with you what we did! Email me directly at carla@albertaindoorcomfort.com

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Online Auction Results

We started our Online Auction Fundraiser stating that money can't buy happiness... now, we're doing the happy dance all along our happy trails!

Our 1st Online Auction was a resounding success, finishing with an amazing \$14,509 in donations! Thanks to the fundraising team, our fabulous donors, and our supportive trail community, more funds can be dedicated to trail maintenance, operations, and equipment acquisition. We can embrace our new slogan: "For all, outside, every season." Doesn't that just go right to the heart? So, the next time you're out for a pedal, step, canter or glide, remember the remarkable donors that made this possible. Thank you, thank you, thank you!

With heartfelt thanks to our donors, who just keep giving:

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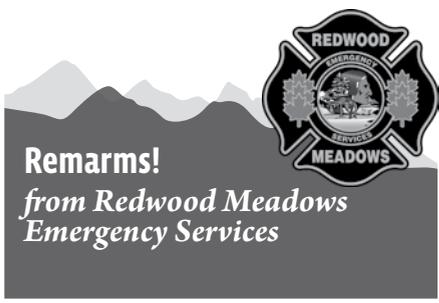
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Remarqs!
*from Redwood Meadows
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Happy 2021!

A new year is finally here. Here's some things you can do to help prepare for a happy, healthy, and safe new year.

Service Your Fire Extinguishers: Your number one line of defense in the case of a fire are portable fire extinguishers. Be sure that you have extinguishers installed adequately throughout your property as required by fire code. Just as importantly, make sure your fire extinguishers are serviced, properly maintained and everyone in the house knows how to use them. Remember to PASS: Pull the pin, Aim at the base of the fire, Squeeze the trigger and Sweep slowly side to side.

Check Up on Smoke and CO Detectors: Make sure you have smoke and carbon monoxide detectors on every level of your home and outside sleeping areas.

Test your smoke and carbon monoxide detectors and change the batteries, as needed.

Practice an Escape Plan: Does your family have an escape plan? Have you practiced it recently? Make sure everyone knows the route out of the house in the event of an emergency (and an alternate route if that route is blocked), the meet up place, and that they should never, ever come back in the house once they're out.

What happens when someone is hurt? It's a good time of year to have a family discussion about what you're going to do if someone in the house is hurt or not feeling well, just in case. If an adult isn't feeling well or acting "funny",

kids need to know they can dial 9-1-1 and be a big help in getting first responders there quickly.

Until next month, stay safe. And, if you see the big red trucks coming with the lights flashing, pull over and stop, so we can get to someone in need as quickly, and safely, as possible!

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*Congratulations to
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 on the purchase of the
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They took over the lease of the restaurant in the middle of February just around the time COVID-19 hit and in spite of the trials and tribulations that the ensuing restrictions caused, they managed to continue operating and built up an impressive clientele. When the opportunity came up to purchase the building, they didn't hesitate. With further restrictions now in effect as of December 15th, please take advantage of their take out service. Bruce and I wish them all the best and success in the coming years and welcome them to Bragg Creek.

Louise-Marie and Bruce Eagar

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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



With Gratitude: Foothills County recognizes the many people who, by their contributions, share in our good-news story of creating a community that cares. We thank our dedicated Foothills County council, staff and partners who work tirelessly to deliver services to our residents. We thank individuals and organizations within our region who support those in need, the many volunteers who serve on our local boards and associations to make this county a great place to live, and the elected officials and staff from our neighbouring municipalities and jurisdictions who collaborate with us to bring advances to all our communities.

Foothills County Rural Policing Plan:

A new policing approach aims to bring increased RCMP presence and improved service to Foothills County! Rural

residents told the Provincial Government that we need to fight rural crime at all levels. In response, the RCMP Southern Alberta District examined new ways to provide policing services within Foothills County. Resources have been aligned and more have been added, including frontline officers, support services, and capacity to the Crime Reduction Unit serving this area. With the County's requisitioned investment in policing adding up to \$999,660 in 2021 and totalling \$1,999,320 by 2023, we're all watching for results. This custom deployment ensures these funds are at work locally, specific to our County, based on crime trends and logistical requirements. An amalgamation of the rural resources from the three detachment response areas in the County (TV, OK, HR) enables the RCMP to provide 24-hour policing services in the configuration of a Zone model, coordinated out of the Turner Valley RCMP Detachment Office. We look forward to developing opportunities for joint enforcement and community support initiatives in Foothills County, along with a more collaborative approach to enforcement services between the front line RCMP members and Foothills Patrol Community Peace Officers.

Budget 2021: Council and Administration have worked to put forward a "hold the line", zero-increase operational budget for 2021. We've had to reallocate and hold off on some projects in order to do this; however, we are going this route in recognition of the difficult times that many residents are going through right now. When it comes time to set the Mill Rate in the spring, we will be facing some provincial and requisitioned costs that may add up to a slight increase in taxes, not on our part, but that has to be passed on to property taxpayers from these other organizations. The variables yet to be accounted for, when the dust of 2020 settles and 2021 numbers are in, are an additional \$333,607 for RCMP, education taxes amount, assessment model review change, bottom line on recreation cost-sharing and any other losses incurred from 2020. More news to come on this...

Priddis Flood Study public engagement:

The Province is asking residents to provide feedback on several flood studies that impact lands in Foothills. Flood mapping studies improve public safety, support emergency management, and help to build safer and more resilient

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communities. The new Priddis flood study assesses and identifies flood hazards along 32 km of Fish Creek and 19 km of Priddis Creek through Foothills County, Division 4, including Priddis and Priddis Greens. Provide your input by January 15, 2021: www.alberta.ca/priddis-flood-study-engagement.aspx

Signs stolen and damaged: Towards the end of 2020, we confirmed at least 15 traffic signs being mowed down and 5 Dark Sky Country signs being stolen. Some vandalism has been noted along Highway 543 as well. With a cost to replace and install signs at around \$200 each, this adds up to around \$4,000 to

compensate for the spree. There's a cost to our taxpayers and the volunteers who have fundraised for the Dark Sky signs, and there's the issue of safety risk to motorists when the traffic signs such as stop signs and yield signs are removed. The county has contacted the RCMP about the issue and are still discovering missing or damaged signs. If you see or hear of anything on this, please report to the RCMP's 24/7 complaints line: 403.933.4262.

New election nomination process: 2021 is a municipal election year. New guidelines have been put in place by Elections Alberta, which include the start

of the nomination process as of January 1, 2021. I would like to inform you that I will be putting my name forward as a candidate for the October 2021 municipal election for Foothills County Division 4. For more information on these new guidelines, please visit: www.alberta.ca/local-election-rule-changes.aspx

I wish you and your family a healthy, hope-filled New Year!

