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LETTER FROM THE EDITOR

I trust you had a Merry Christmas and wishing you a Happy New Year!

What a year 2022 has been. As I am sure with many of you, we can all look at the past year with mixed emotions. There are blessings and yet moments where you would have preferred to skip that experience or conversation. Within our personal lives, the list of events and milestones can be quite long (especially if you have a large family like ours). Personally, we have experienced the loss of loved ones, and yet the gift of new life with a new grandson!

There have had some big changes and milestones reached in our communities. A few of them would be:

The Bragg Creek's flood mitigation project was finally wrapped up

The amalgamation of Turner Valley and Black Diamond to "Diamond Valley" was set in motion.

The start of the SR1 project (for better or worse), and for those of us commuting north – more traffic delays!

There are obviously many more projects and changes our communities have experienced over this past year, especially when we

factor the activities within the many organizations and community groups. Many of these achievements will enhance our lives and draw our communities closer. Some of the events of this past year have caused division and conflict.

As we look forward to 2023, we want to hope for better. We make resolutions and promises to change. Sometimes the changes stick. Other changes are harder. And then there is the looming uncertainty of the unknown. Our world has changed, and not to be pessimistic, but there are trends that speak to greater uncertainty rather than "back to normal". With this uncertainty, our local communities become that much more important. For most of us, we can't impact the macro issues around us. However, we can make an impact within our home and community and commit ourselves to be available to the needs of others around us. What starts locally, can be like the ripples in a pond, that will make a difference and spill into the wider world around us. To quote Aragorn just before the battle of Helm's deep, "There is always hope".

So, as we embark on a New Year, I trust that you will carry hope and an outlook on life that positively impacts the people around you.

*A Merry Christmas and Happy New Year
from our home to yours!*
Lowell Harder




ARTIST PROFILE


Deanna Cullen resides in Millarville and has been working in the equestrian industry for the past 20 years. Recently she has decided to pursue her art again after her 20-year hiatus.

Deanna works in many mediums. Colored pencils, graphite, pastel, oils and gouache.

We are looking to feature local amateur and professional artists or photographers. Now that we have a colour publication our ability to feature your work is better than ever. Submit your work to info@highcountrynews.ca. We are looking forward to seeing what you create.







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2023 YEAR OF THE BUNNY



HIGH COUNTRY LIFE
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NEWSLETTER

Judy Hunter -Ward 5 Trustee

Happy New Year

Wishing you a happy, healthy, and productive 2023.

The Rocky View Board of Trustees is pleased to announce the completion of its Strategic Plan, setting forth the learning vision for the next four years. This culminates extensive consultation with parents, students, staff, and the broader community.

The plan focuses on four key areas:

- Improving student learning
- Strengthening our workforce
- Bolstering our workforce
- Connecting with community

For greater detail, please see: www.rockyview.ab.ca/

Rocky View School Division is experiencing a space crisis. For the past 5 years, the Board has been advocating the need for schools and portables for students. Populations in Cochrane, Airdrie, Chestermere over the past 20 years have grown between 187 and 425 percent. School builds have not kept pace. MLAs in our school division have written letters to the Ministries of Finance, Infrastructure and Education in support of our urgent need. The Board is asking parents to add their voices. More information can be found on the Rocky View School Division website. www.rockyview.ab.ca/

Alberta Education has a taskforce whose mandate is to provide direction for the enhancement of Career and Technology studies. The report is due December 31, 2022.

The government of Canada has introduced Bill C-35 which builds upon the vision and principles of the federal/provincial/territorial Multilateral Early Learning and Child Care Framework, as well as the Indigenous Early Learning and Child Care Framework that was co developed and endorsed by Indigenous leadership and the Government of Canada. If passed, the bill would respect provincial and territorial jurisdiction and Indigenous rights, including the right to self determination.

For more details see:

www.canada.ca/en/employment-social-development/news/2022/12/government-of-canada-introduces-historic-bill-to-enshrine-principles-of-canadawide-early-learning-and-child-care-system-into-law.html

School Boards across the province have shared concerns around recruitment and retention of educational assistants. The Alberta government has announced changes for the ECE level. See link for full details

www.alberta.ca/release.cfm?xID=8509810E011EB-98B7-3984-E9BA5F43F1AB8978

The legislation includes:

- Expanding the paid hours eligible for wage top-ups for front-line certified ECEs. This improvement made all paid hours eligible for the existing wage

top-ups, including indirect time and employer-paid vacation.

- Doubling the enrolment capacity for the free Level 1 childcare orientation course, and making the course available to any Albertan, regardless of currently working in a childcare program.

Students currently enrolled in kindergarten 2022 will graduate in 2035. The speed and scope of technological change will impact the world of work they will be entering. Our provincial department of Education and our Board work to imagine that work and provide students will the necessary skills, attitudes and processes needed to navigate in that space. I am attaching some links that give pause for consideration about that future. I would be interested in hearing your views.

ourworldindata.org/ai-impact

ourworldindata.org/brief-history-of-ai
globalnews.ca/news/9347959/canada-housing-labour-shortage-robots-automation/?utm_source=notification



Promoting Local Businesses

2023 Bragg Creek and Area Community Directory

Distributed throughout Bragg Creek, Redwood Meadows, Millarville, Priddis and Calgary RR 8 & 9 regions.

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COUNCILLOR UPDATE ROCKY VIEW COUNTY

Don Kochan - Mayor, Division 2

Hi everyone, the following Division 2 information is for your use:

2023 Budget: Council passed the 2023 operating budget on December 14th. For details of the new initiatives that have been added to the budget please go RVC's website for the details.

Division 2 - Open House: Division 2 is planning on having an open house to discuss transportation issues that are impacting our community. We are hoping to schedule this open house in May, 2023.

Springbank Community Centre:

An Advisory Group have completed the work program to identify the types of facilities to be developed, functional programs for the facilities and associated costs. The facilities are expected to primarily serve residents of Springbank however surrounding areas are also expected to use the programs and services at the facilities. The business case will be available to all community members once the final draft is presented to Council. This will probably occur the early part of 2023.

Springbank Reservoir Land Use

Advisory Committee: On the SR1 project, County Administration is still actively participating in the Joint Land Use Advisory Committee alongside Springbank residents and community groups. The Committee is wrapping up its recommendations to the Province on how it would like to see matters relating to ecology, recreation, and land management addressed in the SR1 project. This includes provision of new public access areas and pathways. Once the Committee has concluded its work Alberta Environment and Protected Areas will prepare the draft Land Use Plan for public comment and the County will undertake its own engagement on the plan as directed by Council. I would expect the engagement to take place in the first quarter of 2023.

Costco Application-Administration has been working with Costco on the application and has now received the Costco revised submission focusing principally on improvements to the main

warehouse store design and the pedestrian connectivity. The Development team is in the process of reviewing the revised submission to determine if the documents align with all policy and technical requirements.

Springbank Area Structure Plan (ASP):

Administration is continuing its work on drafting the new ASP with the feedback outlined in the Engagement Summary being considered against other influences such as the Regional Growth Plan and technical constraints. As required by the Regional Growth Plan, administration has started an Environmental Screening Report to update the previous Wildlife Corridor study. Administration hopes that they will have an initial draft ASP available in January. Administration will present the updated plan to the Springbank community in the New Year. An Engagement Summary Report of the communities' input can be found on the county web-site. Please visit: www.rockyview.ca/springbank-area-structure-plan

Edgewood Counseling Centre

Commercial Court: A second Development Permit application for a full DP, rather than the 3-year term has been refused by RVC's Development Authority and this decision is being appealed by the applicant. The appeal hearing was held on December 2, 2022 SDAB meeting. The SDAB could uphold the Development Authority's decision to refuse the application, which would leave the applicant with the existing 3-year term DP

that was recently issued. SDAB's decision is expected to be released the week of December 19th. Currently, the applicant is permitted this use at this location for three years, per the previous SDAB approval.

The applicant has also submitted the land use amendment application to apply to have the required use available in that location. We are not aware of what Administration's recommendation will be on that application; however, the final decision would be at Council's discretion. If the refusal is upheld on the second/replacement DP, and if the land use amendment does not pass, they would have to reapply in 3 years for a renewal DP.

New Virtual Services Available: Just a reminder to take advantage of Rocky View's online customer service portal my.RockyView.ca. The new portal makes County services, previously only available in-person or by telephone, more accessible and convenient for residents. The new portal requires residents to create an account to access the following county services online: • Property assessment information • Property tax payments and balances • Tax certificates • Utility payments, balances, and billing history • Mortgage holdings Residents can visit my.rockyview.ca to sign up and get started.

Wishing everyone all the best in the holiday season!

Merry Christmas and Happy New Year!
Don Kochan – Division 2 Councillor
kochandiv2@gmail.com

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SPRINGBANK HERITAGE CENTRE

There has been a lot of activity at the SHC this winter, and we are so grateful to have this facility available to the community.

Recap and Reminders: Anne Seeley wrote, the Nov 11 Remembrance Day service at the Heritage Center was well attended. The choir paid tribute with a song rendition of In Flanders Field, Robert, a veteran, dressed in full uniform laid a commemorative wreath and old war letters were read. The very somber ceremony was followed with more memories while enjoying tea and muffins.

The Gingerbread Tea: Big thanks to all who came out to socialize and to those who organized, baked gingerbread, donated baking and your time and handmade items. This is very much appreciated. These events are only successful with the continued support from the community.

Food & Toy Box: We are again collecting Food for the Cochrane Food Bank and Toys for the Cochrane Activettes. Boxes for each have been placed in the front hallway. Deadline is the December 14 Christmas Dinner

Dec 14, Wednesday, 1:00 pm Caroling & Christmas Dinner

Activities will close down after the Christmas dinner and start up again Jan 3/23

Mondays: 1-4 pm...Pickle Ball. (Members only) Contact: Valerie at springbankhc@telus.net

Tuesdays: 10-11...Singing,
1-4 pm...games day

Wednesdays... Yoga 9- 10,

CCC (coffee, crafts, chat) 1-4 pm. Come and join this group. All welcome email Janice @ janice3lambert@gmail.com to be added to the notification reminder list

*Wednesday, Jan 11/23 Sip and paint

*Jan 27, 28/23 Lions Club Casino

*Jan 24/23 (Tuesday) Pot luck

* Wednesday, Feb 15, 2023 Jubilation Dinner Theatre Play: Mama Mia

Cost: \$51.25+tax+gratuity = (\$63.04/ person) for additional information visit the website at Springbank Heritage Club www.springbankheritageclub.com

Wishing everyone the very best for a Merry Christmas and a Happy New Year!!

High Country News • January 2023

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MLA UPDATE - Banff/Kananaskis

Miranda Rosin

2023 will be the year of Alberta.

We have already accomplished so much together. Through intentional deregulation, lowered business taxes, and the creation of targeted sector strategies and partnership streams, our government has diversified Alberta's economy, ushered in the creation of over 200,000 jobs, and billions of dollars of fresh corporate activity. In fact, Alberta was responsible for 22% of the entire country's total job creation this year which is quite astonishing for a province of only four million people. We are now leading the nation in GDP growth and job creation. We have also been recognized as the fastest growing green energy market in Canada and the fastest growing tech sector in all of North America. All of this in addition to realizing our best year of oil production on record! Even the rest of the country is starting to notice. In one single quarter this year, nearly 20,000 other Canadians saw opportunity in Alberta and chose to make this province their new home. Measured spending restraint and pro-energy policies during the early days of our government's term put our province in a strong fiscal position that allowed us to invest more into healthcare and education than any government in history, advance the largest economy-growing infrastructure investment in history, and offer a targeted \$2.8 billion affordability package for the families needing it most in the areas they need it most. Alberta's future has truly never looked brighter. We need to keep it that way. That is why, in addition to all this, our government also passed the Alberta Sovereignty Within a United Canada Act. From the cancellation of our pipelines and vital economic corridors, to senseless and irresponsible standards placed on our agriculture producers during a global food shortage, to the direct taxation of our primary industries, to the confiscation of our legally purchased private property, the federal government has been actively working against Albertans for too long. Their overreach has extended so far that we are now no longer even permitted to build provincial highways beyond a certain length without their permission!

For Alberta to realize its full potential and continue growing our economy, we must start standing up to Ottawa. The Alberta Sovereignty Within a United Canada Act is our way of doing that. Section 91 of the Canadian Constitution is abundantly clear: provinces have "exclusive" authority to make laws pertaining to the exploration and development of non-renewable natural resources, the export of non-renewable natural resources, the taxation of non-renewable natural resources, property rights, the administration of justice, and direct taxation. The federal government has no constitutional jurisdiction over these areas.

Going forward, our provincial government will no longer accept or enforce federal directives that we know contravene our country's order and harm the people of our province. If the Trudeau Liberals wish to take actions that undermine the livelihoods of Albertan people, businesses, and industry, they'll have to do it themselves. It's as simple as that. Alberta won't do it.

The Alberta Sovereignty Within a United Canada Act is absolutely not about pursuing separation from Canada. Rather, it is about strengthening the bonds of confederation and upholding our nation's most foundational documents: the Canadian Constitution and the Charter of Rights and Freedoms, so that our entire country can function the way it was always intended to. Saskatchewan has already put forward similar legislation with full support from their NDP opposition colleagues, and Manitoba, New Brunswick, and Yukon have all initiated other measures to stand their constitutional ground. There is countrywide agreement that when provinces are treated and respected as equal partners in confederation, our entire country will be strengthened and unified.

Alberta has already been able to defend the vitality of our farmers and agriculture producers by working with Saskatchewan and Ontario to successfully stop the federal government's 30% fertilizer reduction mandate. Jointly with three other provinces, we have also protected the property rights of law-abiding citizens by restricting RCMP resources from enforcing the federal government's gun confiscation scheme, and by restricting the future prosecutions of this scheme to the provincial courts.

Much can be accomplished when provinces collaborate together to guard their constitutional rights and economic interests.

As we embark into 2023, Alberta does so from a position of economic strength as the fastest growing economy in the country and the most diversified we have ever been. The entrepreneurial, self-determinant Albertan spirit desires nothing more than to live life free from government overreach and to give back to our neighbours. Through pro-business policies, low taxation, reduced regulation, and deliberate government initiative to defend our province's interests, our Albertan way of life will continue to live on.

We have accomplished so much these past three years with your help and support, but I know that our province's best days are still on the horizon.

2023 will be Alberta's year. It's the year of Alberta.



