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LETTER FROM THE EDITOR

Happy New Year! I would like to take this opportunity to thank the many contributors who faithfully submit the articles you enjoy reading. We have some new contributors that I believe you'll enjoy. Mark Kamachi, who provides the monthly cartoon, will be writing a monthly column on marketing. I'm sure his many years of experience will provide helpful insights for the many business owners and executives that live in our communities. Laura Griffen, who has also contributed through her writings for the Ann and Sandy Cross Conservation Area, will be writing on various wildlife subjects. Laura provides a wealth of knowledge that will help you understand the local environment that you live and recreate in. Karen Horte, a new contributor, will be writing about interior design and décor. I trust you will enjoy these articles

At the turning of a calendar year, I like to review life, celebrate the achievements, learn from the mistakes, and posture myself and my family for the year ahead. Below are a couple of thoughts/ themes that will

hopefully inspire you as you participate in your community this coming year.

Unity

It used to be that health and weather were the "safe topics" if you wanted to avoid potential conflicting conversations. Now, it is these two that are the hot buttons of the day. There are many other topics that divide and polarize our society as well. In fact, I believe that there are deliberate groups endeavouring to create a polarized society. Unity doesn't mean having the same opinion as everyone else or going along with the popular trend. It is having the freedom and place to express a differing perspective, regardless of its political popularity. Further, knowing that you won't be socially crucified for sharing it. Once all the voices have been heard, we can create a path forward that is best (not for political or personal gain) but best for the residents most impacted by the decision.

Opportunities

With every problem comes an opportunity to find a solution. The larger the problem means the greater potential of the opportunity. As I see it, there are tremendous opportunities that are in front of us. The magnitude of the problems we face may seem insurmountable. But when we focus on the problem it tends to cripple

us with negativity, fear, and bitterness. When we focus on the potential solutions and opportunities, it ignites a faith inside of us that propels us into action. What can we do today, that prepares us for tomorrow?

I look forward to participating with you in this next year to make our communities a better place to live and work.

From my family to yours, Lowell Harder



ARTIST PROFILE

"Catch and Release" is an acrylic painting by Longview artist, Deanna Lavoie. As we welcome in 2022, we release 2021. Balloons can also represent our aims, objectives and dreams in life - as this balloon settles back into the child's ready hands, we must understand all of this is attainable.

Best wishes for 2022!

More of this Longview artist's work can be found at www.DeannaLavoie.com

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HIGH COUNTRY LIFE

BY MARK
ADMAKI.CA



MASHA SCHEELE, HCN STAFF

New year, old stories

It's a new year but some local ongoing news stories are far from over. Looking at some of the issues covered by High Country News in 2021, we want to bring you some quick updates to start off the year.

The Springbank Reservoir (SR1) flood mitigation project for Calgary was approved in 2021 and while some residents view this as a lost battle, construction of the project is still in its beginning stages. All the land required for the project has been acquired and construction of the reservoir is scheduled to commence in early 2022.

Local Springbank families are facing disruptions and detours due to construction of both Calgary's ring road and the SR1 project for the coming years.

Since the start of the ring road's construction, nearby residents have dealt with navigating around several closed roads, but an entire intersection was permanently closed in September leading to lengthy detours. Without access at Highway 8 and 101 Street, some residents are forced to drive via highway 8, to highway 22, to highway 1 into their community's core.

According to the Rocky View County website, the intersection was scheduled to be closed this fall to allow for construction of the interchange in the Highway 8 and Stoney Trail area, but Alberta Transportation originally promised an alternate route for drivers to access Springbanks' community core, according to the County's mayor. Locals continue speaking out in favour of improved access into Springbank.

This fall also saw the introduction of Bill 79, the Trails Act, which, as of May 1, 2022, will provide recreational volunteer groups with more authority over trails in public areas. Bragg Creek Trails (BCT) president, Conrad Schiebel, noted that BCT has already been working on the trail system in a similar fashion as what is proposed in the Trails Act.

Some groups voiced their opposition to the Trails Act, citing the possibility of dangerous privatization and the damage of creeks and streams and their fish habitat. The Bill received third reading in Alberta's legislature on Dec. 7, 2021.

Looking at projects in the area this last year, the Grassy Mountain coal project proposal near the Crowsnest Pass was denied through a joint federal-provincial review on June 17, stating its impacts on the environment and Indigenous rights aren't worth the potential economic benefits. The Grassy Mountain project is one of several coal mine proposals in southwest Alberta where at least eight companies acquired exploration leases. Rural landowners in southwest Alberta gathered to show their opposition to coal mines

and continued fighting for the land where they graze their cattle.

Instead of another mining project, an Australian mining company called Montem Resources switched gears and revealed its plan to use Tent Mountain for pumped-hydro energy storage and hydrogen production. In a press release from Nov. 30, the company stated that the initial work includes front-end engineering and design in 2022 and engineering, procurement, and construction tender evaluation in early 2023.

Various other local projects were announced in 2021 like Bragg Creek's Gateway Village development and Black Diamond's Mountain View Village for seniors. Shovels are ready to hit the ground on the Mountain View Village in February, said developer, Todd Gow. Gateway Village developer, Dick Koetsier, said they are still working with the County and Province to get approval for the stormwater management plan. "With that in hand we can apply for our grading plan and start grading and servicing the site. Once we get our Development Plan Approval it will be a great step forward," Koetsier said.

Lastly, another big story in 2021 was the amalgamation of Black Diamond and Turner Valley. Mayors of both towns signed off on this project in the fall of 2021 and requested that Jan. 1, 2023 be the incorporation date for the new municipality of Diamond Valley. An approval for the amalgamation is expected this month.

*Masha Scheele, HCN Staff
media@highcountrynews.ca*



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LETTER TO THE EDITOR By Martin

Hi Masha,

I read your article about Bill 79 with great interest. I am a Bragg Creek local and use the West Bragg Creek Trails in many ways like hiking, biking, skiing, snow shoeing, walking my dog and on horse. My biggest concern about this Bill is, that it would give the Trails Alliance the right to exclude users at the discretion of the Trails Alliance without proper representation of the "people of Alberta" (or Bragg Creek actually). The number of trails where you aren't even allowed to hike anymore in the winter, let alone ride your horse, is ever increasing. As you read through the survey and comments I will reference below, I get the inkling that even the off leash area for walking our dogs is at risk to make it more "enjoyable" for Calgarians to ski and ride their bikes, but that is just a side note.

The reason I am writing you is that in conjunction with your article and Bill 79 it might interest you and your readers that the Alberta Government is currently seeking input into the "Bragg Creek Trails Master Plan"

The survey can be found on the "your Alberta" website.

your.alberta.ca/west-bragg-creek-trails-plan

*Have a read and happy trails
Martin*



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LETTER TO THE EDITOR by Brian Shimmons

As a homeowner in Bragg Creek for over 20 years and a full time resident for about 15 years, I was extremely disappointed with the anemic response from the County and the Provincial Government to the wind storm disaster that occurred in Bragg Creek on November 30.

Telus and Fortis were very visible in responding. Never saw a Rocky View vehicle anywhere. Residents had to fend for themselves in clearing trees from roads and driveways. I have expressed my concerns to both the County and our MLA but have received no response. I guess they don't care about us in Bragg Creek?

*Brian Shimmons
Bragg Creek*



STANDING WITH THE LINSEY FAMILY

At the beginning of the month Bragg Creek and Area experienced a devastating windstorm creating widespread power outages and devastating impact on the local tree canopy.

The Linsey family experienced a very tragic loss during their clean-up efforts with the tragic accident of Ian Linsey.

If you would like to support them at this time, please see the GoFundMe link below.

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MP UPDATE - Foothills

John Barlow

It is the time of year to once again prepare our homes for the warmth of the Holiday season and reflect on the year that was.

To me the holiday spirit is about my family, my loved ones, my children and my friends. You are my ultimate gift.

My wife Louise has been a counsellor, a confidant and my best friend. I thank her for her love and support through all that it is to be a politician, a husband and a father. I certainly could not do it without her.

I want to thank the constituents of Foothills for once again placing their confidence and trust in me to be their voice in Ottawa as their Member of Parliament.

There is a lot of work to do in Ottawa, and I am more inspired each and every day to be the voice and representative of our incredible community.

I will continue to advocate for the Liberal government to champion Canadian energy and Canadian agriculture, to work from a foundation of fiscal responsibility and address the skyrocketing cost of living for Canadians. I will continue to not only stand up for your rights, but also what is right.

I will fight for our great province to once again be the economic engine of this country, so we may continue to develop our natural resources under the most ethical standards in the world, empower our entrepreneurship and export our world-class technology, agricultural commodities and skillsets around the globe.

I am also honoured to serve as Shadow Minister for Agriculture, Agri-Food and Food Security and sit as vice-chair on the Standing Committee of Agriculture for the 44th Parliament. Our agriculture producers are an integral part of our economy and are essential to our food security. Of course, agriculture is vital to my constituents and our rural economy in southern Alberta. I will work hard each and every day to ensure a level playing field to unleash and utilize the capabilities of our agriculture sector.

Although it was a challenging year for Southern Alberta, for businesses and for families as a community you have remained strong, resilient, and you have supported one another through these tumultuous times.

As this year is drawing to a close, my hope is for a prosperous 2022 for Foothills families, small businesses and communities. I hope during this holiday season we all have the opportunity to find warmth in the embrace of our friends and families and take a moment to appreciate who we have in our lives.

I look forward to next year bringing us more joy and more occasions to celebrate together.

From my family to yours, I wish you and your loved ones a very Merry Christmas and a New Year filled with fun, cheer and special holiday magic.

John Barlow

For more information:
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MLA UPDATE - Banff/Kananaskis

Miranda Rosin

As we step into the new year, many of us will be making resolutions and looking optimistically to the months ahead. Our resolutions will be carefully crafted in our minds after thoughtful reflection on our successes and failures of the year past. We've all endured a significant amount of negativity throughout 2021 – from our conversations with others in coffee shops, to the conversations with ourselves in our own heads as we watched the nightly news. Fear and dismay dominated our airwaves and living in a state of gloom became the norm for too many. As we embark into 2022, I want to start us off with some positive reflection on the positive developments from the past year that barely received any attention. The quickest way to change the world around you is to shift your perception and the way you view it, so let's reflect on the good news stories of the past year. Our government has worked hard throughout the year to pass legislation that will ensure our province's economy emerges from COVID 19 stronger and more diversified than ever; that our children are protected and supported in their early development; that our justice system is fair and accessible; that our beautiful environment can be enjoyed for generations to come, and so much more. I'd like to highlight some of that work and the results we have already achieved.

The Geothermal Resource Development Act and the Mineral Resource Development Act created regulatory framework that will enable the development and extraction of geothermal and rare earth minerals in our province such as cobalt, iron, magnesium, titanium and zirconium, which Alberta has significant deposits of. Our province has always had an abundance of natural resources that serve as the bedrock of our economy, and we just had our best year of oil production on record. Investors such as Eavor technologies and E3 Metals have already invested millions of dollars into the Alberta economy over the past year into geothermal and lithium projects, and these pieces of legislation will help to expand and diversify our province's natural resource sectors even further. The Growing Alberta's Forest Sector Act supported the longevity and competitiveness of our forest sector by ensuring reliable and sustainable access

to timber, security for capital investments, and streamlined processes for tenure agreements. On the agricultural side of things, in addition to legalizing direct farm-to-kitchen table sales and launching financial supports and insurance price reductions for those struggling with drought conditions over the past year, we also passed the Irrigation Districts Amendment Act. This Act enabled irrigation districts to borrow funds for large-scale expansion and increase the confidence of their financial lenders. To couple this legislation, we also partnered with the Canadian Infrastructure Bank and local irrigation districts to expand Alberta's irrigated acres, which see an average return on investment of 300%, by 200,000 acres across the province.

The Business Corporations Amendment Act supplemented work already done to reduce our corporate tax rate to one of the lowest in North America and reduce over 116,000 regulations to conducting business. This Act streamlined processes for changing corporate names, registering records, filing annual returns, and changing directors. Its passage made Alberta the most flexible jurisdiction in Canada for director voting allowances, and the first to introduce corporate opportunity waivers. Our government's corporate tax rate reduction from 2019 already increased corporate activity in Alberta enough to raise corporate tax revenues by 52% this year, and that increase is projected to continue rising by 20% year-over-year. After extensive consultations with our business community, the changes in the Business Corporations Amendment Act will complete our efforts to make Alberta the destination of choice for continued corporate investment. The Early Learning and Child Care Act made the first changes in over a decade to child care licensing requirements, so that childhood educators can spend less time on government paperwork and more time with kids. This work was supplemented by the signing of a historic agreement with the federal government to decrease licensed childcare fees by 50% to \$10 a day and create over 42,000 new spaces. Knowing that access to affordable childcare is key for young parents to enter Alberta's workforce and support our economy, we ensured that our plan was the only in Canada to allow for all forms of public and private licensed childcare to be included, including preschools, so that all parents could benefit from the program regardless of whether they live in urban or rural Alberta, or work regular hours or shift work. We also passed

the Students First Act which shockingly, for the very first time, will require all teachers and educational assistants to undergo routine criminal record checks. It also created an expedited cancellation process for teaching certificates of those convicted of serious offenses under the Criminal Code, and an online registry for educators that will show disciplinary details of all who have been suspended or had their certificates canceled. In recent years only one individual has ever been suspended from our educational system despite countless claims of serious offenses being filed, and while the vast majority of teachers and educators do love their children and treat them with care, every student deserves to be safe in their classroom and this Act ensures they will be. The Vital Statistics Amendment Act barred convicted sex offenders and perpetrators of severe violent crimes from being able to legally change their names to hide in public from their heinous past. For more vulnerable Albertans, the Local Measures Statutes Amendment Act transformed 911 into a textable service so that those in dangerous domestic disputes, or those in areas with minimal cellular service, can quietly text in a plea for help without needing to make a phone call. And for the first time in history, we eliminated all user fees from public addictions treatment facilities so that all Albertans, regardless of their socio-economic position, can access the help they need to regain their lives back.

