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# Celebrating Community Support Looking Ahead to a Thriving 2025

As we reflect on the past year, we at Cowboy Trail Brewery are filled with gratitude for the incredible support from our community, our local liquor stores, and our great restaurants. Since launching our cans just eight months ago, your enthusiasm has helped us achieve an important milestone—donating over \$8,000 back into our community, bolstered by the success of what will become our annual Oktoberfest celebration.

Your support not only helps us grow but also allows us to contribute to the vibrancy of Bragg Creek. This winter, we encourage residents to continue supporting local

businesses. Whether it's grabbing a pint at your favorite meeting place, shopping for unique holiday gifts, or dining at one of our nearby restaurants, every dollar spent locally strengthens our shared community.



As the Treasurer of the Bragg Creek & Area Chamber of Commerce, I'm proud to lead our new **Community Collaboration Committee**. In the year ahead, we'll be reaching out to local groups and associations to explore how we can work together to maximize grants for events, projects, and initiatives

that benefit our community. We definitely are not looking to reinvent the wheel, rather to see how we can work collaboratively to support your initiatives. Together, we can enhance the events we love, possibly create new community enhancement opportunities, and build a stronger connected Bragg Creek.

Thank you for your continued support of Cowboy Trail Brewery and all our local businesses.

We will be at the Winter in the Woods event at our Community Centre, so don't be shy, we'd love to meet you. Let's keep the spirit of community alive this winter and work together to make 2025 a great year.

From our team to your family; Wishing You Peace and Joy this Holiday Season!


Cheers to the WEST!  
Jason Traviss and The Cowboy Trail Brewery Team



**Cowboy Trail Brewery products are locally available at the following**

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## LETTER FROM THE EDITOR

Welcome 2025! We get excited about the opportunities of tomorrow. Unfortunately, the residual of yesterday can be a heavy burden creating a feeling of being stuck.

I would like to share an activity that I've found helpful in my life. List your top 5 values, and ask yourself how you will express them through your personal and professional activities? Are there any activities or thoughts you currently have that may compromise these values? What's one thing you'll commit to change, and who will hold you accountable? It may not fully deal with our past baggage, but I guarantee it will empower you for tomorrow, and you may find the burden diminish.

I'm excited that we can fulfill a full delivery this month as our Christmas paper didn't get to a few of the communities we serve. Note that the Sheep Library has their 2025 program guide in the center of the paper. I trust you will enjoy the read and look forward to connecting you with our communities this next year.

*From my family to yours, Lowell Harder*



## COVER ARTIST PROFILE

Sarah V Moran is a local artist, writer and photographer. She is from the US and grew up regularly visiting family in Canada. As an international person who has lived in 5 countries, Sarah is most grateful to have landed in Millarville, Alberta with her fellow inspiring artist fiancé where the sunset, sunrises, landscapes, nature and horse culture speaks to her soul. Art has always been a source of relaxation and challenge for her. When drawing or painting, she enjoys integrating two or more photos to create something totally new and with a unique perspective. She especially is enjoying painting portraits from black and white photos taken long ago of peoples who lived in Western North America. Nature, Animals, Alberta cowboy and English horse culture, and peoples who lived long ago are an inspiration. You can find more of her art on Instagram: [@SVMoranart](https://www.instagram.com/SVMoranart) or she can be reached at [sarahvmoran@msn.com](mailto:sarahvmoran@msn.com).

*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](mailto:info@highcountrynews.ca) We are looking forward to seeing what you create.*



## MP UPDATE - FOOTHILLS

**John Barlow**

This time of year, our towns are bustling with the sounds of children laughing and shops are bustling as folks celebrate the season. There is something so special about Christmas - bringing together family and friends in a festive atmosphere to enjoy one another's company.

I have certainly heard from constituents 2024 has been a challenge, but we are optimistic for 2025 as change is in the air.

My Bill C-275 continues to make its way through Parliament and is in the final hurdle with the Senate. I am hopeful it is to become law early in 2025. However, critical legislation brought forward by Conservatives focused on providing farm families with the financial certainty they deserve continually face opposition from the out-of-touch Liberals. For example, Bill C-234, which would provide needed relief to farmers from the carbon tax on natural gas and propane and is supported by all

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**HIGH COUNTRY LIFE**

BY MARK   
ADMAKI.CA

agriculture groups, was stymied by Liberal controlled Senators who gutted the bill, costing Alberta farmers \$13 million this year and by 2030 it will cost \$152 million.

I am honoured to once again be recognized as one of the most sought-after Conservative Members on the Hill, meeting with farm groups, hosting organizations in Ottawa and touring constituents on Parliament. At the same time, I ensure I am as accessible as possible when I am home in the riding meeting with constituents, visiting our communities and participating in local events.

In Ottawa I'm fighting against Trudeau's reckless spending which has led to a cost-of-living and inflation crisis, pushing many struggling Canadians to food banks. Since Trudeau became Prime Minister, the price of food has increased by 35 percent, the price of gasoline has soared by nearly 50 percent while rent and mortgage interest costs have increased by 33 percent and 73 percent, respectively.

Canadians deserve better, Canadians deserve a common-sense Conservative government who will axe the carbon tax, fix the budget, build the homes, stop the

crime, and bring home our loved ones drug-free.

As I stated at the outset, I am truly optimistic about what the next year will bring for Foothills and Canada. Conservatives are ready to bring home the Canada we know and love.

On behalf of Louise and I, and our entire Foothills team, we wish you a Merry Christmas and a Happy New Year.

John



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## COUNCILLOR UPDATE ROCKY VIEW COUNTY

### Don Kochan - Division 2

#### RVC Division 2 news items for your information:

**Budget 2025** – On November 28th Council passed the Operating and Capital budget with the following motion:

Moved by Deputy Reeve Kochan “THAT Council approves the 2025 Operating and Capital Base Budget with a transfer of \$181,200 from the Tax Stabilization Reserve to fund the 2025 forecasted deficit at a 0.00% increase in property tax, with the understanding that the Chief Administrative Officer will implement the approved budget aligned with the new organizational structure, regional growth requirements, and regular transparent reporting to Council.”

This is the second year in a row that Council has passed a 0% budget increase. Further budget discussions will occur prior to the spring mill rate setting of which will potentially contain revised utility rate increases so that the tax payer at large sees a reduction in the amount of subsidization of the utilities.

**Springbank Area Structure Plan (ASP)** – December 11th was a long day for Council however Council managed to get through the public hearing for the Springbank ASP and pass 1st and 2nd reading as amended.

There was great community input that guided Council in its decisions. A summary of the two motions that dealt with the communities’ greatest concerns are as follows:

- a) Motion E(1) - MOVED by Deputy Reeve Kochan that Policy 8.25

(which allows less than 2 acre parcels) be removed

Of the two Councilors representing Springbank, Deputy Reeve Kochan strongly advocated for the communities desire to maintain a rural country lifestyle that would require residential developments to be 2 acres and larger. On the other hand, Councillor Hanson was promoting residential developments to be allowed to have parcels less than two acres. The motion was carried of which would not allow parcel sizes less than 2 acres to be considered in the Springbank ASP.

- b) Motion G(1) – Option 1 - MOVED by Councillor Boehlke that Map 6: Land Use Strategy be amended to show the lands identified as Special Planning Area #1 (Highway 1 corridor) on Map 16: Special Planning Areas as Business. Also, notwithstanding Policy 20.05, new business or institutional uses may be permitted to utilize interim servicing solutions until such time that connection to piped servicing is possible.

This motion was defeated therefore commercial development along the Hwy. 1 corridor will not be considered.

Once the minutes of this meeting are approved in January, I will request them to be placed on the Counties website for your viewing.

**Springbank Recycling Centre** – On June 11, 2024, Council directed Administration to remove the Municipal Reserve (MR) designation on the Springbank Dog Park to facilitate placement of the Springbank Recycle Depot. “MOVED by Deputy Reeve Kochan that Council directs Administration to proceed with registering removal of the Municipal Reserve designation on Lot 6 MR, Block 2, Plan 0413544 within SW34-24-03-W05M

through necessary submissions to the Alberta Land Titles Office, in accordance with the Municipal Government Act.” This location has been reclassified to Fee Simple, which now permits the establishment of a new Recycle Depot. The proposed site for this relocation is just over 1 acre, situated along the west side of the Dog Park. The new site will enhance service levels by providing trailer access, while the additional space will support future growth and further improvements in service delivery. Currently, the Springbank Recycle Depot occupies a 0.18-acre private lot at 100 Commercial Drive. The County leases this property for \$1,750 per month under a 5-year agreement, which is set to expire on June 30, 2025. This new site will require some additional infrastructure, including fencing, power supply, and graveling, which are scheduled to be completed over the next 7 months.

**Dog off Leash survey-** The proposed changes include:

- Leash requirements for dogs: Dogs would need to be on a leash when off their owner’s property or outside designated off-leash areas. This change aims to address “dogs at large,” which is the most common call to bylaw enforcement.
- Optional cat licensing: Cat licensing could be introduced in more densely populated areas of the County. This would help reunite lost cats with their owners more efficiently.

We encourage you to share your perspective by completing these short online surveys. Your feedback is important and will help guide Council’s decisions.

Wishing everyone a Merry Christmas and Happy New Year!!

*Don Kochan - Deputy Reeve  
Division 2 Councillor  
kochandiv2@gmail.com*

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## SPRINGBANK HERITAGE CLUB

The Heritage Club kicks off 2025 with a newly upgraded HVAC system! The upgrade provides additional air flow and cooling during the summer months. The Heritage Club building boasts a million-dollar view of the mountains and is available to rent for occasions such as meetings, celebrations, weddings etc. Building capacity is 300 with no tables or 230 with tables and chairs. Please visit our website for further details.

We have also expanded activities at the Heritage Club. Here are just a few examples of what is available:

**Heritage Club Singers** – Join us every Tuesday from 10:00am – noon for fun singing and socializing. Everyone is welcome. Thanks to our singers who helped with our caroling this holiday season, including at the Heritage Club Christmas Dinner.

**Pickleball** – We host pickleball for 50+ seniors on Monday and Thursday afternoons starting at 12:30 pm and ending on or before 4:30 pm depending on attendance. Play is indoors on a modified court which is ideal for seniors. For "first-timers" racquets/balls are available and you can try out at no cost to see if you enjoy the game. If you wish to continue, the only requirement is an annual club membership with no additional cost to play pickleball. Instructions on the rules of the game and tips on playing are happily volunteered by those players in attendance. Seniors who already play pickleball are, of course, also welcome. Come join the fun! Please contact Brian Holtsbaum [email: [consult36@gmail.com](mailto:consult36@gmail.com)] or Cell: 403 651-1128] for more information.

**Exercise class** – A trainer comes in Mondays, Wednesdays and Fridays from 9:00am – 10:00am. Classes are held as follows:

- Mondays – January 13th through March 31st
- Wednesdays – January 15th through April 2nd
- Fridays – January 17th through April 4th

You can choose to participate one, two or all three days, costs are:

- One Class per week for 12 weeks - \$85 for members and \$95 for non-members
- Two Classes per week for 12 weeks - \$170 for members and \$190 for non-members
- Three Classes per week for 12 weeks - \$255 for members and \$285 for non-members

Payment must be made upon registration via cash, cheque or e-transfer to [hcspringbank@telus.net](mailto:hcspringbank@telus.net). If using e-transfer, please include your name and indicate payment is for exercise class.



Springbank Heritage Club is a not-for-profit organization created for the benefit and enjoyment of senior citizens 50+ years young in Springbank and surrounding communities.

Come check us out! You can visit our website at [springbankheritageclub.com](http://springbankheritageclub.com) for further details and to see all that we have to offer.

Springbank Heritage Club Contact:  
Janice at [Springbankhkc@telus.net](mailto:Springbankhkc@telus.net)



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## NEWSLETTER

### Judi Hunter - Ward 5 Trustee

Happy New Year!

I hope everyone had a wonderful winter break and had time to enjoy family and friends and rejuvenate.

#### ELECTION OCTOBER 2025

It will be four years in October since the last election. The Provincial government passed The Local Authorities Election Act, which will be in force for the upcoming elections. Related to Trustees candidates, the current Board of Trustees has made the following bylaws:

- a one-hundred-dollar deposit will be required with the candidate's application
- the application must have 20 resident signatures

Candidate applications open January 1, 2025.

I encourage any person who has a passion for young people, education, and community service to consider serving in

this important role. I am happy to discuss trusteeship with any interested party. Further information will be posted on the Rocky View Schools website.

There continue to be 8 trustees serving on the Board. The Boundary for Ward 5 remains the same. However, in redefining boundaries, Ward 5 will be known as Ward 4.

#### Artificial Intelligence in Education

As we watch AI adoption and progress in the broader world, we see AI being used in classrooms. Our teachers recognize that AI can be a powerful tool to assist learning. Many high school teachers are exploring ways in which AI helps students improve their learning and demonstrate their outcomes. Companies are developing AI software that helps students progress as they are ready to learn the next concept.

With every technology, there are benefits and hazards. A not-for-profit organization, AI for Education, (<https://www.aiforeducation.io/>) offers free information and learning on the topic of AI. Its recent video called "Anthropomorphizing AI" provides an interesting view on some of the pitfalls. They caution that the public did not see the adverse effects of social media

on children and feel that AI impacts could be worse, if we don't get ahead of it.

The video talks about the mental models our youngest learners create while using AI. Young learners give human characteristics to robot such as this is my friend, he/she thinks. These researchers say is not to be encouraged. Robots are machines and should be viewed as such. Research shows that robots are very good at getting information from children because of this trust factor.

Adults are encouraged to use language that identifies AI as a tool created by people and not refer to robots as having human characteristics. Netflix has a movie, Subservience, that demonstrates anthropomorphism. The researchers suggest that no person under the age of 13 should be using AI without adult supervision.

AI adoption is happening very quickly. Governments are racing to keep up. Currently, guidelines are being created to ensure student data privacy, safety, ethical use and practice. Organizations such as the Canadian Artificial Intelligence Safety Institute (CAISI) are also engaged in this process.



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We can expect to see the speed of innovation increase with the advancement in new quantum computing chips and mechanical qubits operating with light and gravity, not to mention the advancement in space technologies.

One of the budget consequences of technology adoption is cost. Board costs for cybersecurity, internet access, and software licensing are increasing.

#### Our Schools

Kudos to Springbank High School Robotics team, currently ranked first in Canada.

Banded Peak held a wonderful outside Christmas Market in December. Grade 7 and 8 started businesses. Students then sold the products they created at the market.

One of the goals of the Board's strategic plan is to develop future-ready students.

To this end, Bears paw School hosted Lunch and Learn sessions where students ate their lunches while listening to parents in the community talk about their jobs.

Springbank High School hosted a successful Showcase of Learning in December.

#### Road Changes

As a result of the Bingham Crossing development, Alberta Infrastructure will be making some changes on Range Road 33. One of the impacts is the change in access to Calaway Park. Calaway is extending Range Road 245 to create a new access point to the park. This will change access to Springbank Middle School. Updates will be provided as information is known.