MLA MIRANDA ROSIN Banff-Kananaskis

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Advice to a Future Widow

Most wives outlive their husbands. As a group, women live longer than men of the same age (i.e., if a husband and wife are each 60 years of age then, on average, the wife will outlive her husband by 6 to 8 years). Also, women, have a tendency to marry men who are older than they are. So, if you're a wife, it is more likely you will become a widow than your husband becoming a widower. Knowing this, how can you prepare for it?

First of all, when widowhood strikes, do not do anything drastic. Do not sell the house or car. Do not decide to move to another town. You have just suffered a very traumatic experience and your system needs time to adjust. Give yourself time to grieve before making any life changing decisions.

Next, realize that you're in a vulnerable situation and you will likely need advice. Unfortunately, you'll get too much of it from well-meaning friends, relatives and even strangers. Some of it may be good, some bad and much of it will be contradictory. Be aware that there may be those who will try to take advantage of you. In anticipation of widowhood, start now to select advisors that you know and can trust. Do not hesitate to call when you really need them. Choose at the very least a lawyer, an accountant and an estate or financial advisor. You will need these professionals to help settle your husband's estate and to counsel you on legal, tax and financial matters.

Most wives do not get involved in the family finances. This can be a mistake, especially if your husband suddenly dies or has a heart attack or stroke and can no longer handle the family's finances.

You need to begin to get familiar with the ins and outs of the family finances. If your husband dies, will you have sufficient income to live on? Do you have long-term care insurance for your-self, to help cover health care costs as you age?

Now is the time to talk to your husband about his and your assets. What are they? Where are they? Who handles them for him? What are they worth? You also need to know about his life insurance policies and what companies they are with.

Find out where all the important papers are kept and make sure that you have access to them. Where is his will, employee benefit records, insurance policies, deeds to property, investment records, business documents, tax records, etc.? How can you obtain these documents if you have to? If any of these documents are kept in a safe deposit box, it should be in joint name so you can get access without any problems. Here is something you can do alone right now. Ask yourself, "If I suddenly became a widow, what are the three most important questions that I will want answered?"

Think very carefully about this and write down the questions. These questions you have written down are the three most important things you'd want to know if you lost your spouse. Do you know the answers to these questions now or where to get the answers? Are they the answers you want? What would you change?

This advice is just as important to a husband should his wife predecease him. This also applies to single people, who should also make sure their heirs aware of

their affairs so that the estate can be settled as quickly, painlessly, and cost effectively as possible.

Bottom Line

Most of the above is not new, but most people procrastinate. The time to look into all of these issues is NOW. At the moment you are not dealing with a tragic loss. Now you can take your time and calmly work through these issues.

It is impossible to give specific advice in an article like this, as individual circumstances vary. If you or someone you know is in this situation, call, or have them call, to set-up an appointment to discuss the estate and legacy issues.

I am here to help.

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

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MAKE YOUR MARK

By Kate Bushey

Your marketing resolutions?

Happy New Year friends. I'm "making my mark" this year - not just a ponytail behind the computer screen in the comic!

It's that time of year again where everyone is resolving to make 2023 better than ever. While you're dusting off that gym membership, and Marie Kondo-ing your house this January, we're sure you're also thinking hard about how to improve your marketing (...right?).

Before you go gung-ho into an advertising plan that falls as flat as your quest to totally cut out carbs, consider taking things slowly and building your marketing strength up. Here are a few reps you can try:

1) Make sure your business strategy is sound. Advertising can shine any turd but if your product or service isn't aligned with your consumer you're only going to frustrate people.

2) A good brand **MUST** be defined early. This is a big piece of the puzzle that everything else uses and makes you recognizable to your customer. We are passionate about branding for a reason!

3) Stock images are a good resource, but to really showcase your unique business, investing in great photography will set you ahead.

4) It's 2023, you need a website for:

- a. legitimacy and proof of business
- b. business contact information
- c. your business' "vibe" - the feeling a client gets when they come to you.

5) Facebook, Twitter, Instagram, Tiktok and more - pick the social media platform where your most valuable customers hang out. Existing in that space makes it easy for them to find and remember you.

6) Know what you're saying with an advertising strategy. Pick just one topic to have a "conversation" about. Brand awareness, a new product, or an event, but just stick to one message at a time.

7) Now comes the actual advertising which needed all the previous elements set up before it can be utilized. This is where the campaign that you strategized

in the last step is executed through media buys, paid social ads, etc.

8) Be a memorable face and name in your community initiatives, this lets people know what causes your brand is aligned with and also keeps you top of mind.

9) We hope you've had your creative hat on or contacted a creative agency for your advertising efforts, but in highly saturated ad spaces you need to think about unconventional advertising to shock and awe people into noticing your message. Maybe chalking the sidewalk outside your shop or using an inflatable gorilla. Is it whacky and getting people talking?

10) Hopefully you've been receiving feedback, now is the time to make adjustments to your strategy, your brand, your advertising, and begin again.

Trying to do everything at once right out of the gate is a recipe for disaster. You may have short term results but it's unlikely you'll sustain the momentum (or income) you initially created.

Lay a strong foundation for your marketing and build it up piece by piece to set you on a path for a great 2023

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THE CASE FOR PERINATAL REHAB By Susie MacPhee

Happy New Year 2023!

Here we are with another new year ahead of us. Where does the time go? I usually save this article for some thoughts on starting the new year off right. Maybe we have been stuck in a winter funk, or a lingering pandemic funk, or maybe we have been focusing on a healthier lifestyle and just need assurance that we're on the right track!

I recently participated in a Fall Nutrition Challenge. This challenge encouraged some great lifestyle and behaviour habits to adopt. There were many things I had already tried to incorporate but having to journal for 6 weeks on these habits really helped to hammer them home.

Morning routines were the first step. Setting the proper tone for the day is important and can boost your mood for the rest of the day. Some of the morning tips were to not hit snooze (I confess, I failed at this one often... I love just 10 min of snooze!), to make your bed, take 5 min to think of a positive affirmation and write it down, take 5 min to move and stretch, and have your phone off for at least the initial 30 min after waking up. Small adjustments that can have a big impact.

Tracking our food was the next step. If you have never done this before, it can be challenging at first to pay attention to it all day, but it can be an interesting wake up call as well! Getting enough protein was a big focus. The Dietary Reference Intake is 0.36g of protein per pound of body weight (or 0.8-1g per kg). To gain muscle, a common recommendation is up to 1 gram of protein per pound. Proteins are the main building blocks of your body. They are used to make muscle, tendons, organs, skin, hormones, neurotransmitters and so much more. The benefits of adequate protein throughout your day are feeling more full, elevated mood levels, improved muscle maintenance and reduced sweet cravings. This tied in with eating more mindfully through the day. We focused on eating a larger calorie meal during the day when our body requires it most, then smaller evening meals, avoiding eating at least 3 hours before bed.

Consistent daily movement was another focus. Fitting in smaller bouts of activity through the day can boost your mood and energy levels. Especially through these winter months it can be challenging to motivate ourselves to get outside. Layer up, breathe in that fresh, winter oxygen and hopefully absorb some vitamin D in the meantime. You'll feel refreshed and energized! Recording daily steps is a common focus lately with our smartphones, Apple watches and Fitbits. I have to admit, I was

surprised how hard it was to get in 10,000 steps some days! It is interesting to be mindful of, and get an idea of, how much activity you actually get in most days.

Just a few ideas to think about heading into this new year. Make your goals well intentioned, small but mighty and achievable. Our therapists here at Bragg Creek Physiotherapy include physiotherapists, an athletic therapist, a massage therapist and a personal trainer. If you are motivated to set some fitness goals or are limited due to an injury, we would love to help get you on track. Happiest of new years to this wonderful community and we hope 2023 brings you health, happiness and adventure!

*Jennifer Gordon
(BSc. PT, CGIMS, Medical Acupuncture)
Physiotherapist
www.braggcreekphysio.com*



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BRAGG CREEK AND AREA CHAMBER OF COMMERCE

Happy New Year all!

We have new Members, new Directors, and a new vision for our impact this year!

The Chamber team will vote in some new Directors in the New Year, (we could use a few more!) and at that time I will share these items below which are on my mind and heart. My personal vision for my second term as President is connection and collaboration. So much can be done as we collectively work together to make Bragg Creek a great place to live and work. So much can be done when we communicate and share what is on our mind and what we want to do about it. Here are some of the areas I hope we will be working on this year:

Housing Rental crisis in Bragg Creek: Creekers can solve this problem

The Chamber met several times with Councillor Hanson and the new CAO about many concerns; one being the shortage of rental housing. We encouraged Councillor Hanson to come to Bragg and to answer folks questions about all things Rocky View and permits. Did you know that for the most part our land use zoning in Bragg allows for Additional Dwelling

Units? This means a secondary living unit. It can be small. RVC knows we do not have enough housing for Creekers; for kids who want to move out of parents home but still live here; and for our businesses who cannot keep staff due to the cost of commuting from the City.

Creating a secondary dwelling unit on your land has many benefits for many people-aging in place, renting to a student, a local

employee, or heck, even many Creekers who are displaced due to a landlord selling and who cannot find another place here.

Looking for housing volunteers: to help in the exploration of creating rental housing for Bragg Creek. It is a big undertaking. Let us form a committee to research all the grants and opportunities available as they exist. If you are a LAND OWNER and want to explore how your property can be part of the solution, please let me know. I have added Additional Dwelling

Units on my land and RVC was fine to deal with. Do get your neighbours involved as they can make it an easy or difficult process. I am happy to answer your questions about the process and approaching Rocky View County.

Keep using our events calendar!

Councillor Hanson meet greets

I did a random ask of folks at the Snowbirds Chalet about who knew that our Councillor had drop ins over the last two months to hear what Creekers had to say. Some didn't. It's hard to reach everyone - not everyone is on facebook, some don't remember the High Country ads, or the Chamber article mentioning it. So, alas, the EVENTS CALENDAR is the place to find out about all things Bragg Creek. Please go to www.visitbraggcreek.com, things to do, events calendar. Businesses, remember to post your events.

MAPS: We need updated maps for the Kiosks, for Bragg Trails, and for places like BCCA, Trading Post and our stores who act as our Tourism Booths. We are in collaboration with Bragg Trails to do this. We also want to update our street banners and signage around the community.

How do we help our non-tourism business members?

We need your ideas. We can do a meet and greet of all businesses in Bragg and area so

we all know who is who. What else can we do? I want to know!

Meeting with Travel Alberta

There are grants available for entrepreneurs three months into business and under three years.

Cameron is a very approachable representative and highly versed and experienced in Tourism.

Marketing our Business members

We have many plans for promoting you- through our website, social media and events. If you have ideas, please let me know.

Upcoming Meeting

Our next meeting is Jan 18, 7-830 PM, at The Post Conference Centre next to Ida May's ice cream. Rocky View is bringing a speaker to discuss insurance for businesses. Please watch our newsletter for more details.

If you have questions, comments or ideas, please reach out to me, Sherri Olsen at 403-519-5998 or coach@sherriolsen.com like to hear from you. Wishing you a fantastic 2023 year ahead!

*Sherri Olsen, President
Bragg Creek and Area Chamber of Commerce*

Foot Care In The Creek!

Clinics:	Thursdays at 6 week intervals
Location:	Snowbirds Chalet 19 Balsam Ave, Bragg Creek
Hours:	9.00am -4.00pm
Clinician:	Jill Read-Johnson, Certified Podologist
Cost:	\$35.00/session cash only
Appointment:	Call 403.861.1503 for more details & to book appt for clinics. You will receive a call to confirm your appt.

*Clients must provide their own foot basin & towel

The benefits of regular professional foot care:

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BCCA

Happy New Year Creekers! I am really excited to be writing the Bragg Creek Centre's article this month, because I really want to share the gratitude I have for this amazing community!

First off, some thanks:

We had a super busy holiday season, and I want to start with a HUGE thank you to the Centre's staff for organizing and running the Christmas in the Creek Artisan & Gift Market, a Santa Paint Night, and the Spirit of Christmas – all within 3 weeks!! Kim, Lily, Amanda, Lynn, and Adrian: thank you for your dedication and hard work. I am so grateful to work alongside this fantastic team!

Next, thank you to every community member who stepped up to volunteer or be a vendor at these events! I am so

appreciative that you chose to share your time and talents with the community – we couldn't do it without you!

And another thing! Have ya'll seen that shiny, pristine outdoor rink!?! Thank you to the dedicated Rink Committee volunteers for your passion and skills; the ice was in by the first week in December - that never happens! We cannot wait to celebrate all your accomplishments and raise some funds at Winter in the Woods!

And finally, thank you to our community! Everyone who came out to enjoy an event during the holiday season, the businesses who sponsored and supported the Spirit of Christmas, and everyone who chose to connect with the community in 2022. The longer I live and volunteer in Bragg Creek, the more joy I find in the connections made with neighbours; this community is so much more than just a physical home.

Winter In The Woods

This hilarious, heartwarming, community-building event happens on Saturday

January 28th from 11am to 9pm. Join us for minor hockey games, family skating, skills competitions, human curling, family games, outdoor market, pony rides and Chuck a Puck!

New Year, New Programs

Starting in January, we will offer: Indoor Adult Touch Rugby (Fridays, 6-7:15pm), Multisport for Youth (Thursdays, 6pm and 7:15pm timeslots based on age), Painting a Landscape Tutorial (Jan 21st), Shadow Puppet Stories for families (Feb 4th), Alcohol Ink Expression (Mar 4th) and some classics: Rumble & Roar playtime for kids 0-5 years, Hatha Yoga, Adult Pickleball, & Artsy Afternoon!

Got an idea for a program, event or partnership? Get in touch! I look forward to serving you and our community in 2023! With gratitude,

Shaye Radford
President, BCCA



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~ **THE POWDERHORN SALOON** BEER GARDEN ~

~ **BRAGG CREEK FARMERS MARKET** TRADING POST FIRE PIT ~

~ **WALSH EQUIPMENT** HUMAN CURLING ~

~ **BASEMENT TECHNOLOGIES** LIVE MUSIC ~

~ **ATB** PONY RIDES ~

~ BRAGG CREEK BEARS ~ FREEZEBEE ~ MARKET ~
 ~ CHUCK-A-PUCK ~ SKILLS COMPETITION ~
 ~ FAMILY SKATE ~ & MORE! ~



BRAGG CREEK TRAILS

Happy New Year from Bragg Creek Trails!