The final piece of legislation I'd like to highlight, for all us outdoor enthusiasts, is the Trails Act. For years there has been unintended conflicts between recreational trail users and other users of public land. Our trail networks were built with hundreds of thousands of volunteer hours and support vibrant recreational economies, but they have never been fairly recognized through public policy. With the passage of this Act, trails for hiking, biking skiing, and all other recreational uses will be designated as "assets of the Crown" meaning that other users of the land have a duty to protect them or relocate them if protection cannot be guaranteed. Recreational tourism has the potential to be a key economic driver for our province just as it is in British Columbia, and this legislation is a leap in the right direction. Reflecting back, a lot of positive changes have occurred in our province despite their lack of recognition from mainstream media. Despite all we've been through, we still have much to be grateful for and I am confident that Alberta's best days are surely yet to come.



REDWOOD MEADOWS LIBRARY

Attention Redwood Meadows Residents

The Marigold Executive has passed the motion to allow residents of Redwood Meadows to continue purchasing library cards from the Cochrane Public Library or Marigold headquarters for the regular fee of \$20 a year. The executive is very excited about this decision and look forward to serving everyone in the community.



MLA Miranda Rosin
Banff-Kananaskis

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REDWOOD MEADOWS EMERGENCY SERVICES

Goodbye 2021!

2021 was one of the busiest in recent history for Redwood Meadows Emergency Services (RMES). Your 29-member team of volunteers responded to over 350 calls for service: 44% medical-related, 30% rescued-related (MVC, backcountry etc), 19% were fire-related and 7% other (hazmat, citizen assist etc.). This is a very significant number and variety of calls requiring extensive commitment and training by members to execute safely and effectively.

Your volunteers invested over 17,740 hours of service to the community in 2021 attending calls, standby and training. This doesn't include additional hours spent doing post call equipment clean up, public relations events, vehicle maintenance and administrative work. A heartfelt thank you from the Officer group to our members' families for sharing them with our community so willingly this past year. Without your support, they couldn't serve the community to the high level they do!

We're always looking for local community members to join the department. A good attitude, physical fitness, the ability to commit to Tuesday training nights and availability to respond to calls are key criteria. If you, or anyone you know is interested in volunteering with Redwood Meadows Emergency Services, please send a resume to recruiting@rmesfire.org.

It was an honour for the Redwood Meadows Emergency Services team to serve the community in 2021. We wish you and your family happiness, health and safety in 2022! Until next month, stay safe!

Alison Archambault





COUGARS IN THE CREEK

By Bragg Creek Wild

This April we saw an amazing photo of a cougar which had followed a local resident onto her deck. Although this is a very rare occurrence, it's definitely worth being aware of cougars in the area, and of their characteristics and behaviour, particularly given that – unlike some of our other wild neighbours – they don't hibernate.

There have been a number of cougar encounters in recent months, including on the trails near Bragg Creek (Snagmore, Bobcat), and very recently in Bow Valley Wildland Provincial Park (October) when a woman was directly approached by cougar on a trail.

What do we know about these elusive neighbours? They're big – a male can measure 8ft from nose to tail, and can weigh around 200lbs. So they are big cats, but aren't classed as a "big cat". They're quiet – they can't roar like true big cats but they can purr, and their kittens make mewling sounds just like domestic cats. They're the second biggest cat in North and South America (after the jaguar) and can be found from Canada all the way down to Patagonia. They go by many names in English, such as puma, cougar, mountain lion, catamount etc., in Tsuut'ina the word is dichasgughani*, and their official label is puma concolor.

In Canada they're mostly found in Southern and Western Alberta, the interior of BC and coastal Vancouver Island. In Kananaskis and Banff National Park the cougar population is considered to be healthy, meaning there are plenty of them about, even if we personally haven't seen one.

How likely are we to see them here? Basically, they're more likely to see us than we are to see them. They're nocturnal or crepuscular mostly, meaning they hunt at night, and at dawn or dusk. They tend to avoid humans and human inhabited areas on the whole, but here we are in an area that hosts a cougar 'corridor'. You're likely to have seen the remains of cougar kills when hiking in West Bragg Creek or in the Provincial Park, and they sometimes hunt in and around the hamlet.

While cougars like to keep to themselves, young curious males often come closer than more mature cougars. They'll go for smaller humans and pets if they're hungry, including medium and large sized dogs, which has happened a lot locally over the years. There have been some very scary close encounters. They'll go for lone hikers more likely than groups. They'll protect a kill, but if humans come close, they're more likely to hide out and watch till the humans have moved on before returning. But it would be unwise to bank on this!

So, conflicts can occur, and it makes sense for us to ensure they're kept to a minimum. One way to do that is to keep whatever attracts cougars at a distance from our own

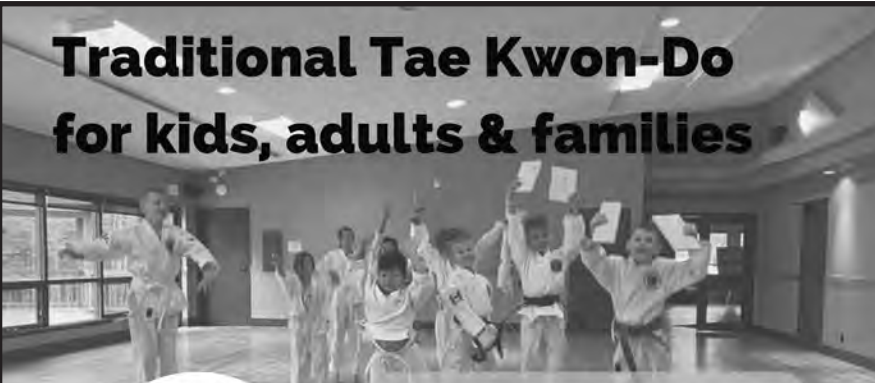
homes. Here are some of the things we can do:

- If you come across a cougar kill, leave the scene asap.
- If you find a cougar kill close to homes or close to the hamlet, contact Fish & Wildlife so they can post a warning sign. Contact details below.
- Post on social media to alert neighbours if you see a cougar or cougar kill locally.
- Secure garbage.
- Keep pets on a leash when possible.
- Make sure children stay with the group when out and about.
- Try not to encourage their prey close to our homes, for example by feeding deer or putting out salt licks.
- Connect with Bragg Creek Wild for our mapping project or post on our Facebook page.

*From Tsuut'ina Language App

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DECEMBER NEWSLETTER Judi Hunter -Ward 5 Trustee

Students are entering their second semester. High School Students will be writing diploma exams; however, the Minister of Education had reduced the impact of the exam to 10% given the interrupted learning over the past two years.

The Minister of Education has also indicated that there will be changes to the new curriculum resulting from feedback received by School Boards, parents, students, and teachers.

Students Build Second Free Food Shed

Students in the Cochrane Building Futures program are constructing of a second Free Food Shed for the community, in partnership with Helping Hands Society of Cochrane and Area, Kingsmith Builders, Big Hill Electric and Bow Valley Baptist Church.

The newest shed is located at Bow Valley Baptist Church and is smaller and more efficient than the shed built last year. The new shed contains a fridge/freezer combo and extra pantry space to store food for community members in need. Students planned, designed, and built the entire shed and are currently working on insulation, shelving, doors, siding and electrical. Great job supporting your community!

This is a fascinating report on the future of biodigital convergence and its implication for society: laws, health; education

horizons.gc.ca/en/2020/02/11/exploring-biodigital-convergence/

Education Minister LaGrange stated in recognition of the unique pressures the COVID-19 pandemic has placed on students, teachers and families, we are making changes to curriculum implementation timelines. New curriculum in three subjects will be the focus of province wide implementation in September 2022: English Language Arts and Literature, Mathematics, and Physical Education and Wellness.

December 7, I attended a zoom presentation offered by the Prairie Mountain Health Division on Anti-racism, Diversity and Inclusion. Each of the speakers below offered information

on what their organization was doing to address the evening's topic.

- Marni Panas, Program Manager, Diversity and Inclusion - Alberta Health Services
- Katy Doucette and Inspector Avril Martin, Calgary Police Service - CPS' Anti-Racism Action Committee§
- Jeanie Godfrey, Settlement Services Supervisor - Town of Banff
- The virtual discussion touched on how public organizations are creating spaces that are emotionally and culturally safe.

- Why understanding gaps in cultural values is important knowledge.
- What can you do to support the conversation.



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If you need help booking one or multiple appointments for children and family, call Health Link at 811.

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Have questions? Call 811



Robert M. Hughes Financial Solutions Inc.

Wealth Building For Women - Part 1

Today we start a two-part series on women and finance.

Women today are playing financial catch-up and they're winning. Whether young and starting their first jobs; re-entering the job market; or recently widowed, women are starting to prepare for their first entrée into the world of investments, insurance and taxes. They're learning that if they want to travel the road to financial security, they had better learn to map the trip themselves.

Why is financial independence so important? Unfortunately, most women still leave the investing responsibilities to their others, or even worse, face a crisis before they start taking the reins, leaving them unprepared to handle their financial affairs. According to a Business Week article "Ninety percent of all women, either through divorce, widow-hood, or because they have never married, will be in charge of their own finances at some point in their life."

Women are in a unique financial situation. They usually earn less and live longer than men. In addition, they haven't been taught to take control of their money. Women typically make 60% to 80% of what men earn to do the same job, take more time off to raise a family, which cuts into their pension savings, and on average live seven (7) years longer than men. For women, this makes taking control of their financial situation even more essential.

Mistakes some women make in their approach to managing money:

1. "I don't know where to begin," is a common theme that I hear all too often. A number of women, especially those in their 50s and older, never learned about money. Many are not successful with their financial planning, because of outright terror of money topics and the mistaken impression that 'everyone knows more than I do.'
2. The "Prince Charming" Myth. Historically, women have tended to abdicate responsibility to their husbands, a male family member, etc. They do this as opposed to taking responsibility for their finances by seeking professional financial advice.

3. Women tend to be savers, less willing to take risks. Men invest to grow their principal; women, on the other-hand, invest to protect it. As a result, they often don't get the kind of returns they need to build wealth. There is some good news though: Once women start investing, they tend to trade less than men and consequently may earn higher returns.

A man typically buys life insurance to protect his family, replace lost income if he dies, and provide for his own retirement security. Life insurance pays off mortgages, funds college educations if the income earner can't be there, and guarantees that the spouse won't have to sell the home or otherwise suffer a severe drop in standard of living. The decision to purchase insurance reflects a loving commitment to family and recognition of the need to meet other financial responsibilities.

Why do women buy life insurance? For those very same reasons! Life insurance has always been one of the most cost

effective ways for men and women to protect their loved ones in the event that anything should happen to them — as well as provide for their own futures.

But there is a problem. Historically, women were almost never adequately insured. Women are listed as the life insured on just 29 percent of policies purchased. More telling: Coverage on women accounted for just 15 percent of the total dollar amount of protection.

In Next Month's Issue

Next month we will cover ten steps that women can use to build wealth.

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

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

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MAKE YOUR MARK By Mark Kamachi

Happy New Year and all the best in 2022. I want to thank Lowell Harder, publisher of the High Country News for this opportunity to connect with the readers outside of my previous role as the local RVC Councillor. I certainly feel more comfortable in this forum bringing monthly advice and tips to people intent on building their business or personal brand from my years in the advertising-design biz.

To give you some perspective, I've been in marketing for over three decades. Specifically I've battled in advertising-design departments as an art director and expanding into the role of creative director in many creative war-rooms. It's in my blood.

Without getting into too many details about my qualifications, take a look at my work through my career on www.adsamurai.com or where I currently hang my shingle at www.admaki.ca. As you'll see, I've worked on a variety of

local and international business categories ranging from professional sports franchises to fast food and automotive companies. I've also worked with government agencies and not-for-profit organizations. At the end of the day, working with and getting to know the struggles smaller business owners and organizations face, however, is my greatest creative challenge.

As this is my first article, I'll keep it short and simple. In fact, I'll make this "homework" or better yet, "businesswork" for you to get thinking about where your business is now and where you would like to see it in the future. If you're completely happy with things as they are now, no need to read any further. Congratulations. Turn the page.

For the rest of us, ask yourself the following question: What is my business or personal brand? Do you even know what a brand is? Many business owners confuse it with a logo, their website, or their latest social media campaign or post. Wrong! Those are just tools used to market your brand. Marketing uses short term tactics to reach out to your target audience to connect them to your brand. The brand is long term. It's not tangible. The creative marketing aspect of any business is only

a small but significant slice of the bigger marketing strategy pie. I'll speak to that in future articles.