## Promoting Local Businesses

# 2025 Bragg Creek and Area Community Directory

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

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## MLA UPDATE - BANFF/KANANSKIS

**Sarah Elmeligi**

### New Year, New Opportunities to Connect and Reflect

Welcome to 2025! I can't believe we're saying that already. The past year feels like it's gone by in a blur and whirlwind, and what a year it's been. As we step into the New Year, I want to take a moment to extend my warmest wishes to each and every one of you. May this year bring health, happiness, and new opportunities for growth and connection. The start of a new year is always a time to reflect on the past and plan for the future, and I am honoured to share this journey with you as your MLA for Banff Kananaskis.

### A Time to Reflect

This past year, and since becoming your MLA in May 2023, I have had the opportunity to spend invaluable time with many of you, listening and learning about what matters most to the people across our beautiful riding. People always ask me what it's like to be MLA for a riding with such diverse communities as Banff-Kananaskis. I respond now the same way I responded in the election campaign – our differences make us stronger, more interesting, and vibrant, but what I see more is our literal common ground. Every single person living in Banff-Kananaskis has a love for the land we live, work, and play on. We all choose to live here because of the view out our kitchen window, the outdoor space (from gardening and cattle ranching to sitting on our deck with cool beverage in the summer), the recreational opportunities, and the amazing communities of like-minded folks. This connection unites us and focuses our attention in the same direction.

When I'm in the Legislature, I carry that love of the land with me. I stand to share

your views on land use planning that retains this riding's character, tourism management that provides economic opportunities while protecting our wildlife and forests, wildfire management and preparedness that keeps our communities safe, and continued recreational access that contributes to our healthy, active lifestyles. It was these priorities that I reflected when debating Bill 35, the all-season resorts act.

I also know that affordability, aging in place and senior supports, and keeping our taxes low is important to you. I reflected those priorities when debating Bill 32 (financial statutes amendments 2024). I know that you value transparency and accountability in government, and I spoke to that debating Bills 33 (Protection of Privacy Act) and 34 (Access to Information Act).

Check out my bill debate speeches on my YouTube Channel.

### A Time to Look Ahead

January 1st is also a time when we traditionally make resolutions for the coming year. This is a moment to reflect on how we wish to grow and improve. Thinking of 2025, I've got a few resolutions as your MLA:

- **Representing Your Concerns:** I will continue to be your voice in the Legislature, advocating for what matters most to our communities. To improve on how I do that, I will search for new ways to connect with you. MLA on Tour is a great success, but in the New Year, you'll see me back door knocking in our communities; meeting you where you are for short one-on-one chats to learn what's important to you. I will also work with my staff to offer other ways for us to connect. Stay tuned!
- **Championing Science-Based Decisions:** As a biologist and Shadow Minister for the Environment and Protected Areas, I will use my expertise to push for policies grounded in science and focused on protecting our environment. You will see new and

engaging ways for me to share this work with you. I'll be hosting more regular multi-stakeholder meetings to make sure I'm working with the best available science. Working with my office staff and caucus colleagues, I'll create more and better ways to communicate that with you. Standing up in Question Period will always be one way to hold a Minister accountable, but I'll also endeavour to meet with Ministers more behind the scenes to work together in ways that serve you better.

- **Building Collaborative Relationships:** Regardless of what party we represent or who voted for us, every MLA represents and works for all Albertans. I've been building positive relationships with Ministers and other MLAs over the past year, and I resolve to build more collaboration this year. I believe that the best successes happen when we work together on some issues to better serve you.

Your thoughts, concerns, and ideas are always welcome, and I look forward to engaging with you in the months ahead. As we embrace the possibilities of this New Year, let's continue to work together to build a better future. Happy New Year!

*Sarah Elmeligi*



**MLA SARAH ELMELIGI**  
**BANFF-KANANSKIS**

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E-mail us anytime at:  
banff.kananaskis@assembly.ab.ca

**MLA ON TOUR**

Creekers Bistro & Restaurant  
Bragg Creek, AB  
January 7th | 4:00 - 6:00pm

Beaupre Community Hall  
Beaupre, AB  
January 21st | 4:00 - 6:00pm

Trails Day  
Details TBC; Save the Date!  
January 25th | 11:00am

Common Grounds  
Harmony, AB  
January 31st | 12:00 - 2:00pm



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**LOOKING TO MAKE SOME IMPROVEMENTS  
TO YOUR ACREAGE THIS YEAR?**

# Robert M. Hughes Financial Solutions Inc.

## Basics for a Wise Financial Strategy

**Before a skyscraper can reach for the clouds, it needs a very strong foundation. Once the building is complete, the foundation is virtually unseen. The same goes for our financial strategies. Following are the basics of a strong financial foundation:**

**Budget** – Governments and businesses use budgets to properly allocate resources. It's known as good business. A budget can help you figure out where your hard-earned income is going and to identify ways to cut spending or increase savings.

**Rainy day and opportunity fund** – Unforeseen emergencies and opportunities catch far too many of us by surprise. Such things as job loss, major repairs or investment opportunities are much easier to deal with if we have the funds available at the time. Debt is not a good way to handle these events. A minimum of three months income is recommended. Six to twelve months is even better.

**Insurance** – Various forms of insurance are generally the most efficient ways to manage risk. The costs of car accidents, property damage or loss, death, sickness or injury, and medical and dental expenses can be offset with proper insurance coverage.

**Manage credit card debt** – Credit is easier to get now than ever before. However, credit cards usually have very high interest rates if the bill is not paid by the due date. If you are carrying a balance, stop using the card until the debt is paid as new purchases start attracting interest charges as soon as they are made. Consider a low interest consolidation loan. Get into the habit of not carrying a balance. Yes, that means saving the money to make a purchase rather than financing it with a high interest credit card.

**Pay yourself first** – It's your money. Why give it all away before trying to save what's left, if any? It's easy to set up a monthly savings plan that withdraws the deposit each month from your bank account. Adjust the amount as your income changes. A payroll deduction RRSP works well because contributions are made before taxes are deducted.

**Set goals** – How can we expect to hit a target if we don't know where to aim? Establish a financial strategy to identify the steps necessary to reach your goals. Review your plan on a regular basis or whenever there is a major change in your situation. Don't make your goals too easy to reach.

**Tax efficiency** – Take advantage of as many tax savings as you can. Some may not seem like much of a savings, but a few percentage points can make a big difference over time.

**Estate plan** – The cornerstone of a proper estate plan is the preparation of several important legal documents. These include:

- A Will, which deals with all of your affairs when you die. A few hundred dollars today can save your beneficiaries thousands in the future.
- An Enduring Power of Attorney, which deals with your financial affairs when you cannot.

- A Personal Directive, or Living Will, which deals with your health care affairs when you cannot.

Want help with your financial strategy? Call today, to set up an appointment to review your goals and objectives and to ensure that your current investment approach will allow you to fulfill your goals.

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

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

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## MAKE YOUR MARK By Mark Kamachi

### Happy year of the ssssssnake!

After many years, four in fact, of spewing my much sought after wisdom in this publication (Ha Ha Ha), it seems not everyone reads them. I'm cool with that. My ego can take it. However, not everyone's a business owner who needs an education on effective content creation. But for those of you who do, I thought I'd go back to the basics. I'm talking about advertising-design (AD) basics.

The reason for this article is to convey, after a few meetings recently with potential new clients, how little many folks, especially those who are about to or have thrown \$\$\$\$ into start-ups, personal dreams, etc, are taking unnecessary risks by not educating themselves on the importance of creative in their brand marketing.

For first timers reading my dribble, I am qualified to preach on this topic. You can visit [admaki.ca](http://admaki.ca) or [adsamurai.com](http://adsamurai.com) for proof.

While many of my colleagues have put away their Sharpies, I'll continue to stay relevant until my Sharpie runs dry.

When it comes to staying on top of what's happening in and around the creative profession, I consciously immerse myself in content creation 24/7. Most folks go about their lives unaware as to how AD touches their lives and how it steers their decision-making choices. Here's a brief rundown on how AD impacts day-to-day life.

AD impacts our perceptions, behaviors, and even emotions continually. From the second you get up to when you nod off, AD is in your face. Colour, typography, and imagery (illustration/photography) gets into your noggin, inciting psychological triggers in everything to influence how we react about a product, service, or idea. We mustn't forget sounds and smells as well. Successful creative content is carefully crafted for packaging, television or radio, websites, print ads, social media posts, the list is almost endless, to appeal to our senses and tap into deep-seated desires (and fears) to cause an emotional response.

What creatives create is not about aesthetics. Creatives don't pull sh\*t out of their "brains" at random to generate ideas. Effective content creation lies in a

ton of scientific research, data gathering, market research, personal experience, etc. Regardless of the message's medium and how it is distributed, the final product is carefully crafted to speak to the target audience. The power of AD lies in its emotional appeal.

Beyond influencing individual choices, AD also plays a role in shaping societal trends and values. They help define what's "in" and "out" in a constantly evolving marketplace. The more one is strategically exposed to a message, the more likely you'll receive a positive response.

In today's fast paced and hectic world, AD has become more personalized, targeting potential customers with tailored messages based on their browsing habits, demographics, and preferences. Their every step. That's a good thing for brands. Annoying for some consumers. This increasing sophistication makes ads harder to ignore, deepening their impact on consumer behavior and decision-making. Ultimately, AD doesn't just sell products, it shapes everything around us.

So the next time you spray on that perfume or pull out the driver, consider what made you make those purchases.

*Keep it creative. cheers, mark.*

## CANADIAN TAI CHI ACADEMY

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### New Beginner Class in Bragg Creek

Weekly Class Starting January 2025  
Tuesday evenings 6:30 - 7:45 pm  
at Snowbirds Chalet, 19 Balsam Avenue

### Demonstration & Registration

6:30 pm, Tuesday January 21, 2025

### First Class

6:30 pm, Tuesday January 28, 2025



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Do you get your fashion advice from your mechanic? Then why do so many entrepreneurs get their spouse, nephew or mother-in-law to design them a logo? Take your branding seriously and hire professionals. We are trained to create things differently. Then let's see who gets the very last laugh. HA HA.



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## BRAGG CREEK COMMUNITY ASSOCIATION

This past year has been one of change, new connections, collaboration, and growth. As the BCCA welcomes the New Year, we would like to take a moment to reflect and express gratitude.

Our events and initiatives this year would not have been possible without the tireless efforts of our fabulous volunteers, dedicated staff, and the generous support of our local business partners.

To the volunteers who donated their time, energy, and talents – thank you for being the heart of our community.

To the staff at the Community Centre, thank you for pouring your expertise and skills into your work.

To the businesses and organizations who partnered with us, your contributions have provided the resources and encouragement needed to bring ideas to life. Thank you for working alongside us.

**Spirit of Christmas Festival –**  
Held Nov 29 to Dec 1

To all the community members who were involved in our annual event, **THANK YOU!**

To the local businesses whose staff went above and beyond to create events for the kids, to all the local sponsors who gave their financial support to pay for the festivities, and of course, to all the individuals who chose to give their time volunteering as wrappers and shoppers, and wagon-ride stoppers to name a few!

It takes a Hamlet to pull off something so fun and engaging!!

And **THANK YOU** to Shaye. You brought the Spirit that we were all seeking.

### Skating Party on New Year's Day!

Bring your skates and your smiles to the Rink (named "One of a Kind" at last year's Chuck-a-Puck) from 11am to 2pm. Kathleen Burk is sponsoring this party for the Community, complete with entertainment, coffee and hot chocolate. Thank you Kathleen!

### Winter In the Woods is almost here!

"Winter in the Woods" celebrates all things winter. Join us on Saturday, February 1st for a family event that will up your spunk and remind you why you live and play here. Check the website for all the info and be sure to purchase your puck for the famous

"Chuck a Puck" event. All proceeds support our beloved rink! Volunteers, we need you! Please watch [braggcreekca.com](http://braggcreekca.com) for shifts and "SignUp"!

For regular programming notes, we are ramping back up first thing in January:

- Pickleball – resumes on Thursday, Jan 2nd
- Artzy Afternoons – resumes on Thursday, Jan 2nd
- Rumble & Roar – resumes on Thursday, Jan 9th

Looking back before stepping forward helps ground us in preparation for the flow of new ideas and can be a source of energy and inspiration. With the New Year of 2025 greeting us, we are reminded of the timeless Scottish song, "Auld Lang Syne". Its lyrics, often sung at New Year's gatherings, encourage us to honour old friendships, cherish shared memories, and look forward with hope. The phrase "auld lang syne" translates to "old long since" or "for old times' sake", a fitting reminder of the importance of community and connection in all that we do.

Here's to another year of community spirit, shared successes, and making memories together.

*Warm wishes from  
Your Bragg Creek Community Association*

**BRAGG CREEK CENTRE**  
**WINTER IN THE WOODS**  
BRAGG CREEK CENTRE - Come Join the Fun  
**February 1st, 2025 11:00am - 7:30pm**  
Visit [braggcreekca.com](http://braggcreekca.com) for more details

"Winter in the Woods Junior Classic"  
Family Skate  
Human Curling

"Winter in the Woods Senior Classic"  
Chuck-a-Puck  
Kids games  
Hot chocolate  
Bannock  
Metis Games

Indoor Hot Concession:  
Outdoor Beer Gardens:

Winter in the Woods After Party: Powderhorn  
Metis Experience: Auntie School

**COME SHARE COMMUNION WITH US**  
Communion Service with Prayer

6:30 - 7 pm  
Jan 7, Feb 4 & March 4  
First Tuesday of Every Month

At The Hub next to the One Of A Kind Shop  
Bragg Creek Shopping Centre  
7 Balsam Ave  
[braggcreekchurch.ca](http://braggcreekchurch.ca)



## EXERCISE SNACKS

Happy New Year!

I hope you celebrated 2024 well with laughter, family, good food and some restful moments by the fire. Here we are in January already and a whole year of new adventures ahead of us.

Hopefully the snow is falling by now, and for some of us that means winter sports such as skating, xc skiing and sledding! For others it might mean a time to hunker down in the warm indoors and check off those home to do lists. Whatever this season means to you, it is still important to incorporate some movement and activity for our brains and our body.

According to the Canadian Fitness and Lifestyle Research Institute, 61% of adults over the age of 18 are insufficiently active for optimal health benefits. This puts us at a

higher risk for chronic conditions, injuries and diseases such as high blood pressure, heart disease, osteoporosis and diabetes.

If you are struggling to be active through the winter season or setting lofty goals for yourself that fall by the wayside, remember it doesn't have to be all or nothing!

There is a saying that calls short activities through your day "exercise snacks". Who doesn't like to snack? These are short bouts of activity (2-5 mins) that you can incorporate into your day - anytime, anywhere. The goal is to increase your heart rate a little, improve your heart health, increase your flexibility and manage your blood sugar levels. If you can add 2-3 exercise snacks into your day, you will notice changes such as better energy, improved sleep and less mood fluctuations.

Some ideas include taking the stairs instead of the elevator, parking a bit further away to increase your walk to the store, stretches / lunges / jumping jacks / squats during a commercial break, high knee marching while your coffee brews, hop

on an indoor bike or treadmill. The point is to choose an activity or movement that gets you breathing harder and increases your heart rate - knowing that you will still benefit with only a few minutes at a time. You don't need to commit to hours in the gym. Current research is touting the benefits of higher intensity interval training (HIIT workouts) that take less time and can be done more conveniently. It's not about perfection or big goals, it's about consistency and small, attainable moments through your day. Every little bit counts and this will help you feel like you are not quitting or failing at some traditional new years resolution that becomes too daunting after a few weeks!