We would like to thank all of you for your generous support of the trails over the last year! Whether you donated dollars, spent some of your valuable time volunteering, purchased our swag, or bid on an item in our silent auction, every contribution supported the trails and we appreciate it! A special thanks to all the businesses and individuals who supported our Silent Auction in December. We raised nearly \$20,000, which goes directly back into the trail network for everyone to enjoy!

Is giving back to your community or volunteering on your resolution list for 2023? If you want to learn more about volunteering or getting involved with Bragg Creek Trails, please join us at The Powderhorn Saloon in Bragg Creek on January 24th anytime between 5-8pm. This is a casual occasion to give you an opportunity to pop in, talk to some of the BCT team, learn about ways to get involved or what is happening in 2023.

This is it! It's a new month, a new beginning, a new mindset. This cannot be the year of talking, of wanting, of wishing. This has to be the year you get it done! Looking forward to seeing you in 2023 on the trails and off!



LITTLE SCHOOLHOUSE

Happy 2023! We are looking forward to the New Year and all the adventures it will bring. This month we are investigating winter, Arctic animals, and snowmen. All classes are having fun as we explore these themes through engaging early literacy and numeracy provocations, as well as with songs, rhymes, and artwork.

Winter in the woods is truly magical. We feel very privileged at The Little Schoolhouse to learn and play on such beautiful land and be part of a supportive, caring community.

We are looking forward to our upcoming Fall 2023 registrations and would be very happy to answer any questions you may have regarding our wonderful Preschool and Kindergarten programs. You can find information regarding our play centered educational philosophy, wonderful staff, and supportive environment we offer at The Little Schoolhouse on our website, www.thelittleschoolhouse.ca

Or please contact us with your questions at 403-949-3939 or by email at teacher@thelittleschoolhouse.ca

We look forward to hearing from you and wish you all a safe, healthy, and wonderful 2023!

~ Ms. Shelley



REDWOOD MEADOWS EMERGENCY SERVICES

Hello 2023!

2022 saw your volunteer firefighters invest almost 15,000 hours in the community responding to calls, attending training/ courses and standby shifts. Other fire department activities, such as administration, inspections and attendance at community events are not included in that number.

At time of writing, Redwood Meadows Emergency Services (RMES) will attend nearly 400 calls in 2022— one of our busiest years since the floods in 2013. Almost half of the calls were medical in nature, a quarter of the calls were for rescues including vehicle accidents, approximately 20% were for fires and the rest were “other” (wires down, trees on house, vehicle lockouts, hazmat etc).

Additionally, RMES members issued 72 Burn Permits and conducted 52 FireSmart Assessments, 6 Firepit inspections, and 2 Home Safety Surveys.

It continues to be an honour and a privilege to serve Redwood Meadows and the surrounding community.

Until next month, stay safe.





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You can also still join us virtually on Facebook Live or YouTube
Pastor Dave Zimmerman • braggcreekcommunitychurch@gmail.com
www.braggcreekchurch.ca



YOGA SPIRIT

Welcome to Yoga Spirit!

Previously run as "Yoga Within the Heart", Yoga Spirit is the new face of yoga in Bragg Creek, here to provide Bragg Creek and its surrounding communities with a variety of yoga classes, workshops, sound baths, special events and more!

An introductory offer is available to all new customers - \$69+GST for one month of unlimited yoga classes. This is the perfect opportunity to come and try it out for yourself for one low price!

We are a community based on love, kindness and inclusivity, and we strive to meet the needs of all students, regardless of age or level of experience. Everyone is welcome!

Yoga Spirit is located at 12 Balsam Avenue in Bragg Creek (the main road that leads to West Bragg Creek), across the street from the Esso and the mall - right next to The Heart Café. We can't wait to share our love of yoga with you!

Namaste <3

Meet Melanie, owner of Yoga Spirit!

It is so wonderful to meet you! I cannot express how grateful I am to continue bringing the sacred practice of yoga

to Bragg Creek and its surrounding communities through Yoga Spirit.

Although my background is in business, yoga has long been an instrumental part of my life.

After working in the oil and gas sector for over 15 years, I began to explore my dream of one day opening my own yoga studio. I completed various yoga teacher certifications as well as my

Level 1 and 2 Reiki practitioner certifications and eventually was fortunate enough to take over

Yoga Within the Heart in Bragg Creek. I re-branded the yoga business under my own corporate name of Yoga Spirit Inc.

I found a passion for healing others, especially animals. I have always been an animal lover and am the proud owner of two horses and four (yes four!) cats. I am also a wife to my husband,

Kent and mother to my 13-year-old son, Jayden and my 11-year-old daughter, Kaycee. We currently reside in Springbank and have lived there for the past 7 years.

I am so excited to get to know your communities, and look forward to practicing with you!

*Yours in gratitude,
Melanie*



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Living with wildlife in our Alberta winter

Many of our wild neighbours have disappeared from our lives for a few months, some hibernating, some in a state of “torpor” (such as bears), and some who’ve migrated to warmer climes till spring.

But there are still lots of them around, and unfortunately the ones who stay put can come to be seen as a nuisance in winter. Squirrels, for example, are on the lookout for food sources, and can often be seen raiding bird feeders – more on that later... Raccoons (yes, they’ve been spotted in Bragg Creek very recently) are infamous raiders of human garbage bins.

Obviously, we can avoid encouraging potential nuisance visitors by using the same caution we use the rest of the year round, like being careful with garbage.

“Nuisance” occurs where humans and wildlife have unwanted encounters. There’s a range of causes for negative interactions with wildlife, but there’s a lot we can do to mitigate them: some long term, some immediate.

According to most recent figures, human population on our planet reached 8 billion in November 2022. But we’re only one among 8 to 10 million other species on the planet, according to biodiversity expert Andrew Gonzalez, speaking on CBC radio about the COP15 30 by 30 biodiversity initiative. All species have a role to play in the complex network of life on the planet, though sometimes what they need to do to get by can seem to get in the way of what we humans want. That’s when we sometimes see them as a “nuisance”.

Habitat loss / fragmentation leads to increased wildlife presence in human residential areas, whether in the city or smaller centres like Bragg Creek. At policy level, we can work to ensure wildlife

corridors are respected when planning development, and when we’re making changes to our individual properties: we can ensure we don’t block them with impenetrable fencing, for instance, or that we don’t chase them away with excessive human activity.

In the short term, though, there’s a lot individuals can do by following guidelines like:

- Don’t leave attractants lying around – keep garbage etc. locked up in sheds and garages.
- Don’t feed wildlife – that way they won’t become habituated.
- Allow wildlife free passage through the landscape so they can move on easily.

Winter’s a time of scarcity for wildlife – a hungry time. Even moose and deer struggle, grazing where they can on twigs, dry grass, bark and other brush. They need to conserve precious energy by doing as little as possible.

In the winter we can help wildlife by “leaving the leaves”, allowing brush piles to offer shelter to smaller mammals, not disturbing them when they need to conserve energy – exercise patience on the roads and the trails (don’t scare them so that they have to run off).

But many of us feel that we can help birds that stick around in the winter by feeding them. The truth is that birds have survived Alberta winters for many millennia without human help. Those who aren’t evolved to

withstand this cold, fly south. If we can’t resist the urge to leave food for them, though, we can observe a few key pointers to make sure we don’t cause problems for those birds:

- Keep cats indoors so they don’t pose a threat to birds coming to our bird feeders.
- Put bird feeders away from the house, so the birds don’t mistakenly fly into windows.
- Use feeders that don’t allow squirrels and the like to get into them.

Let’s stay alert to what will harm and what will help our wild neighbours at this time of year!

As always, if you do sight wildlife – either alive or not - please report it using our online form. This is so useful for us to know where to focus conservation efforts, and we particularly want to keep tabs on animals killed on our roads at this time of year.

Bragg Creek Wild sighting report form





WELL OWNERS



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Standard Water System Maintenance Schedule:

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

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Is a Dog a Theft Deterrent?

Do you believe your dog is a factor in deterring theft? Being an owner of two larger dogs, I have my opinions, but let's look at what some others and the data say to help determine if a dog is an effective deterrent to break-ins.

A web site called Burglar Free Zone had this to say, "... dog's early relationship with humans was one of protection. The role of a domesticated canine was to protect its owners against other human intruders and wild animals. Dogs are territorial by nature, but that doesn't mean all dogs will deter burglars. In fact, some animals are naturally passive, especially with humans. These types will welcome any stranger into their space, particularly those who offer food. So, the answer to the question, 'do dogs deter burglars,' is contingent on the type of dog, its temperament and its training."

I found a survey done by an Oregon radio station which did an investigative report asking 86 convicted burglars their thoughts on targeting a residence. The report concluded that if a homeowner had a big, loud dog most burglars would stay away.

It's kind of intuitive that larger dogs with bigger, deeper barks are more effective at making thieves think twice, however I remember a survey done years ago which concluded that small yappy dogs can also be an effective deterrent. What deters the thief in this case is that the homeowner has been alerted something is amiss. Thieves like to work undetected.

Bob Vila, the renowned home renovation expert, has on his web site: "According to home security giant ADT, dogs protect your home in a number of ways: Noise, physical barriers, and intimidation are all part of the equation. Alert barking can scare off a burglar or let the neighbors know something is amiss.

Clever burglars use concealed entries, speed, and silence to get their jobs done quickly. Burglars interviewed in a series of reports on increasing levels of crime indicate that a loud, barking dog is the deal breaker for them—the combination of attention-grabbing sound and the

unpredictability of a dog's actions will almost always cause the burglar to move on. This is why some of the best watch dogs (dogs who alert their owners to potential trouble) have a loud, full bark, even if the stature of the dog itself isn't terribly imposing."

Although I could not find the study itself, I did find reference to a study that dogs instinctively bark at an unfamiliar face. It was said that 94.9% will bark at someone they don't know.

From North K9 Edge, a US dog training company: "The Department of Justice reported that burglarized houses are less likely to have dogs than are non-burglarized houses, suggesting that dog ownership is a substantial deterrent."

North K9 Edge's business is training guard dogs: "A guard dog is basically trained to keep any intruder out except the handler or the owner. Guard dogs are trained to protect property aggressively and are usually not kept with the family or in the home. These dogs will be a strong crime deterrent but also present a considerable liability risk if not 100% controlled at all times."

Most people are not going to have specially trained guard dogs, but if you do want to

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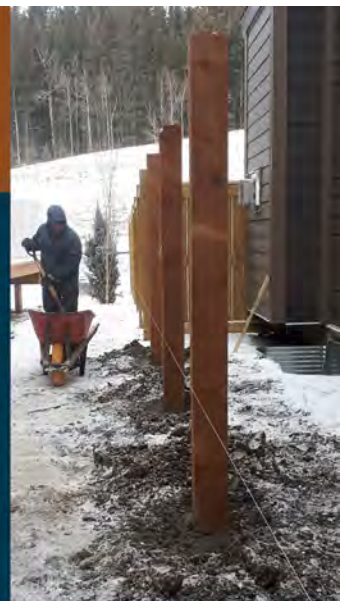
- The structural landscaping is completed before the growing seasons starts
- Plantings are able to capitalize on a full growing season
- Less ground disturbance and mud, due to frozen earth
- Wood doesn't have the same swelling and shrinking common in the spring

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employ them, there are extremely well-trained guard dogs that can be kept in the home which are trained to accept parties and other situations where people are coming and going. It will take perhaps 1000 hours or more of training, so these dogs don't come cheap. However, if you have a lot of valuable stuff/heirlooms that are worth protecting, or just want the personal security of feeling better protected, then maybe the investment in this kind of dog is worth it.

Given all of the above, a dog can definitely be a theft deterrent; its effectiveness dependent upon the breed, training, and the dog's own temperament. You can enhance your home's protection if you couple a dog with other security options. By adding an alarm system, motion lights, and security gates you are getting closer to the holy grail of a thief-proof home.

Of our two dogs, one has been to obedience school, the other has not. Guess which one is the better guard dog. In all fairness to the one in second place, there are other factors. Together I do believe they make a fairly effective theft deterrent.

Dave Schroeder
HCRCWA Board Member

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A TASTE OF THE HIGH COUNTRY

Wine Trends in 2023

While wine is often associated with age-old traditions and savoir-faire, it is susceptible to trends. Many forces have been at play in the past few years in the world of wine, and this month we will explore how some have impacted winemaking and wine tasting.

The ever-present worries about climate change and the need to care for the environment influence how winemakers grow their vines and produce their wines. It also affects consumers as they increasingly look for ethically made wines that align with their values. While sustainably made wine is now basically the norm (whatever "sustainable" may mean), the number of organic and biodynamic wine labels is steadily increasing. Furthermore "natural wine" is now creating quite a buzz in inner circles. This is the purest style of wine utilizing only organic grapes, wild yeast (as opposed to cultured yeast) and minimal filtration. Oh! And let's not forget about "regenerative viticulture," an approach that, while organic, goes further and aims at bringing back the soil's natural health from past abuses. All in all, this is good news; these methods focus on the true nature of the grapes and the sense of terroir of the wine regions.

While wine growers and winemakers are greening their craft in response to market pressures, the young consumers - Millennials and GenZ - are not immune to fads, and their influence on the industry is evident. Packaging for convenience takes different forms; smaller bottles, tin cans, and tetra boxes. There are also fewer pretenses, and they look for fun and creative ways to enjoy their wines.

Case in point, wine is often experienced in ways not imaginable before. Pairing wine with music or wine with paintings is a thing. The idea is to create a multi-sensory experience to help us understand what is in our glass and what we are listening to or looking at. By making associations with, say, colours (pale yellow of a spring scenery with bright, fresh bubbly) or music (dramatic low notes with full body red), we are experiencing art and wines in new ways. I did a few of those over the past couple of years; they are a lot of fun with endless possibilities. My last one was definitely different I did a FIFA Wine Tasting. Yup! And it worked! Should I start as a sidebar in this column and correlate wines with zodiac signs? Or wine with cars? There are so many possibilities. Please, send me suggestions.

Another trend that is becoming clear is the desire to reduce alcohol consumption. This trend is driven by health concerns and is likely influenced by stringent laws. As a result, dealcoholized wine is increasingly appreciated. Those wines are definitely improving with the introduction of new

technology and processes. Whimsical Wine cocktails in which alcohol is diluted with countless juice and flavours bring a whiff of whimsy. This trend goes hand in hand with the myriad of flavoured drinks, from sparkling flavoured water to kombucha, all of which compete for their fair share of the marketplace.

Other notable trends are the continued interest in Rosé, the selection of sparkling wine as an everyday wine (count me in) and the increased interest in little-known wine regions such as Spain and Portugal. Meanwhile, wines that are very "fruit forward" (think big jammy red from California or Australia) are losing some appeal amongst consumers in favour of more earthy styles from the "old world" (think Europe).

