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

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

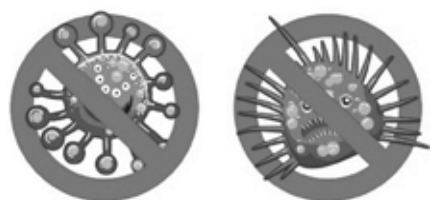
So How Healthy is Your Home's Indoor Air ?

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



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

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



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

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



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From The EDITOR

Happy Canada Day!!!

One of the big things we celebrate as Canadians is our free and democratic society. This freedom is a gift that many people throughout the world don't have. What we don't think about are the boundaries that may be associated with this freedom, and the responsibilities we carry as citizens to give back to the families and communities we live in.

Unbridled freedom might feel great for me, but sometimes those around me may be a little less than impressed. We carry a responsibility both to ourselves and

those around us to live in a manner that gives back. This responsibility is actually a gift. In chatting about this subject with one of my sons, he used the phrase; "We are given one to another. We are given to community." This gift of responsibility is not a drudgery as may often be associated with the word, but is actually something beautiful where we are given to the natural spaces and resources around us. These are to be stewarded, knowing that they were here before us, and need to be handed to the generations coming after us.

Being mindful of how much it means to live in such a place will hopefully enable us to understand better how best to live toward those around us. Hopefully we can use our freedom not as an expression of selfish gratification, but that we are free to: steward our health, care for the vulnerable, uphold justice, and steward our resources.

I trust that as you celebrate Canada Day, you can reflect on what it means to be a Canadian, knowing the rich and diverse cultural heritage we carry, and how we can live and work together to build a prosperous future for our children's children.

*From my family to yours,
Lowell Harder*

For more from the Editor: highcountrynews.ca

Artist PROFILE

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



HIGH COUNTRY LIFE

BY MARK ADAMS
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Southwest Albertans Oppose Coal Development

The Grassy Mountain coal project proposal near the Crowsnest Pass was denied through a joint federal-provincial review on June 17, stating its impacts on the environment and Indigenous rights aren't worth the potential economic benefits.

The Joint Review Panel questioned the ability of Benga Mining, owned by Riversdale Resources, to control the release of selenium from the mine.

A study posted by the Livingstone Landowners Group stated that the release of toxic elements like selenium are notoriously difficult to control and often result in fish deformities and deaths.

The toxin is released through the mining process and can seep into watersheds and pose serious health risks to Albertans.

"We understand and acknowledge concerns about selenium. Numerous experts have put forward recommendations on how best to monitor and manage selenium using a variety of strategies. The industry has, and will continue to adopt, a 'multiple line of defense' approach that is part of the mine design process. We are confident these approaches will satisfy both provincial and federal requirements," stated Robin Campbell, president of the Coal Association of Canada. He added that Canada's coal industry follows strict provincial and federal regulations to protect the environment and minimize the

industry's impact on waterways, wildlife, and natural habitat.

The Grassy Mountain project is one of several coal mine proposals in southwest Alberta where at least eight companies acquired exploration leases.

Exploration in the area took off after the United Conservative Party government revoked the 1976 policy that protected certain zones from coal exploration and development. The policy was reinstated on Feb. 8, 2021 as a result of public concern, the sale of new leases was paused and permits for exploration work were suspended.

Rural landowners in southwest Alberta gathered on June 16 for a Tribute to the Mountains Concert to show their opposition to the provincial government's plan to allow open-pit coal mining on the eastern slopes of the Rocky Mountains. The concert, featuring Alberta country singer Corb Lund, took place near the site of a proposed steelmaking coal mine north of Coleman.

Alberta's Coal Policy Committee, an independent group appointed to lead public engagement to inform the development of a modern coal policy, successfully lobbied the government that coal exploration in Category 2 lands be suspended. That recommendation was based on the results of a public survey this spring.

Category 2 coal exploration was halted on April 23 and will be in effect until the Committee has completed its work,

expected in November. The Committee will then bring its recommendations and a report to the provincial government.

"The Committee has begun its 'Phase 2 Engagement' sessions and is meeting with many organizations and individuals, in a very busy month of June. We are considering posting a list of all the engagement sessions on our website," stated Dr. Ron Wallace, chairman of the Alberta Coal Policy Committee.

A local lawyer who has been actively involved with the Wilderness Association and coal-related litigation for almost a year, Clint Docken, said coal is a dead industry.

"These open pit coal mines don't make any sense, particularly when you look at the value of the Eastern Slopes in terms of other uses like recreation," Docken said.

The 1976 policy divides protected areas into four categories that dictate where and how coal leasing, exploration, and development can occur. Docken believes category one and two land should be off limits, while category three and four land should have significant restrictions.

"Reclamation is the big issue here, why would you allow an industry to exploit our Eastern slopes with limited return to the province, limited job creation, and create a mess that's going to cost literally hundreds of millions of dollars. That will be a cost left to the taxpayer," Docken said.

Docken, who lives in Bragg Creek, said that many locals recreate in the area of the mine proposals. The small short term gain of resource extraction will have long term impacts to recreation and its economic spinoffs, he added.