You can search what a brand is on the internet and there you'll find many different definitions from many different professionals. Yes, your head will spin.

As for me, I've always kept it simple. What a brand is to me is simply "the impression your product/service leaves with a customer after they've engaged with your product or service. It's the emotional connection after the interaction". That's it. Make it authentic and memorable and you'll have a customer or friend for life. Piss them off and your brand will quickly be tarnished and hence reflect in your bottom line.

As a small business owner, maneuvering through this pandemic will once again be challenging. To cut through the thousands of messages we get bombarded with daily, you better make sure your brand cuts through and gets noticed. Be unique. Be entertaining. Be memorable.

Take a close look at your business and ask yourself "What's my business' personality?" Call me should you have any questions.

*Until next month.
Cheers, mark*



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Rural Policing

You may not have realized it, but you received an early Christmas present in 2021 with the addition of 3 new rural RCMP officers: 2 in the Okotoks detachment and 1 in High River. There will likely be some additional RCMP officers added in 2022 according to Staff Sgt. Laura Akitt of the Turner Valley detachment from whom all rural RCMP officers in Foothills take direction. If you recall this new operational/reporting method implemented in 2021 removes some of the limitations of detachment boundaries, and provides increased flexibility in assigning officers wherever they are needed most at any particular time.

If you want to see what the RCMP are responding to, there are a couple of resources where you can look. One is the Foothills Crime map which you can access via the Foothills County website under Rural Crime on the home page, then once on the rural crime page, over on the right-hand side you'll see a link to the "RCMP Crime Map".

This map illustrates the general sites (to maintain confidentiality) where crimes have occurred for a rolling 14-day period, and is updated by the RCMP.

The second resource you can refer to is the weekly "Mountie Moments" put out by Staff Sgt. Akitt. We at HCRCWA will send out, approximately once a month, an email with a few weeks' worth of Mountie Moments. Timing depends upon how often we receive them from Staff Sgt. Akitt. If she's very busy they don't always come out every week.

I like the format of Mountie Moments with the lead in chart which shows eleven different classes of offences (e.g. traffic offenses, property crime, crimes against persons, to name a few) and the number of offenses in each class. The real usefulness of it in my opinion, is these classes are further broken down into seven different geographical areas such as Black Diamond or the Foothills County around Turner Valley. It is a real easy chart to read and allows you to focus on what offenses are occurring in the specific area where you live.

The second part of the Mountie Moments consists of a written description of a sampling of specific incidences to which the RCMP have responded. Each incident description is described in one paragraph. Occasionally there will be other things like where to access the Survey on what you'd like to see our local RCMP setting as their priorities.

In addition to Mountie Moments being emailed out from the HCRCWA (thank-you Elizabeth), if you want more timely access to the Mountie Moments you can visit the Foothills County website at www.mdfoothills.com/rural-crime-watch.html. On that page is a menu where you can access the latest Mountie moments. You can also access Mountie Moments on the HCRCWA Facebook page.

With the use of Mountie Moments, you are not receiving as many alerts as to specific crimes occurring in our area as these are now contained in Mountie Moments. However, if a significant crime /event occurs Staff Sgt. Akitt will send out a specific notice to the HCRCWA and we will fan that out to our members.

Changing the topic a little bit, you may be aware by now that an initial report from PricewaterhouseCoopers (PWC) regarding a potential transition from the RCMP being Alberta's police force, to Alberta having its own Alberta Provincial Police (APP) force like Quebec or Ontario. At the HCRCWA Zoom meeting on December 9th, RJ Sigurdson, MLA for Highwood, stated the impetus for a potential APP came out of public input at the Fair Deal Town Hall meetings that were held across the province in early 2020. The provincial government commissioned the PWC study as an initial step to look at the viability of what transitioning to a provincial police force would cost and potentially look like.

In addition, MLA Sigurdson stipulated at the HCRCWA meeting, the PWC report is only a very preliminary step in helping to determine the viability of an APP. He stated no decision has been made as to whether to adopt an APP. Numerous other studies and public input need to be undertaken prior to a decision being made one way or the other. MLA Sigurdson also alluded to the rumblings that the RCMP may get out of community policing in Canada. This would necessitate a replacement police force of which the APP could be one option, so it is prudent to begin the process now. To the best of my knowledge, there is no timeline for when decision(s) relating to an Alberta Provincial Police force will be made.

Happy 2022 Everyone! Remember to "Observe, Record, Report" anything you deem suspicious - the RCMP encourage you to contact them if you do. They say if you don't tell them, they won't know.

Dave Schroeder
HCRCWA Board Member

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BRAGG CREEK AND AREA CHAMBER

Bragg Creek and area!

Happy 2022 to you all and best wishes for the year ahead. Your Chamber Board would like to extend an invitation for a zoom meeting on Jan 19th, at 7 PM. It would be so nice if we could meet in person again, but we will need to determine this closer to the date. Our very own Lauren Shea will be the guest speaker who will be providing tips on social media marketing for our business members on-line with the new 'Shop Local' campaign and will showcase the new features of our soon-to-launch expansive website.

We are still hoping to recruit a few more Board Directors to our team and would love to hear from you if this is something you think would be a good fit. Please email realtor@sherriolsen.com if you are interested in learning more about what being a Board Director entails or more about our team.

What can the Chamber do for you? What would you like us to do? I'm curious to receive your ideas, suggestions, and feedback. My cell is 403-519-5998, and email realtor@sherriolsen.com.

To ensure you receive notifications about Chamber activities, please head on over to our Instagram account [@visit_bragg_creek](https://www.instagram.com/visit_bragg_creek) to sign up to receive our email newsletter

or email media@braggcreekchamber.com for a direct link.

Now a word from our Marketing and Social Manager, Lauren Shea:

'Love Local' Has Launched!

It's been a busy and challenging year for our little hamlet with the COVID-19 pandemic and the corresponding increase in use of our trail systems and Kananaskis access points. Bragg Creek has been put on the map as an outdoor adventure tourism destination and it is clear that the world wants more Bragg Creek!

To keep up with this increased demand your Bragg Creek Chamber of Commerce has been hard at work to secure funding to support our businesses so they can thrive in a post-pandemic economy. We are proud to announce the launch of our new 'Shop Local' project better known as 'Love Local' which is running from December 12th, 2021, through mid-February 2022.

This campaign involves videography, photography, 'Love Local' branded signage, and a multi-channel digital marketing campaign to spread the word about our amazing businesses. Our aim is to encourage support for our local merchants and increase awareness of the downtown businesses and their offerings. Keep your eyes peeled for our 'Love Local' signage around town and across the web and remember to show your local love this winter.

Cheers to you Bragg Creek!
Sherri Olsen & Lauren Shae



SPRINGBANK COMMUNITY ASSOCIATION UPDATES

The Springbank Community Association Board is very excited to share that President, Karin Hunter, was recently recognized as a "Stars of Alberta Volunteer" nominee. Minister of Culture, Ron Orr thanked Karin for her volunteer efforts to make our community a better place. Thanks to Gloria Wilkinson for spearheading the nomination process.

Stay connected with the Springbank Community Association on Instagram, Facebook and our website, www.springbankcommunity.com.

We wish Springbank residents all the best for 2022!



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TRAIL TALK!

BCT NEWS RELEASE – Bragg Creek Trails receives government funding

Bragg Creek Trails is pleased to announce we have signed a \$250,000 grant agreement with Alberta Environment and Parks (AEP). This funding, supported by the Kananaskis Conservation Pass revenues, ensures WBC trail operations will continue well into 2022 at the level our trail users have grown to expect. BCT will continue to work with AEP in the coming months to ensure additional funding is put in place for the remainder of the time of the grant. BCT's ultimate goal is to build a sustainable funding model that ensures the high level of trail care remains consistent on the West Bragg Creek trail network.

There are limitations to the AEP grant funding, so BCT is still encouraging donations for areas not covered by the grant. In particular, these donations will be for special projects and new equipment needed to improve our efficiency in moving work crews and tools to remote work sites in our vast trail network. BCT is constantly evaluating the work we do to improve the user experience and how we achieve these goals in a sustainable manner. Responsible use of all funds directed towards BCT's mission is key to the trust we have established with our government partners and the supporters who share our vision.

As always, we appreciate your support as we work through this dynamic phase of rethinking how we fund trails in the province. Please contact us at info@braggcreektrails.org for further information or comments.

Online Auction Update

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

info@braggcreektrails.org
braggcreektrails.org



FRENCH IMMERSION AT ELBOW VALLEY

Did you know that French Immersion has been alive and well at Elbow Valley Elementary for more than 20 years? Elbow Valley currently has 50 percent of the student population learning French.

The French Immersion program was established in Rocky View School division in 1985. Children who come to French Immersion often have no French language experience. Teachers immerse students in French using songs, games, stories, actions and pictures to help students build capacity in French. Students will learn only French from Kindergarten to Grade 2.

In Grade 3, students will begin English Language Arts. By the time students reach the end of Grade 4 students are reading, writing, and speaking in both French and in English. By Grade 6, French Immersion students are reading, writing, and speaking in English at the same level as their English speaking peers.

French Immersion is an incredible program geared towards families who do not speak French. In fact, knowledge of French is not required for children to be successful in French Immersion. French Immersion teachers support parents with a variety of resources for use at home. Specifically, teachers use QR codes to help with pronunciation, use Google Classroom to record books, sight words, French sounds, translations for parents, as well as many other resources to make learning French fun and accessible for all.

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ONE NEW YEAR RESOLUTION = TEN BENEFITS by Jennifer Gordon

Happy New Year to you all! I hope you had some time to relax and rejuvenate over the holiday season. It always seems like a whirlwind of activity and then BAM, here we are in 2022 already! If you are keen on making resolutions this year, keep in mind, the year ahead is more of a marathon, not a sprint! There will be hills and valleys to overcome, so looking at the big picture will feel less daunting.

Many people make new year resolutions of exercising to get back in shape, work off those holiday indulgences and get ready for that beach holiday (are we allowed to do that yet?!). Mental health has also been a hot topic in the last couple of years and research shows that exercise has benefits above the neck too! Scientists have been researching how exercise can boost brain function, reduce symptoms of depression and improve mental health illnesses, such as dementia.

Here are ten reasons exercise can benefit your mental health:

1. Improve self confidence – Regardless of weight, age or gender, exercise can elevate one's perception of his or her appearance, thereby improving one's self worth and self confidence.
2. Happy chemicals – Studies have shown that exercise can alleviate symptoms among the clinically depressed. Getting your body moving releases endorphins, which boost feelings of happiness and euphoria. Whether it's walking, snowshoeing, or the elliptical, just 30 minutes a few times a week can boost your overall mood.
3. Reduce stress – Despite the good cheer the holidays bring, December is typically a stressful time. With the arrival of January, it's time to sweat that stress away! Working up a sweat can help manage physical and mental stress. Exercise has been shown to increase the release of norepinephrine, a chemical that moderates the brain's response to stress.
4. Prevent cognitive decline – Research shows that exercise can improve memory, reasoning, judgment and thinking skills (cognitive function) for people with mild Alzheimer's disease or mild cognitive impairment (May 2021, Graff-Radford MD)
5. Boost brain cells – various studies have shown that cardiovascular exercise can facilitate neurogenesis, aka new brain cells, and improve overall brain performance. It is thought that exercise promotes a brain derived protein known, in scholarly circles, as BDNF (brain derived neurotrophic factor). In the brain, BDNF is active in the hippocampus, cortex and basal forebrain – areas vital to memory, higher thinking and learning.
6. Improved memory – back to that hippocampus! The increased production of cells in the areas of the brain responsible for memory, learning, and mood have helped researchers link children's brain development with level of physical fitness (more Red Rover please!).
7. Control addiction – dopamine is a neurotransmitter in the brain that plays a major role in reward motivated behaviour. In response to any type of pleasure, be it exercise, drugs, alcohol or food, there is an increase in the levels of dopamine in the brain. Some people develop addictions and may rely on certain substances that amplify the effects of dopamine, namely drugs and alcohol. It has been shown that short bouts of exercise can effectively distract drug or alcohol addicts, making them de-prioritize cravings for the short term. Interesting nonetheless!
8. Sleep better – on the theme of certain vices... alcohol has been shown to disrupt many body processes, including circadian rhythms. Exercise can help reboot our body's internal clock and facilitate you hitting the hay at the right time.
9. Relieve anxiety – when you have anxiety or depression, exercise often feels like the last thing you want to do. However, it has been shown to make a big difference. Some factors include releasing those happy chemicals that may ease depression, reduce immune system chemicals shown to worsen depression and by increasing body temperature, shown to have calming effect. Anything that gets you off the couch and moving is exercise that can help improve your mood
10. Enjoy the great outdoors – for an extra boost of mood enhancing fresh air, take that workout outside. All that Vitamin D acquired from soaking up the sun (yes, even in the winter!) has been shown to lessen the likelihood of experiencing depressive symptoms.
11. There is some food for thought for kicking off your New Year right. Welcome 2022 with feelings of self worth, happiness, good moods and a strong, healthy body and mind. Happy New Year from all of us at Bragg Creek Physiotherapy.