And so it goes. The new becomes old, and the old becomes new. My interest for this new year is a continued pursuit of new labels, little-known wines and a greater understanding of what and where are the good values. It's all about the journey, they say. Drink less; drink better. And savour every minute of it.

Happy New Year!
Renée Delorme



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SCAN ME



Sheep River Library Winter/Spring 2023 Programs



Mind and Body

Qi Gong

Qigong is a moving meditation where we move the body slowly and focus on our breath. Relaxing the body and mind allows any stagnant energy to be moved throughout the meridian channels and be released. This gives us more energy and feelings of happiness, joy, peace, contentment and gratitude. Cost is \$10.00 per class.

Tuesdays, starts January 10 2:30- 3:30

Classic Egyptian Belly Dance

Beginner Class:

Belly dance is highly beneficial for strengthening, reshaping, self-expression, self-esteem, and camaraderie. It can also help lower stress, and improve sleep, memory and digestion. You will learn fundamental moves, basic isolations and shimmies, with an introduction to finger cymbals. 8 classes \$140 (14-18 yr olds \$119)

Wednesdays starts January 18 6:30-7:45

Classic Egyptian Belly Dance

Choreography Class:

This class offers performance training and you will learn one choreography.

6 Classes \$80

Wednesdays Starts January 18 7:45-8:30

End-of-Life Interactive Talk

Join a conscious dying guide for an interactive and compassionate talk about the importance of planning for end-of-life and meeting death in a conscious way. Instructor: Berri Levert

Wednesday, February 8 10:00-12:00

Wednesday, February 15 6:30-8:30

End-of-Life workshop

Get the tools you need to create an autonomous end-of-life plan (beyond advanced directives).

Wednesday, March 1 6:30-8:30

Wednesday, March 22 6:30-8:30

Inductive Bible Study

We will be studying the book of Ruth. No previous experience necessary.

Instructor: Jan Burney \$10 for course materials

Wednesdays, starting January 11 10:00-12:00

Homemade Probiotics: Yogurt making

Learn the basics of yogurt making and go through the steps (sanitization, pasteurization, cooling, adding culture, starting yogurt making process) and take home a sample jar of yogurt.

Thursday, February 9 6:30-8:30

Instructors: Kirsti Sarrazin and Katie Bakken

Preserve the Harvest: What to do with all that rhubarb?

Learn how to preserve the harvest, by canning a simple recipe such as rhubarb chutney. We will discuss various canning methods as well as health and safety around home canning. Instructors: Kirsti Sarrazin and Katie Bakken

Tuesday, February 21, 6:30-8:30pm



Clubs & Groups

The Diamond Valley Book Club

Members choose books two months in advance and selections will be posted at the library.

Second Tuesday starting January 10 1:15

Community Drumming Circle

Come open-minded and open-hearted as we draw upon our own natural rhythms and learn to have fun making music together. Participants must register at the library. Suitable for ages 6+.

Fee: Donation

Facilitators: Laura Lagendyk and Gita Grahame

First Fridays, starts January 6 7:00

Poetry by the Fireside

This group meets to read the works of poets both dead and alive and to share their own work.

Participation in a monthly writing project is voluntary. Facilitator: Doris Daley

Last Thursdays 10:30

Diamond Valley Songwriters

Whether you are a beginner, a dabbler or an old hand at writing songs, there is an open door for you with this group.

Bring your instrument and meet at the fireplace on the 2nd Wednesday of each month. For additional information please call Al "Doc" Mehl at 403-369-7430.

Second Wednesdays, starts January 11 7:30





Sheep River Library Winter/Spring 2023 Programs

Children's Programs

Parent/Caregiver must accompany children.

Songs and Rhymes for Toddlers (12-36 mths)

Spend quality time

learning language through songs, activities, rhymes and stories.

Wednesdays, Jan. 18 - March 8 10:30-11:30
March 29 - May 17

Songs and Rhymes for Babies (up to 12 mths)

Meet new people in a relaxed space while you learn songs, rhymes, and activities that fit the age of your child. You will learn strategies to engage your child as they move through different stages.

Wednesdays, Jan. 18 - March 8 11:30 - 12:00
March 29 - May 17

Children In Nature (CHIN) (3 - 5 yrs)

Experience nature as a learning tool! Essential skills will be introduced to families through games, songs, and activities out in nature. Join us for one hour of fun in the sun, rain or snow! Dress for the outdoors! Held at Riverside Park.

Wednesdays, Jan. 18 - March 8 12:45 - 1:45
March 29 - May 17

Moms Coffee/Playgroup Time

Moms of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Christine Meikle

Mondays, starts January 9 10:00-11:30

Curiosity Kids

Join us for some super awesome science fun! Kids aged 2-6 years old will learn and explore through mixing, creating, and experimenting!

Thursdays, January 12, 19, & 26 10:30

Kids in Motion

Join us for a fun and engaging movement program! Let's shake our sillies out and wiggle our waggles away! This program is great for kids 0-6 years of age!

Thursdays, February 2, 9, 16, & 23 10:30



Preschool Prep

Come join us for this fun and interactive Preschool Prep Program! This program is geared for kids 2-5 years of age! Exploring the alphabet, numbers, colours, shapes, days of the week and MORE!! Our focus will be on building numeracy, literacy, and social skills through songs, crafts and games.

Thursdays, March 9, 16, 23, & 30 10:30

All About Spring

Animals, bugs, plants, and more! Join us to explore all things Spring!!

Thursdays, April 6, 13, 20, & 27 10:30

Parented Outdoor Nature Play Programs

We will head outdoors to play, explore, sing, and connect in Millenium Park and along the Friendship Trail. This program will provide an opportunity for children aged 5 and under to play in a free and supported environment with a variety of activities on offer. Children must be accompanied by parents or caregivers; older siblings welcome to join.

Instructors: Katie Bakken & Kirsti Sarrazin

Sunday, May 28, 2023, 1:00-3:00pm

Saturday, June 17 9:30-11:30am

PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30am on PD Days. Please register at the library to secure your spot. Children are welcome to bring snacks.

Techy Time



Tech Talk Beginner

Just getting started with technology? This 6 week course is a great introduction on the use of popular, current technology! This fun, relaxed group looks at building everyday computer skills.

Fee: \$60 for 6 sessions. Register at 403 652 5090

Thursdays, January 12 -February 16 10:30-12:30

February 23- March 30

Tech Talk Drop-in

Ideal if you have a one-off computer question or need help with a specific issue.

Register at 403 652 5090

Thursdays, January 12 -February 16 12:30

February 23- March 30



Sheep River Library Winter/Spring 2023 Programs

Digital Photography Scanner

Put your photos and slides into a digital format that will protect their features and save space. Call the library to arrange a one-on-one session.

E-Reader Support

Need help downloading e-books onto your e-reader? Call 403-933-3278 and make a one-on-one appointment with Gita on Friday afternoons. Call the library to set up your individual session.

Career Development with MCG Careers

Interview Skills

Attend this workshop and learn to understand the different types of interviews, prepare for interview questions including behavioural type questions, use best practices and proper interview etiquette to increase success and practice your interview skills to build your confidence.

Wednesday, January 18 1:00-3:30

Linked-In

Learn what LinkedIn is and how it can benefit your job search; how to create a strong LinkedIn profile; how to connect, follow, and post on LinkedIn effectively using LinkedIn's online job board and how to apply to jobs with more ease.

Wednesday, April 12 1:00 – 3:30

Power of Networking

Learn about networking and why it is important; strategies for tapping into your existing network; tips for building new network connections; and how a professional network can support your career goals.

Wednesday June 14 1:00-3:30

To register please call MCG Careers: 403-995-4377

One-on-One Consultation

An MCG Careers consultant is at the library most Wednesdays to meet with you individually. Call **403-601-2660** to make an appointment.

The Creative Side

Q & S Club (Quilting & Sewing)



Open to any quilter or sewer of any ability. Participants can work on their own projects or an assigned quilting or sewing project. Instruction and guidance will be provided by experts.

Thursdays, starting January 12 1:00-4:00

Knitting Circle

If you like to knit or crochet, come and hang out by the fireplace with like-minded individuals.

Tuesdays, starts January 10
10:00

Financial Literacy

Join experts from ATB to learn about the following topics:

Protect your money - Scams, Frauds & Phishing
Thursday, January 19 7:00

Investing with ATB Wealth.
Thursday, January 26 7:00

Savings and investing, GICs, No risk investment.
Thursday, February 2 7:00

Credit - LOC, Loans, MasterCard (Feb 9)
Thursday, February 9 7:00

Home Financing options Mortgages and HELOCs
Thursday, February 16 7:00

Managing a bank account -and everyday banking.
Thursday, February 23 7:00





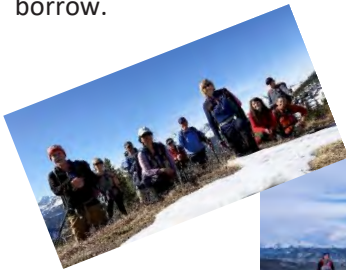
Sheep River Library Winter/Spring 2023 Programs

The Wild at Heart

Sheep River Ramblers

The Sheep River Ramblers is a walking and hiking group at the Sheep River Library. We also snowshoe and cross-country ski in winter. Founded in June 2013, this is a very active and fun initiative that has been going strong and growing for nine years.

Thanks to a government grant, the group has acquired walking poles, snowshoes, micro spikes, foldable nature guides and several other great items that Ramblers (who have priority) and other library patrons are welcome to borrow.



Sheep River Ramblers has a very active Facebook presence where we share information, photos and other pertinent information. This is a CLOSED group with its content only visible to the group's members. Search "Sheep River Ramblers" on Facebook and request to join.

To be a Rambler, you must have a current Sheep River Library membership and you need to fill out and sign our Liability Waiver.



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

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

Our hours are:

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





SQUARE BUTTE COMMUNITY

Happy New Year from Square Butte Community Association!

Its hard to believe that 2023 is here! The Square Butte Community Association welcomed a new Board at their AGM in November as follows:

President: Clayton Foster

Vice President: Sandi Lightfoot

Secretary: Wanda Vockeroth

Treasurer: Becky Wiens

Director: Malcolm Carvell

Director: Lisa Lloyd

Director: Katie Wilchak

Director: Damon Butz

Director: Lindsey Kindrat

Director: Annie Boucher

Director: Meghan Laderoute-Arkes

We look forward to planning some great Community events this coming year and as always, welcome anyone who is willing to extend some volunteer time to help our Community thrive! Our volunteers are what have built, supported and expanded our Community

network over the past almost 6 decades and we are still going strong! There is nothing like working together to forge some great new friendships and support our local Hall!

Now that January is upon us, its a perfect time to start a new hobby or try something you haven't done before. Join us for a Belly Dance Workshop on January 22nd from 1-4 pm and get your dance groove on! Visit our website for more details on how to sign up for this fun event!

If you haven't done so yet, its now time to renew your membership - and did you know that Square Butte Community Association offers free lifetime membership for residents over the age of 80? If you know of some youngster that fits this criteria, reach out and we will add them to our membership list!

Here's wishing everyone a most rewarding, fulfilling, healthy and happy 2023!

www.squarebuttehall.com

Facebook: www.facebook.com/SquareButteHall

[SquareButteHall](https://www.facebook.com/SquareButteHall)

Inquiries: info@squarebuttehall.com



MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May, at 7:00 p.m., Ranchers Hall, Millarville.

The January 10th meeting will be looking at seed catalogues and placing orders. The intent of this is for members to share what grows best in this area.

If you are interested in attending any of our presentations, please contact Gail Dziuba at millarvillehorticulturalclub@gmail.com. Our presentations are free for members and \$15.00 for non-members.

Memberships are \$15/year for singles or \$20/year for a family. Membership provides a discount at local garden centres. Follow us on our Facebook page or our website, www.millarvillehortclub.com, for updates.

*Thank you,
Gail Dziuba, President
Millarville Horticultural Club*

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SHEEP RIVER LIBRARY

Along with eating better, losing weight and getting fitter, New Year's resolutions often include learning something new or joining a new group. We have several programs and classes to help you with that as you embark on 2023. Some new ones for this year include Classic Egyptian Belly Dance with a beginner class and a more advanced choreography class on Wednesday evenings. If you prefer movement that is not quite so vigorous, Edna is returning with her Qi Gong class on Tuesday afternoons. Berri Levert is offering two interactive talks and workshops on End-of-life issues in February and March. Volunteers from the Diamond Valley Sustainable Living Centre are presenting two sessions on yogurt making and preserving your harvest, in particular, what to do with all that rhubarb. The staff from ATB are providing a series on a variety of financial literacy topic, beginning with how to protect your money and identify frauds and scams on January 19. Literacy for Life is returning with the Tech Talk Beginner

series. There are two six-week sessions offered for this course for those who need an introduction to the use of popular and current technology. This is a great way to build everyday computer skills. A drop-in class is offered as well for those who have a one-off question or need help with a particular issue.

If you are interested in the monthly groups that meet at the library, all the favourites are returning: Diamond Valley Book Club, Community Drumming Circle, Poetry by the Fireside and Diamond Valley Songwriters. Our weekly groups such as Quilting and Sewing (Thursday afternoons) and the Knitting Circle (Tuesday mornings) are always happy to welcome new participants.

We have a full slate of programs for preschoolers including songs and rhymes, outdoor nature play and exploration, science fun, and preschool preparation. The Monday Morning Mom's Coffee/Playgroup Time will continue in the New Year.

For a full list of our programs, look for the 4-page insert in this issue of the High Country News or go to our website www.sheepriverlibrary.ca. You can also pick up a

brochure at the library. To register for a program, please call the library at 403-933-3278.

sWe have been asked if the amalgamation of Turner Valley and Black Diamond will impact the library in any way. Although there will be some changes in the background, patrons will not notice any changes. We are working with Marigold Library System to make the name change transition in our computer system. The library will still be the Sheep River Library and all services and programs will continue uninterrupted. The biggest change will be the name and composition of the library board which will happen in March of next year.

We were thrilled to host our Volunteer Appreciation Banquet on December 12. This was our first time hosting this event since 2019. We love to have the opportunity to honour all those lovely people who come to the library on a regular basis to help us out and make the library so successful. You guys rock!

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HELLO DIAMOND VALLEY

Happy New Year Diamond Valley! Hopefully everyone had a nice holiday. Light-Up 2022 was a great success, the weather cooperated and there was a ton of people out with the kids and dogs too. Nice to see everyone out and about again.