Canadian Minister of Environment and Climate Change, Jonathon Wilkinson, announced that proposals from Alberta's recent exploration leases would be subject to a federal environmental review.

A public policy statement from the federal government on new thermal coal mining or expansion projects on June 11, 2021, states that thermal coal projects are likely to cause unacceptable environmental effects within federal jurisdiction and are not aligned with Canada's domestic and international climate change commitments. This position will inform federal decision making on thermal coal mining projects.

The provincial online survey from the spring generated almost 25,000 replies and most respondents felt there are areas of the province that are not appropriate for coal development, while almost one-third said there are areas of the province where development could be appropriate.

For more information on how to get involved, go to alberta.ca/coal-policy-engagement.aspx

Masha Scheele, HCN Staff
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Hello, Springbank! The Community Association is pleased to announce our Board of Directors, as elected at our AGM on May 20:

President: Karin Hunter; Vice-President: Al Schmidt (**newly elected*); Treasurer: Ian Galbraith; Secretary: Terry Dowsett; Directors at Large: Simone Byers, Barbara Clarke, Jan Erisma, Lynn Munro, one spot OPEN (to be filled Fall 2021), SCHS Board Representative Jordan Inverarity (**newly appointed*)

Thanks to the one and only Clarence Buckley who is leaving the community association after many years on the Board. Also gratitude to Christopher Berry, outgoing VP, for all his work trying to bring a community centre (and gymnasium!) to Springbank. We wish Clarence and Chris all the best. Also, thank-you to our previous SCHS reps, Carson and Divia!

We have kicked off a planning exercise to determine our strategic plan for the next 3-5 years. We look forward to hearing from you on how the SCA can better serve our community. Go to springbankcommunity.com, Facebook and Instagram to let us know.

Thanks to everyone - sponsors, purchasers, volunteers, social media sharers - for supporting our inaugural community raffle! We are thrilled to announce that our 1000 tickets SOLD OUT! It takes a village and we are so fortunate to have the following amazing parents to help bring this to reality: Amal Jomaa, Arlene Abboud, Heidi Otteson, Carrie Hunter and Jaqueline Inverarity. Special thanks to the Springbank Bottle Depot who let us set up a ticket sales table and RVS Trustee Judi Hunter for mailing out tickets and also hitting the pavement with motivated students for door-to-door sales! A huge shout out to all the kids at Springbank High School robotics club who embraced this opportunity and sold tickets (and Addison Berry from Springbank Middle School)!

*Karin Hunter, President,
Springbank Community Association*



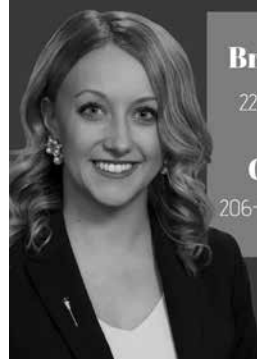
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ROCKY VIEW COUNTY | DIVISION ONE COUNCILLOR UPDATE



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Remember Mungo Jerry? Maybe not. But recite these lyrics, “In the summertime when the weather is high, you can chase right up and touch the sky...” and immediately, we’re reminded that we’re now into the hot, halcyon days of summer. Given what we’ve all had to go through these past 18 months, and now with restrictions lifted, I suggest you make every day of this summer, a special day. Welcome to July and the dog days of summer. And my sincerest apologies if you now have to go about your day with that song stuck in your brain.

So moving on to what’s been happening around Rocky View County (RVC) since June. As you recall, last month I mentioned that RVC is not conducting aerial spraying of the BTK (Bacillus thuringiensis - which is a natural soil bacteria pesticide) like our Redwood Meadows neighbours to manage the Spruce Budworm infestation occurring in this area. At the time of this writing, Redwood Meadows Council announced they would be spraying towards the end of June. June 22nd to be exact (weather permitting and depending on the larval stage of the budworm). RVC will be monitoring the aerial application closely while at the same time taking notes as to the public reaction to such a controversial subject. I have replied to many who have asked why RVC was not doing anything? Well, we are by observing and taking notes.

In my almost four years as your local public servant, I have come to learn that without any form of public consultation, you only cause rifts between residents without first speaking to them and addressing both sides of an issue - whether it be a commercial/residential development,

gravel extraction location, speeds on traffic signs, heights of cell towers, colour of waste bins, or the spraying of spruce budworms.

Councillor expenses

Council just voted 6-3 in favour of posting quarterly, individual councillor’s expense reports. An idea I wholeheartedly agree to make information about your public servants accessible. Many RVC councillors have been a target of FOIP (Freedom of Information and Protection of Privacy) over the years from ratepayers. It’s great to see that by making this a regular procedure rather than having folks go through FOIP requests, thousands of ratepayer dollars and administrative hours will be saved. A formal standardized reporting system and training will kick off this format with the new council. Transparency and accountability are paramount to building trust between your elected officials and ratepayers. In the meantime, if you want to see my expenses, rather than go through the FOIP process, just ask me.