All the best wishes for a great beginning to 2025! We are here to help you get moving, keep moving and feel better so you start this year off right. Happy New Year to you!

*Jennifer Gordon*

*(BSc.PT, GunnIMS, AFCI)*

*Physiotherapist - Bragg Creek Physiotherapy*

*www.braggcreekphysio.com*

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# SNAKE SPECIAL



"Happy year of the snake. Luckily, you'll never see me on the menu, but you can expect the same succulent, savory dishes all year. Bav Tav will be closed from Jan 5th and reopening on the 17th. Ssssssee you soon."

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AT THE BAVARIAN INN



## BRAGG CREEK TRAILS

### Trail Talk: What's Ahead for Bragg Creek Trails in 2025

As we step into a new year, Bragg Creek Trails (BCT) is excited to embark on a series of new projects and improvements guided by our Master Trail Plan. Following extensive public consultation and in collaboration with Alberta Forestry and Parks (AFP), BCT has developed a priority list to enhance this incredible recreational resource that so many of us love and enjoy.

#### Expanding the Trail Network

Feedback from our community highlighted a strong desire for additional trails beyond the 166 km currently available. Of the 40 km of proposed new trails, 18 km were identified as strategically significant to improving connectivity and better managing the system.

In some areas, we also face challenges with trails in environmentally sensitive or problematic locations. Decommissioning or rerouting sections of these trails is part of the plan to ensure sustainability. Additionally, as we await a final decision on the West Fraser Timber logging plan for West Bragg Creek, BCT is exploring opportunities to pair new trails with reclamation work. This approach, similar to our successful expansion of the WBC ski trail network in 2014/15, could enhance connectivity from the Highway 66 (Fullerton) side to the main trail system.

While these new trail projects have been approved in concept, each initiative must undergo rigorous review and

approval processes, particularly to address Indigenous, environmental, watershed, and fisheries concerns.

#### Prioritizing Maintenance and Year-Round Upgrades

While we plan for new trails, maintaining the existing network remains a top priority. BCT aims to refurbish 25% of the trail system annually. With changing climate conditions, many trails previously designated as winter-only have been upgraded for year-round use.

Winter is a particularly busy season for our volunteers, as it provides the perfect opportunity to clear encroaching trees and bushes while the bird nesting season is on pause. Trail maintenance is a continuous effort, and our hardworking volunteers ensure the trails are safe and enjoyable, no matter the season.

#### Resources and Community Support

Every project BCT undertakes is a shared effort with AFP and depends on having the necessary resources to proceed. We rely on grants, donations, and the invaluable contributions of our volunteers to turn plans into reality.

To support these initiatives, BCT is running a Trails 2025 Fundraising Campaign to fund upcoming projects. If you're inspired to contribute or lend a hand, details on how to donate or volunteer are available on our website at [braggcreektrails.org](http://braggcreektrails.org). With many returning volunteers eager to join us, it's clear we're building not just trails but a strong and passionate community.

Thank you for your continued support, and we look forward to seeing you out on the trails in 2025!

*Conrad Schiebel (BCT President)*



## XC BRAGG CREEK SKI AND BIKE SOCIETY

XC Bragg Creek athletes have fully transitioned to the winter season and are working hard on their Nordic skills. The Club Racers and Nordic Ninjas are training on Wednesday and Thursday evenings, and Saturday mornings on the West Bragg Creek Trails. XCBC's youngest athletes, the Bunnies and Jackrabbits, are skiing on Friday afternoons.

The Nordic race season has begun for our competitive athletes. The Nordiq Cup held in Sovereign Lake, BC saw some fast paced racing, with XCBC's own Ian Thomson and Avery Thompson qualifying in the sprint heats! The following weekend, at the Alberta Cup season opener at the Canmore Nordic Center, XCBC athletes claimed 7 top 20 finishes. Special congratulations for this race go to Reid Bopp who won Bronze in the 1.5km U12 classic race, and Evelyn Peperkorn and Emma Jackson who won their heat in the Team Sprint! Congratulations to all of XCBC's athletes who gave their very best efforts and showed incredible sportsmanship at both races.

XC Bragg Creek will host the The Alberta Youth Championships, from February 20 - March 2, 2025 at the West Bragg Creek Trails. This is a championship event for Nordic skiers aged 11-14. The event brings together over 100 skiers and coaches from Alberta, Saskatchewan, Yukon, and The Northwest Territories. Racers compete for club banners in three events featuring skate and classic skiing. Alberta Youth Championships is open to any youth skier who is a member of a Nordiq Canada-



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recognized club. Stay posted for our annual call for baking to support this event. We are also looking for Food Tent, and Volunteer Coordinators. If you are able to help in either role please email Melissa Thompson at [director1@xcbraggcreek.ca](mailto:director1@xcbraggcreek.ca)

For more information on events, or to access registration links, check out the XCBC website: [www.xcbraggcreek.ca](http://www.xcbraggcreek.ca)  
See you on the trails!

### Spotlight on XCBC Athletes

XCBC is proud of all of our young athletes for their skill, determination, perseverance, and most importantly, their citizenship. This month, Coach Josh recognizes Avery Thompson for her commitment to XC Bragg Creek.



#### Avery Thompson:

XCBC Sport: Nordic Skiing  
Favourite West Bragg Creek Trail: Moose Loop

Words from Coach Josh:

“This month I would like to take the time to highlight Avery Thompson. Always full of energy and an infectious, “go-get-em” attitude, Avery’s dedication to training and her team spirit has been an amazing part of our XCBC family.

A role model, Avery is consistently encouraging our younger athletes as well as her peers. She is a favourite junior coach to our younger skiers in the Jackrabbits program and inspires and encourages many young athletes. Likewise, her positive energy encourages her team mates. At our most recent time trial, Avery was there cheering each of her teammates on as they crossed the finish line, never leaving anyone out.

I am proud to call Avery Thompson an XC Bragg Creek Athlete.”



### Retrospective

Bragg Creek Wild had a productive year, and we look forward to an exciting new chapter in 2025. This article highlights our accomplishments, the challenges ahead and our way forward.

#### Accomplishments

##### Brad Stelfox: Re-Imagining Bragg Creek – Part I

Brad’s presentation explored the region’s land use from pre-European settlement to today’s pressures and tomorrow’s trends. Clear choices are ahead if we wish to preserve the natural areas and build their resilience as human use increases. A full presentation is available on YouTube and the Bragg Creek Wild website.

##### Guy Greenaway: Re-Imagining Bragg Creek – Part II

Guy discussed the challenges of balancing growth with habitat preservation and stressed community involvement in shaping the region’s future. He walked the audience through the public process of land use planning and empowered the audience with tools and concepts to engage with planners effectively. Breakout group discussions followed his presentation, and the feedback collected from the October 23rd event will be shared with all in the new year. A full presentation is available on YouTube and the Bragg Creek Wild website.

##### Garbage Bylaw for Bragg Creek and The Area Structure Plan

Rockyview Council mandated their staff develop options for a garbage bylaw to limit bear-human conflicts in our area. The work is progressing, but oh! So slowly. Similarly, BCW has representation on the ASP visioning committee, and the work is progressing but is behind schedule for a few months. We are right there, ready to

help, and we hope we will have a bylaw in the coming year.

#### Challenges

Recently approved provincial policies support Grizzly Bear hunting, trapping of all and any species, even those at risk, and the newly minted legislation opening up crown land to all-season resorts. These policies have raised many questions, wondering why there is a sudden disregard for our environment and wildlife. Bragg Creek Wild supports science-based policies for coexistence and opposes policies putting endangered species and their habitats at risk.

#### West Fraser 2024 Logging Report

The recent West Fraser report on their public consultations indicated a willingness to accommodate trail users by buffering trails. This approach is nice, but it needs to do more to protect our watershed and ecosystem. Considering the changing nature of human use in the area, it is time we consider re-zoning it into a park.

#### What’s in for 2025?

Many issues discussed above will continue into the new year. Also, public education and awareness will continue to be high on our priority list, including how to reduce human-wildlife conflict on the road, at home or in the great outdoors. We also look forward to refining our internal operations, engaging in strategic planning exercises, and connecting with our sister organizations.

#### Brian Keating is coming – March 2025

One event that we are very excited about is a public presentation by renowned conservationist and naturalist Brian Keating. His passion and vast experiences, complemented with engaging storytelling, will keep the audience spellbound. You will want to attend that event.

BCW invites you to join the movement and embrace sustainable practices to support wildlife and protect the environment. Together, we can ensure a thriving future for our community and planet. Visit us at [braggcreekwild.ca](http://braggcreekwild.ca). Please become a member (it’s free) and follow us on our social media.

Happy New Year!

*Bragg Creek Wild*



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## BRAGG CREEK PERFORMING ARTS PRESENTS: JUSTINE GILES

Bragg Creek Performing Arts is thrilled to welcome Justine Giles - Calgary's 2024 YYC Music Awards Solo Artist of the Year - for an exclusive dinner concert on Saturday, January 25, 2025, at the Bragg Creek Snowbirds Chalet. Justine will be accompanied by Sarah Houston, and the duo promises an unforgettable evening of music and connection.

Since relocating from Toronto to Calgary, Justine has been active in the local music scene, culminating in her recent win at the music awards. Inspired by artists like Maren Morris, Kacey Musgraves, and Tenille Townes, Justine's heartfelt and beautifully crafted songs solidify her place as a powerful Canadian voice on the global singer-songwriter stage. Her accompanist, Sarah Houston, is a Calgary-based musician known for creating lush, vibrant compositions.

As Clint Docken of Bragg Creek Performing Arts relates, "you will not want to miss this classic folk-pop performer in the intimate Snowbirds setting."

**Date:** Saturday, January 25, 2025

**Time:** Doors open at 6:00 PM | Dinner at 7:00 PM | Concert at 8:00 PM

**Location:** Bragg Creek Snowbirds Chalet, 19 Balsam Avenue, Bragg Creek

**Tickets:** \$75 per person or \$600 for a table of 8. Available at [BCPA.ca](http://BCPA.ca) or through Ticketpro at 1-888-655-9090

### About Bragg Creek

#### Performing Arts Music Series:

Bragg Creek Performing Arts is dedicated to delivering live concerts that captivate and inspire. Our next event will feature the Celtic music of Cassie and Maggie in an exclusive dinner concert on March 16, 2024.

Run entirely by volunteers, the Bragg Creek Performing Arts Society is a registered not-for-profit charity. Join us in celebrating the magic of music and the arts! Contact us at [info@braggcreekperformingarts.com](mailto:info@braggcreekperformingarts.com)



## THE LITTLE SCHOOLHOUSE

Happy New Year! We hope you all had a restful and healthy holiday. We are looking forward to a fantastic 2025 at The Little Schoolhouse!

This month we are celebrating winter and all the fun it can bring. Our students will be investigating snow, the Arctic, and how winter animals survive the cold.

We will be exploring these topics through, stories, songs, interactive activities, outdoor exploration, and crafts!

We are excited to announce that our Kindergarten & Preschool registration for the Fall 2025-26 school year will be happening at the end of this month. To reserve your spot please see our website [www.thelittleschoolhouse.ca](http://www.thelittleschoolhouse.ca) for registration information. We would love to have you join us and our amazing community!

Wishing you all a wonderful and happy 2025!

*Ms. Shelley and The Little Schoolhouse team*

**Bragg Creek Performing Arts**

**SAT 25 JAN 2025**

Folk-pop singer and songwriter Justine Giles and pianist Sarah Houston are bringing their vibrant musical talent to our exclusive dinner concert series.

**DINNER CONCERT WITH JUSTINE GILES & SARAH HOUSTON**

DOORS	DINNER	CONCERT	TICKETS	BRAGG CREEK SNOWBIRDS CHALET
6:00	7:00	8 PM	\$75	19 Balsam Ave, Bragg Creek AB

For tickets visit [braggcreekperformingarts.com](http://braggcreekperformingarts.com) or call Ticketpro 1 888 655 9090.

**BRAGG'S KORNER KITCHEN** **THE BOTTLEWORKERY** **FOUNDATION SOCAN FOUNDATION** **ROCKY VIEW COUNTY** **Alberta Foundation for the Arts** **MAXWELL REALTY** **SPIRITS WEST MERCHANTS**



## BRAGG CREEK SNOWBIRDS FELLOWSHIP

### Happenings at the Chalet

#### Tuesdays

1-4pm: Ladies Group & Snooker

#### Thursdays

1-4pm: Snooker

4-9pm: Open House/Pub Night

#### First Wednesday each month

1:15pm Book Club - bring a book to share with the group

#### Third Thursday each month

7pm: Open Mic Night  
come play or listen!

#### Fridays

1:15pm: Exercise Class - 45 minutes  
bring your own dumbbells or borrow  
newcomers welcome, drop-in \$10/class

### 2025 MEMBERSHIPS

New members always welcome.  
50+ to join - annual fee only \$15  
Questions? 403-949-3313

Email inquiries:  
[braggcreeksnowbirdsfellowship@gmail.com](mailto:braggcreeksnowbirdsfellowship@gmail.com)

Snowbirds Chalet is pleased to sponsor

## Foot Care in the Creek

19 Balsam Avenue, Bragg Creek

### CLINICIANS

Jill Read-Johnson C-Pod(1)  
Certified Podologist International

Sheree Gorsline  
Advanced Pedicurist



### COST

\$40 Cash or Cheque



For clinic dates & appointments call  
Jill directly at 403-861-1503

\* Clients must provide their own  
foot basin & towel

### BENEFITS OF REGULAR PROFESSIONAL FOOT CARE

- Increase circulation
- Treat diabetic symptoms, cracks, dry skin, warts, corns, ingrown toenails, nail fungus
- provide gait analysis and referrals

ad space generously donated by  
the High Country News



## The foundation for your spring projects starts right now

### Winter is a great time to start planning for next year

Did you know planning your spring/summer construction projects of any size can be completed while snow is still on the ground? Getting the legwork of quoting and planning completed now means we can be ready to move on your project before the first grass appears.

Want to get the most enjoyment from your outdoor space during our short summer so you can spend your time not having to do it while the warm weather slips by? Then don't wait until April or May to book Harder for your work, our reply might hit you like a tonne of bricks.



that's how we work

403.949.3442 | [info@exteriormaintenance.ca](mailto:info@exteriormaintenance.ca)  
[exteriormaintenance.ca](http://exteriormaintenance.ca)



## BCEC: SHIFTING BASELINE SYNDROME

"I remember when ...."

BCEC considers the phenomenon of 'Shifting Baseline Syndrome'

Probably all of us who have a few decades under our belts have done it: we've returned to a place fondly remembered, only to find it changed – often beyond recognition. "I remember when this was all fields, and now it's a new bedroom community." "There used to be far more bugs on the windscreen on road trips when I was a kid." And so on.

As older adults our memory of how a place once was may date back to the sixties, seventies, eighties or maybe earlier. For millennials the so-called 'baseline' will be much later. For each generation the baseline against which they measure development is their memory of earlier abundance. They haven't seen the biodiversity that earlier generations were familiar with. The trouble is that it's different for each generation. My kids' memory of abundance is actually less abundant than mine. Older people's baseline includes much less urban sprawl, for example, and more frequent encounters with wildlife. Younger generations' baselines will hark back to more recent configurations of the boundary between 'natural environments' and developed environments. Their 'perceived abundance' is less than that of older generations.