With the holiday hoopla over and done with, winter really sets in for a while as it always does. The Town property bylaw 12-1016 prohibits homeowners from letting ice and snow accumulate on residential sidewalks and driveway crossings but for some, particularly seniors and persons with disabilities, shoveling snow can be difficult. Help out a neighbour or if you're not sure who needs help, you can call the Town and they have a list of people who need their very own snow angel.

Also with winter comes ice sports, and you could think about joining our very popular Oilfields Curling Club. They have all kinds of different leagues to join, and no experience is necessary. Come check out the Ladies Bonspiel from January 6-8 in which Alberta gals compete. For full details and schedules visit occurling.com or they are also on Facebook, and they are located in the Oilfields Regional Arena in Black Diamond.

The Arena is also home to the High Country Minor Hockey Association and the Foothills Figure Skating Club. The Arena also has ice for youth and adult leagues and practice time. Ice is available to rent from the end of August until the end of March, check out the Town's website for full scheduling. We also have the Scott Seaman Outdoor Ice Rink, located right beside the Arena, it is covered. Turner Valley also has an outdoor rink next to the Pool and Library. Helmets are mandatory for all rinks.

And of course the Arena has a free skate on Sundays from 2:30-3:30, please check with the Arena online or call them at 403-933-5272. This free skate is sponsored by Pharmasave.

Over in Turner Valley, the Sheep Creek Arts Council is in full swing with many classes, programs, and clubs for you to check out. They are hosting their annual Open House and Registration on January 7 from 1-3. Here you can partake in refreshments and chat with instructors about the various classes, which range

from drawing and watercolour, crochet, macrame, quilting, camera, and writing clubs, and much more. The SCAC is located at 133 Sunset Boulevard in Turner Valley, for more information, go to sheepcreekarts.ca. A membership is required to attend programs, but is only \$20 per year, or \$1.66 a month.

Right next door to the Sheep Creek Arts Council is the Valley Neighbours Club. They offer classes and programs such as floor curling, exercise, TOPS, dance and barre, line dancing, bridge, euchre, canasta, bingos on Fridays at 1:00, garden club, and more. Go to valleyneighboursclub.com or drop by for full details.

Across the bridge in Black Diamond we have the Griffiths Centre which offers such programs as crib, poker, fitness, floor curling, quilting and crafts, a writer's group, and more. It is also available for rent and has a commercial kitchen and is just a really nice place to come for cookies and coffee and special occasion meals. Check them out at griffithscentre.ca. They are located on Government Road near the bakery.

Music anyone? Beneath the Arch Concert Series is pleased to present BMW – Kevin Belzner, Big Dave McLean and Tim Williams on January 25. These guys are well known in these parts and you will enjoy every single tune they play. New this season for the Arch is raffles for their bursaries. The bursaries are up for grabs every year for youth in our community to pursue their artistic dreams, whether it be in music, arts, dance, or other creative endeavours. Raffle tickets are only \$5 and you can win a canoe, golf or e-bike adventure, and more. Tickets are available at Bluerock Gallery, Rollick Co, The Market, The Westwood, or Bertie's General Store, all in Black Diamond, or Tom's Marine and Sports in Turner Valley or the Turner Valley Golf Course. Tickets for shows can be found at beneaththearch.ca.

And the show will be held in the Flare and Derrick.

If you enjoy classical music, symphonies, and orchestras, we have that in our Foothills as well! On the Edge Concert Series is happy to announce Mozart's birthday with a symphony of his music at the beautiful Red Deer Lake Church on January 27. Then on January 29 they present the Lily String Quartet. Shows are held in the Church, the sound is amazing and the stained glass glows with light. For tickets or more information, visit reddeerlakeuc.com.

If nature and art are your thing, I'll bet you would love the Leighton Centre and all they have to offer. They are located near Millarville way and is a historical art centre and have acres of walking trails. They also offer exhibits, a museum, a gallery shop, and lots of history. Admission is by donation, for more information, go to leightoncentre.org.

Our Sheep River Library also offers many programs and classes, and special events to keep all ages busy this winter, such as kids, babies, and youth programs, writing, songwriting, and poetry classes, exercise, arts, and much more, go to sheepriverlibrary.ca for full details.

The Turner Valley Legion also has pool and poker nights, trivia and jams, and good home-cooking. Look for their Robbie Burns dinner towards the end of the month. You don't have to be a Legion to come and enjoy it!

I hope this gives you something to think about to fill the long days of winter, and meet new people and see new things at the same time. If you have any events, news, or ideas for our February issue, please drop me a line at elaine.w@telus.net. The deadline for this issue is January 15.

Stay warm!
Elaine Wansleben



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MILLARVILLE COMMUNITY LIBRARY

Happy New Year! 2022 was a bumpy year for many of us and 2023 looks as though it is going to have its challenges too. Like many organizations, our library is dealing with increases in utilities and insurance and cuts in funding. Thanks to our loyal readers our recent fundraising campaign has padded the coffers and so we can continue to provide access to great books and other materials for our community.

Of course books are our main thing but we can also access a wealth of other online materials. There are brochures in the library to help you navigate this but if you need extra help, call the library or drop in (best when Natasha is there - Wednesday 3-7.00?) or if you are interested in a group

learning session call the library and we could organize that.

Our younger readers should check out the 2023 YRCA nominees. Six books in each category (grades 4-6, 7-9 and 10-12) are listed and you get to vote for the winner in each category before April 15, 2023. There are bookmarks in the library showing all the books or check the list out at Marigold.ab.ca.

Big thanks to all our workshop leaders. Saskai Nols' glass-fused fridge magnets were a big hit! Watch our social media for offerings in the New Year. Seed starting, beading, Qigong, Easter cookies - an eclectic offering!

Our current art show, inspiring abstracts from artist Karen Biko brings colour and energy to our little library. Check out her website at karenbiko.com. We are always interested in displaying local artists so if you or your group (artists, weavers, quilters etc) would like a forum for your work

please contact Natasha at 403-931-3919.

Our library volunteers, staff and board members enjoyed a delicious appreciation lunch at El Forno in Black Diamond. Huge thanks to our little army of volunteers - we couldn't run the library without you!

As always there are lots of new books for readers of all ages. One new arrival which speaks to one of the challenges we all face is "Guardians of the Trees" By Kinari Webb, M.D. Dr. Webb takes us on an exhilarating, galvanizing journey across the world, sharing her passion for the natural world and for humanity. This book is an essential road map for moving forward and an inspiring story of communities coming together to heal the world.

Best wishes to you all!



PRIDDIS COMMUNITY

Winter Greetings from the Priddis Community Association:

Winterfest

Join us February 4th, from 4-7pm, for horse-drawn sleigh rides, fireworks, skating, bonfires, hot chocolate, and snacks! This is a by-donation event for all members. Cash will be accepted and supports future events just like this one. Volunteers are needed to run this event. Please reach out to pcahallrentals@gmail.com if you would be able to help.

Library

It has come to our attention that there was a misprint in the library schedule. The hours are as follows: Tuesday/Thursday 3:00-5:00pm, Saturday 10:00am-12:00pm.

Located near the Community Hall with the entrance being at the northeast end of the building next to the skating rink.

Community Hall

Did you know that the Community Hall is available to rent for your next event? Bookings can be made through Communal (pca.getcommunal.com) with members receiving a discount on rental fees.

Skating Rink

As a reminder, the skating rink is open to members of the Priddis Community Association. There are hundreds of volunteer hours required to build the ice and then maintain it during the winter season. Memberships support operating costs such as maintaining the much-loved Zamboni.

We wish you all the best in 2023!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am- 10pm	8am-6pm 7pm-10pm	8am-6pm	8am-6pm	8am-6pm 8pm-10pm	8am-6pm	varies based on PANTHERS game schedule



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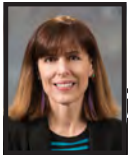
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COUNCILLOR UPDATE Foothills County

Suzanne Oel - Division 4

Happy New Year!

Sharing my News Update...

Spruce Budworm decline in 2022-2023: I'd like to start the New Year off with some good news! Back in 2021, after hearing from concerned residents about a growing spruce budworm infestation, I attended the Bragg Creek meeting on July 6th and brought the discussion to Foothills County Council the following day. I asked for our Agricultural Services Department to assess, work with our Provincial experts and provide recommendations. Council agreed to that. On November 29, 2021, Foothills County then hosted a public workshop with presentations from experts. As a follow-up, our Agricultural Fieldman prepared a summary of information, which is posted on the Ag Services page on the Foothills County website. We have also taken photos and asked residents to supply their photos - to bank some evidence.

The County has continued to monitor the situation with our neighbouring municipalities and the Province, and offers to provide advice to our residents through our Agricultural Services Fieldman, Caleb Scott. In 2021 and 2022, we shared news updates to residents, including a caution that residents, who may consider the use of insecticide intervention, be aware of collateral issues. Due to the seriousness of applying insecticides, please check the details on the product label and on our website, which includes more about insecticides, complaint-reporting, alternatives to insecticide use and contact info for our Agricultural Services Department. Please visit: www.foothillscountyab.ca/services/agriculture/spruce-budworm

In December 2022, I checked in with one of our guest experts from our workshop, Caroline Whitehouse, Forest Health Specialist/Entomologist with the Government of Alberta. The timing was great because their department had just received their aerial survey imagery mapping and are able to provide us with statements about their surveillance of the

spruce budworm activity. Both Caroline Whitehouse and Louis Price, Forestry Health Officer with the Calgary Forest Area of the Government of Alberta, have assisted us in our workshop and ongoing consultation about the status of the situation. We thank them for sharing the following comments and custom close-up MAP of our area:

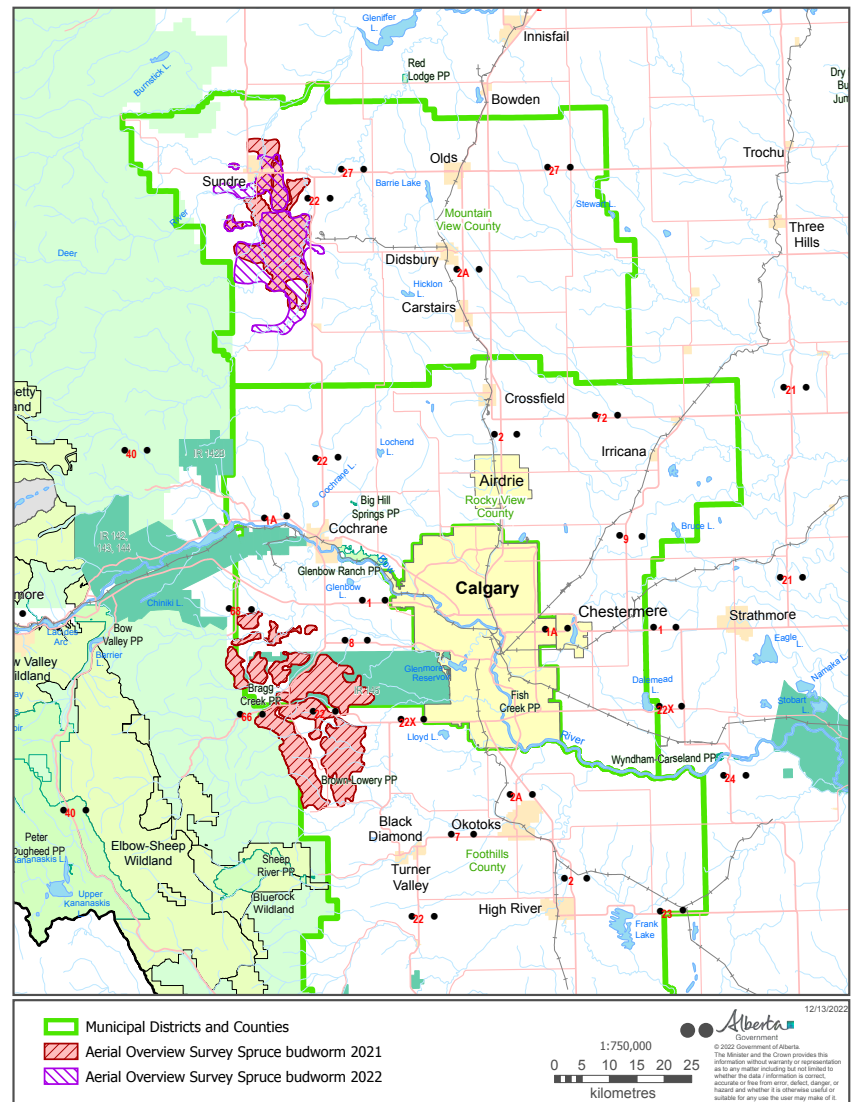
- Aerial overview surveys results indicate that spruce budworm populations generally declined across the province in 2022.
- In the southern region of the province, the number of hectares of spruce budworm damage mapped decreased by 57 per cent compared to 2021.
- The only aerially-detectable infestations were located in Mountain View County, adjacent to the northeast corner of the M.D. of Big Horn. The 2021 infestation

that spanned Foothills and Rocky View Counties has largely collapsed based on the aerial survey.

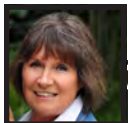
- Small, residual pockets of defoliated spruce will likely still be seen from the ground in the coming years. This can be expected since spruce budworm is a natural part of the ecosystem in this part of the province and is always present at some level.

To confirm the good news, we see evidence of a decline in spruce budworm populations in our area! Note that on the 2022.12.13 MAP, there are no indications in the Foothills County area for aerially detectable infestation. We are hoping that trend continues in 2023.

For Other News & Updates: Facebook:
www.facebook.com/CouncillorSuzanneOel/
Email: Suzanne.Oel@FoothillsCountyAB.ca
With best regards,
Suzanne



2021-2022 Spruce Budworm populations aerial survey map (Thx to the Government of Alberta)



COUNCILLOR UPDATE Foothills County

Barb Castell - Division 3

Happy New Year! I hope that everyone enjoyed the holidays.

Diamond Valley

Congratulations to the newly elected Town of Diamond Valley Council:

Mayor Barry Crane, Councillors Cindy Holladay, Veronica Kloiber, Heather Thomson, Brendan Kelly, Hazel Martin and Jonathan Gordon.

The new Town is in good hands and Foothills County looks forward to working with Council and Staff.