RVC Election 2021

Speaking of a new council, to date, there have been no formal applications made to RVC with regards to our next local representative. There have been a few folks who have announced their intentions of running in other divisions but not in Division 1. Remember, come this October’s municipal election, RVC will be trimming down from nine electoral divisions to seven with the Bragg Creek area and Elbow Valley area amalgamating to form the new Division 1. And we’ll no longer have a reeve but a mayor appointed by the newly elected councillors. If you’re thinking of stepping up and want to know more about the job from my

experience, give me a shout and I’d be more than happy to chat over a coffee.

Thank you. Thank you.

It’s with a sad heart we have to accept Andrea Sparkes’ resignation from the Greater Bragg Creek FireSmart Committee as she and her family are moving on to another phase of their lives on this rock by moving to another part of it. The announcement came from FireSmart Chairman Gary Nikiforuk last month. Andrea has been instrumental in promoting and informing residents of local fire-smarting initiatives. Her many enthusiastic Facebook posts, interactions with Banded Peak School, High Country News articles, and her presence at Chipper Days was influential in our community. Andrea, thank you for your dedication and service to our community.

A huge thank you goes out to Tanis Onespot for making the meeting and greeting of RVC Reeve, Dan Henn and Tsuut’ina Chief, Roy Whitney-Onespot possible as we had the opportunity to informally talk and get to know each other. There are so many possibilities, and dreams to fulfill, that we as neighbours can do together for our residents.

And thanks to all the volunteers in the many organizations throughout Division 1 who give of their time and resources to make this the most sought after place to live in all of Canada. Nope. The world.

Until next month, stay safe, continue to follow covid protocols, wear sunscreen and loudly yell foooooooooooooooooooooo when you miss hit your drives.

– Lather up, Mark



Why Should You Work With A Financial Advisor?

There are common misconceptions about the value of working with a financial advisor. Some believe you have to be rich to be worthy of financial advice. Others take a *do-it-yourself* approach, believing that online resources will guide their needs. Some people feel that they are too young, too old, or in too much debt to benefit from working with a financial advisor. However, the truth is that financial advisors can play an essential role at any stage of your financial journey. Research supports the idea that a financial advisor can be an invaluable resource, a guide who will work with you and for you to achieve your financial goals.

Most people feel that they are doing all right financially and therefore do not perceive a need to consult a certified financial planner. They go through life earning a living, covering expenses and maybe saving a few dollars each month. Their perception is that they are financially OK. Unfortunately, in most cases, that is an incorrect assessment. There are many potential risks and *financial 'land mines'* that could negatively impact their family's financial future. Unfortunately, most people live their lives day by day oblivious to the potential dangers ahead.

Investment Strategies

Canadians who work with an advisor on their investment strategies enjoy almost four times the assets of investors who don't (over a 15-year period), according to a 2016 report by *Cirano*¹. The same report debunks the myth that advisors only work with the wealthy. According to *Cirano's* study, the majority of Canadian investors had investable assets of less than \$25,000 when they first started working with a financial advisor.

1. 2016. *The Gamma Factor and the Value of Financial Advice*. <https://cirano.qc.ca/files/publications/2016s-35.pdf>

2. 2019. *Canadian Mutual Fund & Exchange Traded Fund Investor Survey*. https://www.ifbc.ca/wp-content/themes/ifbc-new/util/downloads_new.php?id=23217&lang=en_CA

3. 2019. *BlackRock Global Investor Pulse*. <https://www.blackrock.com/corporate/insights/investor-pulse#take-action>

Savings Strategies

The ability to save regularly is fundamental to reaching your long and short-term financial goals. 80% of those who work with a financial advisor say that this relationship empowers them to develop skills and strategies that help them achieve better long-term savings habits².

Tax Efficiency

Canadians who work with financial advisors utilize tax-sheltered registered accounts at about twice the rate of non-advised Canadians. Working with financial advisors also increases access to a wide range of solutions and strategies designed for tax efficiency.

Increased Well-Being

Beyond investing and saving strategies, to help you achieve your goals, their professional advice may also play a vital role in reducing stress around finances and the future. According to a 2019

study by *BlackRock*³, 76% of those who work with a financial advisor report having an increased sense of well-being.

Managing investments and making consistently sound financial decisions takes skill and commitment. It is also not a one-time thing. Researching, executing, and monitoring financial decisions drains your most precious commodity, which is your time. A financial advisor has the skills, time, and expertise to support you through a lifetime of complex and changing financial needs, such as education, retirement and tax planning, insurance solutions, intergenerational and estate planning. Finding the right advisor may be the most significant step you can take towards feeling good about your finances now and in the future.

Now's the time to take action and get started. Contact my office to begin the process of getting comfortable with and in control of your financial situation.

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

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Recent statistical information shows that Canada's largest credit bureaus, Equifax and TransUnion, receive over 1,800 identity theft complaints from Canadian citizens every month.

The Canadian Government defines identity theft as *"the unauthorized use of your information by third parties— involves the collection and use of personal information such as your name, date of birth, address, social insurance number (SIN), and other personal details for criminal purposes"*. Identity theft can be the starting point to a range of crimes — from financial fraud and forgery to abuse of government programs. The thief only needs a small amount of information, as little as your name and birthdate, to start building their new identity and committing fraud.

In more severe cases, identity thieves may try to even sell your property and embezzle the money.