*Jennifer Gordon (BSc.PT, BA Kin,
GunnIMS, APCI)
Physiotherapist
Bragg Creek Physiotherapy
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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Kevin Hanson - Division 1

Organization Meeting

At the organization meeting in late October, Don Kochan was selected for Mayor, and Crystal Kissel for Deputy Mayor. I was chosen to be the County's elected representative on the Calgary Municipal Region Board and Committees. I was also placed on the boards of the Springbank Park for All Seasons, and the Spray Lake Sawmills Family Sports Centre. I was also placed on the Board of the Rocky View Foundation along with Clr. Schule as the 2 members representing Rocky View's interests in seniors housing. I am looking forward to contributing by background and experience to all the boards I am posted to.

Spruce Budworm

As directed, Administration returned in late November with a fulsome report on the bud worm situation. In the weeks prior we also had a workshop for Councillors that was co-hosted by Provincial Government staff with extensive experience in forest management.

Search for "Rocky View County Spruce Budworm" on the website and you should find a "News" item dated December 13th that contains a link to the full report. Council accepted administration's recommendation to continue to monitor and inform stakeholders as next year unfolds.

Seniors Housing on Donated Land

In discussions with the Rocky View Foundation CAO, the priority for the Bragg Creek Seniors Housing remains high, discussions are ongoing with Dick Koetsier, and the two parties are fully engaged. This has not fallen off the radar as some pre-election feedback indicated, and I will continue to oversee from the board level that progress continues.

First Meeting with Tsuut'ina Nation

December 17th, I met with Lyle Dodginghorse and others at the Tsuut'ina's administration building to discuss their fencing project along their northern boundary as far as Elbow Valley West. I believe the meeting went well, and Lyle and I agreed to continue meeting from time to time and keep the Nation and the County discussing matters of mutual interest. I asked that we talk about the activity north of Wintergreen / 2nd Egress at a later meeting, which hopefully will be early in the new year.

2nd Egress North of the River

I mentioned this business to Administration as an initial heads up, and I will continue to move towards a Council workshop and update in the new year. I will be looking to see where progress has been made, or if we are roablocked on something. Once we are back early in the new year, I will also ask about an issue brought to my attention with regards to physical location of signage on the entrance to Tsuut'ina lands north of Winter Green.

CAO Hiring Progress

Progress has been a little slower than I was expecting with our search but being thorough and having good candidates in our selection pool is more important than filling the position in a hurry. At our latest meeting with the executive search firm on December 17th, a consolidated and refined vision was sought from Council. On that basis, the recruiter will cull the pool to make a longlist for our consideration in the first weeks of January.

Please e-mail me if you would like to be added to my contact list for e-mail and on-line commu-nications - Kevin.Hanson@RockyView.ca or call 403.463.1166.



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THE LITTLE SCHOOLHOUSE

The month of December at The Little Schoolhouse was full of Christmas excitement and holiday fun! There was lots of decorating, craft making and holiday songs as we prepared for our online Christmas concert. By the time our break came everyone was ready for some well desired time at home with family and loved ones.

We are looking forward to this new year and all the learning and changes that it brings. Our kindergarten and preschool students are growing so much and it is exciting to see them inquire and be eager participants in the learning process. We are very grateful at The Little Schoolhouse for such a great community and network of families, it truly helps to create a friendly and cozy space for all of us.

We are excited for our registration days coming up soon for our fall 2022 kindergarten and preschool classes. We have a unique school and space that fosters

inquiry and learning through play and exploration with a wonderful team of supportive and caring teachers.

More information about our school can be found on our web page, www.thelittleschoolhouse.ca

We send you all warmest wishes and a healthy and prosperous 2022!

Ms. Shelley

www.thelittleschoolhouse.ca



Wishing my RVC friends,
former constituents
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BRAGG CREEK HISTORIC SOCIETY

Stan Perrott

Of the many inspirational people who have found their way to Bragg Creek, probably no other influenced art in this community more than Stan Perrott. Artists have long been drawn to the beauty of this area, but its hive of activity heightened in the 1960s through the 80s. During that time, Stan mentored many of Bragg Creek's artists, including Ron Benstead, Ed Drahanчук, Glenis Ingman Marshall, Dulcie Draper and Connie and Bob Pike. Former student Bob Pike recalls Stan, with enthusiasm: "He was the most amazing person you could meet, there was a 20-foot radius of happiness around him; [he was] an incredible mentor, teaching art was his calling and [he] knew the importance of the arts... he was solid gold."

Born in 1917, the eldest son living on the family farm three miles southwest of Stavely, Stan would not become a farmer. He was not made for farm work, evident early that he possessed other special intellectual qualities. Friend Gitta Whillier adds, "along with a sparkling wit."

He graduated in 1939 from the Provincial Institute of Technology and Art (later named the Alberta College of Art (ACA), ACAD, and now Alberta University of the Arts) where he studied under the tutelage of Marion Nicoll. He returned to teach at this school in 1946. In the 1950s, he travelled and studied with famous abstract expressionist painters, Hans Hofmann in Provincetown, and Will Barnet in New York. Stan was embraced by the art community and could have stayed in New York. His friends said, with his talent, he should have. However, he had a sense of obligation to the arts in Alberta and felt that's where he belonged.

He spent 37 years as an educator at ACA guiding a generation of Alberta artists and was the head of the college from 1967 to 1974. His depth of knowledge of art was formidable, but so was his general range of knowledge of both events and people which made him a good storyteller and motivator. As a master he also understood the individuality of a student and the importance of empowerment. He was devoted to his students and he often helped

deserving students with financial support if he knew they were struggling.

In the 1960s, Stan was instrumental in convincing the provincial government that the art section of the Provincial Institute needed its own building and thanks to him and his associates, the art college became a reality. He received many awards, including the 1988 Sir Frederick Haultain Prize for outstanding contribution art and education in Alberta. Stan is said to be one of the most important figures in the development of art in Alberta in the post-war period – as an influential art educator and master watercolourist.

In 1960, Stan paid \$3200 for a small acreage with a one-room shack on Pine Avenue in the hamlet of Bragg Creek. Convinced and helped by former student and surrogate son Wayne Whillier, they converted it into a livable space and moved in that summer. Additions in the late 70s, 80s, 90s (with help from the Merryfields) included an airy studio, a tiled conservatory and rustic loft; there was art everywhere and an incredible garden. He proved to also be a master at gardening with wild and domestic flowers, while shrubs, water and rocks harmonized with the indigenous pines and spruces.

Wanting to promote art in Bragg Creek, he would help anyone, with talent or not. Stan would have you create something and bring it back to him. Then he'd encourage you to keep going with some new ideas. No matter the end result, Stan was so supportive that

he would then often purchase these fine pieces of "local art." He helped found the Bragg Creek Artisans in 1976 and later, the Bragg Creek Artisans Painting Group.

Stan had a long and somewhat interrupted journey toward his own artistic self-fulfillment. However, once he retired, his painting surged with more realistic depictions of landscapes, and scenes going back to his own roots, showing his fascination with trees. Like many farm dwellers, Perrott saw trees as an integral part of life. He produced major exhibitions, supplied paintings for the Leighton Centre near Millarville and his work found its way into private collections. His last major exhibition was in 1991 at McMaster University, where he exhibited 18 landscape watercolours.

Retirement also brought an endless cast of visitors who were always treated to unfailing hospitality. In 1988, for example, he averaged 4.6 visitors and 6.3 telephone calls per day and through the years requests for dinner engagements, often a prelude to a concert or play, averaged well over three a week. Dr. J. Stanford Perrott died in December 2001.

Michele McDonald

Foran, Maxwell, The Chalk & The Easel – The Life and Work of Stanford Perrott, University of Calgary Press, 2001; Wayne and Gitta Whillier, Interview October 17, 2021; Connie and Bob Pike, Interview October 24, 2021; "Perrott", Obituary Calgary Herald, December 2001.





A TASTE OF THE HIGH COUNTRY

Oh No! January is a “Dry” Month

Just saying but, observing the January Dry Month is bound to be as successful as vowing to lose weight. Still, the effort is commendable. Alcohol is an issue for many, and taking a break can show us that there is more to life than the bottle or the pint. Besides, your body will likely thank you for it.

And so, what are wine aficionados to do in January?!

Well, since your mind will be clear and January is a particularly harsh wintery month, I can't think of anything better than cozying up by the fireplace to watch a video, docu-series, or read about wines. There are fabulous resources that are fun, educational and designed to give you a good basic understanding of grapes, wines, regions and more. Here are a few suggestions you may enjoy. So fetch that hot chocolate, and let's settle in.

Oz and James's Big Wine Adventure

Oz Clark, a real-life British wine expert, is paired with James May, a motoring journalist. Two British celebrities with differing passions; Oz's mission is to instill wine notions on James, who could not care less about it and only wants to find the

ultimate wine under a “tender”. The stage is set for a tour de France filled with banter, hilarity and learning moments. The duo made three series: France, California, and Britain. The season in Britain is all about finding the ultimate pint and whisky. The series are available on Youtube. And, yes, they are a bit dated (2006- 2016), but the humour and subject matter are timeless.

Learning about your primary international grapes

A great way to start to make sense of the world of wine is by learning your primary international grapes - their origin, characteristics, the countries where they thrive, their signature aromatics and flavours and what to pair them with. Top of list include Chardonnay, Sauvignon Blanc, Pinot Gris, Pinot Noir, Syrah, Cabernet Sauvignon and Merlot. If you are ready for more, I invite you to carry on exploring the classic wine regions and practical wine notions such as serving temperature and how to preserve open bottles.

WineFolly.com is an excellent source of information, complete with plenty of visuals, short articles and videos. Decidedly more modern than Oz, American wine expert Madeline Puckette is a wine expert/educator who made it her mission to distill wine notions into simple, straightforward nuggets that are practical and compelling. She won the James Bear Award, celebrating American culinary professionals for her textbook “Wine Folly Master Guide.” This book aims at being the ultimate Wine 101.

If reading and watching all those videos make you thirsty, fetching for a dealcoholized wine may just be the thing to do. The techniques to extract alcohol from wine and beer are constantly improving, and the selection is growing. Many liquor stores and specialized grocery stores now sell dealcoholized wine and beer that are worth sampling. Still, I will admit that the wine may taste a bit thin without alcohol. After all, alcohol does play an important role in providing texture, volume and sensation. The exception to this may be dealcoholized sparkling wine. The bubbles and high acidity of this style create enough sensation to truly serve as an alternative to the alcoholized cousin. Savour the bubbly straight or in a mimosa or other mocktails. The same goes for beer. Dealcoholized IPA is especially satisfying.

Whether or not you observe the annual dry month, acquiring basic knowledge of wine will vastly improve your tasting experience and set the course for greater enjoyment over the coming year. A worthy pause for a new, wiser beginning.

Cheers!



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PRIDDIS NEWS

HAPPY NEW YEAR!

Hope everyone had time to relax and get together with family and friends over the holidays.

Priddis Winterfest - January 16th

Lots of fun for everyone at this community family skating event. Join us on Sunday, January 16th from 4:00 to 7:00 at the Priddis Rink. Activities will include family skating, wagon rides, petting zoo, music, hot chocolate, and treats! A Priddis fire truck may be available to come over to the Hall. Check out our Facebook page for updates: <https://www.facebook.com/PriddisCommunityAssociation/>

Priddis Panthers:

With the cold snap in early December, the Priddis rink has been great. Everyone has been excited to 'get on the ice.' Panthers teams have been out practicing and have already hosted a game. The ice availability schedule for public skating for PCA members and Ladies and Mens Shiny is on the the home page of our new website: priddispantherhockeyassociation.teamsnapshots.com/

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

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

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

Priddis Early Learning Program - PELP:

PELP is back in full swing after a restful holiday break. Classes resume January 3rd for the 4yr class and Jan 4th for the 3yr class. We would like to send a huge thank you to the following local businesses for their donations and generosity making our modified preschool Christmas parties special - Water's Edge Pub & Café, Treats + Eats, and T's and Trees.

Please keep an eye on our website for information regarding our Open House and Registration Night for the 2022/2023 school year. Please email our program director for more information. pelppreschool@gmail.com

pelppreschool.wixsite.com/pelp/registration

Membership Renewal 2022:

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

Business Memberships are also due, and the form is online. E-transfers will also be accepted. Go to www.priddisalberta.com Fill out your business details and email it with your payment to: priddisassociationpayments@gmail.com How easy is that! Everyone should have a Priddis Community Membership when participating in events at the Hall and using PCA facilities. Thanks in advance.

Red Deer Lake School Playground:

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

Website: www.rdl.schoolcouncil.ca

Parent & Tot Playdate:

We would like to continue the monthly Parent and Tot playdates at the Priddis Hall but need a Co-ordinator to do so. Please contact pcayoungfamilies@gmail.com if you would like to get involved. This is a fantastic way to meet other young families in the community. Check our website and social media for updates.

Priddis Library:

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

Booking the Hall:

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

Staying Connected:

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

- Priddis Community Association
- Priddis Buy and Sell
- Priddis Mom Connect
- www.priddisalberta.com
- www.facebook.com/PriddisCommunityAssociation/
- www.facebook.com/Priddismoms
- [@priddiscommunityassociation](https://www.instagram.com/priddiscommunityassociation) Instagram photos and videos





MILLARVILLE-STOCKLAND 4-H BEEF CLUB

Club Reporter - Paisley Bertram

The Clubs Weigh-in.