Best Regards, Councillor Suzanne Oel

For Other News & Updates:

Please visit my website: suzanneoel.com

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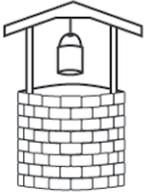
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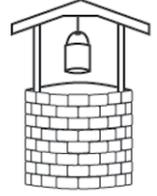
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Iron/Sulphur Filters	Mineral Bed Replacement & Control Valve service	Every 3 – 5 years	Sulphur smell, red-brown staining in toilets, sinks, showers/tubs & appliances, metallic taste, stained laundry, plugged/channelled mineral bed, build-up & bio-film,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

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Safety and Comfort

The trend toward aging in place for retirees and seniors is quite different from previous generations of empty nesters who looked forward to retirement communities and lives of leisure. Even though Baby Boomers may be in better physical condition than their predecessors, aging takes a toll on physical well-being, with mobility and vision problems causing the most concern.

There are some relatively simple ways to accommodate aging safely and comfortably at home.

One of the main areas where mobility can be a challenge is in the bathroom. Simple renovations such as comfort-

height toilets, bath bars, step-through tubs, and showers with no curbs add safety and convenience in the bathroom, and make aging in place possible.

Stairs can also present a significant challenge for you or an aging family member in the home. The addition of a chair lift makes two-story homes suitable for seniors who have trouble walking, and exterior ramps can be added to make entry easier.

As we age, we lose our ability to see at night and in darkened areas first. Lighted switches and motion-activated lighting are conveniences as well as

safety features. Lighted cover plates and outlets make it easier for someone with vision loss to find the switch.



Essentially, knowing that you, or your parents, want to age in their home is one thing. However, understanding the adaptations and easy fixes that can be made to the home to enable safe and comfortable living while

you/they age in their home makes all the difference in the world! Call me today to learn how easy it is to get peace of mind as you/your loved ones age in place.

*by Carla Berezowski,
Certified Aging in Place Specialist*

Seniors' #1 Fear: Loss of Independence



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With the latest AHS restrictions in the fall, the Priddis Community Hall is closed until further notice. We were as disappointed as you were to cancel and put on hold most of our annual events last year. Outdoor activities seem to be what everyone is needing this winter. We feel it is important to give the community a outside activity for families to be active, get some fresh air, and spend time together. Weather permitting, the Priddis hockey rink should be in by now and can be enjoyed by the Priddis Community. Please respect COVID-19 restrictions mandated by AHS for outdoor activities and group gatherings. Signs are posted around the rink. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information: www.priddisalberta.com

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

PCA Memberships Now Due: It is time to renew your annual Priddis Community Association Membership. Membership forms can be found on the PCA website under Memberships. For your convenience payment can now be made online by e-transfer to: priddisassociationpayments@gmail.com. When paying online, please email a completed copy of the membership form to priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

Business Memberships are also due, and e-transfers will also be accepted. If paying by e-transfer, submit your payment to priddisassociationpayments@gmail.com and email the completed Business Membership form to

priddissecretary@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com. How easy is that!

Priddis Early Learning Program - PELP: A few spaces are still available starting January 4, 2021 for either the 3 or 4 year old program. Classes are Mon/Wed/Fri, from 9:00-11:30 a.m. The cost is \$200/month. No parent volunteering is required this year. More info about the program can be found on our website – see below. We are meeting/exceeding all AHS and government COVID protocols. Prospective families can familiarize themselves with what is required of us here: open.alberta.ca/publications/covid-19-information-guidance-for-preschools

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

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

Priddis Panthers Hockey: Under the guidance of Hockey Alberta, we have taken measures to protect the players and coaches by limiting the number of participants and the number of other teams that we interact with. Most games and practices take place in the great outdoors which further reduces the risk of contracting COVID-19. This is a low cost, non-competitive league that does not require a large time commitment or travel. Please email priddishockey@gmail.com for further information. Check the website for games, practise times and general skate times.

Priddis Rink Rebuild – Phase I: Update: Construction of the garage to house the Zamboni will start in the spring 2021. The Zamboni is ready for use and stored in the Sea Can for the season. When the ice is in, we can start hosting practices and games. We will continue to follow the COVID protocols of our league that



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are in alignment with Hockey Canada, Hockey Alberta, and Hockey Calgary. We are confident that these rules will keep our kids safe and able to continue to reap the benefits of organized sports. Signage is at the rink reminding people of the latest recommendations from AHS regarding social gatherings. Please respect these guidelines when using the Priddis rink.

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

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

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

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

To view or book the Hall, contact Mike, the Hall Rental Director at PCAhallrentals@gmail.com. Check the website www.priddisalberta.com for availability, pricing, and updates.

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

- Priddis Community Association
- Priddis Moms Connect
- Priddis Buy and Sell
- www.priddisalberta.com
- www.facebook.com/Priddismoms

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

PRIDDIS COMMUNITY ASSOCIATION
2020 - 2021 MEMBERSHIP FORM
 Effective November 1st, 2020 – October 31st, 2021

*Business = \$50.00 Family Membership = \$25.00 Single Adult = \$15.00 Single Senior = \$10.00
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 or mail cheque and this form to: PCA, 178131 Priddis Valley Rd W Priddis, AB T0L 1W1 or drop it off at the Priddis General Store. Do you wish to volunteer for PCA functions? Yes No
 I would like to receive PCA emails of news and events in our community. Yes No





TURNER VALLEY & BLACK DIAMOND News

Happy New Year Diamond Valley! Was it a quiet holiday for most? Missing family and friends at a time when we usually get together for Christmas was a bittersweet feeling. I think most of us are glad that we've seen the last of 2020 and are hopeful this year will be better. Hopefully the dreaded virus will run its course and we can get back to hugging and live music and our seniors can live like they deserve to. We can get back to school and work as well. I do hope we are realizing what is important in life as we continue to work towards a COVID-19 free world! So, here's a look at what is happening in our towns and around, and all the best for you in the new year!

We had not too bad of a winter so far, and we are fortunate to have such a winter wonderland to play in. The ice rinks are closed at this time in town, but **Sandy McNabb's outdoor rink should be open for skating** as of December 7. However, their outdoor shelters will be closed. **Our Kananaskis has 37 km. of cross-country ski trails** ranging from 1-6 km. in length. For those who like going a little faster, go to nordiqalberta.ca/race-calendar and check out Loppet cross country skiing. For those even more daring, **there is back country skiing, also known as alpine touring, or heliskiing.** This is skiing in the back country

on unmarked or unpatrolled areas either inside or outside a ski resort's boundaries, and can include the use of snowcats or helicopters to get you to the top. Visit backcountryskiingcanada.com for more info on this sport.

Fat biking or snow biking is riding on bikes on snow. Tires are 4-5 inches wide, to allow for riding on soft surfaces such as snow, and we have trails for this type of biking as well. You can find out more at albertaparks.ca/fat-biking. There are also many hiking trails in the Kananaskis as well as snow shoe trails. I found good information at [travelalberta.ca/12 best winter hikes and snowshoe trips in Alberta](http://travelalberta.ca/12-best-winter-hikes-and-snowshoe-trips-in-alberta). **And, of course we have the very Canadian snowmobile.** Within Kananaskis snowmobiling is restricted to trails at McLean Creek, Sibbald Flats, Cataract Creek, Powderface Trail, and Big Elbow Loop. Find out more at altasnowmobile.ab.ca.