But even in our grandparents' youth, the environment around the city was already developed by agriculture, and was therefore not in a pristine, untouched state. Our grandparents' perception of abundance is already depleted compared with what was there a couple of hundred years ago. The fields our grandparents knew (where we now see housing) were already manipulated and managed. There may certainly have been more wildlife around, but it was not in an 'original' natural state. Much habitat had already been lost, leading to decreases in biodiversity even then.

Since moving to Bragg Creek, I've become aware that numbers of species such as moose and elk are nothing like what some of my neighbours remember from decades past. We know bird populations are in decline. The variety of wildflowers is less. But for the youngest among us, the numbers we see around us now will form their baseline, against which they measure decline in the future.

This progressive 'generational amnesia' can easily allow a slide that leads to extirpation and extinction.

This is what is meant by Shifting Baseline Syndrome or SBS.

A meme that regularly does the rounds on the internet illustrates this beautifully.



The concept becomes important when we're thinking about conservation and – even more importantly – restoration. We're probably all aware of resources extraction industries' commitment to restoration. The question is which baseline they're committing to restore. In certain contexts, this becomes a legal question.

In places like West Bragg Creek beavers are being encouraged to return to the landscape, bringing with them all the accompanying benefits for the watershed and wider environment. Partners in this particular project included Alberta Parks, The Elbow River Watershed Partnership and the Alberta Riparian Habitat

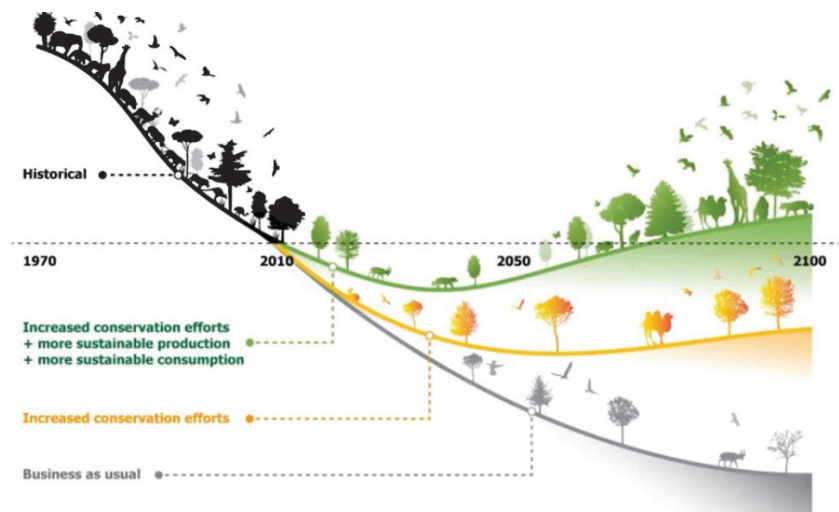
Management Society (aka Cows and Fish). This is great news and exciting to watch, and beavers are one species making something of a comeback.

However, historically – before the advent of the craze for beaver fur in Europe – there were estimated to be hundreds of millions of North American beavers in the landscape. Up to 95% of them may have been lost between the start of colonial harvesting and the beginning of the 20th century. Restoring them to that earlier population level would probably prove difficult, and mightn't even be ideal. Looking back at historical baselines, though, with the help of ecologists, ecological paleontologists, indigenous knowledge keepers and other experts, it's possible to study how ecosystems were interconnected and held the web of life together. We can then draw on that understanding to see how to go forward into the future with a greater awareness of baselines, and hopefully a commitment to real restoration.

The diagram below gives us an idea of the difference between the potential of restoration work and of conservation alone, shown alongside how this compares with "business as usual". Although this diagram was created with reference to a European context, it's just as much food for thought for us here.

'Global biodiversity loss can still be halted' (Wagenin University & Research, 2020) in <https://climatecultures.net/environmental-change/shifting-baseline-syndrome-anthropocene/>  
<https://esajournals.onlinelibrary.wiley.com/doi/full/10.1002/fee.1794>

*If you're interested in finding out more about the work BCEC is doing, please contact us at [braggcreekenvcoalition@gmail.com](mailto:braggcreekenvcoalition@gmail.com)*



This artwork illustrates the main findings of the article, but does not intend to accurately represent its results (<https://doi.org/10.1038/s41586-020-2705-y>)



## CELEBRATING 30 YEARS OF TAE KWON-DO IN REDWOOD MEADOWS

Not many martial arts schools last for three decades, but Redwood Meadows Tae Kwon-Do has become a staple in the community. This journey began in 1995 when Grandmaster J.J. Lee, a martial arts pioneer who introduced Tae Kwon-Do to Calgary, encouraged instructors Jason and Stacie Smith to open a school in Bragg Creek.

The first demonstration drew a modest crowd of around 20 people in the old Bragg Creek Community Centre, yet it sparked an enthusiasm that led to the signing of 10 eager students. Soon after, a request from a Redwood Meadows resident prompted the instructors to expand their reach, teaching one class in Bragg Creek before heading to Redwood Meadows each week.

Fast forward to today, and Mr. and Mrs. Smith continue to share their passion for Tae Kwon-Do with the community,



*Martial Arts Training in the Redwood Meadows Field, 1997*

offering classes twice a week for 10 months of the year. Over 2,500 students have now passed through the doors of the Redwood Meadows Community Centre, discovering a sport that welcomes everyone—kids, teens, and adults alike.

Tae Kwon-Do has fostered family bonds, with entire families training together and achieving black belt status. With nearly 30 black belts produced, some of whom have competed internationally, the school has a proud legacy. One of the students Ms.

Jodie Clease, who began at 6 years old, now serves as the school's lead instructor after earning her fourth black belt and a master's degree in education.

Instilling values like courtesy, integrity, perseverance, self-control, and indomitable spirit, Tae Kwon-Do has left an indelible mark on the community, becoming a rite of passage for many families. It has been 30 incredible years of Tae Kwon-Do in the community!



REDWOOD MEADOWS  
Tae Kwon Do

## Classes for Kids, Adults, and Families

Traditional Tae Kwon-Do for a strong mind and body.

- Free trial class
- Family discounts
- Visitors welcome
- Located at Redwood Meadows Community Centre

Celebrating 30 years!

JOIN US!

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- 🌐 redwoodtaekwondo.com



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# WELL OWNERS



**ARE YOU NEGLECTING YOUR WATER SYSTEM?**

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

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

**Having a hard time remembering your maintenance schedule?  
LET US KEEP TRACK FOR YOU!**

We will send automatic email reminders of your recommended maintenance based specifically on your system.

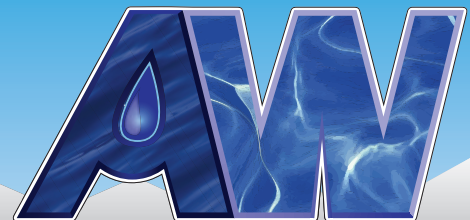
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## SHEEP RIVER LIBRARY

### New Ventures in 2025

The Sheep River Library is thrilled to announce the upcoming installation of solar panels on its rooftop, reinforcing its commitment to sustainability and environmental stewardship. This initiative aligns perfectly with the library's status as a Silver LEED (Leadership in Energy and Environmental Design) Certified building, reflecting our dedication to energy efficiency and reducing our environmental footprint. The project originated in 2022 when the Foothills Energy Co-op proposed the innovative idea of generating solar energy to lower utility costs, with the savings reinvested into community programming. Through the efforts of a dedicated committee and widespread community support, over \$100,000 was raised for the project. Generous contributions from local businesses, along with grants from the Community Facility Enhancement Program (CFEP) and the Municipal Electricity Generation Program (MEGP), were instrumental in turning

this vision into reality. After nearly three years of planning, the library has awarded the installation contract to Infinity Solar Group, a trusted leader in sustainable energy solutions. Work is set to begin soon, marking a significant milestone in the library's journey toward renewable energy adoption and long-term cost savings for the community. Library patrons and residents of Diamond Valley can look forward to regular updates on the project's progress via the library's website and social media channels. We extend our heartfelt thanks to everyone who contributed to this endeavor and look forward to embracing a brighter, greener future together.

A full listing of our Winter/Spring programs is included in this issue of the High Country News. We have some new courses to tell you about. Hollywood Got It Wrong is a series of Saturday afternoon sessions taking place in March and April. This features the screening of a well-known Hollywood movie followed by a talk and discussion by an expert in the field explored in the movie. A full list of the movies and the experts can be found in the program pages. (It is just a happy coincidence that Dwayne "The Rock" Johnson appears shirtless in more than

one movie). Your memory: what you should know is a series of talks by Jennifer Mallamo of Brain Health Catalyst. These talks will be of particular interest to anyone dealing with dementia. Jennifer will explore a wide range of topics from what memory is, understanding memory loss and how to support those with memory challenges. Full descriptions of each session are in the program pages. We have expanded our children's programming. Along with our pre-school programs and STEAM we are now offering Junior Maker Workshops, monthly Saturday arts and crafts, Giggles and Grooves and a Lego competition. This competition will take place Saturday, February 1 and will be judged by a Lego Masters Contestant who will do a presentation about their time on the show. Get your children or grandchildren cracking on their submission! Details about theme and age groups are in the program pages. Details about all our programs can also be found on our website, [www.sheepriverlibrary.ca/programs](http://www.sheepriverlibrary.ca/programs). Program brochures are available at the front desk and can also be downloaded from the website from the programs tab.

We look forward to seeing you in 2025!



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# Sheep River Library

## 2025 Winter/Spring Programs



### Mind and Body

#### Inductive Bible Study

We will be continuing the Covenant study in January. The Numbers study starts April 2. No previous experience necessary. \$10 for course materials.

Instructor: Jan Burney

Wednesdays, starting Jan 8 10:00

#### Meditation Circle

We are a group of open-hearted folks who gather with a shared intention to cultivate happiness and wellbeing within ourselves and our world. We seek to develop experiential wisdom and more skillful living through practice with present moment awareness.

Mondays, Starting Jan 6 9:30

#### Sound Bath

Immerse yourself in a soothing session of a Himalayan healing sound bath. As you allow the sounds to wash over you, feel your stress melt away, leaving you revitalized, refreshed and renewed. Bring along a yoga mat, blanket and two pillows. Cost \$25

Facilitator: Linda Welsh

Last Fridays: Starting Jan 24 7:00

#### Conversational ESL

Join Kim, an ESL, CELTA, and IELTS certified facilitator, for a laid-back chat circle to practice English in a friendly and relaxed atmosphere. Feel free to bring lunch. Register at the library.

Saturdays, starting Jan 11 11:30-1:00

#### Painting Your Way

All classes will focus on composition, colour mixing and how to use paints, tools and media. Participants will strengthen their art through knowledgeable decisions and planning while working on their own individual projects. Individual help provided.

Instructor: Vivian Wiebe

Cost: 9 half days - \$170 9 full days - \$340

Wednesdays April 30-June 25

10:00-12:00 & 1:00-3:00

#### Study Skills for High School Students

Study environment tips, time management, note-taking, what "read this part of the textbook" means, review strategies for before and after a test, and test-taking skills for Grades 9-12. Instructor: Cheryl Bain

Saturday, March 1 1:00-2:30

#### Career and Class Goals

For students in grades 9-12 accompanied by a parent. This class will cover short- and long-term

goals and breaking goals down into smaller milestones to help reach targets.

Instructor: Cheryl Bain

Saturday, March 1 3:00-4:30

#### Making Sourdough Bread

See and experience the sourdough experience at various stages of what is usually a 12 - 14 hour process. Finally, we will taste some fresh baked bread. Sourdough starter provided.



Wednesdays, Jan 22 & 29 7:00

#### Breaking Free From the Daily Grind

*Crossroads Café* is the story of three women contemplating jobs, relationships and retirement who decide to meet with a life coach to help them choose the best path forward. Each chapter ends with thought-provoking questions for you to journal and reflect on. Sharing is optional. Hosted by Sherri Olsen, author. Book is available as a free download.

Thursdays, Jan 16 & 30, Feb 13 & 27 7:00

#### Cyber Security for Seniors

Learn how to stay safe on-line, recognize scams and protect your information.

Facilitator: Nicole Levesque

Thursday, March 13 1:00-3:00

#### First Aid Courses

These foundational First Aid courses focus on preserving life, preventing further injury and providing first aid care until medical aid arrives. Participants receive a course workbook and First Aid certification.

#### Basic (Emergency) First Aid

This one-day course covers what to do in life threatening circumstances such as choking, stroke, heart attack or deadly bleeds. Course includes Level C CPR and AED use.

Instructor: Deanna Hintze. Cost: \$110 + GST

Saturday, Jan 25, 9:00-5:00

Saturday, May 24, 9:00-5:00

#### Intermediate (Standard) First Aid

This two-day comprehensive program covers first aid care that builds on the Basic First Aid course including medical emergencies, splinting and mental health care.

Instructor: Deanna Hintze Cost: \$125 + GST

Saturday & Sunday Jan 25 & 26, 9:00-5:00

Saturday & Sunday May 24 & 25, 9:00-5:00







# Sheep River Library 2025 Winter/Spring Programs

## Your Memory: What you should know

A series of talks on brain health by Jennifer Mallamo of Brain Health Catalyst

### Memory: What is it and how does it work?

Learn about the lobes of the brain and their functions and the importance of Encoding, Storage and Retrieval in the context of memory. Test your memory with fun, interactive quizzes in this session designed to offer an overview of the inner workings of your brain.

Tuesday, March 4 1:00

### Understanding memory loss and progression to dementia

Distinguish the myths and facts about dementia and learn what is changing in the brain.

Tuesday, March 11 1:00

### Modifiable risk factors for dementia: inflammation and managing blood sugar

Learn about the detrimental effects of chronic inflammation on brain shrinkage and memory loss, and how managing blood sugar can reduce inflammation and positively impact memory retention.

Tuesday, March 18 1:00

### Modifiable risk factors for dementia: nutrition, digestion and detoxification

Hear about the optimal approach to nutrition, the importance of supporting digestion, and simple strategies for releasing toxins that we are exposed to daily that impact inflammation.

Tuesday, March 25 1:00

### Supporting those with Memory Challenges: Communication and engagement strategies

Often, it's challenging to know how to support those experiencing memory decline. Learn effective communication strategies that demonstrate compassion, patience and authenticity. Learn from dementia expert Teepa Snow, with the demonstration of skills from her Positive Physical Approach.

Tuesday, April 1  
1:00

## Hollywood Got It Wrong.

Have you ever watched a movie and thought *that can't be right?* We have recruited several experts to let you know if your gut feeling was correct. Each speaker will use their professional experience and knowledge to let us know what the film makers got wrong, what they got *almost* right, and what (if anything) they got right. Some speakers will also add insights about the topics the movie has directly or indirectly covered.

If you need to re-watch the movie, we will be showing it just before the talk.

Bring your own popcorn & willingness to learn!