On November 7 2021, a crisp fall morning, Millarville-Stockland 4-H Beef Club gathered at the Black Diamond Land and Cattle Company to weigh in our steers and some heifers. We tagged them and registered for insurance that day as our kick off to another 4-H year. There was lots of giggles and cooperation as we got the work done.

Judging multiple animals or items against each other is a skill called multi-judging that our club spends a good amount of time practicing and competing in. On our weigh in day we took the time to judge four young bred heifers against each other, just for practice!

We look forward to another great year raising our animals, learning and hopefully showing off the progress we make.

A huge thank you to Black Diamond Land & Cattle for allowing us to use their scale for our annual weigh in.

The Goat Clinic.

The Millarville-Stockland 4-H Beef club has offered beef & sheep projects for many years, but this year we have added both goat and chicken projects to the club! Our first goat related learning day was held November 28, 2021. We attended a clinic on ultra-sounding goats and sheep. It was a beautiful sunny day for November. We learned from veterinary technician Robin Anderson how to use an ultrasound on goats and sheep to check for pregnancy. We were able to see if the animals had one baby, two babies, three babies, four babies or no babies. We learned a lot from our Clinician Robin Anderson and appreciate all the advice from Clinician Callum McLeod. Many sheep and goat project members attended. A huge thank you to our goat project leader Kathleen Arkes for hosting the clinic and providing yummy snacks.

The Clubs Christmas Party.

On December 3, 2021 we held our club Christmas party at the Priddis Hall. We used problem solving and teamwork to attempt four different escape rooms. We also had a Christmas craft table set up and we enjoyed pizza. We ended the night with some treats and a secret Santa gift exchange. Overall I think everyone had a blast!

Merry Christmas & Happy New Year from the Millarville-Stockland 4-H Beef Club!



MILLARVILLE HORTICULTURAL CLUB

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

Our January 11, 2022 speaker is Rob Staniland from Calgary Rock and Alpine Gardening Society presenting on

Crevice Gardening: Between Rocks in a Hard Place!

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

Arlene Visser



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

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

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

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

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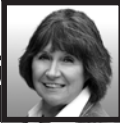
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COUNCILLOR UPDATE Foothill County

Barb Castell - Division 3

Happy New Year! I hope you had a fun and peaceful Christmas.

Many of you have phoned, emailed, and complained you cannot find what you are looking for on the Foothills County website. You also commented on how slow it was and that you eventually gave up. Good news! Council has approved development of a new website that will be coming in 2022.

More good news! Our own Bill Jackson was honoured with the 2021 Stars of Alberta Volunteer Award for all his tireless volunteer work around the Millarville community for over 75 years. From maintaining Christ Church in Millarville, to years with the 4 H programme, the Calgary Stampede and Agi-Days, to the Millarville Racing and Agricultural Society. He volunteers year-round, day in and day out for, every event at MRAS. He has served as President of the Board of Directors 3 times and many more years as a Board member. Congratulations again Bill Jackson on this well-deserved recognition.

After many complaints, Council passed a bylaw authorizing "No Parking" signs to be placed along the south side of Plummerville Road near Brown-Lowery Provincial Park. This will increase the safety for everyone.

Did you know you can borrow more than books from libraries? At the new Okotoks Library that opened in August, you can borrow camera and film equipment, snowshoes, musical instruments, video games, movies, CD players, walking poles, and much more. If you have a library card

you have 24 hour access to many, many different online resources. You can read newspapers from around the world. Get books delivered from libraries around the world. Our own Millarville Community Library has a wide selection of new books coming in all the time and you can order books from the Marigold Library System. Millarville has great programmes for children and the convenience of being close.

The Family & Community Support Services Association of Alberta (FCSSAA) held a two day conference via ZOOM on December 2 and 3. There were excellent speakers both days with an emphasis on the value the FCSS funding is to organizations with a volunteer component. I attended the Rural Mental Health breakout sessions. During these past two years, FCSS has supported so many community groups. All of the speakers reminded us that without these community connections for people, many residents would not have the ability to interact with others and get the support they need.

Mother Nature was on a tear throughout Foothills County on December 1 and for days after. Power lines came down from strong winds that sparked fires across from Quirk Creek Gas Plant, off Plummerville Road, and southwest of Brown-Lowery Provincial Park. Fortis Alberta was busy as power poles came down on Highway 762 near Plummerville Road. Firefighters from every Fire Hall came to the aid of the area.

Area residents woke up neighbours who did not hear the alerts as there was no power or phone service. A huge thank you to all those fire fighters, many of whom are volunteers. It was a relief when the snow arrived.

As we start the new year, we are thankful for family, good friends, neighbours, and grateful for all the people who work to protect us and keep us safe.

Barb Castell

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RED DEER LAKE UNITED CHURCH

Happy New Year! As of this writing, we are offering in-person services at 10:30am on Sundays at our church on the southwest outskirts of Calgary. We will be asking everyone attending our services and events to provide proof of full vaccination using a QR code or a negative COVID-19 test within the past 72 hours to help keep the community as safe as possible. If you are unable to attend in person, we invite you to check out our online services which are broadcast on our website and YouTube at 10am on Sundays.

Please check our website – reddeerlakeuc.com – for the latest information.

We are thrilled to be proceeding with our On the Edge Concert Series in 2022! Again, patrons will be asked to show vaccination proof and ID and wear masks when they attend our concerts. The next concert is the Calgary Women's Chorus on Sunday, January 23 at 3:00pm. The Calgary Women's Chorus (CWC) was established in 2011 and has grown to over 50 members today. The women of the choir love to sing together, preparing for two to three large concerts each year. Cody Obst, pianist, vocal coach and organist is CWC's Artistic Director and Conductor. His remarkable technical ability, depth of musical expression, and engaging stage presence are known to delight listeners. Antonina Cox is CWC's Pianist and Assistant Director, and brings her extensive musical training and professionalism to enhance the CWC's performance.

Tickets are \$25 each and are available on our website: reddeerlakeuc.com/concert-series-2021-22. We would love to see you at the concert!

If you need support during this uncertain time, our Congregational Care team may be able to help. Please reach out by contacting us at office@reddeerlakeuc.com. For more information about our church, please call us at (403) 256-3181.

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

and affirming community of faith – people of all ages, perspectives, and stories, who gather to connect with God, each other, and ourselves, and find in Jesus a new way of being human and alive in the world. You're welcome, wanted, and accepted. Join us on the journey.



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COUNCILLOR UPDATE Foothill County

Suzanne Oel - Division 4

Best wishes for a Happy New Year 2022!

Wind Event Recap: During the evening of November 30, starting around 7:00 pm and continuing into the morning of December 1, 2021, until about 7:00 am, I am sure you recall that we experienced a dramatic windstorm. You may still not be done with the clean up from it! I am writing a few words about this event to share a look at some of the behind-the-scenes information and a note of thanks. That crazy night held a windstorm, power outages and fire occurrences – mostly started by downed power lines. Thanks to all the emergency responders from all agencies and municipal partners who assisted residents into the wee hours! These included Foothills Fire Department along with neighbouring fire departments, our Foothills Public Works helping to provide access to sites on fire and tree removal, local RCMP providing evacuation notice to neighbouring landowners up the side of a ridge in the path of fire and other help, Foothills Ag Services assisting with tree removal, telecommunications technicians reconnecting outages, Fortis services dealing with a swath of power outages, arborists and many neighbours helping neighbours – sharing information, warning each other and helping with cleanup.

Our Foothills Regional 911 Call Centre brought in extra help to manage the 146 calls to 911. The Centre also dispatched 25 fire events with 55 fire departments responding, each response resulting in the

tracking and monitoring of all responding personnel and equipment. In Foothills County, there were 9 incidents total (21 Fire Departments Dispatched), 7 fires and 2 Semi Rollovers. The Highway 762 area saw a lot of activity. In Willow Creek and Ranchlands, there were 11 Incidents total (26 Fire Departments Dispatched), 4 Fire Events and 7 Semi Rollovers. Within other communities in Southern Alberta, there were 5 Incidents (7 Fire Departments Dispatched), 5 Fire Events and 2 Medical Fire responses.

Power was out throughout our area and Southern Alberta, continuing for some residents until days later. Some fires went on throughout the day and were considered under control by the end of the day. However, a number of these reignited and needed to be attended again. Trees were down everywhere in the west country and signs were blown over throughout the entire county. County workers continued to clean up days and weeks later. Many of us will be getting some exercise with the chainsaw work to remove fallen trees. I hope you will fair well and get help in the clean-up!

2021 Spruce Budworm Event: On November 29, 2021, a workshop with presentations was provided for residents who were interested in this topic. As a follow-up, our Agricultural Fieldman has prepared a summary of information, which will be posted on the Ag Services page on the Foothills County Website: www.FoothillsCountyAB.ca

Sharing RMA News: Foothills County is a member of the Rural Municipalities of Alberta (RMA). As of December 2021, RMA released reports which explain the unique nature of Alberta's rural municipalities.

Rural municipalities are crucially important to Alberta's economic development and provide vital infrastructure and services to those living outside urban areas. In Alberta,

rural municipalities cover approximately 85% of the province's land, and face unique challenges in providing infrastructure and services to industries and residents spread across very large areas.

Despite this uniqueness, rural municipalities are often compared unfavourably to other municipalities in Alberta and elsewhere in Canada in terms of their fiscal performance. These comparisons are often based on inaccurate or misleading indicators. They also do not account for the differences among municipalities in areas such as size, scope of responsibility, level of federal and provincial support, economic activity, and many other factors.

RMA released "Alberta's Rural Municipalities: Unique Size, Unique Responsibilities", a report that highlights the limitations of interprovincial comparisons and emphasizes why rural municipalities are unique both within Alberta and across Canada. Building on this, RMA also launched a new web hub, which hosts the previously released report, along with a new report, "The MacKinnon Report: Many Questions, Few Answers". This new report aims to counter arguments made in the "MacKinnon Report" related to per capita metrics. RMA members are well-aware that a small population does not limit the need for infrastructure to access Alberta's natural resources and agriculture. Finally, a new "Position Statement on Interprovincial Comparisons" provides members and the public with quick information on RMA's perspectives. Check out this link for access to all the information: rmalberta.com/news/albertas-rural-municipalities-are-unique/

For Other News & Updates:

Facebook: www.facebook.com/CouncillorSuzanneOel/

[CouncillorSuzanneOel/](mailto:Suzanne.Oel@FoothillsCountyAB.ca)

Email: Suzanne.Oel@FoothillsCountyAB.ca

With Best Regards,

Suzanne

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TURNER VALLEY MEDIA RELEASE

Turner Valley's Annual Family New Year's Eve Party

Families from across the Foothills are invited to Turner Valley's annual Family New Year's Eve Party to say goodbye to 2021 and welcome 2022 with a fun evening of free activities!

This year's event will have many of the same elements as previous years but will be held entirely outdoors in order to be in compliance with related COVID-19 public health restrictions.

Festivities start in Millennium Park and the outdoor skating rink at 5:00 pm on Friday, December 31 and will end in a long-anticipated fireworks display at 8pm.

Featured activities include the Eagle 100.9FM radio dance party with prizes, horse-drawn wagon rides, a fun photo booth, bonfires and complimentary

hotdogs and hot chocolate, served up by the Foothills Lions Club members. Festivities are supported through donations by our very generous sponsors; Rona Black Diamond, the Eagle 100.9FM Foothills Lions Club, Sunbelt Rentals -their financial contributions help make this event possible. Twenty volunteers have stepped up to help to stage the event. They are key in making the event fun and safe for all.

Event lead organizer Monique LeBlanc stated, 'Celebrating Family New Year's Eve in Turner Valley has become a community tradition and one which we are delighted to host. It is important to recognize our amazing volunteers and sponsors who support the event in a huge way. I am deeply grateful for their support as it simply could not be held without their help'.

While COVID restrictions can be managed, the weather is a wild card and outside of organizers' control. LeBlanc explained 'the weather is forecasted to be cold, but our hope is it will swing and warm up. This will be monitored closely and if there is a need to postpone, notice will be given within a few days of the event.

Fireworks conclude the evening at 8:00 pm so the whole family can enjoy the show and welcome the New Year! They can be viewed from the ball diamond bleachers or anywhere in Millennium Park.

Event location: Turner Valley, the Flare n' Derrick Community Hall, located at 131 Main Street behind the Sheep River Library next to Millennium Park.

DATE: Tuesday, December 31 TIME: 5:00 pm - 8:00 pm LOCATION: Main Street, Turner Valley Flare 'n Derrick Community Hall, outdoor skating rink, and Millennium Park

All members of the public and media are invited to attend. We hope to see you there!

For more information:

Monique LeBlanc Community Services
Manager Town of Turner Valley

403.933.6206, moniquel@turnervalley.ca



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SQUARE BUTTE COMMUNITY

The Square Butte Community Association extends warm wishes to everyone for a prosperous and healthy New Year! We welcome new and renewed membership (only \$10/individual or \$20/family) until January 31st. E-transfers for membership can be sent to sq.butte.comm.assoc@gmail.com

Membership has many rewards including discounted rates on various events, newsletter inclusion and if you are an existing member and renew for the current year, a heavily discounted rate on hall rental! We count on the support of our membership for our events, volunteer work and decision making for OUR Community!