Another very Canadian winter sport is ice fishing. You must have a fishing license, however, Family Day weekend in February is a free fishing weekend for all. I experienced ice fishing at Chain Lakes a few years back. Everyone drives right onto the ice, and when someone drives close by, the whole surface groans and shifts and is pretty freaky until you get used to it. I didn't. But people were building fires, roasting hotdogs, and generally having a good time while fishing. For the top 5 ice fishing spots in the Calgary area, check out angersatlas.com.

It should go without saying that all the above activities must be planned with safety in mind. Winter conditions bring warnings. On all marked and unmarked trails, keep in mind tree stumps and

rocks hidden under the snow. Check for weather and avalanche warnings. Ice on our rivers must be thoroughly checked for soft spots before walking on. Storm ponds are not safe as the water contains road salt and other contaminants that change the stability of the ice. Stay off any ice if the temperature gets too warm. And carry extra layers of clothing, socks, and high energy foods, insulated blankets, and waterproof matches. Always let someone know where you are going and when you expect to be back. Cell phone service is patchy the more you get into the Foothills. For more valuable safety tips, visit myhealth.alberta.ca.

For those of us who are not so into these types of sports and prefer to stay warm inside, this is the year to get cracking on daily exercise! **All Foothills residents are welcome to use the free exercise classes at Okotoks.ca.** Mondays are Yoga, Tuesdays are family friendly POUND, Wednesdays offer family ZUMBA, and Thursdays are 55+ fitness classes. Each class will run at least 4 weeks. And just getting out and shoveling your neighbour's sidewalk is great exercise as well. Walk the Friendship Trail or down by the river, or just around the block or to the post office. Walk up and down your stairs if you have some. The point being just get off the couch and move. I had a Yoga DVD sitting on my coffee table for 6 months. I finally actually put it in the DVD player and am doing it daily, and I wonder why I waited so long. Well, you can't just rush into these things! Feels good, and helps as my full-time job is on hiatus right now, and exercise is good for the mind and soul as well as the body. Be creative and you too can get into a healthy routine!



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 usually meet at the Millarville Anglican Church house. Our next meeting is on Tue, Jan 12, 2021 at 7:30pm. We will be having a Zoom meeting for January. Please contact Sheila to be registered for the link. Merry Christmas & a Happy New Year! Also, please remember to like us on Facebook! Whether you are a novice or expert in landscaping or gardening, join our club. It is only \$15/year. We welcome new members. For more information, email svirgo@mithril.ca or call Sheila at 403-931-3989.

Around town, the Sheep River Library is closed for now but offers curb side service.

Go online to choose your reading material and you can order it up that way. While at the Library's website, make sure to check out their Sheep River Ramblers 2020 Photo Contest Winners Gallery. **The Sheep Creek Arts Council in Turner Valley has some classes lined up to start in January**, provided they are allowed to do so, and go through March. These include Mosaic birds and Mosaic balls, and learning how to sew a skirt. Painting classes include using a palette knife, doing a still life painting, acrylics, and how to paint a barn. Knitting classes include making a cowl, how to knit two socks at a time, and how to darn socks. I remember my Mom darning our socks. There is also beginner and intermediate quilting classes on cathedral windows and an art/landscape quilt class. Some of these classes may be taught by ZOOM if we are not allowed to meet in person. For more info, and to register or renew your \$20/year membership to this amazing arts council, visit sheepcreekarts.ca.

Family and Support Services (FCSS) would like to hear Foothills Seniors Stories about how you got on during this pandemic. Project SOS (Share Our Stories) has been running for a few months, and the stories will be shared online at Okotoks.ca/project_sos, or on Facebook. More great reading about the recent history of our area can be found in the book *Stories of the High River Flood* compiled by Jane Russell and Doreen Needham, with 237 stories from residents there. *The Flood of 2013* by Naheed Nenshi and the Calgary

Herald is another great book. Also worth a look is *Abandoned Alberta* by Joe Chowanec, which is chock full of amazing photography of the hint of times past. *The Stories of the High River Flood* can be found online or at the Museum of the Highwood in High River. And we would love to hear your stories as well about any and all history, anecdotes, people, and not for profit organizations right here in the High Country News. Let me know!

Kindergarten registration in the Foothills occurs in January. The Education Act requires that children be 5 years of age on or before December 31, 2021 to be eligible for kindergarten for the 21-22 school year. Or for Junior Kindergarten, your child must be 4 years of age on or before Dec. 31, 2021. Didn't we used to call that nursery school? Kindergarten in the Foothills covers 7 expectations: Early Literacy, Early Numeracy, Citizenship and Identity, Environment and Community Awareness, Personal and Social Responsibility, Physical Skills and Well Being, and Creative Expression. For more information or to register, as registration is online, go to fsd38.ab.ca/Registration. **The kids are back to school January 4, except senior high students** which will be working from home. Best of luck to all our students in the coming year.

With all the businesses who have been locked down and lost so much, it is good to see that **new construction and new businesses are coming to town despite restrictions.** There is a new 16 unit affordable housing complex coming to Black Diamond, being added to the

Main Street Village. Lo and behold, we are apparently getting a Dairy Queen across from the AG, and I've heard tell of a possible A&W, perhaps by the Tim Horton's. They have just about finished the building on Government Road across the street from the Hotel, it is supposed to be residential leases on the top and businesses on the bottom. Curious to see what businesses will move in there, perhaps the bakery? And Turner Valley hopefully will get some new businesses this year. Good luck to those struggling to stay open during these times, good times are on the way if we can hang in there.

Robbie Burns Day is January 25 this year. Burns is recognized the world over for his poems and lyrics focusing on universal themes of love and nature. Burns suppers are celebrated on this day with traditional dishes of haggis and whisky and recitals of his best-loved work. Have your own Robbie Burns Day and serve sausage instead of haggis, because I don't know a single person who actually likes the sheep's stomach dish. In England they call a sausage and yellow/orange root vegetable dish "Neeps and Tatties", which is pretty tasty. Recite poetry and lyrics with a bit of pomp and circumstance and you have created a new tradition for an otherwise quiet and cold month.

If you have any stories or news that you would like to see in the next month's High Country News, please drop me a line at elaine.w@telus.net. We would love to hear from you! The deadline for this issue is January 15.

Stay warm and safe! All the best in the coming year,

Elaine Wansleben

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Turner Valley Council Passes Multiyear 2021 And 2022 Operating And Capital Budgets

At the Regular Meeting of Council held Monday, December 7, 2020, Turner Valley Council approved the multiyear 2021 and 2022 Operating Budgets as well as the 2021 and 2022 Capital Budgets.

For the fourth and fifth years in a row, Council will not increase operating expenses.

The 2021 Operating Budget was approved in the amount of \$5,685,211. This is a decrease of \$14,419 or 0.26% from the 2020 Operating Budget.

The 2022 Operating Budget was approved in the amount of \$5,673,806, which represents a decrease of \$11,415 or 0.20% in expenditures as compared to the 2021 Budget.