**For movie and speaker information, exact times, and information on how to sign up visit <https://sheepriverlibrary.ca/Programs/Events-Exhibits-Displays/Hollywood2025>**

March 8: **Andy Lees** (retired minister) vs. *The Da Vinci Code* (2006)

March 15: **Detective Dave Sweet** (retired police detective) vs. *Bon Cop, Bad Cop* (2006)

March 22: **Jason Donev** (physicist) vs. *Oppenheimer* (2023)

March 29: **Amber Porter** (classical mythology and history) vs. *Hercules* (2014)

April 12: **Brandon Karchewski** (geoscience - geology) vs. *San Andreas* (2015)

April 26: **Kerri Alderson** (professional nurse) vs. *One Flew Over the Cuckoo's Nest* (1975)



## Career Development with MCG Careers

### One-on-One Consultation

Call **403-601-2660** to make an appointment to have a consultant meet with you at the library.





# Sheep River Library

## 2025 Winter/Spring Programs

### Clubs & Groups

#### The Diamond Valley Book Club

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

2<sup>nd</sup> Tuesdays, starting Jan 14 1:15

#### Library 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: Chris and Don Wilhelm  
2<sup>nd</sup> Fridays, starting Jan 10, 7:00

#### Poetry by the Fireside

Friendly wordsmiths meet 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

#### MCC Writers' Group

Writers of all types are welcome to share what they have written that month. No critiquing, just sharing and encouragement.

First Tuesdays, starting Jan 7 6:30

#### Conversational French

Parlez-vous Francais? Join other French speakers for conversation. (Note: this is not an instructional class).

First Thursday of the month 3:30

#### Knitting Circle

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

Tuesdays, 10:00

#### Sew and Craft Together

Sewers and crafters are welcome to come and create together.

Second Tuesdays, starting Jan 14 7:00

### Technology Classes

#### 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.

#### Podcast Production

Our soundproofed and fully equipped podcast space is ready for you to come and record your podcasts.

Call the library to reserve a time. Expert instruction provided.

#### E-Reader Support

Need help downloading e-books onto your e-reader or other devices? Drop in or call 403-933-3278 for one-on-one help with Cheryl. Fridays, 2:00-4:00

### Tech Talks

Tech Talk classes will return in **late March**. Phone us in February for specific times or check the website.

#### Tech Talk Café Drop In

Bring your own device & bring your questions.

#### Tech Talk Beginner

Bring your own device and learn the very basics on how to use it.

Cost \$60 (Fee assistance available)

#### Tech Talk Plus

Bring your own device and build on your skills to get your device working for you.

Cost \$60 (Fee assistance available)

### Emergency Preparedness Coming in May.

We are hosting Emergency Preparedness talks on these topics:

- Making emergency plans
- 72-hour evacuation kits
- Insurance and claims
- Emergency trivia night
- Fire safety
- How good is your first aid kit?

Dates and times to be determined.

Information will be posted on the website as it is confirmed.



# Sheep River Library 2025 Winter/Spring Programs

## Pre-school Programs

**Parent/Caregiver must accompany children.**

### Moms' Coffee/Playgroup Time

Parents of young ones are invited for a time of fellowship, coffee, snacks and playtime for your little ones. Drop in. Facilitator: Christine Meikle  
Mondays, starting Jan 6 10:30-11:30

**Register for the following six programs at:  
[www.greaterfoothillsfamilycentre.ca](http://www.greaterfoothillsfamilycentre.ca)**

### Crafty Creations

Let's get creative, get messy and have fun! Each week we will explore something different and something new.

Thurs, January 9, 16, 23, & 30 9:30 OR 11:00

### Zumbini (Offered in 3 time slots)

The Zumbini program is a child-focused journey into the world of music, movement and dance. Designed for children 0-4 years old and their caregiver, this program includes dancing, singing and playing instruments. The caregiver must be ready to participate and be prepared to move, dance and sing with their child.

Thurs, Febr 6 - Mar 13 9:30 OR 10:30 OR 11:30

### Little Scribblers

Children are surrounded with opportunities to learn every day in the world around them. Practicing and developing their fine motor skills is essential. Little Scribblers will provide a wide variety of hands-on, engaging activities for children in a fun learning environment.

Thursdays, March 20, & 27 9:30 OR 11:00

### Curiosity Kids

Join us for some science fun! Kids will learn and explore through mixing, creating and experimenting.

Thursdays, April 3, 10, 17, & 24 9:30 OR 11:00



### Little Campers

Join us for a program all about camping. We will have fun with camping themed songs, stories, activities and crafts.

Thursdays, May 8, 15, 22, & 29 9:30 OR 11:00

### Little Explorers

Connect with the natural world through hands-on outdoor activities. Dress for the weather and outdoor play. Location: Riverside Park

Thursdays June 5, 12, & 19 9:30 OR 11:00

## Jr Maker Workshops

### Little Hands

Young Makers, age 2 to 6, will get to practice their fine motor skills, explore how things work, and use their imagination to design their own creation in this free parented workshop hosted by Connections Nature Play Forest School.

Saturday, April 12 10:00 - 11:30

### Gifting Hands

Young makers, age 5 to 9, will have fun reading stories, playing games and creating a gift for their parents/caregivers in this hands-on workshop aimed at developing a child's sense of gratitude for the caring people in their lives.

Saturday, May 10 10:00 - 12:00

### Sewing Hands

Older makers, age 7 to 12, will learn sewing basics, explore many different tools and gadgets, and create their own drawstring bag with one-on-one support from experienced and friendly folks with sewing experience. All tools and materials provided, but participants are welcome to bring their own cotton broadcloth fabric to use or select fabric from a wide array of patterns and themes.

Saturday, June 14 9:30 - 12:00

## Music Programs:

### Giggles & Grooves

Music for tots with Renee Boehmer. \$50/month

For more information or to register:

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

Tuesdays, starting Jan 7 10:00



# Sheep River Library 2025 Winter/Spring Programs

## Kananaskis Kids' Choir

This program will include music education, fun games, songs and performance opportunities.

Choir Director: Renee Boehmer \$25/month

Tuesdays, starts Jan 7 4:30



## Community Group

### L'il Legendary Leos

This group of community minded junior Lions meets twice a month at the library.

Facilitators: Tim & Keri Beer

Second & Fourth Tuesdays 6:00

## PD Day Movies

Recently released (mostly animated) movies will be screened at 10:30 am on PD Days. Children are welcome to bring snacks.



## art & crafts with Trish

(Ages 5-9 years)

### Brrr! It's COLD

Snow people and snowflakes, craft all things related to snow. Go home with a warm heart. Hot chocolate will be served. Cost \$40

Saturday, Jan 18 10:00 -12:00

### Mad Tea Party

Don't be late for this very important date. We will have a MAD tea party. We will create and paint a variety of items with an Alice in Wonderland theme.

Tea and cookies will be served! Cost \$40

Saturday, Feb 15 10:00-12:00

### March of the Penguins

Penguins are perfect little birds. We will art and craft with a theme of penguins. Cost: \$40

Saturday, Mar 15 10:00-12:00

### Art Party

This will be a mixed media paint party for kids. Each child will create a large mixed media painting,

exploring a variety of mediums and techniques all in one abstract painting. Cost: \$ 60

Saturday, April 5 10:00-12:00

### Star Wars

May the Force be with you. Come and celebrate Star Wars. We will create light sabre freezie holders, our very own Wookiee, an R2D2 light and much more.

Cost: \$ 40

Saturday, May 3 10:00-12:00

### Water wonders!

We will paint with watercolours and create many projects related to water. Cost \$40

Saturday, June 7 10:00 - 12:00

### Babies and Brushes

This is a special painting workshop just for babies and their caregivers. We will allow babies to experience painting in a variety of ways. All paint used is baby safe. Please be sure to dress for lots of mess. Each baby will leave with a couple of different painted pieces

\*This workshop is **exploratory** and is based in **play** and sensory activities.

Ages: 8 months to 24 months Cost \$50

Starts Wednesday Jan 15 10:00



Explore the exciting worlds of Science, Technology, Engineering, Arts and Math through dynamic and interactive sessions. Cost for 10 class session \$150 per student.

### Entry level: Elon Musk School of Robots and Coding

**Description:** Scratch Jr and Scratch are great tools to introduce coding to children. They use coding blocks like puzzle pieces, are colour coded and are very intuitive to use. When it comes to robotics, Ozobots and Spheros are unbeatable: simple spheroid robots that can be coded and used for many science and engineering experiments.

**Class goals:** To develop at least 1 Scratch Jr project using different types of blocks..



# Sheep River Library 2025 Winter/Spring Programs

**Recommended for:** Children with close to zero computer skills.

**Technology:** Scratch Jr and Ozobots and Spheros.  
Wednesday, Jan 15- Mar 26 5:00-6:00

## Mid Level: School of Coding – Game making with Scratch and Minecraft Educational

**Description:** Get ready for a club full of friendly competition and collaboration! Children will create teams and contend on several challenges using creativity, design, and coding using Scratch and Minecraft to create games. Children will learn the basics of coding and game making and then apply it to Scratch and Minecraft.

**Class goals:** To provide daily challenges while explaining concepts of design thinking, coding, and research. Complexity will vary depending on children’s Scratch and Minecraft skills.

**Recommended for:** Children familiar with basic computer skills (connecting to the internet, opening files, logging in, using keyboard and mouse fairly proficiently) also familiar with Scratch and Minecraft.

**Technology:** Scratch and Minecraft Educational.  
Wednesdays, Jan 15- Mar 26 6:15-7:15

## Expert Level: 3D and Virtual Reality Science Labs Simulation

**Description:** This class will explore designing in 3D using computer software and virtual reality apps. There is no limit to participants’ creativity from creating simple objects to complex galaxies. And it gets better – we will add physics to the designs to make them look even cooler.

**Class Goals:** To learn the basics of regular and virtual reality design in different apps using design and systems thinking.

**Recommended for:** children, tweens and teens familiar with computer use, mainly agile mouse and keyboard use.

**Technology used:** TinkerCAD, Meta Quest Oculus, Unity, AI Image Generator.  
Wednesdays, Jan 15- Mar 26 7:30-9:00

### Registration:

<https://diamondvalleyyouth.ca/steam-after-school-club/>  
Questions? Contact: [steam@diamondvalleyyouth.ca](mailto:steam@diamondvalleyyouth.ca)

## Lego Competition

Join us for a day of fun and excitement! Test your Lego building skills by entering our competition, win prizes AND hear a talk by a contestant from the TV show Lego Masters!

### Rules

- No kits allowed. Must be an original creation
- No adult submissions
- Must be able to be moved
- Maximum base dimension 10”x10”

### Theme

“Scenes & Machines”

Build a machine whether real or imaginary, OR a scene from your favourite book.

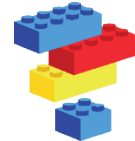
### Divisions

Ages 5-9 and Ages 10+

All entries will be judged by a Lego Masters Contestant

First, Second and Third prizes for each age category. Drop off submissions between Jan 27-31

Talk and winners will be announced **Saturday February 1<sup>st</sup>** (specific times will be posted on our website.)



## Teen Events

### Coffee & Cram

A quiet space for teens during holidays and exam breaks to study or work on personal projects. Coffee, tea, juice, and snacks are provided.

### Movie Night and Premiers

Watch a movie or the first episode of a new show. Bring your friend. Some will be themed, and participants are encouraged to dress up, or not. Free popcorn.

**REGISTER NOW**

To register, please contact the library:

- Phone: 403-933-3278
- Email: [abdsrclibrary@marigold.ab.ca](mailto:abdsrclibrary@marigold.ab.ca)
- In person: 129 Main Street NE, Diamond Valley

For more information go to our website at [www.sheepriverlibrary.ca](http://www.sheepriverlibrary.ca) (click on programs & events tab) or our Facebook page at Facebook: Sheep River Library



## PRIDDIS COMMUNITY

Hello and Happy New Year Priddis! We hope you had a wonderful holiday season with your families. We wanted to start 2025 with some Save the Dates and Program/Event information.

### Thursday January 16:

PCA AGM. 7:30pm at the Priddis Hall. This meeting is open to all PCA members in good standing, but you must register in advance by emailing [priddispresident@gmail.com](mailto:priddispresident@gmail.com)

### Sunday February 9:

WinterFest. Join your friends and neighbours at the Priddis Rink from 3-5pm. This fun event is free for PCA members. Go for a skate, listen to music around the fire, roast marshmallows or purchase a snack and a drink from the bar. It is sure to be a fun afternoon with fellow community members. \* Weather & Ice Conditions permitting

### Sunday February 23:

Third Annual Priddis Shiny Tournament. This all day event will feature 8 teams, plenty of hockey, fires, s'mores, a concession and bar. Register a team or come enjoy the atmosphere at the Priddis Rink. \*Weather and Ice Conditions permitting

More information and registration can be found here: <https://sites.google.com/view/priddis-4on4/home>

### Priddis Rink:

Thanks to the volunteers and the hundreds of hours put in so far this season. The rink looks amazing and got a lot of use over the holidays. The January and February Rink Schedule can be found on our website under the "Community" tab and is included below.

### Yoga:

The next session of Yoga will take place from January 6- February 3, 2025 (No class January 16). Classes take place on Mondays and Thursdays from 7:30-8:30pm at the Priddis Hall. The cost for this 8 class session is \$160. Please email the instructor directly to register [loricwbffpro@gmail.com](mailto:loricwbffpro@gmail.com)

### Community Playgroup:

We have a volunteer willing to run a parented playgroup in our preschool

room if there is enough interest. The program would take place on Wednesdays from 10am-noon to begin with. This is perfect for stay at home parents with young children looking to meet other families, home schoolers or those working from home. Starlink internet is available for you to get some work done while the kids play. This program will be offered free for PCA Members and as a \$5 drop in for non members. The first parented playgroup will take place on January 15, 2025. Please email [priddisalberta@gmail.com](mailto:priddisalberta@gmail.com) with any questions.

### Indoor Pickleball:

Back by popular demand... the PCA is pleased to be offering indoor pickleball for our members again this year. The courts will be open from 1-4pm on most Sundays and 3-7pm on most Thursdays. Users must have a PCA membership and complete a waiver. Reserve your spot here: [www.signupgenius.com/go/60B0C4AABA72BA1FC1-53957656-indoor](http://www.signupgenius.com/go/60B0C4AABA72BA1FC1-53957656-indoor)

Be sure to follow us on Social Media as this is the best way to keep up to date with everything that is going on in our community.

# SEASONAL IMMUNIZATIONS STILL AVAILABLE

Start your year healthy & stay that way.

Visit [ahs.ca/vaccine](https://ahs.ca/vaccine) or call **811** to book an appointment.





## RED DEER LAKE UNITED CHURCH

Join us at Red Deer Lake United Church where we come together and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

### MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- Soup Lunch –January 19, following the service
- Men's Breakfast –January 25, 9 am
- OTE Concert - AV and the Inner City, 2 pm. Tickets can be purchase at [www.showpass.com/avinnercity/](http://www.showpass.com/avinnercity/)
- Healing Ministry – January 27, 1:30 pm

### RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. For more information about booking an event, availability, and pricing, please contact the office at [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com) or (403) 256-3181.

Visit us at [www.reddeerlakeuc.com](http://www.reddeerlakeuc.com) to stay up to date on all our events!