What can you do to protect yourself from Identity Theft?

- Be extremely careful when you provide personal information such as your SIN, or date of birth over the phone. Don't use your SIN as a piece of ID and never reveal it to anyone unless you are certain the person asking for it is legally entitled to

that information. When an organization requests your SIN, ask if it is legally required to collect it, and if not, offer other forms of ID.

- Be suspicious if you are ever asked to pay taxes or fees to the CRA on lottery or sweepstakes winnings. You do not have to pay taxes or fees on these types of winnings. These requests are scams.

- Before supporting any charity, use the CRA website at canada.ca/charities-giving to find out if the charity is registered and get more information on the way it does business.

- Be careful before you click on links in any email you receive. Some criminals may be using a technique known as phishing to steal personal information.

- Immediately report lost or stolen credit or debit cards.

- Identity thieves steal old bills or preprinted credit card offers discarded in waste or recycling bins – I burn them. They will steal physical mail out of mailboxes.

- Social media like Twitter and Facebook can be a goldmine for identity thieves. It's a good idea to limit identifying information you post. Pictures can be lifted and attached to other forms of stolen identification to provide very accurate ID.

Calgary Police inform me personal info can be obtained in several different ways but in the cases they investigate the information was virtually always obtained in car prowlings, mail theft and online scams. Leaving your vehicle registration and pink insurance card in the glove box is a good source of info for thieves.

Electronic media devices are also a good source for identity thieves. Delete all

personal information from your electronic devices before discarding, recycling or selling them. There are several ways to do this, for example by resetting to factory defaults, overwriting, reformatting, or physically destroying the media.

You could be a victim of identity theft if:

- You are contacted by a creditor because an application for credit that you did not apply for was received in your name and with your address.

- You receive a phone call or letter informing you that you have been denied or approved by a creditor that you never applied to.

- You receive credit card statements or other bills with your information that you never applied to.

- You no longer receive your credit card statements or any of your mail.

- You are contacted by a collection agency informing you that they are collecting for a defaulted account established with your identity that you never opened.

What should you do if you think you are a victim of identity theft? Immediately:

- notify your financial institution and the local police;

- contact the CRA at 1-800-959-8281;

- report the theft to a credit reporting agency such as Equifax or TransUnion;

- keep records of recent purchases, payments, and financial transactions; and

- call 1-800-O-Canada (1-800-622-6232) for information on where and how to replace identity cards such as your health card, driver's licence, or SIN if necessary.

*Submitted by Dave Schroeder
HCRCWA Board Member*



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Councillor's UPDATE

Rocky View County

Kim McKylor, Councillor, Division 2



Council has been very busy these past several months and we have worked on many significant items.

Springbank's ASP's have been forwarded to the CMRB for review. These plans will set a course for the next 20-30 years. I truly understand and appreciate that the change in form of development within those plans

could be seen as a large departure from what we have seen in the past.

When my family and I moved to Springbank, it was 4 acre parcels that were the norm and the new 2 acre parcels that were becoming popular, and many subdivisions were approved. Now we are looking at building forms that will allow for a more affordable product, job opportunities, economic development, and recreation opportunities. Should the plan(s) be approved at the CMRB level, these changes will happen gradually and there are statutory checks and balances within the plans to ensure future Councils are guided appropriate.

As of today's date, the CMRB Administration as well as a mandatory 3rd party review of the ASP's are recommending approval to the CMRB

Board. That said, there is no guarantee of an approval as Calgary recently demonstrated its willingness to "veto" a decision (which is one of the most fundamental undemocratic policies of the Board).

The ASP's are now in a 30 day review period and I would expect a decision from the board later this month. For more information please review the plans and responses to- date: www.calgarymetroregion.ca/2021-02.

Council's role is a balancing act to say the least - honouring the past, staying in tune to the here and now, and what people want/need, and planning for the future. I recall moving into Springbank over two decades ago and reviewing the ASP then and thinking basically nothing was going to change - but fast forward, and previous

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councils have approved Bingham; Edge School; Harmony; more development in commercial court; Aventerra; and countless more, much of which was never contemplated in the current ASP. Every Council is faced with development and make decisions accordingly. In my mind, it is far better to have a plan that acknowledges change will happen vs. dealing with "one of" situations. We will know what the CMRB decides soon, hopefully by my next update.

The new Municipal Plan, has also been recommended for approval by the CRMB Administration and the 3 party independent reviewer. Should these plans not pass at the board level, it will be because Calgary/urbans are determined to sterilize rural lands for their own growth potential – because the plans have met the criteria set out in the Interim agreement – it'll be interesting to see if Calgary can also live up to that agreement!

On May 21st, 2021, long-time Springbank resident Eric Longeway passed away. Eric

was truly an ambassador of Springbank. Eric had a passion for agricultural and farming, he was a developer, and passionately gave his time to so many groups in Springbank, including the Park for All Seasons, Springbank Rawhides 4-H, and the Heritage Club, just to name a few. He had a keen sense of humour and a sparkle in his eye that I'll never forget. My most sincere condolences to his family.

Please contact me for any questions at 403-462-9207 or at kmckylor@rockyview.ca.