The 2021 Capital Budget is comprised of \$4,441,000 in capital project expenditures, with the largest project being the Sunset Blvd. Sanitary/Storm/Water replacement at \$4,286,000.

is comprised of \$70,000 in capital equipment expenditures. Most of these equipment purchases are quite small in magnitude.

The 2022 Capital Budget is comprised of \$225,000 of capital project expenditures, with the largest projects being \$100,000 for Parks and Recreation Planning and \$80,000 for an Okalta Turnaround. The 2022 capital equipment expenditures include \$25,000 for a Diesel Capture System (three year project)

The budget represents the financial resources needed to support Council's key strategic priorities and to provide core services. It is focused on creating efficiencies and streamlining operations in order to maintain service standards in all areas.

Additionally, municipal partners will see continued financial support. These include the Sheep River Library, the Sheep River Regional Utility Corporation, Westend Regional Sewage Services Commission and the Foothills Regional Emergency Commission.

Council sets the property tax bylaw in the spring, at which time other factors such as the school and seniors requisitions will be known, as well as the final property assessments, all of which have an impact on property taxes. No increase in taxes is anticipated based on the budgets passed.

Approval of the 2021 budget prior to the new year allows Council and administration to move forward with priority initiatives.

This project will be funded as follows: Alberta Transportation: \$ 5 0 0 , 0 0 0 (contribution); Debenture: \$ 700,000; Grant: \$ 1 , 7 8 6 , 0 0 0 ; Reserves: \$1,300,000; Total Project costs: \$4,286,000.

Offsite levies will be utilized to offset the draw on reserves. Along with the application of offsite levies, a local improvement plan will be developed and applied when project costs are finalized.

The 2021 capital equipment budget



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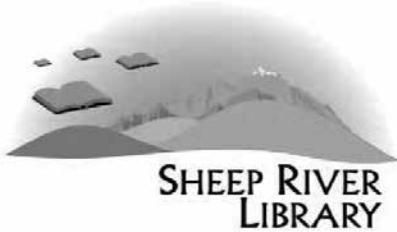
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Programs in 2021

You may have noticed that there is no program guide for the library in the centre pages of this issue. With the current COVID-19 situation we cannot run many programs in a safe manner. Some facilitators are adopting a “wait and see” approach and others may migrate to Zoom delivery. As I write this in mid-December, with stricter measures having been announced December 8, this is what I can tell you as of now.

Firstly, please continue to check our website for updates. We will be closed to the public beginning December 13 for four weeks. We will be providing curbside delivery during this time and the days for this service and how to use it, will be on the website. No staff will be on site from December 23 to January 5.

Secondly, we know these programs will be running in 2021. The only pre-school program will be Children in Nature (CHIN) which takes place outdoors. There will be two sessions, January 13-March 24 and April 7-June 9 on Wednesdays at 12:15 pm. For our other main outdoor program, The Ramblers, updates will be given on the webpage and through the Rambler Facebook page about the status of hikes and walks. All indoor programs will have limited numbers to ensure proper physical distancing. This includes Qi Gong, (Mondays, 1:00 pm), Women’s Bible Study (Tuesdays, 9:30), Inductive Bible Study (Wednesdays, 10:00 am) and The Diamond Valley Book Club (Tuesdays, 1:15). Start dates may move to later in January if the library does not open on January 11, and/or these may to Zoom delivery. All other programs have been either cancelled or delayed. MCG Careers is maintaining a virtual delivery only for January and part of February and hopes to start offering blended delivery options that include in-person by March. If so, workshops will be available in March & May.

I cannot tell you how much we have missed having the drum circle, poets, songwriters, quilters, French speakers, pre-schoolers and many more in the library. We had to cancel Stories with Santa and our annual Volunteer Christmas Banquet. Although we have had less people in the library to attend events and programs, we have certainly seen an increase in our circulation numbers. I guess it is true that books can take you to places when you can’t go anywhere yourself.

Times are strange but there is no lack of Christmas spirit at the library. We embarked on a video project, filming our mayors, first responders, store owners, hikers, musicians and many others reading a verse from *’Twas the Night Before Christmas*. View them all on our Facebook page or go to YouTube: youtu.be/QoQXsLs081E. Many thanks to Doris and Al Mehl for filming and editing the video.

From all of us here at the library, we truly wish you a Happy and COVID-free New Year



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Red Deer Lake United Church

Along with other faith communities, we are beginning to carefully offer in-person services at our church.

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

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

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

Located on Highway 22X about five minutes west of Spruce Meadows, Red Deer Lake United Church is an inclusive and affirming community of

faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world.

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Square Butte Community

We welcome 2021 with much anticipation for a better year ahead.

This month I wanted to include an article that Eugene Blakley has submitted. Gene Blakley is active in the Millarville Historical Society, Friends of the Bar U, and Southern Alberta Pioneers. He is keenly interested in our local history and is a dedicated student of history. His own history is very colorful and well worth reading.

Square Butte - A History Of Hope

by Gene Blakley

The history of Square Butte district is one of hope. The Dominion Lands act was enacted to encourage opportunity-suppressed people to come to what is now Canada with the promise of basically free land. Can you imagine being in Ireland, England, most of Europe where your existence is governed by the "Lord of the Land"? No person other than gentry owned land and prospects for the future of the so-called peasants was grim. Even though communication was not what it is today, eventually these people heard of the promise of free land. In other words, you could be the "Lord" of your own piece of land and be free of the shackles of the gentry. So, they endured great hardship and somehow came to our great country.

The Dominion Lands Act (long title: An

Act Respecting the Public Lands of the Dominion) was an 1872 Canadian law that aimed to encourage the settlement of the Canadian Prairies and to help prevent the area being claimed by the United States. The Act was closely based on the U.S. Homestead Act of 1862, setting conditions in which the western lands could be settled and their natural resources developed.

In 1871, the Government of Canada entered into Treaty 1 and Treaty 2 to obtain the consent of the Indigenous nations from the territories set out respectively in each Treaty. The Treaties provided for the taking up of lands "for immigration and settlement". In order to settle the area, Canada invited mass emigration by European and American pioneers, and by settlers from eastern Canada. It echoed the American homestead system by offering ownership of 160 acres of land free (except for a small registration fee) to any man over 18 or any woman heading a household. They did not need to be British subjects, but had to live on the plot and improve it. The Act is controversial because the

Canadian Government-established by Confederation only five years earlier-was extremely short on funds and never provided compensation to the Indigenous nations for the use of the lands which the Government had decided to give away for free.

At first the progress west was slow as distances were great and settlements were few. Also, as today, the Government has to put barriers in the way as we can see below.

Also, the first version of the Act set up extensive exclusion zones. Claimants were limited to areas further than 20 miles (32 km) from any railway (much of the land closer having been granted to the railways at the time of construction). Since it was extremely difficult to farm wheat profitably if you had to transport it over 20 miles (32 km) by wagon, this was a major discouragement. Farmers could buy land within the 20 mi (32 km) zone, but at a much higher price of \$2.50 per acre (\$6.20/ha). In 1879 the exclusion zone was reduced to only 10 miles (16 km) from the tracks; and in 1882 it was finally eliminated.