## SQUARE BUTTE COMMUNITY

Happy New Year from the Square Butte Community Association! As we look back on 2024, it will forever be remembered as a pivotal year full of change that began with adversity, but ended in triumph. After an unfortunate freeze up in January, we spent the first half of the year navigating an extensive renovation of our beloved hall. In August, the community celebrated the grand re-opening of our snazzy new hall and it's now taken back its rightful place as being the central hub in our community. During the remainder of the year we hosted our annual community breakfast, a chili-cook off, a comedy night, a Christmas concert and some family dances.

In November we held our AGM and re-elected a team that is passionate about serving our community. We welcome Shanna Dunne as President, Clayton Foster as Vice-President, Wanda Vockereth as Secretary, Becky Wiens as Treasurer and Malcolm Carvell, Lisa Lloyd, Loreen Mazur, Laura Ball, Alice Nicholls and Howard Richardson as Directors.

As we look ahead to 2025, we are gearing up to offer a variety of events. If you are looking for a place for you to plug in and get involved, we encourage you to get a membership so you can stay up to date with events that are happening in the community. We are always eager to have people join in the fun. We wish you a year filled with deep connections, meaningful relationships, and most importantly, one that's full of laughter and adventure!

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

[info@squarebuttehall.com](mailto:info@squarebuttehall.com)

Square Butte Community Association



## MILLARVILLE HORTICULTURAL CLUB

Meetings are held on the second Tuesday of the month, September to May at 7 pm.

The meetings are held at the Millarville Anglican Church House on Hwy 549 East Tuesday Jan 14, 2025 is the next meeting.

This exciting workshop will be led by Louise Patterson Bruns and Lindsay Bruns.

"Medicine from the Garden and the Wild "

A look at dozens of herbs that grow around us and how how we can use them for food and medicine.

We will be making a lovely Calendula salve which everyone can take home for \$5.

We will also have a few pint jars of Fire Cider premade for \$10.

Come to learn what this is!

If you are interested in attending any of our presentations, please contact Louise Patterson Bruns ( our new President ) at [louisepattersonbruns@gmail.com](mailto:louisepattersonbruns@gmail.com) or at [millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com).

Whether you are a novice or expert in landscaping or gardening, join our club; \$15/year for singles or \$20/year for a family. Check us out on Facebook as well.

Millarville Horticultural Club  
[millarvillehorticulturalclub@gmail.com](mailto:millarvillehorticulturalclub@gmail.com)  
[millarvillehortclub.com](http://millarvillehortclub.com)

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[BusyBservices@pm.me](mailto:BusyBservices@pm.me) 403-585-3800



## His Future Hangs in the Balance

His past is a tale of profound addiction, DUI's too numerous to remember, the Interlock Breathalyzer Program as a constant in his life, fortunes spent, and the slipping hold of control of his life. Here's his story.

It started in his childhood. His parents split up, and when the dad came around, he was a negative. Mom, for her part, working and basically being a single parent of two boys, gave them whatever they wanted. In other words, all gas and no brakes.

At a young age he found himself running with the wrong crowd. Alcohol, drugs and party like hell because no one's watching you and no one's stopping you. Drinking and driving was common, and he was first caught at age 17. He was charged and received an automatic 90-day suspension of his licence.

That was the beginning. While I interviewed him for an hour and a half initially, from my notes I had assumed he'd had about three DUI charges. I wrote a draft of this article but had to go back to him for a number of clarifications. I asked how many times he'd been charged with DUI. His answer, "I don't know. A lot". It went on for well over a decade.

There would be a DUI charge, a mandatory 90-day suspension of his driver's licence, and in most cases, a court date. He hired lawyers to represent him, and he avoided convictions every time except once when he pleaded guilty. He believes he has spent over \$100,000 on legal fees.

There were other expenses like installations of the breathalyzers at his cost. He had to breathe into a breathalyzer every time he started his vehicle, and then every half hour or so after that to keep driving. When it was time to re-blow an alarm would go off in the vehicle and the horn would honk. He had limited time to pull over and re-blow to avoid a violation of the Interlock program. The breathalyzer had to be re-calibrated every 2 to 4 months. The cost of each re-calibration being around \$400.

He had to go to mandated DUI programs, the cost of which varied from \$1,100 to

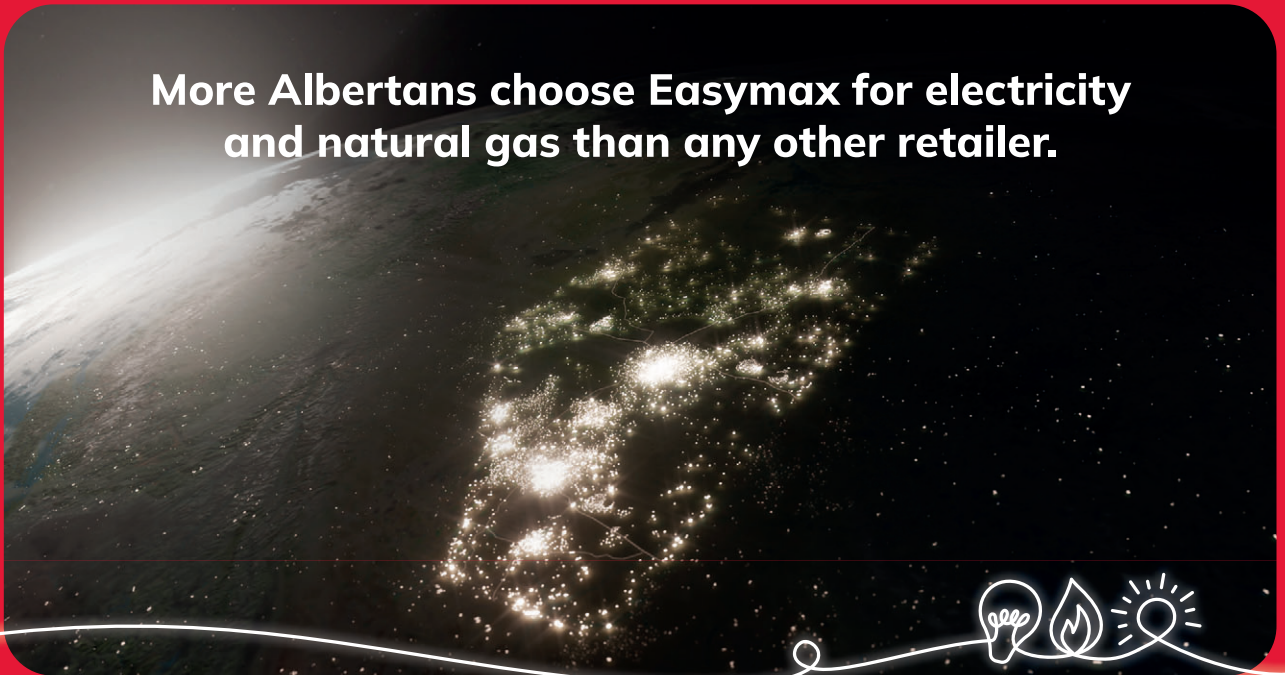
\$20,000 for attendance at a mandated rehab facility. There were increased insurance costs for his vehicle which were upped from a \$2,630 annual premium to a \$ 7,000 annual premium. I asked how he could afford all these costs. His answer was that sometimes "it was tough".

He worked in the field as a "pipeliner" often as a supervisor of up to 15 people. Because of his record he couldn't drive a company vehicle as their insurance prohibited it. He had to take time off work for court cases, breathalyzer re-calibrations, and mandatory programs, some of which were hours away if he was working in remote locations.

Then there were all the times when his driver's licence was suspended. He was prohibited from driving while awaiting his court dates. In one case the wait was a year. During those times he had to have someone drive him where he needed to go – friends, family, whomever, and there was always the temptation to drive anyway. He guesses he's been without a driver's licence for five years in total out of the roughly 13 years he's been in this endless loop.

I asked him if he'd ever injured anybody and he said no, which is the one positive during all this.

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The power of addiction was unrelenting despite all the costs, mandatory programs, insurance premiums, and “inconveniences”. In the beginning, it was excessive drinking and drugs, but it moved on to a decline in morals, a decline in caring about anything other than the need for a drink or another hit.

Finally, about a year ago he touched bottom. A light went on and he realized how much of his life he had lost, and how much his morals had deteriorated. It’s not like he wasn’t aware of that all along, but he was in that lifestyle and the pull of the addiction won out every time. He knows if he ever started drinking again, he would almost surely have to go back to the bottom before turning it around once more.

Today he’s trying hard to forge a different path. He is enrolled in the 12-Step Program, has been sober for a year, is taking courses to learn new skills, and wants to get his story out so that people are aware of how a progressive downfall from alcohol and drug addiction happens. He’ll be in the Interlock/breathalyzer program for another four years. His fight for his future is on, and I sincerely wish him well.

*Dave Schroeder - HCRCWA Board Member*



## DIAMOND VALLEY CHIROPRACTIC AND HEALTH CENTRE

As we close out 2024, I want to take a moment to express my heartfelt gratitude to each of you. This past year has been filled with growth, hard work, and moments of inspiration. I feel privileged to be part of your health journey at Diamond Valley Chiropractic and Health Centre, where I am honoured to be in a position of trust, supporting you as you strive for a better, healthier future.

Thank you to all of you who came into my practice with the motivation to work together toward your goals. I am truly inspired by your strength, your commitment, and the determination each of you shows to carve out a path forward. You’ve not only pursued your own health with purpose, but you’ve also reminded



me every day of why I chose this path in naturopathic medicine.

As we look ahead to 2025, please know I am here, dedicated to continuing and expanding the support, guidance, and care you need. Together, let’s keep building on this journey toward health, vitality, and resilience. Warm wishes for a happy, healthy New Year.

With sincere appreciation,

*Dr. Mackenzie Kranics ND  
Diamond Valley Chiropractic  
and Health Centre  
403-933-3088 | dvchiro@telus.net*

DR. MACKENZIE KRANICS, ND

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email: [meotaparish@gmail.com](mailto:meotaparish@gmail.com) phone: (403) 933 -3620

*Proclaiming Christ in the Heartland!*



## HELLO DIAMOND VALLEY

Happy New Year, Diamond Valley! I hope everyone had a nice holiday and month of December. We had a fantastic turn out for Light-Up as the weather cooperated. Some snow and colder days were in our forecast as to be expected, let's hope for a mild winter. And with the cost of living rising, here's some ideas to get you out and about in our beautiful Foothills.

There is a free public skate at the Arenas in Black Diamond. This is on a first come first serve basis, and no pucks or sticks are allowed during the free skate. Check [diamondvalley.town/ORA-Ice](http://diamondvalley.town/ORA-Ice) for the Oilfields Arena, and [diamondvalley.town/SSSR-Ice](http://diamondvalley.town/SSSR-Ice) for the Scott Seaman Arena's reservation schedule. The ice is available until April 30. The free skate is sponsored by Pharmasave.

Also at the Arena is the Foothills Skating Club, for all ages of youth and children. They will be having a bottle drive on Saturday, January 4. If you are able and want to get rid of your Christmas stash of empties, please have them outside your residence by 10am. For full details on the Club and the various groups they have for skating, visit [FoothillsFigureSkatingClub.ca](http://FoothillsFigureSkatingClub.ca). The Oilfields Arena is also home to the Oilfields Sports Association's Hockey Program for all ages of youth, please visit their website for full details of the practices, games, and programs they have to offer at [OSAPondHockey.com](http://OSAPondHockey.com).

And finally at the Oilfields Arena, is the home of the Oilfields Curling Club. They

are hosting their Ladies Bonspiel January 10-12. This is a fun bonspiel with door prizes, prizes for best costume, music, and food and drinks. Entry deadline is January 3 for teams to apply. The OCC has many different Leagues you could try out for, no experience is necessary. I curled a few years back and met some great locals and enjoyed the sport itself, except that my thigh muscles were a bit sore after the first day! But after a beer at the Oilfields Arena Pub upstairs afterwards I felt a bit better and I really recommend it if curling is something you have thought about trying. For more information on the Bonspiel and the various Leagues, visit [occurling.ca](http://occurling.ca).

Free exercise anyone? Consider being a Snow Angel this season by helping someone shovel their walks who may be unable to do so without difficulty. Email the Town, drop by, or call the Town and see who in your neighbourhood might need a hand. Or you could look for the Snow Angel signs on neighbour's property. And there are free exercise equipment outdoors by the Arena and the High School, gloves recommended for those cold hands.

Speaking of the High School, Oilfields High School Drama Department invites you their presentation of The Forgotten Tale of Cinderella. Tickets are only \$5! The play runs January 14 and 15 from 7-8 pm, please email Pam at [pracicp@fsd38.ab.ca](mailto:pracicp@fsd38.ab.ca) for tickets.

Beneath the Arch Concert Series is a great way to save money on live concerts, right at our own Flare and Derrick Community Center in Turner Valley. Buy a season's pass and you can save even more, a show is way less expensive than to go to the city for a concert, and I have loved every show the Arch has put on. Their next concert is The Hello Darlins, who are a blend of country,

gospel, and blues, led by Candace Lacina and world renowned keyboardist Mike Little. This show is scheduled for January 11, for tickets and more information all about Beneath the Arch, visit their website.

The Valley Neighbours Club in Turner Valley offers a plethora of classes, programs, and clubs at an extremely reasonable price. Come learn how to dance or just come for the dancing itself and meet others. The Dance program is held Wednesdays from 7-9, call Jeff at 403-369-3996 for details, and drop by the VNC or visit their website for all the programs they have to offer, including Bingo on Friday afternoons, floor curling, cards, exercise, and much more.

The Griffiths Centre in Black Diamond hosts Coffee, Cookie, and Chat on Fridays from 9:30-11 am. For \$2 enjoy a cookie, free refills on coffee, and companionship. The Griffiths also offers a multitude of programs and classes, including exercise, support groups, music, crafts, cards, and more. For full details drop by the Centre on Government Road or visit their website at [griffithscentre.ca](http://griffithscentre.ca).

Lastly, a reminder that our green bins for compost only go out every second week until March. The full schedule is listed on the Town's website. And you can leave your live Christmas tree out by the bin, please make sure all tinsel etc. is off the tree, and they will pick it up and use them for mulch around our Town's trees and walkways.

Here's to a fantastic, prosperous, and peaceful 2025, and I hope everyone gets their fair share of sunshine and fresh air in our amazing Foothills.

*Elaine Wansleben*

# BENEATH THE ARCH CONCERT SERIES

## THE HELLO DARLINS

**SATURDAY, January 11, 2025**

Concert at 7:30 pm ~ Doors Open: 7:00 pm

**Adult: \$30 / \$35 at the door**

**Child (6-12) \$12 / Kids under 6yrs - Free**

Flare & Derrick Community Hall, Diamond Valley

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

Transaction Fee For Online Tickets or in person from

**Bluerock Gallery, Sheep River Library**

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



## COUNCILLOR UPDATE Foothills County

### Suzanne Oel - Division 4

Happy New Year!

**2025 Events** – Please mark these dates in your calendar! I am working with County departments and community groups to set-up and host some informative events in 2025, which I hope you may find interesting and attend. Please mark these three dates, below, in your calendar for now. Planning is still underway, so I will confirm more details in my upcoming High Country News articles and share via social media.