For more information on the amalgamation process go to:

www.town.blackdiamond.ab.ca/553/Proposed-Amalgamation
turnervalley.ca/amalgamation

Foothills Cemetery

Foothills Cemetery will continue to be managed by Foothills County with the Town of Diamond Valley and Foothills County appointing Councillors to sit on the board. A representative from the Royal Canadian Legion and a member at large

will also continue as we move forward with the newly formed Council.

The cistern up at the cemetery has been decommissioned and has been filled with cement grout and back filled at the end of November.

Sadly, some people feel the need to be disrespectful and destructive. If you travel past the cemetery and see any unusual behaviour, please report it to the RCMP.

Northwest Foothills Recreation Board

The new dog signs are up at the Seaman Sports Park. Just a reminder, this is not an off-leash dog park. All dogs must be on a leash.

For more information on the North West Foothills Recreation Board (NWFRB) and Seaman Sports Park, go to:

www.foothillscountyab.ca/community/recreation-boards/north-west-foothills-recreation-board

Winter Driving

Winter is a tough time for wildlife. They are constantly on the move in search of food.

The peak time of day for wild animal-vehicle collisions is between 7 p.m. and midnight. Studies show that collisions are highest during dusk and dawn hours, when light levels are lower, and animals are more active.

Please be extra careful while driving during dawn and dusk.

Alberta Transportation and Economic Corridors - Highway 2 Median Closures

As Foothills County and Okotoks continue to develop, the increased traffic accessing Highway 2 requires adjustments at some intersections to enhance safety.

For more information on the changes planned for 2023, go to their website:

www.alberta.ca/highway-2-median-removals-foothills-county.aspx

Thank You!

I would like to take this opportunity to thank all the staff in all the departments at Foothills County (Agricultural, Assessment, Cemeteries, Communications, Emergency Services, FCSS, Landfill, Parks and Recreation, Planning, Public Works, Safety Codes, Taxes, and Utilities) for all their hard work in 2022.

I would also like to thank our CAO, Municipal Manager, Reeve, and Council members.

Wishing you all a very happy and safe 2023!!!

Barb Castell

Phone: 403-931-3690

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Website: www.barbcastell.com

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DIAMOND VALLEY NEW YEAR'S CELEBRATION

Diamond Valley New Year's Eve Celebration Turner Valley, AB: The Towns of Black Diamond and Turner Valley and the Diamond Valley Sustainable Living Centre (DVSLC) will ring in the New Year with a fun and lively event celebrating the formation of the new Town of Diamond Valley, which becomes a newly amalgamated municipality as of midnight on 31 December 2022.

A Family Party will run from 5:00 PM to 8:00 PM on Saturday 31 December 2022 at the Flare 'n Derrick Community Hall 129 Main Street NE, in Turner Valley. Hay wagon rides, outdoor ice skating, musical entertainment, face painting, snacks, and refreshments will be featured. A fireworks display is scheduled to begin at 8 PM, a perennial crowd favorite. Following the fireworks, the DVSLC will be transforming the event into the Diamond Valley Dazzle - GAMES NIGHT GALA that will run until 1:00 AM on 1 January 2023.

Families are invited to stay and enjoy the sparkle and shine as we ring in 2023! Formal attire, costumes, or masquerade masks are encouraged but not required. Music and dancing, board and card games (bring your favorite ones) and "Minute to Win It" contests will be offered during the evening. Prizes will be awarded for the best costumes, for the most "diamonds" in an outfit, best dancers, and game winners.

Admission for the Gala portion of the event will be by donation to the DVSLC. A cash bar and food for purchase will be available.

The DVSLC is a non-profit organization located at 218 Kennedy Dr., SE, in Turner Valley. It is focused on nurturing a community that lives an environmentally regenerative and socially just lifestyle. The DVSLC provides educational and apprenticeship opportunities to enhance the quality of life in the Diamond Valley and promotes activities aimed at food, water, and energy security, and responsible use, reuse, and up-cycling of resources.

This celebration marks a momentous occasion for our newly minted Town of Diamond Valley, and we invite the community to join us in making it a night to remember. Event details and updates can be found at turnervalley.ca/new-years-eve-celebration/.



ROCKEY VIEW COUNTY Council Approves 2023 Operating and Capital Budget

December 16, 2022 – Rocky View County Council has approved the 2023 Operating and Capital Base Budget following public feedback and deliberation. This budget outlines how municipal tax dollars will be used for 2023 and allows important projects to proceed or continue.

The budget addresses inflationary needs being faced by the County and includes a potential annual change of 6% in the municipal tax collected. Council will make a final decision on the actual tax increase in the spring when the 2023 budget is finalized.

Mayor Crystal Kissel says, "I want to thank residents for their feedback throughout this year's budget process. In response to what we've heard, we've approved a fiscally responsible budget that has taken the necessary measures to ensure Rocky View County will continue to prioritize and protect the services that people rely on while investing in projects where they are needed the most."

This budget allows core programs and services to continue and expand where

necessary. It also allows for a fully funded Capital Program that will see road surfaces and utilities replaced in a timely fashion, all in support of a growing municipality.

The County's Operating Budget involves the day-to-day costs of delivering municipal services and programs such as emergency services, municipal enforcement, roads, and parks. More background on the County's finances and documents can be found here.

Key highlights of the 2023 Capital Budget include:

- Replacement of aging bridges and widening of roads across the County.
- Drainage infrastructure upgrades to reduce potential flooding within the hamlet of Langdon.
- Fire, Enforcement, and Operations aging fleet and equipment replacement.

Council will review and approve a final 2023 budget in the spring. Once this occurs, tax rates are set, and assessment notices are mailed. Residents can visit our website to learn more about their property taxes and contact Rocky View County to obtain information specific to their assessment and tax bill.

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Don't miss out!
De Winton Community Preschool
Registration
will be held on
Monday, January 23, 2023
from 6 - 7 pm at the
De Winton Community Hall.
for all the details please visit
Dewintoncommunitypreschool.com
Spaces fill up fast so don't miss this opportunity!



DUANE HARDER

Courage

Winston Churchill said, "Courage is the most important virtue because the effective practice of all other virtues depends upon courage."

Merriam Webster defines courage as: "mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty."

Virtuous behavior does not come naturally. Let's face it . . . it takes inner courage and moral strength to live a life that is rooted on principle not preference.

Consider the following:

- It takes courage to push back the darkness and stand in the light of truth.
- It takes courage to admit mistakes, make restitution, and seek peace in our relationships.
- It takes courage to forgive and love our enemies.
- It takes courage to confront evil, stand for righteousness, and seek justice.
- It takes courage to hold our assets with an open hand, be generous, and believe that our needs will be met.
- It takes courage to resist the siren call of temptation to live a life of self-gratification.
- It takes courage to overcome the fear of rejection and ridicule, and not be a people pleaser.
- It takes courage to stand firm with integrity when our business is threatened, our reputation is assaulted, and our well-being put at risk.

Courage always requires overcoming fear, disapproval, anxiety, and even pain.

In his book *Rumors of Another World*, Philip Yancy retells the courage of a black South African mother. In the era of apartheid, she was forced to watch as her 18-year-old son, and then her husband were murdered and their bodies burned by the police. When truth and reconciliation came, the perpetrators of such atrocities were given clemency if they willingly faced their accusers and acknowledged their guilt. When the policeman named van de Broek publicly recounted his crime, this mother was given an opportunity to respond. She said she wanted de Broek to gather up the dust of her husband's burned body so he could have a decent burial. She then said:

"My family was taken from me, but I still have a lot of love to give. Twice a month, I would like for him to come to the ghetto and spend a day with me so I can be a mother to him. And I would like Mr. van de Broek to know that he is forgiven by God and that I forgive him too. I would like to embrace him so he can know my forgiveness is real."

Spontaneously, the courtroom started singing *Amazing Grace*. Van de Broek didn't hear the hymn. He had fainted overwhelmed.

The bereaved wife and mother showed courage in action. She had the courage to confront the difficulty, forgive the seemingly unforgiveable, and love her enemy.

It is one thing to see the problem, it is another to act courageously to bring a constructive solution to the problem. Courage does not deny the problem; it chooses to look for a workable solution to overcome the problem. It takes a step toward the problem believing that there is a

supernatural possibility available to overcome the forbidding obstacle.

There is one thing I know for sure — sometime this week, this month, this year, the moment of testing will come. Fear, like a cloud, will descend upon us. The impossible will bring a barrage of doubt. A past failure will haunt us. A competitor will challenge us. The fainthearted will withdraw into a cell of victimhood. Every possible argument will be marshalled to justify their withdrawal. Before you let apathy dull your sense of responsibility, ask yourself this question — "What are the consequences of my inaction?" In other words, if I fail to act, what are the potential outcomes. If I take courage and act, what are the possibilities?

DON'T SURRENDER TO FEAR! This is your moment for courage.

- Admit your weakness but do not allow it to dismiss you from the battle.
- Remember, there is supernatural power available to you.
- Let your courage infect those who are standing with you.
- Keep your eyes fixed on the prize on the other side of the battle.

Above all remember:

Success is not final; failure is not fatal.

It is the courage to continue that counts.

Take courage and I will see you at the top.

Duane Harder



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BOYS AND GIRLS CLUBS OF THE FOOTHILLS

New and accessible playground in Black Diamond made possible thanks to federal support

The Boys and Girls Clubs of the Foothills is pleased and proud to announce the completion of its accessible playground located at the Field of Dreams Ball Diamond in Black Diamond. This project has been made possible thanks in part to a federal investment of \$80,000 through the Canada Community Revitalization Fund (CCRF).

The new playground allows for accessibility and inclusion for everyone within the community and surrounding areas, and provides a space for families to enjoy both social and recreational activities. The project has included installation of a fully wheelchair accessible play structure, lowered monkey bars and hanging rings,

gazebo and benches, as well as a clock panel and play panels—ensuring that all community members have an opportunity to participate and play.

“Thank you to the federal government and the Canada Community Revitalization Fund for this funding to assist us in building this wonderful project that will benefit the children of our community for years to come.” - *Shirley Puttock, CEO, Boys and Girls Clubs of the Foothills*

“The Board of Directors was overjoyed with the announcement of the funding which allowed us to move forward with another amazing project for the Foothills area. Projects such as the accessible playground are only made possible through the collaboration and partnership of the Federal government. BGC Foothills looks forward to continued partnership and collaboration.” - *Kelly Tuck, Board Chair*

“Our government is partnering with communities to ensure community spaces are accessible for everyone. This investment in a new accessible playground in Black Diamond, through our government’s Canada Community

Revitalization Fund, will provide a place where families, children and people of all abilities can gather and create new, lasting memories in their community.”

- *The Honourable Dan Vandal, Minister for PrairiesCan*

“Community sports fields, parks and gathering spaces are at the heart of communities across Alberta. This investment is helping provide families in Black Diamond with inclusive and accessible opportunities for active, healthy living while contributing to the quality of life of this dynamic community.”

- *George Chahal, Member of Parliament, Calgary Skyview*

The CCRF is a two-year, \$500 million national infrastructure program to revitalize communities across Canada. The fund assists non-profit organizations, municipalities, community groups, and Indigenous communities across Canada to build and improve community infrastructure projects. PrairiesCan is administering the CCRF in Alberta.

For more information:
Please contact Shirley Puttock, C.E.O.
Email: exdirect@telus.net



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DEWINTON COMMUNITY

The De Winton Christmas Craft Fair was held Nov 19. We had over 30 vendors with an amazing variety of holiday and hand crafted items. The Bow Valley Fiddlers performed to the delight of everyone in attendance. Thank you to the De Winton Preschool for running the concession and providing so many goodies. A big thank you to Edith Rabinovitch and her whole volunteer team who decorated the Hall and to Amanda for running this event.



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We appreciate your continued support. An annual DCA membership is just \$21. Connect with old friends and come meet some new ones.

Help us plan for a brighter 2023!

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ANNUAL GENERAL MEETING

is at 7pm via ZOOM

January 26, 2023

(not January 28 as previously advised)

All registered members will receive a link one week in advance.



ADULT ADHD AND RELATIONSHIPS

How does ADHD affect your relationships?

Some people say: "ADHD is actually a gift and you just have to find the right person to appreciate it." Well, it's not quite that simple. ADHD affects your life, work and relationships. It could be a partner who gets easily annoyed, a sibling who lacks impulse control or a co-worker with little patience. Often the person with

ADHD is not willful or even aware that their behaviors are causing some of the problems. Other times, they are aware of the relationship issues, but find it very difficult to manage their behaviors and may be very sincere when they say things like "I'll try harder" or "I'll try not to interrupt or to say hurtful things" or "I don't know how to explain things as eloquently".

The elephant in the room.

The most impairing deficit for social skills is the inability to regulate emotions. It seems easier to forgive the person for their

ADHD problems with distractibility, forgetfulness or quick decision making, than to forgive or forget their mood, irritability or anger issues. Relationship issues often show up with friendship

and family problems, marital difficulties, dating problems or customer complaints. The person with ADHD is perceived as showing a lack of interest, absent-minded, talking too much or too loudly, being too sensitive or emotional or not listening to the other person's side.

"Maybe, she's working too hard" or "He didn't learn how to do all these things in childhood" or "She wants to please everyone else". Regardless of the type of relationship, the non-ADHD person often ends up feeling unappreciated and not valued.

Relationships Toolbox

ADHD is a disorder of self-regulation and self-control. The person with ADHD may try to control the overwhelming feelings of being promoted, of marriage or parenting by having a strict routine or schedule. Problems occur when things go wrong due to their inability to adapt or be flexible.

- **Manage Symptoms** – become aware of ADHD behavior signs and symptoms that affect relationships, educate yourself, seek a diagnosis and treatment options. Knowing what you are dealing with provides hope.
- **Don't worry about who is right** – the goal is to move forward. Not to stay stuck in an argument. The relationship may be more important than it is to be right all of the time.
- **Take a break** – it may be time to give up on a relationship that is not working, especially if it's been a really hard process where you have tried everything you can think of. You do have a life of your own and a right to be happy.
- **Seek professional help** – don't wait too long to get help for your own mental health and well-being.

Myth vs. Fact

Myth: ADHD is not a real disorder.

Fact: Leading researchers, psychiatrists and physicians have confirmed that ADHD is a real disorder that causes difficulties that interfere with normal functioning and can lead to lifelong problems with school, relationships, self-esteem and personal safety.

Sources:

The Myths and Facts, Janssen-Ortho Inc. Brochure, 2015. Toronto: Janssen-Ortho. Roché Herbst, M. A. R. Psych.