Submitted by Mary Ann Watson



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De Winton Digest

Hello Friends and Neighbours.

Well, it has definitely been a different year for all of us. As a Board we started our year at our February meeting; plans were underway for the Volunteer Night, Western Dance, Canada Day Breakfast, Ghoulfest and the Christmas Craft Fair. The Casino fundraiser was set to go. There was a full slate of Hall Rentals for the spring, summer, and Fall. Everyone was very excited! Then COVID-19 struck and things changed.

The Hall and Playground had to close, all rentals had to be cancelled, the casino was postponed indefinitely, user groups could no longer attend, the Volunteer Appreciation Night, Western Dance, and Canada Day Breakfast that we all so look forward to were cancelled. Board and committee meetings now had to be virtual.

The financial impact of not having rental events or a Casino fundraiser has been significant. We have had to make some hard decisions and also look for ways to save money on little things. Greg, our facility manager for the last 15 years, has accepted a reduction to his hours. Any non-essential expenditures have been halted.

As a community, we worried about our neighbours and friends. Our Membership Director called all members, current and past, to ensure that everyone was managing. It was so good to talk to everyone and see the resilience in our community!

When the Government announced in late June that Community Centres could begin to reopen if they met very specific Guidelines we undertook a huge job of sifting through the Guidelines, creating and implementing a plan for the Hall that met the Guidelines and was as safe as possible. This was not done lightly. The safety of our members was always foremost on our minds.

In August, the Government announced that Preschools could open, again with very stringent guidelines. Our Preschool Director, spent much of her summer going through the Guidelines, meeting with Alberta Health Services, and implementing a plan for our Preschool. Again the safety of the children and teachers was foremost on our minds.

In the Fall we gradually added activities and classes to the Hall and had started to look at rental groups with less than 50 attendees. All of this meant we had implemented stringent COVID enhanced cleaning of high touch surfaces and cleaning between each group. Coming to the Hall was a little different than in the past. While we entered through the usual door, the exit was through the balcony doors,

there were 2m markings on the foyer floor, a table in the foyer with hand sanitizer, the Health Checklist and sign-in forms, and signage about safe COVID-19 practices. Of course, as of late November, the Hall has had to close again. However, we will be ready when the time comes to re-open!

Beyond COVID-19 we have completed a "To Do" list at the Hall, looked toward updating our website and communication tools (when financially feasible), continued with the day to day operations and started some new initiatives. The latest initiative is to welcome new families to our wonderful community. If you have any new neighbours that we can welcome, please let us know.

As mentioned earlier, the financial impact of not having rental events or a Casino fundraiser has been significant. Your membership has always been valued and is now more important than ever. Thank you to all of you for your patience and support!

The Annual DCA Membership is \$21 per family. Please use one of the following methods of payment: E-transfer to dwca@platinum.ca, call 403-938-2525 with your VISA or MasterCard information, bring payment to the Hall between 9am and 12pm Monday to Thursday, or, mail a cheque to DCA, BOX 111, DeWinton T0L0X0 (Please make chq payable to DCA). Thank you!



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DeWinton Community Association News and Events

Hall Closure: The Hall will be closed until January 15 and we will hope that lower COVID-19 cases will allow reopening at that time. Please see our website (dewintonca.com) or Facebook page for updates.

AGM: is set for January 28. We are looking for new Board members for the upcoming term and invite all members to volunteer for the Board or nominate others that would be interested. Please see our website, Facebook page or call 403-938-2525 for updates regarding the AGM.

De Winton Community Preschool Open House and Registration for 2021-22 School Year: Open Registration Night

is Wednesday, January 20, 2021 from 6:00 – 7:00pm at the De Winton Community Hall. From this date onward, registration is open to all. Prior to this date, there are certain dates and times that registrations will be accepted for current and previous families. Please visit dewintoncommunitypreschool.com for more information including the Registration guidelines and paperwork. Masks are mandatory at the hall and COVID-19 precautions will be in place. We kindly ask that only one adult (no children) attend the Registration night if possible.

Welcoming new families to DeWinton: Are you or a family you know new to DeWinton? The DeWinton Community Association would like

to personally welcome you to our amazing community! Please contact us at dwca@platinum.ca or 403- 938-2525 to receive a small welcoming gift and learn more about our community events, activities, and preschool.

Call out to Members: Don't be surprised when we call. The Membership Committee will once again be checking in on current and past members and neighbours to make sure everyone is coping well with the current situation

Best Wishes for 2021

Lastly, and most importantly, we want to wish all our friends, neighbours, and members a 2021 filled with hope, happiness, and good health!

Your DCA Board



We hope you all had a good Christmas, different as it had to be. Perhaps it involved relaxing by the fire with hot chocolate or a glass of wine and a Millarville Library book.

As we go to press, we will still be in lockdown with the library only open for curbside pick-up, ie ordering your books etc online and then picking them up at the library either on:

Tuesdays 9-12, Wednesdays 1-7:30

If patrons could phone ahead, their books will be left on the ledge on the wall under the bulletin board. There will be a box for book returns as well. Only one person or family in the vestibule at a time. If books are not placed on the ledge, knock on the inner door and the librarian will assist you.

We don't know what things will look like after January 12 so please check the Millarville Library Facebook or Instagram page for information.



Local Millarville Book Clubs are becoming creative with their meetings. At their last meeting the Beavers Book Club met at Brown Lowry Park for a hike, then assembled at Lyn Brown's house for lunch around the fire pit. For their next meeting they plan to go cross-country skiing. A great way to exercise your mind and body!

And talking about exercise there is a great new book in our library if you want to visit your townie friends and go for a walk: *Calgary's Best Walks* compiled by Lori Beattie, named "Queen of the Urban Hike" by the Calgary Herald. Great walks and suggestions for post-walk treats!

For those of you who enjoy a traditional mystery, there is a "new" Agatha Christie in the library. No, Ms. Christie has not come back to life; Sophie Hannah, the New York Times bestselling author of numerous psychological thrillers has been authorized by the estate of Agatha Christie to write more of Christie's famous thrillers. *The Killings at Kingfisher Hill*

sees Hercule Poirot summoned to the exclusive Kingfisher estate to solve the murder of Frank Davenport and save Helen, Richard's Davenport's fiancée, from the gallows. Classic Hercule Poirot!

And check out this children's book, reviewed by Karen Whitley. What better than to read a story with no pictures to your little'uns at bedtime, or maybe by the fireside. When the nights are long and the days short, a story by the fireside harkens back to a simpler life when storytelling was the best entertainment. This book, aptly titled *Fireside Stories*, is by Caitlan Matthews.

You'll find it in the J section of the library and one of her favourites is entitled "A Story for Midwinter." In this wonderful tale there are twelve wise brothers, each representing a month of the year. They are visited by two girls with two very different personalities.

In the end you find that the twelve brothers hold the year in their hands with each having different gifts to offer. When you read the story you will be surprised at what happens to each of the girls.

Wishing you all health and happiness and the end of COVID-19 in 2021!