**High Country Rural Crime Watch Association (HCRCWA) AGM:** Mark your calendar for Thursday, March 13, 2025, 7 pm, at the Priddis Community Hall. The HCRCWA will hold a short AGM followed by a presentation + Q&A session with our local Diamond Valley RCMP Detachment representatives. Topics will be shared soon. I continue to work along side our dedicated volunteer board members

as the HCRCWA volunteer president. We appreciate our partnership with RCMP members and look forward to hearing from residents at this event. More details soon.

**Wildlife Co-existence Workshop:** Mark your calendar for Tuesday, April 8, 2025, 7 pm, at the Priddis Community Hall. Foothills County and Alberta Environment departments are collaborating to provide presenters and are teaming up with local community associations and HCRCWA to host this Wildlife Coexistence Workshop. We hope to include these topics: wildlife species awareness, conflict-reduction strategies, managing the local Elk situation, recognizing invasive species, and Q&A with presenters. All to be confirmed soon.

**Chainsaw and Tree Safety Workshop:** Mark your calendar for Tuesday, May 6, 2025, 7 pm, at the Priddis Community Hall. Foothills County will be connecting us with subject matter experts so we can learn some safety tips on dealing with our west country treed properties. Again, this event will be a collaboration of guest presenters, County departments and community groups. Whether its seasonal clean-up, clearing a treed area, pushing back the tree growth to FireSmart around buildings, or responding to the deadfall of a windstorm, tree management is required

every year. We hope to include these topics: safe chainsaw use, understanding tree dynamics, how to approach a clean-up, and Q&A with presenters. The focus of our meeting will be education presentations and discussions with residents. Tools will not be used by residents. All to be confirmed soon.

**Dark Sky Country Signs stolen again:** Two Dark Sky Country signs were literally ripped-off this past month at the Highway 22X locations of 85 St/144 St W and 176 St W. We have tried various methods of secure fastening, but the County continues to experience the loss of our Dark Sky Country signs and other traffic signs. Some of our road signs are up for as short a time as two weeks, before the culprit(s) notice and steal them. With a cost to replace and install signs at around \$200 each, this really adds up. There's a cost to our taxpayers and the volunteers who have fundraised for the Dark Sky Country signs, and there's the issue of safety risk to motorists when the traffic signs such as stop signs or animal warning signs are removed. It is quite disheartening when the only visible means of sharing our Dark Sky Initiative, through this signage, is stolen. The County has reported these losses to RCMP. If you see or hear of anything regarding this problem, please report to the RCMP's 24/7 complaints line 403.933.4262, and the Foothills County Complaints Line 403.603.6300. If you see our signs in someone's home/garage/shop, ask them to please return the signs. We are happy to sell the Dark Sky Country signs or refer people to where they can purchase their favourite road signs.

**2025 is a Municipal Election year:** Guidelines have been put in place by Elections Alberta, which include the start of the nomination process as of January 1, 2025. I would like to inform you that I will be putting my name forward as a candidate for the October 2025 municipal election for Foothills County Division 4. I have greatly appreciated working with you and would be honoured to continue serving Division 4 residents!

**Thank You:** to High Country News for sharing community news!

**For Other News & Updates:**

Facebook: [www.facebook.com/](https://www.facebook.com/CouncillorSuzanneOel/)

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

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

Visit High Country News online for my previous articles.

*With Best Regards, Suzanne*

## Time to make those ranch resolutions

### Bring in 2025 with Bar T5

Setting new year goals or resolutions for both riding and acreage/ranch can be a great way to focus your efforts for the year ahead.

Bar T5 can help you achieve your goals in both areas keeping you focused and motivated throughout the year.

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## COUNCILLOR UPDATE Foothills County

### Barb Castell - Division 3

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

#### Calgary Metropolitan Region Board (CMRB)

Foothills County Reeve Delilah Miller, along with all Foothills County Councillors, has lobbied for many years for a change in the CMRB. At the CMRB meeting in November, a change was announced by the Minister of Municipal Affairs that the Alberta Government will no longer fund CMRB, and membership is optional. This change restores autonomy to all of Rural Alberta. Foothills County was instrumental in initiating the change along with Rocky View County.

#### Foothills County - Save Money on your Taxes

Did you know you can save 6 % on your property taxes by prepaying on or before January 31, 2025?

Alternatively, you can get a 5% discount on your monthly Tax Installment Payment

Plan (TIPP) if you enrol on or before January 31, 2025.

For more information: [www.foothillscountyab.ca/government/taxes/discounts-penalties](http://www.foothillscountyab.ca/government/taxes/discounts-penalties)

#### Foothills County - Fee Bylaw Amendment

Prior to considering second and third reading to Bylaw 56/2024, the Council of Foothills County held a Public Meeting on Wednesday, December 11 at 1:30 p.m. Council reviewed and discussed the proposed Amendments, made a few minor changes and gave 2nd and 3rd reading to the Bylaw which will come into effect on January 1, 2025.

To view the amendments, go to: [www.foothillscountyab.ca/node/1584](http://www.foothillscountyab.ca/node/1584)

#### Foothills County Boards and Committees

Foothills County still has a few vacancies for positions on the Northwest Foothills Recreation Board (NWFRB) from residents living in Division 4 and 5.

For more information or to apply for a Board or committee position, go to: [www.foothillscountyab.ca/government/council-committees/boards-committees](http://www.foothillscountyab.ca/government/council-committees/boards-committees)

#### Leighton Art Centre

Don't Miss Out! Art and Nature Summer Camp Registrations will open in JANUARY 2025. Check their social media and website for updates!

For more information: [leightoncentre.org/parents/summer-camp](http://leightoncentre.org/parents/summer-camp)

#### Millarville Racing and Agricultural Society (MRAS) - AGM

Congratulations to the newly elected MRAS Board of Directors!

President Colina Clark  
Vice President Aryn Mything  
Treasurer Brent Foster  
Secretary Andrea Neumann  
Directors: Sylvia Checkley, Kerry Dark, Colin Hill, Chit Lutchman, Natasha Phillipson, and Suzanne Sills

If you are new to the area or know of new residents who have recently moved here, MRAS is always looking for new volunteers. Maybe you have new neighbours who might like to volunteer and make new friends.

There is a contact spot on the MRAS website: [www.millarvilleracetrack.com/get-involved](http://www.millarvilleracetrack.com/get-involved)

#### Christmas Bird Counts

As some of you know, I am an avid birder. Here is something you might not know.

“The Christmas Bird Count started in 1900 and is the longest running Citizen Science project in North America. Christmas Bird Counts are conducted on a single day between Dec 14 and Jan 5 within a 24 km diameter circle. Many are organized by Nature Alberta Member Clubs! Count birds in your local count circle to contribute data. Results are used to assess population and distribution trends of birds.”  
– Nature Alberta

For more information about future bird counts and how you can get involved go to: [naturealberta.ca](http://naturealberta.ca)

Below is one of my favourite birds that arrive in our area at this time of year.

Wishing you all a very happy and safe 2025!

Barb Castell

Phone: 403-931-3690  
E-Mail: [barb.castell@foothillscountyab.ca](mailto:barb.castell@foothillscountyab.ca)  
Website: [www.barbcastell.com](http://www.barbcastell.com)  
FaceBook: [facebook.com/barbcastell.ca](https://facebook.com/barbcastell.ca)

Pine Grosbeak (male)  
Photo: [foothillsbirds.com](http://foothillsbirds.com)



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## DUANE HARDER

### Build a Future with Better Words

At some point in your life you have probably heard the phrase, “Sticks and stones may break my bones but names will never hurt me.” It sounds good but it is just not true. Words are powerful and can do more damage than sticks and stones.

There is an ancient proverb from King Solomon of Israel that says, “Death and life are in the power of the tongue, and those who love it will eat its fruit.”

If we were in my office I would take you through a little exercise. First, I would have you relax. Remove as much tension from your mind and body as is possible. Then I would put a two-letter word that is repeated six times in front of you. NO! There are times when I have spoken the word six times but with increased volume each time. If you were in an fMRI-I scanner that can take a video of the neural changes happening in your brain, we would record, in less than a second, increased activity in your amygdala (often referred to as the emotional library of the brain), and a flood of stress-producing hormones and neurotransmitters. This response interrupts the normal function of the brain as it relates to logic, reason, language processing, and communication.

The more you stay focused on the “NO”, and use it to negatively define yourself, the greater the risk of damaging key functions that regulate your memory, feelings, and emotions.

There is another Proverb that states, “There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.”

The two Proverbs underline two possibilities: A tongue that releases words of death and harm, or a tongue that stimulates healing and life. Personally I want to guard my tongue and direct it to release words of life and healing. There is another Proverb that states: “He who guards his mouth and his tongue, guards his soul from troubles.” In other words, we need to engage the mind before we set the mouth in motion.



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Finally, there are creative words. These are words that release life and inspire vision. They affirm and build faith and hope.

“Death and life are in the power of the tongue — love the words of death and you will eat the fruit of death. Love the words of life and you will eat the fruit of life.” Guard your tongue and your truthful lips will be established forever. Let your lips speak words that inspire transformation and change.

Duane Harder



## RADON GAS & REAL ESTATE by Wayne Chaulk BComm., Realtor

If you are listing your home in the future, purchasing a new home or remaining in your current home, you should be aware of and address the issue of Radon. The awareness level is growing on this subject and more homeowners are addressing it when selling and requesting a test when buying. Many Realtors are now suggesting Radon testing be part of overall home inspections.

This article includes recent research as well as excerpts from a recent presentation by a Radon specialist at our brokerage. Furthermore, last month was Radon awareness month in Canada so I'm doing my part to draw attention to this issue.

### What is Radon & how it enters a home?

It is a colourless, odorless gas that is created from the breakdown of uranium in soil & rock underneath our homes. It enters the house through gaps and cracks, construction joints, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls, without detection and it can be quite dangerous. When Radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces, like homes, it can accumulate to high levels. Radon is in the same category as asbestos and cigarette smoke.

Radon gas breaks down to form radioactive elements that can be inhaled into the lungs. In the lungs, Radon continues to breakdown, creating radioactive particles that release small bursts of energy. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce.

### Radon levels in Canada

Uranium is a common element found everywhere in the earth's crust and as a result Radon gas can be found in almost all homes in Canada. Concentrations differ

greatly across the country but are usually higher in areas where there is a higher amount of uranium in underlying rock and soil. Western Canada has high levels of Radon. It is a regional geological issue.

Any home that contacts directly with the ground is at risk with no difference between concrete and wood foundations. Any property that occupies a ground floor is at risk, consequently everything that occupies a ground level should be tested.

Radon is measured in becquerels per cubic meter (Bq/m<sup>3</sup>), which is a measure of radioactivity. Health Canada recommends that the average annual level of radon in the air in a normal living area should not be greater than 200 Bq/m<sup>3</sup>.

A new study indicates that 18% of Canadian homes have levels over 200. Under 100 is considered OK. 100-200 is intermediate but over that is high risk. Prolonged exposure is the main issue.

1 in 5 properties have radon levels above the recommended threshold. Half of Calgary homes that have been tested are over the World Health Organization's recommended threshold. It's one thing to test but lowering the levels as soon as possible is the best thing you can do.

Radon concentration levels will vary from one house to another, even if they are similar designs and next door to each other. The only way to be sure of the Radon level in your home is to test.

### Testing process for Radon

Radon tests results fall under the "land material defect" category and must be disclosed upon selling a home. Officially no amount is safe. The less the better. Less than 100 is low risk. If the household has children, you should definitely be checking your property. Children are at a higher risk than adults.

Just like a home inspection before buying a home provides a point in time assessment of home functions and systems, so too does a Radon screening assessment provide homeowners with an idea of what Radon levels could be in their future or current home.

The 96-hour Radon assessment performed by a C-NRPP certified measurement professional can help identify whether high Radon levels could be an issue in a home.

Long term testing is still recommended to confirm accurate Radon measurements and can be done by the homeowner after possession of the home. If levels are in a bad range, remediation of a home can be done and is recommended to be carried out properly by a qualified person. Home test kits are available for example from Amazon, but they may not be totally reliable. If your home has been mitigated, you should test every 5 years.

If you are interested in further research on Radon one specialist company in Calgary, Great West RADON, can be contacted at 403 991 6776 to discuss testing options.



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## GET RIPPED by Jari Love

The New Year is here and many of us have set a list of resolutions with all the hope and determination of a fresh start. But how many times have those well-meaning resolutions fallen by the wayside before spring has even sprung? You're not alone. Studies show that nearly 80% of people abandon their New Year's resolutions by the end of February.

You don't have to be another statistic. With a few strategies, you can beat the odds and turn your resolutions into lasting habits. Whether you're aiming to shed a few pounds, hit the gym more often, or simply feel healthier in your day-to-day life, let's set you up for success.

There are numerous reasons why someone could struggle to stick with their resolutions. The most common reasons are:

1. **Too Vague:** Saying "I want to get fit" is a great idea, but it lacks a clear plan. Without specific goals, it's hard to know where to start.
2. **All or Nothing Thinking:** You skip a workout or have a cheat day, and suddenly you feel like you've "failed." This mindset can derail even the best intentions.
3. **No Support System:** Tackling a goal alone is tough. Without someone to cheer you on, it's easy to lose steam.

Here are some practical ways to make sure your resolutions last well beyond the first quarter of the year:

1. **Set SMART Goals**  
Make your goals Specific, Measurable, Achievable, Relevant, and Time-bound. Instead of "I want to lose weight," try, "I'll lose 10 pounds in three months by going to the gym three times a week and tracking my meals." Breaking it down makes it manageable and measurable.
2. **Start Small**  
Start with something you know you can stick to, like committing to a 15-minute walk every day. Once that becomes routine, you can build on it.

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3. **Focus on the 'Why'**  
Why did you set this goal in the first place? Maybe it's to have more energy to play with your kids or to feel more confident in your skin. Keeping your "why" front and center helps you stay motivated when the going gets tough.
4. **Track Your Progress**  
Whether it's a fitness app, a journal, or even a wall calendar where you cross off completed tasks, tracking your progress can be incredibly motivating. Plus, it's a great way to celebrate small wins along the way!
5. **Build a Support System**  
Find a friend, family member, or group with similar goals. Whether it's a workout buddy or a virtual accountability partner, having someone in your corner makes all the difference.
6. **Be Kind to Yourself**  
Slip-ups happen, and that's okay. What matters is how you bounce back. Treat yourself with kindness, and remember, progress is better than perfection.

**Fun Fact:** Did you know it takes about 66 days on average to form a new habit? That means by mid-March, you could be cruising on autopilot with your new routine—if you stick with it.

New Year's resolutions don't have to be a momentary tradition. With a little planning, patience, and self-compassion, you can make 2025 the year you crush your goals and feel amazing doing it.

So, what's your resolution this year? Whatever it is, you've got this—and I'm here to cheer you on every step of the way!

*Jari Love is a certified trainer and creator of the successful scientifically tested Get RIPPED!® series. You can learn more about Jari Love at [www.jarilove.com](http://www.jarilove.com). You can follow her on Facebook at @JariLoveFitness and at @rippedjari on Instagram.*





## MORTGAGE MATTERS by Candace Perko

### FIXED MORTGAGE RATES NOT YET FALLING AND HERE'S WHY

The Bank of Canada delivered a second consecutive 50 bps drop to its policy rate on December 11th. After five straight cuts in 2024, the Bank of Canada's key rate (aka overnight rate) ends the year at 3.25%.