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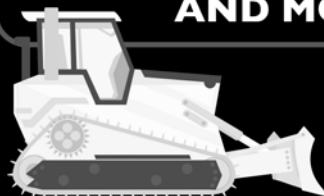
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About Kids

by Pastor Dave Zimmerman
www.braggcreekchurch.ca



So, I had another article written but a couple things made me push it off until next month. It's almost Father's Day when I write this, I just got back from a year-end outdoor drive-in dance recital, and one of my children has a video grad. It also made me think of last year's drive-thru grad for my other kid, disrupted school, limited to no friend hang outs and... on even a more devastating note, we and many of our children have been reminded of our nation's and church's past violence and disrespect toward the children of our First Nations brothers and sisters. It's a lot to process for us as well as for our children.

I've been thinking about this next year and the "undoing" that will need to take place as we re-open. Our kids have had over a year where safety practices have become new habits and it's going to be a while to see these get worked out (cutting back on screen time, motivating them to come

out of their rooms, not making weird swooping 6 foot circles when they walk, etc.) I hope you are able to find the right supports and help to assist you during this time. There are a lot of good resources and professionals you can tap into. One of the things I would also like to encourage is continuing to build a life of love and generous grace into our children's lives.

Unfortunately, the adult world has not been a good place of modeling in this regard as of late. As much as we do our best to protect them from the broken parts of our society, they are little sponges. And some of the worst offenders have the mic. When we carry it in from our work, when they overhear a political conversation, or look over our shoulders while we are on social media or conversations at school, etc, they are noticing. They definitely have been present to a society of divisions, "in" groups, "out" groups, polarizations, and ideological camps. And although they probably don't express it in those terms, they know there has been

separation, anger, and anxiety not only in the greater society but maybe even in our neighborhoods, and possibly in our families.

Again, I want to encourage you to find all available support in this, and as a church I want to offer the life and patterns of Jesus as anti-responses to the cultural norms of today. I think pointing to the enemy-love, grace, peace-making, commitment to those over looked, etc. might actually be beneficial in working our way toward different patterns and responses.

We want to encourage our children in this, in a fun and imaginative way, through our summers camp. Typically we do a week of fun songs, stories, activities and crafts. Unfortunately, as we were planning this year we weren't able to plan a daily

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**To reserve your child's free Kids Camp Box, email us at
kidscampbraggcreekchurch@gmail.com then
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“in person” commitment with where we were with the safety protocols at the time. (And now that it looks like things will change July 1 it makes it a little short notice to change things up).

However, we are looking to have an in-person kick off on Sunday, July 25 from 1-3pm at Redwood House where you can pick up Church Camp in a Box. So we will be gathering for the first day of fun and sending you off with a box full of daily activities, etc. Here is a little about

what is inside: *“Kids are naturally curious, and when you’re curious about who God is it’s easy to grow your relationship with Jesus. That’s why, in this 4-part series, we’re going to engage kids’ imaginations! Kids will not only get curious about science, technology, engineering, and mathematics — but also about the God who created it all! They’ll hear from early church leaders like Paul, Peter, John, and Timothy, who helped the first Jesus-followers wonder what made their stories unique, what gifts God gave them (and how they could use those gifts to serve), what*

they could learn from others, and how they could spend time with God.”

Now that we can get together it might be an option to gather some friends and do some of the activities together.

I look forward to seeing you guys in person on the pick-up day. Please feel free to contact the church for any other questions. Register for the free Camp in A Box by emailing kidscampbraggcreekchurch@gmail.com!

*‘Til next time,
Dave*



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Weight Training Vs. Cardio Exercises

by Jennifere Gordon

BSc. PT, GunnIMS, AFCI

Physiotherapist, Bragg Creek Physiotherapy

www.braggcreekphysio.com

We are inundated with information that exercise is good for you for a multitude of reasons. However, what is the best type of exercise to get the most bang for your time and energy? There is increasing evidence that weight training over cardio activity is the most advantageous. While the buzz around cardio is that it sheds pounds faster, research shows that weight training is the ticket for muscle strength and boosting metabolism. It is recommended to incorporate weight training at least three times a week and spend less time on cardio.

In 2018, the American College of Cardiology presented research that showed that static activities such as strength training are more strongly

associated with reducing cardiovascular disease risks than cardio exercises like walking and biking. Researchers found that both static and dynamic activity had a positive effect on risk factors such as high blood pressure, being overweight, diabetes and high cholesterol. However, the benefits were strongest for the strength training activity in both youth and adults. An epidemiologist and assistant professor in the Department of Public Health and Preventive Medicine at St. George's University states "Both strength training and aerobic activity appear to be heart healthy...however, static activity appeared more beneficial than dynamic."

Fitness experts have identified several proven benefits of why to choose strength training over cardio for the focus of your exercise program. Here are some highlights:

- Bone and joint health – weight training focuses on strengthening muscles. This low impact exercise exerts less strain on the joints while boosting bone density which is important for preventing diseases like osteoporosis and arthritis. Functional activities like lunges, squats and stair climbing are great lower body exercises.

- Improving muscle mass – weight training signals the muscles to adapt and grow stronger. Women often have a harder time building muscle mass and worry that weights will make them bulky. Rather, lifting weights can help to tone muscles and burn more calories for longer.