**Waiting...
Waiting...
Waiting...**

by Andrea Kidd



In the doctor's waiting room I glance at other "waiters". We are all waiting for that call: our name. I notice a knee jiggling up and down relentlessly; a thumb flicking a smart phone screen; a studied inspection of a fingernail.

At times, it is hard work to be relaxed. We wait. We work. We stress. We press the minutes to pass.

Life is a waiting room. We wait for spring. We wait for the pandemic to end. We wait for a baby to be born. We wait for the coffee to perk. We wait for death.

Is a waiting time just minutes ticking by until I can get into action? Maybe, maybe not. But waiting time is an opportunity.

Waiting for my name to be called as I sat in the hallway of a medical building recently, I studied the painting on the

wall. Wide white and grey lines, some curved, some straight and some arced had been thickly brushed on canvas; it was placed on a long wall painted bland, light grey/beige. "Why?" I thought, "Why carefully place such a blah piece of work on such a bare wall in a long, empty hallway?"

A few days later, in a different medical building, I sat opposite an exquisite picture of several tulip-like flowers embroidered in bold, bright colours with different kinds of yarns and threads. The detail, intricacy and beautiful, contrasting hues energized my mind.

The first painting evoked chaos and a sense that nothing matters. The second evoked precision and vibrancy.

At times, life does not make sense. I cannot figure it out. I do not have an answer. And it does not matter. I must live with the ambiguity. But I do understand what David said, "Wait for the Lord;

be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

When facing an unknown, a troubling unknown, a gnawing problem that seems to have no solution, it is good to wait on the Lord.

In her novel, *The American Flaggs*, Kathleen Norris writes of a young woman in such a predicament. A wise old grandfather gave her this advice: "In a place of hurt be kind and wait. You will know what to do." She did wait. She was kind. She was even kind to those who had been unkind to her. And, she did, eventually, know what to do.

After a time of waiting patiently on the Lord, I will know what to do.



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Refinancing Your Mortgage

For most Canadian families, your home represents your largest investment. Due to current market conditions and low interest rates, you may be considering refinancing your existing mortgage. If this is something you'd like to learn more about, then it is time to consult an experienced Mortgage Professional for their advice and facilitation.

Refinancing is the process that repays your existing mortgage and starts a brand new mortgage, usually for a higher loan amount and/or for a better interest rate.

Most mortgages can be refinanced at any point (there are a few exceptions and your mortgage professional would advise if this effects your file). But, whether or not you should depends on several factors [OAC]:

- **What is your prepayment penalty on your existing mortgage?** If you're breaking an existing closed mortgage to refinance, you'll pay a penalty. Check your mortgage contract and figure out how your lender will calculate your prepayment penalty. Penalties are generally 3-months' interest on variable-rate mortgages and the greater of 3-months' interest or the interest rate differential (IRD) on fixed-rate mortgages. Ask your bank or broker for your penalty cost. Your penalty may be very reasonable or it may be fall-off-your-chair high, it really all depends on timing.

- **Is today's low interest rates better than what you have on your existing mortgage?** Mortgage interest rates are at historic lows, levels not seen since the Second World War, so you probably will not find a better time to refinance your mortgage. When you refinance, you may renegotiate term, amortization, etc for lower monthly

payments or quicker repayment of the mortgage debt.

- **Do you have a mortgage renewal coming up anyway?** At renewal time, the mortgage may be rewritten just as above with a new or current lender. Lenders love nothing more than to earn a new client a renewal time. You can lock-in 120 days in advance of a renewal date.

- **Are you planning a major home renovation or have a big expense looming?** It may make sense to take the equity out of your home to pay the

renovation expenses and/or any large expenditures you have coming up.

- **Are your monthly bills higher than what you're comfortable with?** You may be able to consolidate all your debt into your mortgage. This often better monthly cash-flow.

- **Are you planning to buy RRSPs?** With RRSP season just around the corner, you can put your homes equity to work for you and finance the purchase of RRSP and/or investments.

COVID-19 INFORMATION

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It's A New Day

by Duane Harder



Habits can be tombstones or stepping-stones. The Merriam-Webster dictionary describes habit as: “a settled tendency or usual manner of behavior.” We have a habit of looking both ways before we cross the street. But, we can also have a habit of picking our nose in public. The first is a good habit, the second, questionable.

Students love the opportunity to underline the habits of their teachers. At more than one graduation banquet, the habits of this prof were depicted by the students. More than once I said to my wife, “Do I really do that?” She would give that knowing smile that would confirm what the students were portraying.

Habits, we all have them: the good, the bad and the neutral. This year, rather than making resolutions, let's endeavor to work on establishing some good habits. Rather than calling it a resolution, let's describe it as a life project. Consider the following life transforming projects.

Work on Developing an Attitude of Gratitude. “It is not the gale, but the set of the sail that determines the course of the ship.” Gratitude sets you on a course for greater success. Consider how fortunate you are and count your blessings—every morning. Incidentally, if your annual income is over \$25,000, you are in the top 15% of the world's income. People who analyze the function of the brain tell us that practicing small acts of

gratitude increases resilience, improves mood and feelings of well-being, increases energy levels, improves self-confidence, and much more. Gratitude helps focus on what you have, not lament over what you don't have. Criticalness takes us down a path of reductionism. Gratitude helps expand our world of possibilities.

Remember, Today Is An Unwritten Page In Your Life's Journey. This is the first day of the rest of your life. That's exciting. Today is a new opportunity for learning, success, affirming relationships, and adventure. Embrace it. Live in the now: not yesterday, nor in tomorrow. You cannot change the past, nor can you predict the future, but you can build a foundation for tomorrow, TODAY! This is the only moment you possess. Spend it wisely and you will reap the benefit tomorrow.

Give your Engine a Warm-Up. Morning may not be the ideal time for an intense workout, but some of the happiest, healthiest people incorporate some sort of movement practice or light exercise in the morning. This gets the blood flowing and helps wake up the body and mind. It also creates positive momentum for healthy behaviors through the day. As an added bonus, getting outside in natural light helps boost mood and energy levels while establishing optimal circadian rhythms. My 79-year-old body isn't what it used to be, but I still put it through a regular work out. That morning discipline helps set the tone for my day.

Read Constructively and Intentionally. Whether it's scripture, a motivational quote, or an inspirational book, successful people take time to incorporate some positive, inspiring

reading in their morning. It helps start the morning off on the right note and gets the productive juices flowing. There is an old computer programing statement that says, “Garbage in, garbage out.” In dealing with some personality disorders or enslaving habits, I have asked people what they are reading. What goes in through the eye-gate can reinforce a negative focus in the brain. When I was enrolling in a speed-reading course my wife said, “Why not be more selective in your reading?” There was wisdom in her words. My response was, “I'd just like to read more quickly and comprehensively what I select to read.”

Establish Routine. The morning is about building momentum, and there's no better way to do that than with a routine. A routine helps build momentum—it helps you feel in control. The most important contribution of routine is that it helps reduce the number of decisions you have to make. That means saving your brain power for things that matter: decisions that give direction, resolve problems, and help you analyze priorities.