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- 2. Parts Overcharge.** Means you pay for additional parts that weren't needed for the repair.
- 3. Poorly Stocked Vans.** Means your repair takes longer because the plumber didn't have the necessary parts in stock for the repair. That means a return visit is needed which costs you time and money.

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Keeping Records for Your Company

As a business owner there are a multitude of issues that you deal with on a daily and sometimes even hourly basis. Keeping a Minute Book current may not seem important but is necessary.

In both 2021 and 2022, the province of Alberta implemented changes affecting your corporate records. No, it did not do away with the need for a Minute Book but added some considerations of which you should be aware.

You may know that you can make changes to your directors, your shareholders, your addresses by filing a form at a Registry Office. Many file these forms without realizing that the change is not actually effective without recording that decision by the company. This decision is called a resolution and requires either a motion and a meeting or a written resolution. All these

decisions must be retained in your Minute Book, written or digital.

One easy way to record a resolution is the written resolution. Unless your company has a number of shareholders or directors, it may not be necessary to hold official meetings to obtain resolutions. The written resolution may suffice.

Until earlier this year, for business corporations, a written resolution required the signature of all the directors or all the shareholders. Now that has been changed. In early 2022 the Alberta laws changed so that a written resolution of a business corporation only requires a signature of two thirds of the voting shareholders or of the directors.

You may wish to change your bylaws to effect this change. Also you may wish to change your bylaws so that all voting shareholders or all directors, be notified of the proposed written resolution. If you decide not to notify all the parties, you may wish to maintain the requirement for all to sign. You should consult your lawyer to discuss which may be the better choice for your company.

Keeping your Minute Book current may seem an onerous task, but consider if you are audited, or if you choose to sell your business. It needs to be current. If shareholders or directors pass or move away, it can become difficult to update your records. Even if all parties are still available, it can be very time consuming to update a Minute Book that was not keep updated for many years!

Other changes in 2021 require you to appoint someone resident in Alberta to be the Agent for Service for your company. This change occurred as the law was also changed to remove the requirement for at least one quarter of your directors to be Canadian residents. You need a resolution for this.

Yes, new things need to be done to keep your Minute Book up to date. But consider that for your New Year's resolutions, that you resolve to keep your Minute Book up to date. Easiest if you have your lawyer do this and many are happy to help you for a reasonable cost. Good luck with this!

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MORTGAGE MATTERS

To lock in or not?

On December 7, the Bank of Canada made another 50-basis-point increase to its benchmark rate in its final policy rate announcement of the year. Marking the first time that rate has surpassed 4% since 2008 and the seventh consecutive rate jump this year. This corresponds to a current prime lending rate of 6.45%.

Given the recent Bank of Canada rate increases and the comment "will be considering whether the policy interest rate needs to rise further" is not easing concerns for more increases yet to come. Many are wondering if they should be locking in their variable mortgage rate. Higher variable rates were always inevitable, but no one anticipated the speed & pace that has occurred.

Many are pondering... should I lock into a Fixed Rate now? If continued increases and/or the increases that have already happened - is affecting your sleep at night factor, then it may be worth locking into a fixed rate.

Losing sleep and stressing out over a mortgage rate is not worth it, perhaps a more stable payment for your peace of mind is just what you have to do.

Besides sleep at night factor, other important considerations are:

- What is the true affect of more variable rate increases on your monthly cash flow?
- What is the current cost of fixed rates?
- Will your current lender even allow you to switch into a fixed rate? If so, at what rate? They may refer to it as a conversion rate. Any fees?
- If fixing with your current lender, what are the fixed rate prepayment penalties and terms/conditions you'll now be subject to?
- What is the penalty cost to break your current variable rate mortgage?
- Are you anticipating any major life events? Will you be moving or refinancing soon anyway?

Switching to a new lender may provide:

- Better terms & conditions, which is just as important as the interest rate.
- More suitable features, like splitting into a multi-mortgage product or adding a home equity line of credit.

- Promos, some lenders have promo rates or even cash rebates available.
- But, the downside is you will have to re-qualify with any new lender.

If you've decided to lock-in, get started:

- Contact your current lender and see what their best fixed rate to lock in will be. Make sure to ask about any additional administrative fees or additional costs you may incur. Lenders may require you to lock in for 5-years or at least the balance of your term (if you are in year 2 of a 5 year term for example, you must lock in for at least 3 years).
- Contact your favourite mortgage broker armed with that information. A trusted broker can advise if you should stay with the current lender or if there are better rates & terms elsewhere.

Important to remember History has shown that those who stay the course with variable rates have saved more interest costs over time. Just like stocks, markets move up and down and sticking it out long-term has proven the better savings over fixed rates.

The next scheduled date for announcing the Bank of Canada overnight rate target is January 25, 2023.

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OUT OF THE RUT

Chapter 149

Congratulations on making it to another year!

The following was mostly written a month ago, coincidentally the same day Mauna Loa began to erupt on the Big Island of Hawaii, where I had planned to spend winter before the universe decreed otherwise. Today, as I gather my thoughts for this article, I checked online and found that both Mauna Loa and Kilauea have stopped erupting... for the first time since 1981 in Kilauea's case. When Kilauea kicked off in 2018, lava burst up a mere 4 miles from Fantuzzi's house. Subsequent lava spouts emerged further away. We escaped, many friends lost their homes in that year.

Good Grief

Good Talks* didn't include this title in its list, well, I guess it should come under the heading Good Life really. If we don't get some Good Grief in our lives, then they will most likely not add up to the best Good Lives we could possibly have.

In order to really have Good Lives we need to experience... correction, we need to observe our own remotions to experiences and in so doing, enable ourselves to direct those emotions into actions and movements that best facilitate a Good Life.

We cannot go through life without loss. When we experience loss, we experience grief, unless there is some deep psychological block, and even then, as a mammal, as an element of this globe, this universe in fact, we are endowed with the ability to sense, aka feel. Just because we do this at a certain mind-strummingly fast pace, it does not preclude the ability of every other atom, particle, element to do the same.

The indefinable we or me or I of course does not cease to exist, it neither exists nor does not. Whether or not one subscribes to an ego-led version of spirituality encased in hierarchical bumpf we call religion, there is a faith-full, a science-based, and an observational rationale to argue the statement as fact: Energy does not cease to exist, it self-transforms.

The mountains appear to us mere mortals as ageless, motionless, timeless. Yet once in

a while a mountain loses its cool and blows its top and we all stop and take notice for a while, after those of us in the immediate danger zone have fled for safety of course. In the interim, a millennia of moments; great monuments of stone laid layer upon layer by time, water, wind, to smooth the edges of the mountain's energy-brimmed souls. Potentiality, overcome with kinetic imminence and awash with gravitational, thermal, chemical potential energies, their voices are a mere mamosecond (mountain version of nanosecond) from screaming louder than a human eardrum may bear.

When they do sing forth, 'civilizations' may crumble, entire generations evaporate into mindless history to be lost for ever. The run of time in a day of a mountain outpaces ours by thousands upon thousands, a mere breath for those creatures of rock and clay would wipe out a geological era with the efficacy of a meteorite impact.

Good Grief I recall. The loss of a useful item might chafe, of a good coat can strike up a grieving that lingers for days. The loss of a close family member may plunge one into a vortex of violent emotions littered with memories like reunions and echoes of plagues. The loss of a limb can throw light onto darkness and the loss of a sense will shift everything a step to one side.

Good Grief from Good Loving, Good Giving. Caring for animals, really caring for them, creating an environment that suits their needs, not just ours, giving them the knowledge, security and tools to live comfortably in their animal skin in our human animal world. Much as we would raise a child, we must also raise and care for a child of another species. Our brothers, sisters, aunts, uncles, mothers, fathers, cousins, lovers all take the form of every thing in every way. All energy transforms eventually.

Good Living includes understanding how little we understand, but may strive always to understand more... fully. Good Intentions nurtured by Good Words, Good Deeds, Good Vibes, Good Feels. We can go on like this for ages. It's not without merit. For who among us does not need more GOOD in our lives?

Grief is Good for us. Not too much, but just enough. Let me taste the meaning of this feeling in me. Let me look a little deeper into the gaps between the things. Let me allow some time and sit with it. Lifetimes ago such words engendered ridicule and scorn. I don't now care. If that's the response in the cells of those who read, their journey is yet long. I journey on.

Good Days. Good Lives. Good Thoughts. Good Byes.

*Good Talks = heading on a website I was reading

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HIDDEN TREASURE by Andrea Kidd

Pirates are bad, and they seek buried treasure. I am not a pirate but I did discover some buried treasure.

I said I am not a pirate but I have been bad lately, really bad! No! I haven't picked a fight or robbed anyone, but I have picked up a stinking, rotten attitude that has robbed me of peace and joy.

I have tried taking a nice hot shower and pasting on a smile, but all that is skin deep. It helps a bit but does not get to the root of soul sickness.

Meandering in the library one day, not being in a hurry to get home, I browsed through books on the shelves and put them back. I didn't want a novel, and I didn't want a "How To" book. I didn't want to read anything! Misery creates apathy.

Then, one book caught my eye. It was "One Thousand Gifts" by Ann Voskamp. I held it. I turned it over and read the back cover. I flipped to a page and read a paragraph. I was gripped by the prose.

But, remembering that I didn't care about anything anymore and didn't want to read anything, I put it back on the shelf and began to walk out of the library. That book on the shelf called out to me! It pulled me back. I took it off the shelf and signed it out.

Gratitude. The book was about gratitude. Gratitude in small things. Suddenly, I realized I had found treasure. That volume was buried treasure for me. It was buried amongst thousands of books in my public library like a treasure chest buried in the sand of the beach on a desert island. And I was the pirate who had discovered the gold!

Over the next few weeks I savored the words. (Marigold is generous with renewals!). Gradually my soul was lifted from despondency. I had been living in a dark world, and, yes, the world certainly has darkness, but even at night the moon continues to reflect the light from the sun; and every dawn the world lights up again. I can live with the darkness because always there is light, if not now, then certainly when morning comes.

On that day, when I went to the library, I found some hidden treasure on the shelves. Now, each day, I practice looking for the treasures stored away in its moments.



55 PLUS

Cochrane's Twelfth Annual Super Seniors Spiel, Nov. 23-27, 2022:

Some 140 Athletes enjoyed Cochrane's Twelfth Annual Super Seniors Spiel, Nov. 23 to 27, at the Cochrane Curling Club, within the Spray Lakes Sawmill Family Sports Centre.

"We had 4 Ladies teams, 12 Mixed, and 19 Mens teams involved. Some 48 were under age 65, 64 were between 65 and 74, and 56 were over age 75, stated Spiel Coordinator, Douglas Campbell.

"In order to encourage all ages to play, we split the 35 teams by age and by skill, & grouped them into 7 different squares, where "equals played equals", noted Campbell. "Competitive teams ranged in age from 50 to 75; Recreational teams from 65 to 89 years. "We are proud of the fact that 9 of our players are over age 80, proving to their grandchildren & the public that physical, mental and social activity does not end at age 65!"

"We appreciate the financial support of Cochrane businesses (listed below) which allowed us to finance this event and provide a modest cash incentive (and bragging

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rights) for our curlers”, Campbell noted.
Event winners included 4 teams from Calgary, 2 from Canmore, 1 from Bearspaw, and 7 from Cochrane.

RESULTS: 14 of 35 TEAMS were Cash Winners

Square A: 1st Scott Egger, Canmore; 2nd Gary Hawkes, Cochrane.

Square B: 1st Steve Horne, Cochrane; 2nd Dennis Graham, Canmore.

Square C: 1st Mo Coutney, Bearspaw; 2nd Bill Strain, Cochrane.

Square D: 1st Warren Neumeier, Cochrane; 2nd Graham Jones, Calgary.

Square E: 1st Alicia Brooks, Cochrane; 2nd Shaun McGrath/S. Caron, Cochrane.

Square F: 1st Mike Kinakin, Calgary; 2nd Henry Schulenburg, Calgary.

Square G: 1st Jim Paramchuk, Cochrane; 2nd John Gorman, Calgary.

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HOW TO TRACK A GHOST CAT

By: Laura Griffin

Have you ever heard tales of the Mountain Screamer or the Red Tiger? My guess is you have and didn't even know it. These are all names given to the Cougar, a species that holds two records. One is the record for having the most common names of any mammal, estimated at over eighty. The other record, which is probably why it holds the record for the most names, is that before European settlers arrived the Mountain Lion was the most widely distributed wild mammal on the continent of North America. Its range stretched from the Atlantic to the Pacific Ocean and from Canada all the way down to Argentina in South America. Throughout this article I will capitalize all the different names of the American Lion and see how many I can teach you by the end.

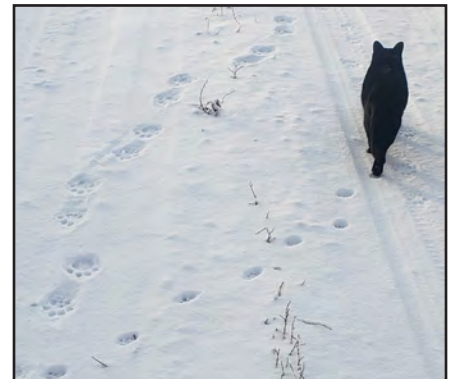
One of my favourite names for this wild neighbour is the Ghost Walker. The tracks are often seen, but the animal that leaves them rarely is. This is why I love winter;

the snow makes a "purrfect" storybook for tracks. I can see where the Panther has been, and I can see what it has been up to in my stomping grounds. I have lived with a King Cat in my backyard for over ten years and have only seen a fleeting glimpse once. But the statistic is that for every one time you see the Deer Tiger, it has seen you around 200 times. This should give you "paws" to reflect that the most skilled and feared predator of the foothills, the Painter, wants very little to do with humans. Since 1890 there have only ever been 126 recorded attacks in all of North America, and only twenty-seven of those were fatal. The Sneak Cat has evolved as a solitary hunter, with retractable claws that only come out when catching prey and sensitive whiskers on its muzzle and feet to stalk stealthily through the undergrowth without making a sound.

If you want to look for traces of the Puma on your travels, you need to keep your eyes peeled for large, rounded tracks with four toe pads, one lobed M-like foot pad and no claw marks. Another distinguishing feature is that when you draw a line in between the toe pads it will cross over the foot pad, unlike a wild dog track. Female Catamount tracks are smaller than male tracks, which

are about the same width as a credit card is long. The Mexican Lion also uses a straight-line walking pattern, stepping its back paws into the holes left by its front paws.