- Promotes weight loss – strength training helps to boost lean muscle mass and increases metabolism which promotes fat loss.

- Improves cardiovascular health – strength training helps to lower bad cholesterol and stimulate the good cholesterol. This leads to overall lower blood pressure.

- Boosts overall performance – having stronger bones and muscles will help improve speed, agility, endurance and power. This will boost performance in daily living activities as well as athletic endeavours.

- Promotes a good mood and reduces stress - strength training stimulates a release of endorphins, a hormone that helps to fight depression and aids in reducing pain.



There's a new kid in town!

Ok, so I'm not new (Bragg Creek resident 5 years) and I guess only a kid at heart! It would be my pleasure to assist you with your real estate needs. Call or email today to start the conversation!

Sherri Olsen

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Overall, a variety of exercises will help you build a healthy, resilient body. The National Institute of Aging advises older adults to engage in four types of exercise:

✓ Aerobic exercise that increases breathing and raises the heart rate (walking, jogging, cycling, swimming, golf)

✓ Strength or resistance training for major muscle groups in the upper and lower body (push ups, rowing, lunges, squats, weights, and bands resistance exercises)

✓ Balance exercises to reduce the risk of falls (tai chi, yoga)

✓ Flexibility exercises that increase one's joint range of motion and lubricate the joints.

In summary, the best bang for your time, energy and overall health is to ensure you incorporate 2-3 days of resistance training a week. This includes activities that use weights, bands or your own body weight. If you would like some direction on where to start or have a customized program designed for you, we would love to set you on the right track. Between the physiotherapists, an athletic therapist and a personal trainer – we are equipped to get you feeling your best.

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- Can help reduce risk of foot infection and pathology



We make our homes in the beautiful forest, and hot weather teamed with dry conditions and high winds are priming us for another significant wildfire season. Here are some tips to help get your home ready for wildfire season:

- Clear leaves and debris from gutters, eaves, porches and decks to reduce chances of embers igniting your home.
- Remove dead vegetation and other items from under your deck or porch and within 10 feet of the house.
- Screen or box-in areas under your deck or porch to prevent debris and combustible material from accumulating.
- Remove flammable materials (firewood sacks, propane tanks) from within 30 feet of your home, foundation or outbuildings.
- Wildfire can spread to tree tops. Prune trees so lowest branches are 6-10 feet from the ground.
- Keep your lawn hydrated & maintained.
- Don't let debris and lawn cuttings linger. Dispose of them quickly to reduce fuel for fire.
- Inspect shingles or roof tiles. Repair or replace loose or missing shingles to prevent ember penetration.
- Cover exterior attic vents with mesh wire to prevent sparks from entering your home.
- Enclose under-eave and soffit vents/screens with mesh to prevent ember entry. Please contact Rockyview County or the Townsite of Redwood Meadows for more information about getting a FireSmart Assessment done on your property.



Bragg Creek Centre

Hello Creekers! Summer is here and we are looking forward to being together with our community again. We've missed you, and here's what we are going to do about it.

Bragg Creek Days July 24

Back to our Roots & Focused on Community

Join us July 24th to celebrate in Bragg Creek style with good food, good music and good friends! Games, BBQ, Beer Garden & Live Local Entertainment – the fun starts at 12:00 pm.

We are Hiring!

Visit our website www.braggcreekca.com to see what positions are available.

Co-Workspace

Working from home? Struggling with unreliable internet? We've got you covered!

Shared workspaces with power and internet available daily, weekly and monthly. Open Monday – Friday 9:00 am – 5:00 pm. Call 403-949-4277 or email info@braggcreekca.com to book a space.

Have you checked out the new Bragg Creek Farmers Market?

Sundays June 20 – Sept 26 | 9am – 2pm

The Bragg Creek Farmers Market will quickly

become a favourite part of your weekend routine. With locally grown, handmade and home baked goods there is sure to be something for everyone. We are excited for you to come meet your local growers, makers and artisans.

Bragg Creek Satellite Library

Residents in Bragg Creek and area have access to Library Lending Lockers offering residents convenient self-service holds pick-up, browsing, and returns.

With a current Marigold (TRAC) library card issued by Marigold or any participating member library, you may access the Library Lending Lockers. Instructions on using the lockers are available online at www.braggcreeklibrary.ca.

Don't have a TRAC Library Card?

Just fill out the online registration form at www.braggcreeklibrary.ca....easy!

Adult Pickleball

For the uninitiated, pickleball is something of a mix between tennis, racquetball and ping pong. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but

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Yoga

All ages and abilities welcome. Saturdays 9–10:15am. \$18/session or \$150 for a 10 pass. Email info@braggcreekca.com to register. **Space is limited – Please register before noon on Fridays.*

Summer Camp

Registration is open for Nature Adventures Summer Camp with Rediscover Play! Running 8 weeks; July 12th thru August 30th; children ages 5 – 12 years will learn bushcraft, wilderness survival skills and creative play through outdoor exploration. Each week will have a theme. Spots are filling up quick so don't wait, register now!

Register: www.braggcreekca.com
Email: info@braggcreekca.com for info.