Give the Important and Difficult the Best Part of Your Day. We've talked about priorities before, and the most successful people know that they have to schedule the most important to-do to come first—before emails, phone calls, meetings, and chaos sets in. Crisis management can rob you of a critical analysis of what is most important. Be proactive instead of reactive by setting aside time to focus on what counts first.

Commit to the Law of Kindness. There is a story about a man who was thinking of moving into a new neighborhood. One of the residents was out working in the yard so he stopped and asked what kind of people lived in this area. The person replied by asking what kind of people lived where he was from. His response: “They were unfriendly, snobbish people.” “Well,” came the reply, “You'll find the same kind of people live here.” Kindness is my willingness to invest for the betterment of people whether they deserve it not.

Hopefully my habit of going overtime hasn't left you with more than you can digest. Have a wonderful month and we will see you at the top.

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Out of the Rut *Chapter 125*



Our country is freakin' fabulous! What glorious colours, what an extraordinary sky, what amazing mountains and vistas. I spoke with a friend in California who is basically restricted to a concrete box (his apartment) in a town outside San Francisco. No music, no dance, no eating out, no social life... his existence has suddenly shrunk like a popped balloon. How challenging to be isolated from the natural beauty we have here in abundance. How depressing to be stuck with concrete underfoot rather than the life-giving earth. Everyone is undergoing challenges and trials they would never have anticipated a year ago. No matter how restrictive it feels to us in the foothills of the Rockies, we are so privileged to be here and I try to remember that when my mood starts to dip.

On a certain day in December I drove to pick up eggs & gave in to a deep, dark desire for something that I haven't done in three decades. I needed to indulge in rubbish chocolate - candy bars that consist of sugar in at least three forms. I bought a Skor bar, something I haven't done in 33 years. How can I be so precise, you may ask. Vivid memories! When I left university and was awaiting a summer contract in the US, I met a girl named Mandy. I can't remember how we met, but I suspect in the bar of the local sports and squash club where I used to play badminton in an effort to meet people, stay fit and give myself something to do. Everyone else would gravitate to the bar after the game and stuff themselves silly with alcohol while I sipped a pint of orange juice.

I began talking with Shariff, a guy who managed the place at the time. I later discovered Mandy was having an affair with Shariff, despite having a rather lovely boyfriend with whom she lived,

by the name of Tom, or Black Tom as he was known for his swarthy complexion and black hair. I liked Tom. In retrospect, I didn't really like Mandy that much, and as I eventually realised, I didn't like her attitude to life within a community at all.

At my very tender and distinctly naive age of 21, Mandy was lots of fun, quite outrageously exciting, almost daily presenting something new and different to my expanding world. She ran a stall on the local market where she sold cheap handbags, purses and backpacks. I remember the fashionable colour of the moment was taupe, an innocuous mushroom-mole-ish colour that I found utterly blahhhh. Apparently very desirable to those who care about such things.

I enjoyed setting up the market stall and the banter with the customers and other stallholders. Those stalls were permanent fixtures that folded out of themselves like inverse wooden origami. Acres of wooden panels painted dark green - British Racing Green - and white, I'm not sure I've seen anything like it since. It was bloody cold standing around a market in Lancashire... almost as much fun as helping out on the soup stand at Millarville Market at the last meet of the year with a hot water bottle shoved down my pants to stay warm! By 'eck, you meet some characters in those places.

Mandy and I used to hang out, do silly things - probably the closest I've ever had to a girlfriend/sister type of relationship. We swapped clothes... I still own a belt and dress I got from Mandy in exchange for an outrageous outfit I bought in a wild jungle-themed store on Oxford Street in the '80s. I'll bet it's right back in style now. We used to drive into the heart of Manchester to go clubbing, memorably returning to a high-rise parking lot to find our car with a dead battery at 3am one morning.

Back to the Skor... one night at Mandy's sitting in front of the fire as the Lancashire winds howled around the eaves and occasionally puffed back down the chimney. We ate Skor after Skor until we felt nauseous. I have never eaten another until this week

when the desperate need for a silly sugar fix overcame me. It was, quite delicious. I may never eat another. It could have been the same night that Alternative Tom came into my life: The phone rang and I answered it - that was when the phone was a rather large, heavy machine, permanently attached to the wall - a man's voice came on the other end and I, feeling hyped up on sugar and terribly jolly, thought it was Tom & started gibbering away. The conversation went something like this:

"Tom...?" "This isn't Tom." "Oh, well you do sound like a Tom." "Well, my name is actually Colin, but I could be anything you like." (flirty much?) "I'll call you Tom, you sound like a Tom to me..."

So Mandy's friend Colin became my friend Tom. He owned a Racing Green convertible Datsun or some similar sporty little vehicle. We would roll around in it at the height of summer, Tom'd have the James Bond movie theme rocking full blast & we'd pull up outside a place (pub) where a bunch of his friends were hanging out and much raucous banter would be exchanged. Back then it felt like endless fun and laughter, nary a care in the world.

A while later, Mandy announced to me that she was pregnant. Turned out that Shariff, not Tom, was the father, but Mandy was having nothing to do with either of them.

But how will you cope? How will you raise your child? I asked in confusion.

"Oh, I'll just claim off the state," she airily replied.

I think that was the last day I spent any time with Mandy, I couldn't reconcile that blasé attitude with my own ideals on personal responsibility.

Shortly after that I left for the US, to be a Camp Counsellor in North Carolina for the summer. After that, everything changed again... as it does. More to come!

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



Psycho-Educational Assessments
by Roché Herbst, M. A. R. Psych.

What Does It Mean For Children And Adolescents?

If your child is performing below I grade level expectations, or if their grades are sustained only through high levels of effort and support, or if they are having reading/writing/spelling/math problems or struggling with attention and focus or if they don't seem to be performing to their potential, then a psychoeducational assessment can be of significant benefit. A comprehensive learning assessment evaluates important areas of your child's background, medical history, cognitive, academic and social development and clarifies their learning strengths and areas of need.

What Is Involved?

The assessment includes an interview, a review of academic reports and/or prior learning assessments, computerized measures, standardized testing, and measures of executive, neurological and behavioral functioning. A formal report is provided during a review session to interpret the assessment results with recommendations on strategies to support your child's future success. Parents may share this report with the school to help teachers understand the child's needs based on learning in the classroom. The aim is to direct purposeful teaching and intervention efforts i.e. an Individual Program Plan (IPP), access to extra support and services, adjustments to curriculum, academic accommodations i.e. extra time, assistive technology, where needed.

What About Post-Secondary Students And Adults?

Many motivated college and university students encounter difficulties related to learning or emotional well-being that may hinder their potential in their post-secondary programs. An assessment is a valuable investment to determine if the difficulties you experience are the result of an underlying condition

i.e. a learning disorder, ADHD or a mental health condition. The aim is to understand your learning strengths and needs and/or mental health issues to develop a comprehensive plan to help move you forward. This plan consists of tailored recommendations i.e. accommodations to ensure accessibility, and strategies based on your strengths and areas of need. In this way, an assessment can have a positive and life changing impact by reducing barriers to your success and help you achieve your goals.