New Year's Past

The New Year's Eve Party at Square Butte Community Hall was always a popular event – definitely the most “classy” time as ticket holders brought out their best “duds” and high heels to dance the night away in style! Tickets always sold out and whether you attended this annual event in the 60's, 70's, 80's and even into the 90's, you were certain to get your money's worth from the live entertainment, the scrumptious meal, the delectable snacks and of course

who could forget the fancy party favours – sparkly paper hats, horns, noise makers, confetti bombs, and tiaras! As a child I couldn't wait for the next morning to sort through my parent's “loot” and blow horns and whistles. Funny how it never met with much favour the “morning after” – took me a few years to figure out why!

As my parents were more often than not involved in this annual event's planning, we got to enjoy other benefits when we were children. The only time of year that we had “pop” in our house – bought in plastic cases from The Pop Shoppe! I also remember the first time I tasted Bugles and we got to have potato chips – also something we didn't get as regular snacks! I recently discovered some old photos of the heaps of potato salad that my mom would make for the party (to go along with the roast ham or turkey) literally mixed by “hand” in canners and other large containers.

I can also recall the “after party” coming to our house (community members often took turns with this...or others decided whose home to descend upon) – being woken up by a wrestling match outside our bedroom door and a hole being accidentally kicked through another door by other antics. Everyone enjoyed a robust breakfast in the wee hours of the morning – bacon, eggs, pancakes and lots and lots of coffee to soak up the previous evening's imbibements and allow partakers to safely get home in time for chores.

January at that time, was our beginning of the year planning process for the Community - an opportunity to review the past year's events and successes and take turns volunteering to put on the multitude of year's events, usually one per month. The roster was always full and there were always ample volunteers to take turns and ensure the support and success of each month's activities. As time went along, the New Year's Eve party lost a bit of steam as too many competitive celebrations were more accessible to community members.

Regardless of the years' changes, January remains a time of renewal, celebration and hope. Our “little” Community Hall contains so many stories and laughs within its walls. Let's hope we can relive many of those soon! Happy New Year! (Submitted by Susan Graham)

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HELLO DIAMOND VALLEY

Happy New Year Diamond Valley! It's a brand -new year, and here's wishing you all peace and happiness for the coming 365 days. It's been an ongoing battle with the pandemic and rising prices for food and gas. Strive on dear warriors, this too shall pass as my dear Mom likes to say!

Have you made any New Year's resolutions? A New Year's resolution is a tradition in which a person resolves to continue good practices, change an undesired trait or behaviour, accomplish a personal goal, or otherwise improve their life at the start of a new year. The Romans began each year by making promises to the god Janus, for whom the month of January was named. In the medieval era, knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry. Many churches offer the Covenant Renewal Service on both New Year's Eve and on the morning of New Year's Day.

A 2007 study by Richard Wiseman from the University of Bristol showed that 88% of those who set New Year's resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning. How can we keep our resolutions? One way is to make our goals realistic. For example, a resolution to lose weight would be better formed into smaller and measurable goals, such as lose a pound a week, rather than just lose weight. A habit takes 21 days to form, so if we can just stick at our goal for that amount of time, it should be a lot easier to continue our new habit. It's also a good idea to keep track of your progress, and try to do this at the same time every day. Best of luck to you all!

This season offers a plethora of wintry sports to help you keep those resolutions. Oilfields Arena is home to Foothills Skating Club, High Country Minor Hockey Association, and the Oilfields Curling Club. The Scott Seaman Outdoor Rink has free family and public skates every Saturday from 1:45-2:45 and 5:45-6:45, and the Oilfields Arena offers a free skate, thanks to Pharmasave, on Sundays at 3:00. The free skates are stick and puck free, and helmets

are mandatory at any time on the ice. Family shinnies run Monday-Friday from 10-11, Sundays from 3:00-4:00, and after school for the kids from 3:15-5:00. Find out more at the Arena's website. Turner Valley has an outdoor rink with public skating and hockey as well, for schedules, please check the Town's website.

Other outdoor winter activities include cross country skiing. I remember this sport as a youngster and there was something very peaceful about skiing across pristine snow and all you can hear is the wind and the quiet. Very different from our fast -paced lives in town with traffic and concrete. Sandy McNabb offers tons of trails, anywhere from 0.4 km to 5.3km in length. And check out the Sheep River Ramblers, which is run through the Library, as they find success in group hiking and snowshoeing. Want to stay closer to home? Become a Snow Angel and keep a neighbour's walk free of snow and ice. If you don't know anyone who might need a hand, the Town has a list of people who need help shoveling their walks.

Volunteering is another good way of starting off the New Year with a positive attitude. Some suggestions for volunteering in our community are for our Town Boards and Committees such as Economic Development, Emergency Management, Family and Community Social Services, Parks and Recreation, Sustainable Advisory Committee, and Crescent Point Community Fund. Other volunteer opportunities include Oilfields Hospital and the Rising Sun Long Term Care, Sheep River Library, High Country SPCA, Pound Rescue, or Heaven Can Wait Animal Rescue. It's extremely heartwarming to volunteer, so take a moment to think what makes you happy, what you enjoy doing, and explore those volunteer options, as every little bit helps in a big way.

Black Diamond's Light-Up was a huge success! It was nice to see so many people with their children and dogs out and about enjoying all the businesses who made quite an effort to keep residents entertained, with sales, specials, food and drink, and Christmas spirit. Black Diamond is working on an ARP, or Area Development Plan for the downtown and highway corridors. You can have your say at their free community

workshop on January 26 from 6:30-8:00 at the Town Office. Check the Town's website for full details.

Turner Valley's Legion would like to say a huge thank you to Antoine Beauchamp and Kristin Ranger, owners of Holistic Roofing. They came to the rescue when one of our wicked wind storms at the beginning of December blew off shingles from the roof. The company fixed the damage and did not charge the Legion for their work. Way to go as the Legion works tirelessly to provide support for Veterans and the community and the help was greatly appreciated. Make sure you drop by the Legion, they offer Thursday wing nights, meat draws, pool and darts, and is a wonderful place to relax and enjoy great food, service, and company. You don't have to be a member to come on in, but please consider becoming one, and they always appreciate volunteers as well.

Recycle your Christmas tree the month of January, just put it out by your bin and the Towns will pick them up and mulch them for use around trees and parks in our community.

The Sheep Creek Arts Council is pleased to announce we have a number of classes starting in January. They include painting, mosaics, felting, sewing and drawing. The web site sheepcreekarts.ca describes all the classes and enables you to register on site. Please note you must be vaccinated to attend classes in person, but some classes are available by Zoom. Our clubs – quilting, camera and painting - are also operating in person (in limited numbers) as long as you are vaccinated. Subsidies are available for low income people/families. The Sheep Creek Arts Council is located at 133 Sunset Blvd in Turner Valley.

If you have any events or news for the month of February, please drop me a line at elaine.w@telus.net. The deadline for this issue is January 15.

Have a great January everyone and best of luck with those resolutions!

Elaine Wansleben





WELL OWNERS



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

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LONGVIEW LIBRARY

The library will be closed from Friday, December 24th. to Monday, January 3rd. Our librarian, Lynda Winfield, has put together craft "take and make" kits for the children, which would give hours of creative fun over the holidays.

She has also been helping patrons retrieve and print their QR codes for vaccinations at no charge. The codes are posted to our webpage and to our Facebook page as well. The High River Library can laminate them for you at \$1.00 a card.

We have an exciting new arrival at the library. It is *Indian in the Cabinet: Speaking Truth to Power* by Jody Wilson-Raybould. Jody is Canada's first Indigenous Minister of Justice and Attorney General in the Liberal Government. She writes of her experience as an Indigenous leader in the cabinet table and of her belief in a better way to govern. Another arrival is *Wild Roses are Worth it: Reimagining Alberta Advantage* by Kevin Van Tighem.

A warm hearted read is *Lincoln Highway* by Amor Towles, author of *A Gentleman in Moscow*. It is a whimsical, yet profound story about what is important in life. It is the story of Emmet Watson, an eighteen year old, and his young brother Billy who set out across the the midwest in search of their mother in San Francisco, after the death of their Father. The characters who join them along the way are warm and endearing.

We wish you all a Happy and Healthy New Year.

Happy Reading,
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SHEEP RIVER LIBRARY

As we launch into a new year, perhaps we are more focused on making New Year's wishes rather than resolutions. Primarily, we wish that COVID would soon be over and not dominating our lives anymore. At the library, we wish we could fling the doors open wide and have all the events and programs running as we have had in previous years. We wish masks and physical distancing could be a thing of the past. At the time of writing, no restrictions have been lifted for the library as regards to programming, so we will continue on in January as we have been since September. Only children's programs will be run inside the library which will include the Monday morning Mom's Coffee group and the Wednesday morning pre-school programs. The Wednesday morning Bible Study will continue off site at St. George's Hall (Big thank you to Meota Parish and Reverend Getty for giving us access). The Austentatious book club will soldier on via

Zoom. If you wish to participate, please let us know so we can e-mail you the log in information. January's discussion will be on Thackeray's Vanity Fair. Poetry by the Fireside will persevere as Poetry Via E-mail until we can meet in person. All copies of the original poetry created by this group can be found in the binders located on the New Books shelf in the library. Grab a binder, sit yourself down by the fireside and enjoy the creativity within. The Ramblers will continue their forays along the trails and hills of our surrounding wilderness. Whether you are a member of the Ramblers, or you prefer to adventure by yourself, remember that you can take out snowshoes, micro spikes and walking poles on your Sheep River Library card. Thanks to grant money received by the Friends Group, we now have some additional snowshoes available.

Please continue to check the website for program information as well as updates on COVID restrictions. We will not be producing a program brochure this winter or printing the pull-out guide in the High Country News, but we will have all programs that we can run listed on our

website. We are also happy to answer any questions via phone or in person.

Thank You to everyone who donated items for the Oilfields Food Bank and the Salvation Army Christmas Gift campaign. Both organizations were stunned at the number of times pick-ups were required and many families were assured of a better Christmas because of your generosity.

To families of students at Turner Valley and C. Ian McLaren schools, remember you can get a free one- year family membership courtesy of A. G. Foods in Black Diamond. You will have received the voucher by e-mail from your school. Please come into the library to redeem it before the end of January. (We have extended the redemption period by a month). If you have already renewed your membership, we will extend your membership by another year.

As we launch into 2022, and we make our New Year's resolutions

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DUANE HARDER

Motivational speaker Jim Rohn is famous for saying, “You’re the average of the 5 people you spend the most time with.” Take some time to think about that. Seriously.

I remember reading a statement like Jim Rohn’s. The author stated that we are the composite of the books we read, the music we listen to, the movies we watch and the people in our inner circle.

So, who makes up your inner circle? Are any of the five listed below a part of the circle?

The Toxic – Never see the possibility only see the problem. These are the Eeyore’s of life. They are: The sag and bags – It’s too hard! The lag and drags – It won’t work, we tried it before! The sign and die – “I’m with you but I have no faith for the outcome.” The only creativity these people bring are creative ways to be negative. They do not bring constructive analysis, they inject clouds of doubt and fear.

The Trapped – These are the victims who can always find someone or something to blame. “The jerk in front of me was going 10 K below the speed limit. There was a short opportunity and I sped up to pass. I got a ticket for speeding. He should have got the ticket for impeding the flow of traffic.”

The Tender – These are the people who can empathize without drowning you in self-pity. These people feel the pain of your failure but help you grow through the experience. Their battle scars are badges of honour not demons of defeat. They don’t point the way, they walk the way and will help you be disciplined, devoted and decisive.

The Triumphant – These are the people who see your God given talents and help you plot a course of action for their development and release. They will never measure you by your failure, but they will help you separate the wheat from the chaff.

The Transparent — The toxic and the trapped are enveloped with insecurity. They are quick to correct but slow to receive correction; they place their strength over against your weakness; they highlight their success without ever admitting failure. On the other hand, the transparent are just that. They are open without being self-depreciative. They identify with weakness and at the same time bring their strength to your weakness without condescension.

Choose your friends carefully. You don’t have to be a snob, but you do need to be selective.

Books, movies, and music all represent the eye and ear gates of our life. At the onset of the computer era someone said, “Remember, its garbage in, garbage out.” In other words, you get out of the computer what you put in. What we fill our minds with via books, movies, and music, gets translated out into our life.

A couple in their early 70’s was referred to me by their doctor. She wanted a divorce. He was devastated and couldn’t understand why. I noted some of their early family history and listened carefully to their story. I was puzzled by her insistence on getting a divorce. A thought came to my mind that I turned into a question: “Do you spend time watching soap operas?” Her head dropped and he answered the question: “She’s been watching them for as long as I can remember.” I looked at her and said, “Are you expecting some stunning knight to emerge out of the sunrise and carry you off into the sunset?” She very reluctantly admitted to that dream. Her consistent media input had forged a fantasy marriage that no man could match. After a few sessions she got her feet back on the ground, her mind focused on reality and her will set to live out the covenant commitment of her youth. (Just to balance the scale, there were things that he needed to learn about nurturing care.)