While Canadians with variable-rate debt such as mortgages and home-equity lines of credit will see an immediate reduction in their rates of interest in line with the Bank of Canada's 50 bps cut, unfortunately those shopping for fixed-rate mortgages will not see the same reductions.

Fixed-rate mortgages don't respond directly to the Bank of Canada's policy rate. The factors that determine variable mortgage rates are different than those that determine fixed mortgage rates.

**Variable rate mortgages** are set indirectly by The Bank of Canada, the federal organization responsible for Canada's

monetary policy, our actual money, our financial system, and is also a bank to the banks. They provide 'loans' to chartered banks and charge an interest rate called the "overnight rate".

The overnight rate is directly influenced by the state of our economy whether it is a period of inflation, low- inflation or deflation. When our economy is growing more quickly than expected - the overnight rate will increase to slow the chance of inflation. Whenever the economy starts to weaken and people stop spending, the Bank of Canada will do the exact opposite; lower the interest rates to balance things out.

The Bank of Canada does this by adjusting the target for the overnight rate on eight fixed dates each calendar year.


**Fixed rate mortgages** are primarily prompted by the yield on Canadian government bonds (also known as bond yields) of corresponding maturity. Bond rates represent the benchmark for financial institutions' cost of funds. The difference between the two rates (mortgage rates and bond yields) represents the yield that financial institutions require to lend the funds out on the mortgage market.

The cost of capital for financial institutions is dictated by bond yields because they reflect what the market considers to be the cost of funds for the lowest level of risk for a given period.


### Factors Influencing Bond Yields.

In order to understand mortgage interest rate fluctuations, we should be familiar with the factors that influence Canadian government bond yields. Bonds issued by the Canadian government are among the most liquid and least risky assets, since they are guaranteed by the Canadian government. A significant volume of bonds are traded daily in the investment market. Supply and demand in the bond market determines their price, which in turn, determines their yield. This yield can be seen as the minimum rate of return required by investors before investing their capital for a determined period. It is influenced by many factors, particularly inflationary expectations, exchange rate, and the return on other financial assets.

Mortgage rates in Canada are determined by many factors that are directly related to domestic economic activity and decisions made by Canadian financial authorities. They are also influenced by foreign




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economic conditions and investors' view of Canada's financial and economic health.

Into 2025, we expect homebuyers with both variable and fixed rate mortgages to see further savings. Further Bank of Canada reductions (albeit predictions are that cuts will not be as aggressive as in 2024) are anticipated for variable rate mortgages and although the bond yields continue to be volatile, fixed rates are expected to decline an additional 0.25-0.50% vs today's rates.

Contact your favourite mortgage broker to learn more.

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

*Candace Perko,  
Mortgage Broker*



## UNDERSTANDING THE DIFFERENCE BETWEEN REGISTRY SHOP CHECKS AND FEDERAL TRADEMARK SEARCHES: PROTECTING YOUR BUSINESS NAME AND DOMAIN NAME by Bill Stemp

Many people think that they can go to one of the registry shops to have a business name checked out and then when they find out the name appears to be available they filed a notice of use of tradename. Many people think this protects the name. It absolutely does not. The only thing that is being checked by the registry shop is whether someone in Alberta is operating the business under the same name. It is not the same as a trademark search which is federal.

Many people are confused because they adopted a business name and then they get a cease-and-desist letter from the law firm

who is writing to them on behalf of the owner of a registered trademark demanding that they stop using the registry trademark as part of their business name.

This can all be avoided by having us do a federal trademark search for you to see if the name is available federally.

All of the laws regarding trademarks are federal, not provincial. There is no such thing as a provincial trademark.

When you are securing domain names, it is imperative that we do trademark searches for you to make sure you're not inadvertently copying someone else's trademark as your domain name. If you do this you are going to be receiving a cease-and-desist letter from a law firm demanding that you take down the domain or cancel your website containing the name.

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## GRAPES AND PEAS by Andrea Kidd

Grapes and peas. We've eaten them all, so I've put them on the shopping list. Jennifer says we should eat plenty of fruits and vegetables. Jennifer has been visiting our local Longview Public Library and she says they are necessary for good health, especially brain health as we age.

I need some other things, too. I'm out of grace and peace. Good amounts of grace and peace keep the temperament balanced and the soul healthy. But I won't be finding them at the grocery store.

Where can I get some grace and peace? Some people have them. I wonder where they get these precious commodities from. Do they get them from Jesus? I believe they do. After all, the rain falls on the just and the unjust. God pours His blessings on all kinds of people, whether they know the source or not, just as I may pick up food from the grocery store,

not knowing whether it came from the Okanagan or California.

I am sure Irene Neame got her grace and peace from Jesus. Her face was etched with cancer pain, but I saw through that to her grace and peace as she coaxed beautiful cadences and harmonies from us at choir practice.

Judith Tipp also got her grace and peace from Jesus. She was just a child when I knew her, but she had a quiet firm assurance and willingness to connect with people of any age. I wonder where in the world, or the world beyond, she is now?


And then there's Michael McCann, my neighbour. He has grace and peace, too. He has time for you, just to exchange a smile and connect in conversation, and a prayer when times are stressful.

However, this morning, I am not full of grace or peace. Each family member seems distant and uncaring. I feel alone and vulnerable. But, you know, it isn't them. It's me! There's something I've been putting off, something important to me. And that "something" is niggling at me. I didn't realize it, but I am the one who's tetchy. The deadline for submitting my article to The High Country News is this weekend,

and I have no idea what to write about. Of course, I don't have to send in an article. Lowell doesn't make me write. I write because I want to.

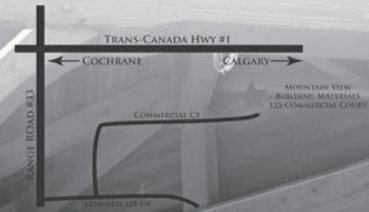
Truth is, by scribbling thoughts on a piece of scrap paper this morning, I have found peace. I may or may not send this piece to Lowell, but I have done the thing that I was putting off and I have found peace. Perhaps, now, I can be gracious to those around me.

And, I am free! I will get in my car, drive to my favourite grocery store and get some grapes and peas.

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## OUT OF THE RUT Chapter 173



Here we all are in a brand new year again. It's cliché after cliché, time flying tempus fugit & all that.

I write this from England. Lovely to be here with my friend, but exhausting and strange. What was once the norm for my existence now feels cramped, damp, dingy and small. Of course, hanging out with an aging hoarder doesn't help those sensations. I do my thing; cooking good food, bringing healthy meals into a life that does not necessarily embrace those things... she's currently hiding in her bedroom in her own house to give me respite from the cigarette smoke. It's a dreadful, horrible addiction. I have known so many who have tried so hard to escape the clutches of this nasty little drug, it destroys lungs, coats the insides of the human in a mess of tar, and coats the insides of said human's home in an equally revolting mess of tar. I have thus far washed windows and doors inside and out, evacuated the contents of a couple of cupboards, scrubbed cabinet doors and brought a semblance of white back into an orange kitchen. I induced my friend to winnow through drawers, cupboards and piles of mail, thereby building up a stack of giant bags of trash and recycling. Yet to walk into this house, a stranger would never know the impact that has hit it over the past week. I need to ensure the recycling bags are moved as close to the pickup point as possible or my friend will fail, with her numerous health issues, to complete the



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simple task of moving bags to the curb for the council to collect.

As one ages, the abilities of youth evaporate without warning, bounce and vigor suddenly leave, and their leaving serves to open a gaping hole of depression and frustration. The habitual language of the Londoner is peppered with expletives and derogatory terms that in casual conversation are often seen as endearments, but from the distance of several decades (and I never enjoyed this aspect of English life in the first place), it grates severely on my psyche and I have to practice a lot of meditation and patience techniques to make it through a day. When we drive – I am driven – to the yard to visit the horse, the speed and vehemence of the journey is shocking. The amount of traffic here is alarming, the grey that inhabits the sky, the ground, the majority of the folk around me, is dreary. When I arise and the sun is shining I rush out into the smog-tainted back garden to bask in the few moments of sunny brilliance with which I am gifted, comparing my pleasure to my friend's resentful description of sunshine "blaring" in her eyes.

As I work with the horse, I am unsurprised that he is full of anxiety and twitchiness,

wary of strangers and uncomfortable in his skin. I do some bodywork and his face changes, he begins to yawn and relax, shaking his head and letting loose some of the tension built up in his life. The farrier, a wonderful soul, patient and undemanding, spent an hour with us today. Between the two of us with gentle nudges and quiet requests, we have four hooves trimmed. Afterwards, a turn in the arena, more gentle exercises to make the horse think and learn, his face changes and his eyes take on a different tone. It feels like he's engaged, absorbing new ideas, realising some confidence in himself. Only one more visit with this lovely and I'm heading off to Spain. I'll be back for another couple of weeks before returning to Canada – whose blue skies and stunning sunshine are a fantasy that lives inside me right now. I'm sure the Spanish weather over the next couple of months will be a vast improvement on what's happening here. A timely reminder of why I left.

Keep up the good work. Be happy. Enjoy the sunshine whatever the temperature. Congratulations on making it through to this point.

*Kat Dancer  
bodymudra@gmail.com 1 415 525 2630 (c)*



## ON THE BEAT WITH A GROUSE. by Laura Griffin

Sometimes the stars align to give you a perfect moment that no amount of preparation would have ever been able to achieve. Whilst guiding a lunar hike one chilly evening I heightened the eerie atmosphere with an eldritch tale of local apparitions; some of the younger clients seemed slightly disappointed as they had been promised this ghost story the whole hike and were expecting something with a more abrupt ending. Until I turned, took a step into the snow and suddenly a flapping figure burst from seemingly nowhere. Everyone jumped, most let out a startled yelp or scream, one child remained clutching their mother; the ghosts were real. The “ghost” landed on a branch a few feet away and I introduced the group to one of my favourite, albeit unexpected winter neighbours, the ruffed grouse.

The ruffed grouse is a winter survivalist. They will often bury themselves in snow drifts when the weather gets too cold, sometimes for days as they digest the food in their crops using the snow as insulation. I’m sure the grouse was as shocked as my guests when my boot came so close to ruining its winter reprieve. In my adventures on the snow-custed ground I often see the tracks of their feathered snowshoed feet and I follow their ambles to discover stories about which plants they were finding to sustain themselves in this desolate winter world. Sometimes these lead me to rather conspicuous blobs atop barren tree branches and shrubs as the grouse nibble at seeds and buds. They do not seem to mind as I watch from below.



The ruffed grouse are usually masters of camouflage. Their mottled grey, brown, and red patches blend into the undergrowth and their slow deliberate walks give the illusion of cartoonish stealth. If they think you haven’t seen them they will pause and if you take your eyes off for more than a moment you will have trouble focusing on them again. If they do think they’ve been spotted they will suddenly sprint away or if you get too close fly to safety. The other distinguishing feature is the crest on their head that can be raised or lowered depending on how they are feeling and if it adds to their disguise.

I know my winter wanders are coming to an end when I start to hear the drumming of the male ruffed grouse. How the sound, likened to an engine trying to turn over, was produced was a mystery to naturalists for almost 200 years until the dawn of wildlife cinematography. It is created as the wings beat the air with such force and speed it creates popping sounds. I don’t know if the male grouse cares that they are my heralds of Spring and new beginnings as they stand proudly on their rock or log drumming vigorously to attract a female. Something tells me they have much more important things to attend to. I for one will feel privileged to hear their beat go on.

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**SAY HELLO TO 2025**  
do you have any resolutions or goals for the new year?

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This month's Kids Zone is generously sponsored by:



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## HYDROGEN AND BRAIN HEALTH

I got involved with Hydrogen at the beginning of this year. I was reading and studying when I came across an article from Dr. Ohta (2012) on PubMed. I thought wow, this is really interesting! It talks about the molecular mechanisms of hydrogen and how hydrogen gas exerts changes on a cellular level. Hydrogen has the potential to help people. Not many people know or are aware of hydrogen gas being beneficial or therapeutic. Only that it is explosive. Then I came across the Molecular Hydrogen Institute website which talks about the benefits of hydrogen, filled with scientific studies, articles advancing education, research and its applications.

### WHAT IS MOLECULAR HYDROGEN?

Firstly, we all drink water. Hydrogen water takes things up a notch. It changes the structure of H<sub>2</sub>O (2 Hydrogen & 1 Oxygen molecule) with an added Hydrogen molecule (HH<sub>2</sub>) to it. So, the water is infused with hydroxy gas for therapeutic effects. It comes in travel size

bottle generators and larger equipment that deliver HHO gas that you can inhale through a cannula.

Hydrogen is the smallest molecule in the universe that allows it to penetrate cell membranes, mitochondria, nucleus and even through the blood-brain barrier where many drugs can't go to. With over 2000 peer-reviewed clinical publications on the therapeutic effects of hydrogen gas shown to be therapeutic in every organ of the human body. It's very powerful.

### DOES IT HELP THE BRAIN?

You bet. It supports brain functioning by protecting the neurons from oxidative stress and inflammation. This leads to mental clarity and improved focus. In my experience, I feel less brain fog and grogginess in the morning. Drinking hydrogen water regularly helps you stay sharp, improves your memory, mood (anxiodepressive symptoms) and boosts your overall cognitive functioning. More publications are coming out about hydrogen being preventative and therapeutic for neurodegenerative conditions i.e. Parkinson's, Alzheimer's dementia, etc. It also helps to protect the neural tissue when no oxygen is available typically during and after a stroke. These are not just animal studies which are

impressive within themselves, but actual human clinical studies. To me, that's amazing.

### IS IT SAFE?

The safety of hydrogen is well established when you think that hydrogen gas was used to prevent decompression sickness in deep-sea diving incidents since the 1940's. That procedure literally has a million times higher hydrogen concentrations than what is used for therapeutic purposes. Remember, hydrogen is produced by our gut bacteria. That means we're always exposed to hydrogen gas. We just don't realize it. It's not some alien foreign substance. It's very natural to our bodies and simply drinking it has these beneficial effects. Did you know that Hydrogen therapy is officially used as a medicine in Japan for treating over 140 conditions and that there are hydrogen rich wellness spas?

### CAN FOOD PRODUCE HYDROGEN?

Well, listen to your mother. She says eat your fruit and veggies. They contain fibers that are non-digestible carbohydrates. When they're metabolized by our intestinal bacteria, then that bacteria produce hydrogen gas. However, studies show that drinking hydrogen water is more effective than getting it from food, and inhaling Brown's gas or hydroxy gas has even more superior therapeutic properties.

### Sources:

<https://molecularhydrogeninstitute.org/>  
<https://h2mhisummit.org>

Ohta S. Molecular hydrogen is a novel antioxidant to efficiently reduce oxidative stress with potential for the improvement of mitochondrial diseases. *Biochim Biophys Acta.* 2012 May;1820(5):586-94. doi: 10.1016/j.bbagen.2011.05.006.

Please note that due to a server issue my email has had to change to rocheherbst1@gmail.com I appreciate your patience on this matter.

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