MYC

Music for Young Children (MYC) is a comprehensive music education program tailored to the strengths and abilities of young children. MYC is excited to begin Fall 2021 Registrations! Please email msrobinmyc@gmail.com to find out more about our MYC Group Piano Classes.

Bragg Creek Ladies Auxiliary COVID-19 Relief Fund

Confidential support is available for residents of Bragg Creek and Area who have an urgent need as a result of the pandemic. Contact braggcreek.ladiesauxiliary@gmail.com.

Food Insecurity Support

If you are a family or individual needing emergency food support please reach out via email at either info@braggcreekca.com or braggcreekcommunitychurch@gmail.com or by calling 403.949.4277. All information will be kept strictly confidential.

Did you know the Bragg Creek Community Association is a registered charity and can issue tax receipts?

Remember to purchase your membership and consider donating. Every little bit helps us to continue our mission – to support the greater Bragg Creek area through programs, events, and services that build community responsibly and sustainably for current and future generations.

Our office is open Mon – Fri 9am – 5pm. Call 403.949.4277, email info@braggcreekca.com or visit us at www.braggcreekca.com for news and updates.

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In Praise of Street Food: The Cowboy Roast House

No one can miss the Cowboy Roast House. It sits unapologetically right in the middle of the “Bragg Creek Triangle” - this awkward little piece of land stuck between Hwy 22, Balsam Ave and White Ave. A tiny plot of land owned by Tsuut’ina Nation, which over the years has seen many small ventures come and go. However, one of them seems to have lasting power. For the past five years, Wade Hornberger & his partner, Debi, have set up a unique street food venue.

About five years ago, Wade, a third-generation pig farmer from Diamond City (a hamlet north of Lethbridge),

reasoned he could bring value to his free run, heritage pig breeds business serving meals directly to customers. Bragg Creek seems to be just the place to do this. He negotiated an agreement with Tsuu T’ina and Kevin Onespot to use the “Bragg Creek Triangle.” And so it started. Wade built, over time, four massive metal wood stoves, complete with water reservoirs, huge picnic tables, and a multicoloured sign advertising the Roast House. Guided by the principle, “you learn as you go,” Wade started to slow cook pig sides, not knowing exactly what it takes to cook a pig’s sides to perfection. Over time though, he refined his method. Now he favours pork briskets wrapped in foil, slowly cooked over 12 hours. No salt, no pepper. Nothing. The pork comes out



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basking in its own juices, super tender, falling apart, flavourful and ready for any seasoning the consumer may wish. To that end, Debi has borrowed from a couple of recipes and added her flair into creating a unique chipotle that people rave about.

With such a set up, it did not take much time for the Cowboy Roast House to become a destination of a sort. When they are open, and the smoke rises from the wood stove oven's chimneys, hungry people know that within a few hours, lunch will be served. They start to line up for their \$20 plate of a generous portion of pork and sides of baked beans or corn and mash potatoes served in a carry-away food plate. On a regular weekend, they do 600lbs of meat, and on long weekends, 840lbs. Amazing success in such a short period but, it is perhaps not a surprise.

Over the past few years, street food has earned the respect of celebrity chefs such as the late Anthony Bourdain and other television celebrities and blog travellers who sang their praise. Inspired by local ingredients and culture, street food defines a region. The food is prepared without pretention using time-honoured culinary traditions unique to an area. The cooks are usually people who grew up eating the food they serve, meaning most of them do not have formal cooking experience. Their focus is simply on one or two dishes, and that's it. However, what is offered is done very, very well.

Having said this, what does Cowboy Roast House say about Bragg Creek? Self-made, jack-of-all-trades Wade is proud to explain how he raises the animals, built his kitchen from the ground up, and learned to cook the meat all at once. He deeply cares for all aspects of the operation with an energy level that seemingly defies the laws of nature. People love Wade's welcoming big smile and Debi's measured, warm approach. They use local food ingredients to the fullest extent possible—corn from Taber, potatoes from a friend, honey from Highland Honey. Cowboy Roast House is indeed an expression of our local

terroir, speaks of our homesteading roots, and the pride of using wholesome food ingredients.

Word of mouth and the woodstove smoke on cooking days has been the principal means of marketing for Wade and Debi. Still, the word got around fast. Here is a quote I found on Yelp from a young lady, Sophia, visiting from Los Angeles;

"Came here after hiking the Fullerton loop in Bragg Creek. We got there early, around 10, and he wasn't open until 12. We came hungry after our hike, and it was so worth it. I didn't catch his name, but the business owner was extremely friendly and hospitable. There was free water and coffee for us. Unfortunately, the brisket and the side of beans of mashed potatoes were so delicious that we scarfed it down before I could take a picture. This place is a must if you're in the area!"

Cowboy Roast House is open on most weekends but that varies a lot these days. It is best to keep an eye on those chimney stacks and know that food will be served the day after if the fire is on. Oh! And notice to those interested - they are looking for help.