The fact is that movies and TV are not just sources of entertainment, they are

purposefully used to shape the ideals and values of culture.

And then there is music. In recent years there has been considerable research on the impact of music on the brain. There are certain frequencies that create agitation while others produce an emotion of calm.

In 1969 and early 1970 a group of U.S. federally funded doctors researched the link between hard-rock and premarital sex. The study concluded that there is as much a relationship between the two as between smoking and cancer.

Frank Zappah, leader of a rock group called “Mothers of Invention,” said, “the loud sounds and the bright lights of today are tremendous indoctrination tools. It is possible to modify the human chemical structure with the right combination of frequencies. If the right kind of beat makes you tap your foot, what kind of beat makes you curl your fist and strike?”

Music is a powerful chisel for shaping the values of a culture. Research has demonstrated that the lyrics, musical composition, and tonal frequencies all combine to write a script in our brains. Select your music, books, and movies carefully.

I took a speed-reading course that lifted my intake to 1000 words per minute with 95% retention. My wife’s comment: “Maybe you should be more selective in what you read rather than increasing the volume.” She had a valid point.

Choose your friends, books, music, and entertainment wisely and let them assist you in your journey to the top. Looking forward to seeing you there.

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GET A GRIP ON CABINETRY HARDWARE

A new year is a new opportunity to refresh the style in your home, and one easy way to do this is to install new cabinetry hardware in kitchens, bathrooms and storage areas or wherever you think a little sprucing up is due.

Changing knobs and handles on 'doors and drawers' not only refreshes the look of a room, but it's a great way to improve the functionality of your cabinets. Selecting cabinetry hardware is a matter of taste, and it depends on your likes and needs. In this article we'll discuss some choices, including finger tabs, touch latches, knobs and pulls, so you can make an informed decision when you buy cabinetry hardware.

Touch latches

Touch latches are 'invisible' hardware; you simply push on the cabinet door, and it opens. Touch latches consist of a latch and corresponding strike plate. They're an excellent choice when more visible hardware is either esthetically unpleasing or in the way, such as when cabinets are installed under countertop overhangs.

Knobs

The simplest 'grip' hardware are knobs. Generally used for smaller storage spaces, such as wall cabinets, knobs are easy to install (one screw) and they come in an

infinite variety of styles and materials, including wood, metal, ceramic and glass. However, for aging or arthritic homeowners, knobs can be difficult to grasp, making other hardware preferable.



Finger tabs

Finger tabs are rectangular 'handles', often made of aluminum or other metal, which attach to the top of a drawer and curve downward so fingers can be inserted under the curve to pull the drawer open. They have a sleek, contemporary look, and are desirable if you enjoy minimalist style.

Pulls

Pulls, the most common hardware, are wider than knobs and attach with two screws, one at each end. Pulls allow the hand to wrap comfortably around a bar of sorts when opening a cabinet or drawer. Generally, pulls are four to six inches long, and there are many attractive style options to choose from to complement your cabinets.

Size proportion

Knobs are most commonly used for cabinet doors, while pulls are used for both drawers and doors. When installing pulls on drawers, the 'rule of thirds' applies. If your drawer is 30 inches wide, your pull should be between nine and twelve inches wide, about a third of the size, and centered.

Location

Hardware is installed in the center of drawers, but pulls and knobs are usually attached to the stile on wall cabinets, a vertical piece of door framing (the horizontal piece is called the rail).



Combinations

Sometimes, pulls and knobs are used together for decorative accent. One common way of doing this is to install pulls on lower cabinets and knobs on wall cabinets, creating a 'transitional' look.

Cleaning

Keep your new hardware looking good by using mild soap and warm water to clean your cabinetry—and enjoy the refreshed look of your home as you welcome the new year!

Karen Horte, DID
karenhorterinteriors.ca
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MORTGAGE MATTERS

FIXED MORTGAGE RATES

As you have likely noticed, fixed mortgage rates have been climbing steadily for several months now. I know, I know, we were all very spoiled with record setting low rates ... but it had to come to an end sometime.

Given the significant impact that mortgage rates have on the cost of homeownership and the housing market in general, this article focuses on the key factors that explain mortgage rate fluctuations in Canada.

First, it is important to note that the factors that determine variable mortgage rates are different than those that determine fixed mortgage rates. I am talking only about fixed mortgage rates in this article.

Fixed rate mortgages are primarily prompted by the yield on Canadian government bonds (also known as bond

yields) of corresponding maturity. Bond rates represent the benchmark for financial institutions' cost of funds. The difference between the two rates (mortgage rates and bond yields) represents the yield that financial institutions require to lend the funds out on the mortgage market. The cost of capital for financial institutions is dictated by bond yields because they reflect what the market considers to be the cost of funds for the lowest level of risk for a given period.

Factors Influencing Bond Yields. In order to understand mortgage interest rate fluctuations, we should be familiar with the factors that influence Canadian government bond yields.

Bonds issued by the Canadian government are among the most liquid and least risky assets, since they are guaranteed by the Canadian government. A significant volume of bonds are traded daily in the investment market. Supply and demand in the bond market determines their price, which in turn, determines their yield.

This yield can be seen as the minimum rate of return required by investors before investing their capital for a determined period. It is influenced by many factors, particularly inflationary expectations, exchange rate, and the return on other financial assets. .


Mortgage rates in Canada are determined by many factors that are directly related to domestic economic activity and decisions made by Canadian financial authorities. They are also influenced by foreign economic conditions and investors' view of Canada's financial and economic health.

The 5-year Government of Canada bond yield, which leads fixed mortgage rates, has been trending higher since the end of September.


Our Canadian economy is slowly recovering, which is great news. However, this also means the end of the historic low mortgage rates ... and you'd be well advised to lock in your mortgage (renewal, refinance, or new purchase) now.

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ADHD LESSONS FROM COVID-19

Feel like calling it quits?

This is a difficult time for individuals with ADHD, as well as their non-ADHD partners, spouses or parents. You may be juggling and struggling with everyday challenges while staying at home. Yes, the fear of the unknown can lead to anxiety and tensions. Fear can be a very real thing, but we can't let fear control us. You need to feel that you have some structure and control in your daily life. Here is how to get started.

Set boundaries.

During this time, you don't have to worry about how to say "no" to that social event you really don't want to attend or having company over. There is far less pressure in figuring out what to wear, running shopping errands, scheduling or coordinating appointments, etc. What does that feel like? How will you go forward to prioritize the really important commitments and saying "no" to the less significant ones?

Accept Life's Accommodations.

"Oh no, I could never do online grocery shopping. People would think there's something wrong with me!" Now that everybody's doing it, you may realize it's not such a big deal after all. In fact, you might even like it. So, what supports have you started using since the pandemic to make your life easier?

PRACTICE MINDFUL LIVING

The logistics of having to maneuver drop offs, appointments, rush-hour traffic are mostly eliminated for now. Some ADHD individuals are feeling way less overwhelmed. Many people can't make plans and are basically forced to live in the moment. Are you enjoying slowing down a bit and being able to spend more quality time with loved ones, including pets? Will you be setting up 'no-running around time' for yourself and others? Maybe become less distracted, more mindful?

Practice healthy coping mechanisms.

You might be trapped in quarantine having to deal with strong emotions you've pushed away for a long time. Are you confronting old traumas or fears? Using alcohol, marijuana or other substances during this time to manage your stress, anxiety, loneliness or depression, is not a good idea. Consider that the general health implications could potentially weaken your immune system. Smoking (especially

vaping) can add additional strain on your lungs which could be further complicated by the virus. How about using this transition time to understand who you are and what is important to you?

Practice intentional self-care.

This is so critical. Collectively, on some level, we're all grieving the loss of something. You may feel more vulnerable and afraid of the future. What is your plan or "emergency exit" to make you feel safe and secure when you feel emotionally triggered? Do you go for a walk, a run, talk to a friend, do meditation, play a musical instrument, sit on the porch, take a warm bath, keep a journal, listen to music or relaxation exercises on a BitChute channel? Use this time to build an emergency self-care plan that you know will work when

you feel disorganized or overwhelmed in the future.

What can I do?

- Eating right really changes how you think, feel and act.
- Go to sleep and your brain goes to work. It fixes the wear and tear, boosts your immune system and brain health!
- The Text4Hope app has messages of hope, advice, encouragement to help manage covid19 related fears and anxiety.
- Check in with a friend, a colleague or family member. Simply ask: "How are you feeling today?" "Are there things happening at home that you may find challenging?"

Roché Herbst, M. A. R. Psych.

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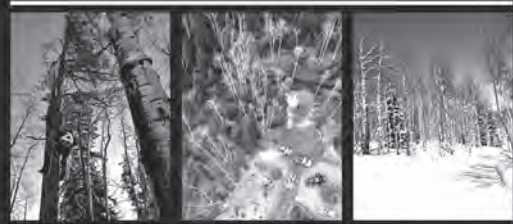
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OUT OF THE RUT

Chapter 137

Welcome to a new world! What are you going to do with it? What would you like to see in your most fabulous version of 2022?

I'd like to see more of my self in action – practising the things that make myself and others happier, healthier and thus wealthier, for wealth has little to do with finance.

In the practice of yoga and various other eastern modalities, we return endlessly to the fundamental way in which our existence is intertwined with that of everything else. The philosophies and sciences of the west and east are so disparate, yet as with everything else, so fundamentally connected. Air and water are as far apart as these philosophies, yet they all combine to make our world work. Air and water make our bodies, hearts and minds work. Without them, nothing works. Mni wiconi – Water is life.

What would you do if you had a headache? Would your first response be to drink a glass of water and go for a walk? Perhaps you would reach for a glass of water only if with some over-the-counter analgesic? Or maybe a more aggressive action to combat pain?

Did you realize that your pain is a vital element in your body's communication system? If you have a headache, it's often an indication of dehydration. Perhaps it's triggered by stress, a side-effect of stress is also dehydration. Drink water. Water is one of the best medicines available to us. Water is a great antihistamine, it will support your natural immune system in reducing responses to external triggers for Hay Fever etc.

As our beautiful planet is largely formed from water, so are our bodies. Water helps to lubricate all our joints, as does regular exercise. That doesn't mean exercise has to be leaping up mountains or pumping iron, a simple walk will do. Keeping our joints moving freely through good exercise and drinking enough to be well hydrated, will keep us happy and healthy for decades.

The practices of Yoga, Qi Gong and Tai Chi are all easily accessible these days, and what's more, they are ALL doable regardless of your physical abilities. The beauty of these simple practices is that they will make you move all your body - "move your spine, your body will follow". You do not have to be at a certain level of fitness to practice any of these techniques. There are modifications and alternatives for you, even if you are unable to stand. If you are still breathing, you can add one or more of those into your daily/weekly routine and it will help you feel better.

As we move through the winter months, levels of oxygen in our body may drop slightly. Colder temperatures reduce flexibility in our tissues, oxygen does not pass as freely through the lung-blood-heart-blood system to the body. Water is vital to provide oxygen to the body. Whaaa? That red stuff whizzing around your arteries to nourish your muscles, tendons, bones and bits? Blood is over 90% water, so drink more water and get your blood flowing.

Although water is essential for life, in Chinese Medicine the approach is somewhat different than in the west. Water is the foundation for thin fluids, but fat is the foundation for thick fluids. Western science recognizes cholesterol as the building block for all hormone synthesis in our bodies. We naturally produce cholesterol in our liver because every single cell in our body sits in a lipid (fat) membrane, thus to keep our bodies healthy we need lots of healthy fat. Consider switching to grass-fed Butter, Ghee, Coconut Oil (best for cooking), and Olive Oil (best for cold). Unsaturated fats are detrimental to human health, if you're reading stuff that says otherwise, do more research.

For many, many years I have been an advocate of drinking hot/warm water. Drinking cold water is horrible for digestion and has been discussed as one factor in the wide-spread malnutrition in the USA (many overweight people suffer malnutrition). The iced water on the restaurant table, if you drink... it's the equivalent of emptying a bucket of water over your lovely bonfire. A soggy stinking mess rather than a clean-burning fire. Our stomach's digestive fire - the hydrochloric acid bath - cooks our food, ripens and softens it to continue the digestive process begun with teeth, tongue and saliva. When our biological fire is quenched with cold fluid, our digestion is depressed so much that we can't get the energy we need from the food we consume and consequently we store that energy as fat.

If you struggle with weight, and you drink cold drinks, try drinking only warm drinks (avoid sugar of course), mostly water, for a month - see what happens. Between meals is the ideal time to take on fluids. Drinking anything immediately before or after eating is putting unnecessary pressure on the digestive system.

Diving into deeper water in the Chinese Medicine philosophy, there are 12 (twelve) different types of water with different therapeutic applications. The types range from Rain Water to Dew to Hot Spring or Sea Water. If you think that sounds a bit 'far out' I recommend you take a look at the famous Masaru Emoto's experiments photographing water. An interesting look at how thoughts and words influence water and by logical extension, our selves.

Masaru began freezing and photographing water in 1994. He took pictures of natural water, then again after a prayer was said over it. Playing classical music produced well-shaped crystals but heavy metal songs produced misshapen, irregular crystals. Positive and negative words taped to the sides of jars of water, such as love and gratitude, produced beautiful, perfect crystals. Negative words produced misshapen crystals or none.