The name that intrigues me personally is the scientific name *Felis Concolor*, which translates directly to cat of one colour. I find it amusing because the Silver Lion can range anywhere from tawny yellow to red to blue grey in colour depending on its habitat. Regardless of which colour coat it wears or what name it goes by, I am happy to share the neighbourhood with this beautiful creature. If you would like to see a video of my cat and I identifying tracks of Brown Tigers, please go to youtu.be/cYaOF6DWWHU



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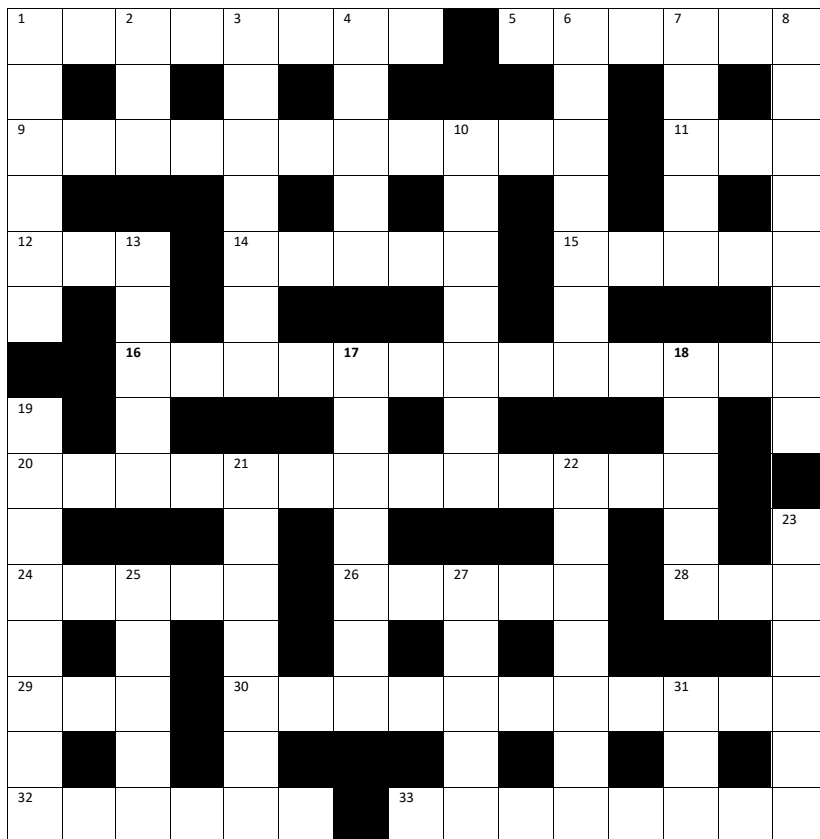
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Cryptic Crossword #20 By Jan Burney

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Answers:
Across:
1. Corroded 5. Narrow 9. Safety First 11. Fez 12. Lip
14. Rangi 15. Error 16. Shock Absorber 20. A Way
With Words 24. Banjo 26. Heels 28. Cur 29. Ink 30.
Gingerbread 32. Godels 33. Handsome
Down:
1. Castle 2. Ref 3. Ontario 4. Elin 6. Art Deco 7. Refer
8. Wizardry 10. Rainbow 13. Pasta 17. Kitchen
18. Basic 19. Warbling 21. Wrought 22. Rosebud 23.
Bridge 25. Naked 27. Arena 31. Ego

Across.

1. Repeating credo weakened things gradually. (8)
5. Managed reverse argument was restricted in scope. (6)
9. Advise caution for unruly security staff who have lost copper. (6, 5)
11. Sounds easy to follow Frank initially to find Turkish headwear. (3)
12. Pill loses tail and return to make impudent speech. (3)
14. Egyptian sun god needs new US soldier to find Māori sky god. (5)
15. During the Reign of Terror, a head could be lost by mistake. (5)
16. Device to stun core muscles or be initially reducing jolts and vibrations. (5, 8)
20. Get the gift of the gab at www.hairy toads. (1,3,4,5)
24. Prohibit John Oliver initially from playing this instrument of Deliverance. (5)
26. Sounds like contemptible people provide cures. (5)
28. Tear away from current canine. (3)
29. Writing fluid found in a wrinkle. (3)
30. Scrambled egg in red bar for Christmas treat. (11)
32. Supreme being and multiple French skirt inserts. (6)
33. A manual labourer is partially good looking. (8)

Down:

1. Throw the French stronghold. (6)
2. Concerning loud umpire in short. (3)
3. Does it rain too much in this province? (7)
4. Relating to Nordic fictional beings the Spanish and French end. (5)
6. Architectural style in the middle of the quarter of the French Company. (3,4)
7. Allude to it, either way. (5)
8. Reportedly, smarty-pants crosses a river, withered by such sorcery. (8)
10. According to Spooner, Bain Row is the place for this arch. (7)
13. First of all, pimentos are sometimes tasted atop Italian food. (5)
17. Thicken stew in this room of the house. (7)
18. Savoury herb loses large and receives average grade. How fundamental! (5)
19. Conflict over flashy jewelry leads to uneven singing. (8)
21. World record should be worked into shape by artist. (7)
22. Citizen Kane's last word about an unopened flower. (7)
23. Groom's partner receive \$1,000 in card game. (6)
25. Ed goes after salt and potassium undisguised. (5)
27. Mix up near a stadium. (5)
31. I'll break the head off child's building block myself. (3)

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THE CHAULK TEAM

Checklist and Important Information for Listing an Acreage

2022 has been a highly active year in the Country Residential market as it has been for city properties. However, things have slowed since the beginning of the fall, likely because of inflation, higher interest rates and fall/winter being the traditionally slower buying cycle for the country. I do suspect 2023 will be a good year for sales and anticipate an active country market. So, if you are planning to sell in 2023, it will be useful to utilize some of the suggestions from my list below. It covers off the main items that sellers should be aware of and will help ensure a smoother and hopefully more profitable listing and sale.

Although I have authored similar articles in the past, I wanted to do an update list for readers thinking of selling in 2023 to focus on a couple really important topics. After being involved in a few deals this year where GST became a very contentious issue between sellers and buyers as to who should be responsible, I felt it a good idea to include a couple of suggestions in the list on that subject.

- Verify zoning of your property - Country Residential or Agricultural Zoning. Usually if a mid-sized property it is likely zoned Agricultural, however sometimes even a smaller land parcel can be zoned Agricultural. If over 19 + acres, it is

almost always Agricultural. This can be confirmed at the MD or via your Tax Assessment Notice.

- As a seller, ensure through your Realtor that your listing is written on the appropriate listing documents – either Country Residential or on an Agricultural Listing Contract. It is also important that the purchaser of your property has their offer written by the buyer's Realtor on the correct purchase contract, again either Country Residential Purchase Contract or Agricultural Contract. This is because GST is covered off differently in both contracts.
- It is very important that as a seller you verify with your accountant and/or lawyer before going to market if GST will be applicable on your sale. Be ready to verify to a prospective buyer if you have a GST registrant number as this has implications for whose responsibility it will be – either seller's or buyer's, to remit GST if it is applicable. It is helpful if the agents involved have a good understanding of GST but important a Qualified accountant verify this.
- Ensure you have a Current RPR (Real Property Report) with compliance. If older RPR exists and any changes or additions have been made to the buildings, decks, etc., ensure you get an update to the RPR and secure a new Compliance Stamp/Compliance Letter from the MD.
- Gather any existing well reports and water chemical analysis reports. If older

then 5 years, consider getting a well test done to verify current pumping rate (GPM) - usually a 2-hour recovery analysis by a well/water contractor. Also, get the water tested for full chemical analysis including bacterial testing.

- If there is an internal or external cistern, verify size and age. If cistern is tied into a well supply, verify tie-in is operational and how set up.
- Have septic system inspected and cleaned out and request an inspection report. Verify if septic system is Tank and Field (pumped out to field) or a Gravity System.
- If your home has a wood foundation definitely get an up-to-date Engineer's Report done. There is still some stigma around wood foundations even though they can be fine with no issues. They can have a somewhat shorter life cycle than concrete but are still quite reliable with many properties in the city and country having been built in earlier days with wood foundations. It is really important that drainage is well designed away from the home for wood basements, as it should be for concrete as well!
- Verify if furnace is High Efficiency or Midgrade and its age. Verify ages of hot water tanks.
- Place tags/notes on all processing equipment verifying what the various tanks are used for.
- Verify wiring type in the house as well as breaker panel age and main breaker size. If property has in-floor heating, verify number of zones.
- For larger parcels verify soil type if possible.
- Verify age of roof.
- If property is located near a creek or other water sources, verify if it is in a Flood Zone or not. This information can be attained from recent Provincial Flood Zone maps or calling the MD.
- Have most recent tax information and assessment on hand.
- Verify which schools are available for your area for prospective buyers.
- Verify closest fire department as it affects insurance rates.

Feel free to write or call write me if you have any further questions relative to these suggestions or if you are looking for an agent to represent you and your upcoming listing.

By Wayne Chaulk, Realtor, BCom





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BABYSITTER AVAILABLE
Contact: Sharonhanson786@gmail.com Price: \$20 (negotiable) More information: Hello I am a mom of 3 children and have them all in school. I am available to care in my home from Monday to Friday from 3-8pm for anyone that needs a bit of help for the kids after school. I can be available in the evenings should you need a date night with your spouse. I am located in the Lott Creek area and have a valid driver's license and police check available.

HELP WANTED

Baby Sitter Needed. Contact: Anne Wagner
Price: \$ 22.00 More Information: Hello! We are looking for an enthusiastic and caring part time caregiver for Mondays-Tuesdays- Wednesdays from 3Pm to 7pm. Our daughter is 8 years old.
For more information regarding the position email: annewagner607@gmail.com

WANTED

LOOKING FOR AXES OR AXE HEADS.
Contact: Deon Phone: 403-852-6711 More Information: Hello I am looking for older axes or axe heads to refinish. Also older tools that can be salvaged to be used again. I can also refinish and return if you would like to keep them. Thanks for your time and my phone number is 403.852.6711.

ATTENTION HORSE OWNERS: If you have any old hay, bottom bales, moldy water damaged bales, etc. that are no longer suitable for horses, please give me a call. I may be able to pick it up and use it for cow feed. Call 403-931-2457 or 403-651-5852

SEEKING RURAL ACCOMMODATION
Single professional female, n/s, n/d, two cats, seeking long-term acreage rental for September 1, 2022. 403.971.4545

WANTED, BASS GUITARIST, LOCAL TO BLACK DIAMOND, TURNER VALLEY, OKOTOKS, LONGVIEW. I have several opportunities to host Round Table jam sessions at local establishments. The priority is Sunday afternoons. I am a singer / guitarist fully capable of hosting the functions but looking to team up with a bass guitarist. You can expect the music genre to be older country / folk as these tend to be the types that show up. You will need to be able to follow

and/or pickup quickly on the tunes that are presented. Please contact Nathan at 406 933-7160, leave a message. I will get back to you.

WANTED FIREARMS. Contact: Al
Phone: 306-641-4447 More Information: I'm a licences buyer paying cash for unwanted firearms in any condition, ammunition and accessories in Okotoks, Black Diamond, Calgary and surrounding Area, registered or not.

WANTED: CABIN OR SMALL HOUSE ACCOMMODATION Responsible, semi-retired individual looking to rent a dwelling year-round. Please call Marc at 403-923-5676, or email marccouture25@gmail.com

WANTED: PLEXIGLASS FOR BARN WINDOWS. (2' x 20' opening, 1/9" - 1/4" thick **LARGE SIZE CHEST FREEZER**- good working **FARM GATES** - (4) - 6 ft. **CATTLE PASTURE** for 20-25 cow/calf pairs for Spring/Summer & Fall 2023 & years beyond. Responsible Farmer willing to repair fences & manage pasture sustainably. **HOME WINDOWS** - Double painned, opening, sizes flexible. Phone: 403-931-2201

COUNTRY LANE QUILTERS GUILD meets the first Saturday of the month at 9:30AM at Christ Church, Hwy 549 Millarville Ab. Business meeting followed by projects. We make quilts for the local charities in the Foothills Division. Contact clqgmillarville@gmail.com or stop by to see what we are up to.

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FREE FIREWOOD: Seasoned. - or Donation to the Red Cross Ukrainian fund - 403-931-2201

BLUE METAL BUNK BED. Great condition. Double on bottom and single on top. Bragg Creek area. 403-949-4041

ELDERLY MOWER NEEDS WORK but 42-inch blade and chains for 20x10.00-8 tires with 2x20kg weights have handled snow well. This can be yours for \$300. Duane - millarville@gmail.com

FOUR FIRESTONE R225 60R 16 97T WINTER TIRES FOR SALE. Only used one season. First \$400 takes them all. Call 403-949-2276 for directions. Ask for John.

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STORAGE SHELVEING. Bolted heavy duty steel 6 shelf storage rack, 36W x 12D x 72H \$85.00 **FILE CABINET** All steel 3 drawer lockable lateral file cabinet, 36W x 18D x 40H \$110.00 **MICROWAVE** Kenmore 0.8 cu ft 800W microwave. Good working condition. Outside dim 20w x 16d x 11h. \$20.00 **PATIO TABLE:** Beige color metal framed patio table with tempered glass top, rounded corners, 72 in x 42 in. with 2 chairs and cushions. \$60. **BIRD CAGE:** 14W x 16D x 24H suitable for budgie to cockatiel with 2 door wheeled microwave cart used as a stand and storage. Photo available. Send request to cwmcnabb@telusplanet.net for more info. Price: \$ 65.00. **CHIMINEA:** Black cast iron Chiminea, 15" circular fire bowl, overall chimney height 42". Comes with 17 curved firepit bricks. Price: \$ 45.00. Send request to cwmcnabb@telusplanet.net. **Delivery Warren 403 949 3452**

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FIREWOOD, Pine & Spruce mix, good dry wood. Will deliver, Call Tim at 403-333-8462.

DE JAZZY SELECT 6 POWER WHEELCHAIR
Contact: Marilyn Phone: 403-949-4062
Price: \$ 1,000.00. More Information: Price reduced! Very good condition electric wheelchair. Includes removable rehab seat and backrest for extra comfort, really comfortable seat is in top condition - no tears or holes. Battery is 18 months old and works perfectly and chair is 3 years old and only used indoors. Includes charger. Easy to use joystick. Original owners. Great for indoor use. Paid \$6000.

Bragg Creek puppies. 4 chipoo puppies for sale. 3 males, 1female. Born Nov4/22. Apricot, beautiful, happy toy poodle chihuahua cross. 1295\$

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