How Much Does It Cost?

The assessment process helps gather the necessary information to fully understand and access funding for special needs both within the school system and out. Depending on your insurance plan and extended health care benefits packages, as well as some government sponsored agencies, including Children's services, Alberta Human Services and Access Mental Health. Private psychologists may offer sliding scales and discounted rates.

What Do I Get Out Of It?

The most important outcome is that you walk away with a better understanding of the difficulties identified and what that means in going forward. Depending on the reason for assessment in the first place, outcomes may include a formal report, verbal feedback, a referral letter i.e. physician, for study or workplace accommodations, application to Mensa, etc.

Myth Vs. Fact

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

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

Sources:

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

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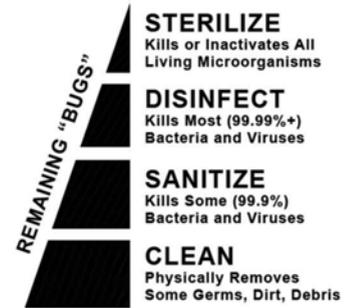


Ever consider who is responsible for the safety and health in your home ?

- Food – Health Canada assures food safety
- Water – your municipality purifies your water, unless you are on a well
- Shelter – your municipality assures compliance to codes; utility providers look after gas & electricity
- Air – You are responsible for the air quality inside of your family’s home

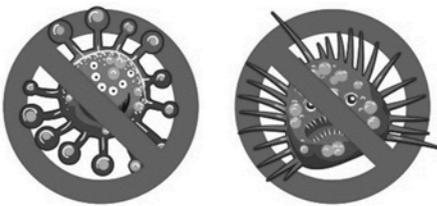
So How Healthy is Your Home’s Indoor Air ?

Is it Disinfected ? Sterilized ? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.



Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day; that’s a lot of contaminated air filling your lungs, affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised ? Also, according to the Centres for Disease Control and Prevention hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.



Back to air, how can you disinfect or sterilize the air that recirculates through your home ? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more !



With components added to your existing system, a proper air cleaning system will provide clean air inside your home just like Mother Nature does outside: safe, healthy and reliable indoor air to enjoy with your family and friends.

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403.891.3994/403.760.5797

COMMERCIAL & RESIDENTIAL CLEANING & DETAILING.
Call Wanda at 403.238.1191.

HELP WANTED

SNOW TECHNICIANS WANTED
3 plus hour shifts for snow removal routes throughout Cochrane and the foothills including Bragg Creek and Calgary. Must have a valid drivers license. Equipment operator experience an asset but not required. Send resume to info@exteriormaintenance.ca

FOR SALE

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

FOR SALE

Premium grassy (and other mixes) horse hay for sale. Bragg Creek/Priddis/Millarville area. \$8/bale. Call 403.931.2457 or 403.651.5852

FOR RENT

Sq. feet of 40' x 60' heated shop in the Millarville area. Work bench, 14' x 16' overhead door, high ceiling, well-lit and washroom. Ideal for tinkering and storing classic cars. Located on secure private property. Call 403-254-5611

WANTED

I pay cash for your unwanted guns, in any condition. Will pickup or you can drop off. Also wanted: John Deere LA from the 40s or any parts for one. Call, text or email Al, awionzek6@sasktel.net, 306.641.4447

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

FOR SALE

4 - 235/45/18 snow tires mounted on 5 hole 18" rims. Approx. 40,000 kms. \$400.00 firm. Phone: 403.933.3366

Nice green horse hay, 60lb square bales, timothy grass mix, no alfalfa, no rain, mold or dust, shedded. 403.931.4261. Happy to do small quantities. \$6. Millarville

36" TV toshiba & custom stand. Two Michelin tires, 205 65R 15. Will Consider Offers. Contact Ross Best, rossbest@telus.net, 403.933.3637/403.815.0562 403

Now available, two cute little Maltese Pups. Both from same parents, purebred. Potty trained and good with kids. They love to be cuddled, both 8 weeks old. Vet checked and dewormed. \$500. Email for details if interested. andersonpeter606@gmail.com.

FOR SALE

Canon PC41 home photocopier, enlarges/reduces 141-70%, ltr/lgl sizes, no warm up, 19" w x 18" d x 12" h. Incl. rolling metal 2 dr storage cab, 26" w x 20" d x 24" h. Both very good cond, \$150. ALSO Twin size metal bed frame, box spring & mattress with white tubular semi-circle head frame. Comes w/ white one drawer nite stand. Very good cond, clean, used once, \$190. 6' Aluminum step ladder with paint shelf, good condition. Delivery avail, asking \$65. 10" Craftsman Radial Arm Saw, good working condition, carbon tip blade, stand and rolling platform, \$85. Westwood Western Germany grandfather clock, inner works by Kieninger of Germany. Measures 82H x 19.5W x 14D inches. \$700. Delivery for items avail. Warren 403.949.3452

WOOD STOVE on a pedestal, highly mobile. Ideal for a garage or warming up by the skating rink. Takes 15" logs \$150. ANTIQUE GRAIN CLEANERS. Still functional. Comes with a variety of screens \$50 each. FIRE PIT, New, circular cement bricks, with screen \$50. SNOW BLOWER, Like new, one owner, stored indoors. 2 stage, rear mounted. Best for 25-50hp tractor. Paid over \$2000, asking \$1250. BARN BOARD, mainly 2 x 6's from corrals, +60 years old, weathered nice grey. More than a pick-up truck available, \$50. For text pictures, call 403-999-2404. Or phone: 403-931-2201.

50" toro zero turn riding mower, 25hp kohler engine, runs and cuts great, stored indoors, very quick, timesaver 5060. \$2,000. 403.471.6073.

WANTED

Looking for a place to store a 28' travel trailer in the immediate Bragg Creek area. Seasonal access would be required. If you could help us out, contact Bob @ 403.554.5872.

FOR RENT

Newly created Studio apartment in lower level of home with new full bathroom, some kitchen appliances and fully furnished. Ideal for one person. \$985.00 includes all utilities, WiFi, Shaw TV and shared laundry. Immediate. 403-949-3770. Private and lovely.

CHURCHES

Meeting at Valley Neighbors Club Sunday mornings at 11 am for worship, Bible investigation, and fellowship meal. Check out fbfellowship.ca for other gatherings and Bible studies.

FREE CLASSIFIEDS NOT ACCEPTED BY PHONE • COMMERCIAL/BUSINESS CLASSIFIEDS:
\$16 for a maximum of 4 lines, \$4 each additional line (plus GST) Visa & Mastercard accepted
Information contained herein, while not guaranteed, is thought to be correct

Happy New Year!

May 2021 Bring Hope, Peace, and Resolution, Not Just Resolutions!



Image by Natalia Lavrinenko from Pixabay

KIDS ZONE

This month's Kids Zone generously sponsored by:

*The Bragg Creek
Trading Post*

117 White Ave • 403.949.3737
Open daily 10am - 5pm or by appt.



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