These studies show, among other things, that our words or thoughts have an effect on physical matter. (There are Quantum Physics studies that show this same thing.) We talk about our feelings a lot. What are our feelings other than contractions, expansions or movements in our watery body systems that our brains pick up and we express as feelings? Maybe it's just the way in which we apply labels to how our water bodies are experiencing life at the time?

Whatever the case, there is no reason to get old, infirm and then die. We can get older, get more fabulous, dance like crazy, sing like madness and beauty, and then die. Sounds much more fun!

With gratitude and love,
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359 DAYS TILL CHRISTMAS by Andrea Kidd

Christmas pops up once a year, a perennially annual event. Are you glad it only comes once a year? Or do you wish we celebrated Christmas biennially or once in a decade? Once a month would be a bit much, I think. On the other hand, as I have been reminding myself for many years, Christmas is every day since I opened my soul to let Jesus' spirit befriend me. What is Christmas really? It is Emmanuel, i.e. God with us.

There are days when I doubt and despair and it does not feel like Christmas, but some truths stubbornly remain: God is; His love has won my heart; God's spirit of love and goodness keeps showing up in the world around me and the people I meet. So, Christmas is every day because Jesus is present every day and knowing that is a very good thing.

Christmas comes once a year but problems don't usually wait for a certain date on the calendar. Last week I had two problems. They were both exactly the same. I was surprised by the different reactions to my problem. Let me explain.

My friend and I went to her favourite restaurant for lunch. The server scanned my friend's vaccine passport QR code that was on her smart phone. No problem. My flip phone is not so sophisticated so I presented my printed out copy of my vaccine passport complete with QR code. The scanner could not recognize the scanning symbol. Our server tried several times, looking more worried and frustrated at each attempt.

"I can't let you in," she said, with panic in her tone as she anticipated an angry response. Words of anxiety streamed from her.

"Not to worry," I thought. "Machines often won't work for me either. What's the big deal? We can go to the fast food place and go through the drive through."

Of course, the manager came. He talked to our server, let us sit down and we ordered a lovely meal. Proof of vaccination was clearly evident and he could not refuse to let me stay. Anyway, he needed the business. But, throughout our meal, stress was clearly evident in our server.

"The restaurant will close if we don't get more customers," she told us. "Usually this place is full at this time! See! We are half empty!"

A few days later I walked into a different restaurant. This time I was with my husband and we went to his favourite diner for supper.

"I don't think our paper copies will scan," I thought. Sure enough, for some reason, electronic scanners turn their noses up at printed paper. Our server, however, smiled at us and welcomed us. After several useless waves of the scanner she was still smiling and letting us know we were still welcome.

She explained to the manager, showed us to a booth and brought us menus with not a glimmer of concern on her face or demeanor. When she brought us our coffee she even showed us on her phone how to make a "screen-shot"! Now we'll be able to download those pesky passports unto my husband's smart phone. What an angel she is! We need people like her, who can be unruffled, calm and reassuring when trouble comes!

Those were the two problems I had last week. The problems were identical. The result was the same. The only difference was in the attitude to the problem. At the one restaurant I found myself asking Jesus to calm the spirit of our server; at the other I found myself laughing and praising God for her spirit.

The celebration of Christmas is once a year, but the spirit of Christmas is for every day.

Andrea Kidd



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ASCCA

Holiday Greetings from the ASCCA!

Snow is settling at the Ann & Sandy Cross Conservation Area, and we are looking at the wrap up of another year, a year of change still marked by an ongoing pandemic, but with optimism and anticipation for 2022. This past winter was one of our most challenging, and spring brought another wave of cases and increased restrictions. However, with vaccination and health measures, as well as the encouraging fact that vaccines are available to children, we are in a much better position than we started with. We are still cautious, but remain hopeful and resilient.

Not unlike similar organizations, the ASCCA has faced change and we have had to make difficult decisions, particularly with regards to our education programs. We remain limited in the educational opportunities that we can offer, and we are navigating a complex and changing landscape. Despite all of this, staff and

volunteers have stepped up to allow us to continue Ann and Sandy's vision for environmental education and enrichment for people of all ages.

In August, we brought back our much-loved BioBlitz, which was a wonderful success despite the smoke and heat. Continuing our work as a nocturnal preserve, we organized a Star Night supported by RASC and the Rothney Observatory and several guided hikes. Most notably, we had the opportunity to deliver our first in-person program since the start of the pandemic, and hope to be able to organize more soon. Unfortunately, we have withdrawn from the Open Minds program due to the difficulty in meeting our commitments to the program and our inability to provide week-long on site opportunities. We would like to thank Chevron for years of support. We will continue to work within our changing landscape, and will collaborate with educators to provide further events and programs.

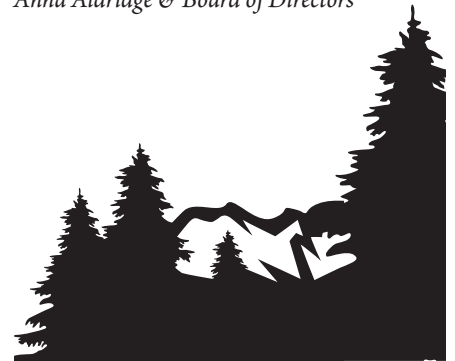
As head into 2022, we hope we can count on the continued support of our volunteers and donors. If you are interested in being a volunteer, please visit our website for more information about being involved and send

us an application. There are opportunities to support education programs, to help steward the land and get involved with hands-on habitat management projects.

If you are able to make a donation at this time, please visit our page on CanadaHelps, call us at (403) 931-1042 or email info@crossconservation.org. If you prefer to send a cheque, please make it out to the Ann & Sandy Cross Conservation Area at 20-194001 160 Street W, Foothills AB T1S 4K9.

We wish everyone a very merry happy Christmas and New Year 2022. Please note that our office will be closed for holiday break from December 24 until January 9.

*We look forward to seeing you soon.
Greg Shyba, Reg Rempel and
Anna Aldridge & Board of Directors*



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ANT-IFREEZE - How One Animal Neighbour Beats the Cold

Happy 2022! Winter is one of my favourite seasons out in the natural world. The deciduous trees have lost their leaves making it easier to spot birds, the stories of animals are revealed in the tracks they leave behind, and you can hear better. The one downside to winter is that one of Alberta's strongest creatures is nowhere to be found. But they are here; hidden in their beautifully carved homes are the mighty Carpenter Ants.

These tiny creatures, who can grow up to 25 mm, are one of the biggest ant species we have in Canada and have some crazy abilities. They can lift objects 50 times their own weight and march up to 100 m away from their colony (that is what you call your family home if you're an ant). If a kid who was 1.5 meters tall was able to do the same you would walk 75 km away from your house for groceries, bite onto the bumper of a car and use your mouth to carry and drag it back home.

As much as I love their strength, the reason I wanted to focus on Carpenter Ants was to answer the question how do Carpenter Ants survive the winter. They appear in spring after the frigid cold temperatures and layers of snow and ice disappear as though nothing much happened. There are a few reasons for this.

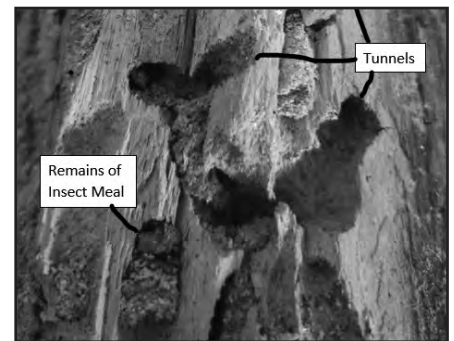
One is that Carpenter Ants migrate. Often people believe that migration means traveling south, but it just means to go somewhere based on the season. Carpenter Ants normally live throughout trees in tunnels they carefully made by removing bits of wood from the tree and placing them outside. Come winter it is far too cold to be hanging out at the tops of trees. Can you imagine sitting in tree branches during a blizzard? Brrr. The ants perform what is known as an altitudinal migration. This means you travel downwards to find someplace warmer, just like those fluffy white mountain goats in the Rockies travelling to lower areas on the mountains. The ants head down to the base of the tree where there is less cold wind and a thicker trunk to protect them from the cold. I guess we could call them "migr-Ants".

The second thing the carpenter ants do is by far the coolest. The ants seal off the entrance, because your parents are right,

leaving a door open does let in drafts. Next, they all huddle together in the base of the tree with the queen in the middle keeping one another warm. The ants start producing something in their ant blood called glycerol, a natural antifreeze. This "Ant-iffreeze" stops ice from forming inside of the ant's body when the temperatures drop below zero. By doing this they can stay alive but inactive where other animals would freeze to death. Amazing!

If you want to find evidence of carpenter ants in your own backyard look in older dead or dying trees for their tunnel systems pictured here, especially if you see woodpecker holes. And always remember to be gentle with anything we find in nature.

By: Laura Griffin



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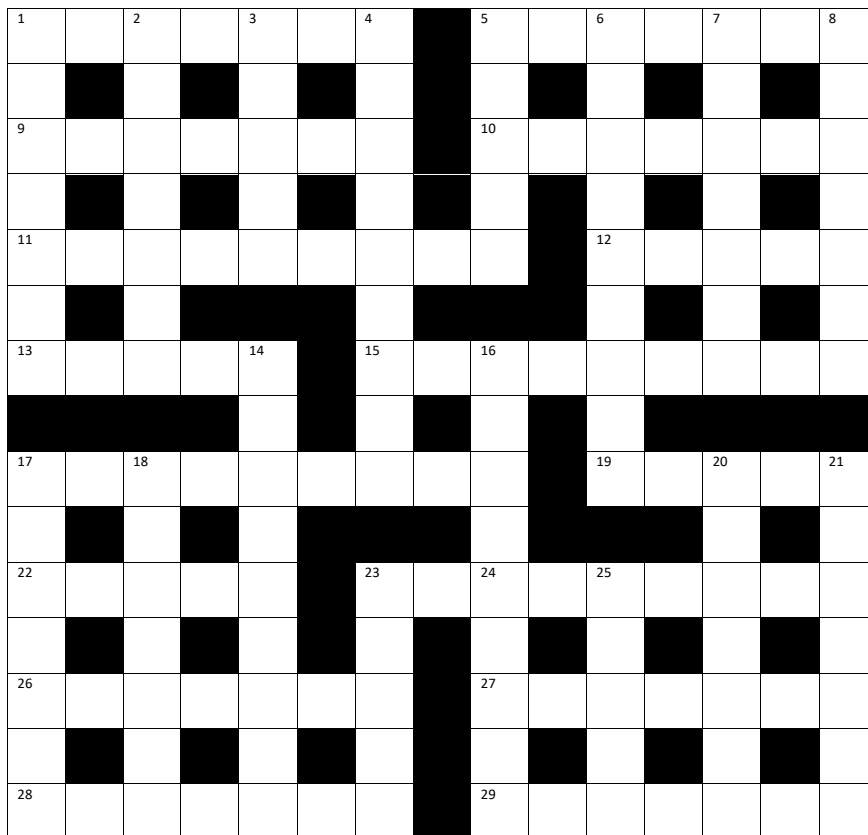
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Across.

1. Public transport doubles around right parts of city. (7)
5. Had a fight with you and the French kitchen utensil. (7)
9. Beer hag drunk was made from grass. (7)
10. O turn me over so I can ride again. (7)
11. Two thousand Romans in the slightly crazy shire with Ed dazzled. (9)
12. 3 down loses 50 but gets 500 at the start of this fantasy. (5)
13. Confused brush is actually a plant. (5)
15. Find answer in the hotel before time to be bankrupt. (9)
17. In favour of attraction to either sex, hearing that which stimulates the growth of microorganisms. (9)
19. Stop tickling within the eye. (5)
22. Glamour lives in tacky zones, primarily. (5)
23. Female deer dashed in front of Anglican Church and became a problem. (9)
26. Crazy gripe before morning could be witty. (7)
27. Increase half of August, the beginning of May and three quarters of lent. (7)
28. True logic can sometimes lead to betrayal. (7)
29. Slowly embracing start of Easter shows age. (7)

Down.

1. Is written on manuscript after part of school divisions. (7)
2. Obstacle created when pub has, for example, Rolls Royce inside. (7)
3. 12 across loses its head over large domain. (5)
4. Smear pint around to get this culinary herb. (9)
5. Des and I are fathered. (5)
6. Limb takes a parsley herb and nothing for this Texas state animal. (9)
7. Luke repeatedly plays this stringed instrument. (7)
8. Try to find three crosses with a e-map. (7)
14. Winter storms and Dairy Queen treats. (9)
16. Runner up sounds breezy and less important. (9)
17. Pork producer has guys with time for natural colouring. (7)
18. Or if ice breaks is there an opening? (7)
20. Angel in Toronto receives hybrid citrus fruit. (7)
21. Makes first chocolate before whacky Easter. (7)
23. Hum on an earthling. (5)
25. Queen Elizabeth has a gal that makes her majestic. (5)

Answers:
(5)

1. Schisms 2. Barrier 3. Realm 4. Spearmint 5. Sired 6. Armadillo 7. Ukulele 8. Attempt 14. Blizzards 16. Secondary 17. Pigment 18. Office 20. Tangelo 21. Creates 23. Human 25. Regal

Cryptic Crossword #8 By Jan Burney

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