Renée Delorme
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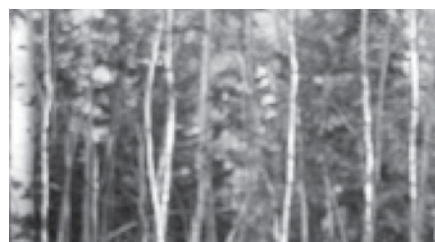
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Councillor's UPDATE

Foothills County

Suzanne Oel, Councillor, Division 4



Foothills County Northwest Wildfire Mitigation Strategy & FireSmart Meeting:

You are invited to attend a Zoom Public Meeting with Council and Fire Department representatives to learn more about this study and FireSmart community action. Our meeting is scheduled for 7:00 p.m. on July 12, 2021. You can take part by phone or computer. Foothills Fire Department will share a presentation and join us for a Q&A session. I look forward to seeing you online! You can find the Zoom Meeting link and the study here on our website: www.FoothillsCountyAB.ca/residents/protective_services/fire_department.html

The Calgary Metropolitan Region Board (CMRB) - Growth Plan Update:

We are not ready or willing to hand over "the keys of Foothills County" to Calgary. This severely restrictive, urban-focused Regional Growth Plan is now in the process of being reviewed by the Provincial Government. If you

have not yet responded to our Call-to-Action, we would be grateful if you could visit our website for more background information and write a letter to the Minister of Municipal Affairs, MLAs, Premier and anyone else you think could help our cause. Check out our website for all the details, links to the CMRB plans, What We Heard report from the public engagement, draft letters and contact info for provincial representatives: www.FoothillsCountyAB.ca/services/planning-and-development/calgary-metropolitan-region-board.html

Cell Tower Light - Mystery Solved: In recent weeks you may have seen a bright, white pulsating strobe light emitting at night from the tower on the hill west of 256 St W, in the Priddis area. After hearing from a number of residents who immediately noted the disturbance caused by this unusual light, I was able to find the persons in charge of the tower operations who then helped to figure this out. New LED lights had been installed and were displaying the day mode at night. We are very grateful that the night mode with red lighting was re-instated. Now that the mystery is solved, we know that the correct night light should be "red" and we will all keep watch to see that the mode stays corrected. Thanks to all those who helped figure this out!

Property Taxes: The County has strived to maintain service levels during these harsh economic times while also considering

the difficulties many residents are experiencing. In your 2021 Tax Notice, you received a letter of explanation which notes that Council and Administration were able to reduce the municipal component of your 2021 taxes by 3.11%. The remainder of your taxes are made up of amounts for seniors' foundation, 911 and fire dispatch, recreation, fire services, libraries, and amounts requisitioned by the Government of Alberta for education, policing (RCMP) and designated industrial property. This year we saw an increase of 9.26% (\$1.05 M) in these amounts due to significant increases in the funding required for recreation, fire services and the cost for RCMP charged by the Province. When the dust settles on our calculations, 64% of property owners will see either a decrease or no change to their overall tax bill, and 27% of property owners will see an increase of less than \$100 for the 2021 tax year.

Bears: We are seeing a lot of bear activity this year. I found myself on the wrong side of a black bear one evening in June in my yard. Thankfully, things turned out OK and this serves as a reminder to keep that bear spray within reach and the wildlife in mind. Just sharing...

Repairs to Bridge and Road on 256 St. W:

Thanks to our Public Works for their immediate response to repair this bridge over Priddis Creek after a significant rain washed the abutment ground and pavement away. At the end of May this year, the road, just south of Priddis Greens Dr., was closed for several days while the work took place. Thank you to all those who took immediate action of notifying the County and all the County Public Works staff who repaired and brought the road back into great shape as soon as was possible.

Electronic Speed Signs a Reminder:

Foothills Protective Services arranges for our electronic-message speed signs to rotate through our communities, especially in areas where we receive the most complaints. In summer, of course, we're all outdoors hoping to enjoy our surroundings and there's lots of competition for use of our roads. Just a friendly reminder, to us all, to follow the speed limit and drive safely.

2021 Municipal Election: As noted earlier this year, I have submitted my nomination papers and will be running as a candidate for the October 2021 municipal election for Foothills County Division 4. I will be sharing more information with you in my next articles and would look forward to any discussion you may wish to have on this topic.

Best Regards, Councillor Suzanne Oel
For Other News & Updates:

Please visit my website: suzanneoel.com
facebook.com/councillorSuzanneOel
Suzanne.Oel@FoothillsCountyAB.ca

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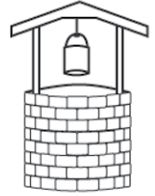


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Water Softeners	Ion Resin Replacement & Control Valve service	Every 5 years	Hard water, scaling on fixtures, white film on glassware, dry skin/hair, mineral bed channelling, reduced efficiency & control valve jamming
Iron/Sulphur Filters	Mineral Bed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

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Happy Canada Day! With the current AHS restrictions, the Priddis Community Hall is closed until further notice. Please respect the current COVID-19 restrictions mandated by AHS for group gatherings and outdoor activities. The Hall parking lot has limited space so please respect social distancing. Check our website for updates and current information – www.priddisalberta.com

PCA Website: The new Priddis Community Association website went live at the beginning of June. Going online, you can check the calendar for available rental dates, book the tennis/pickleball courts, pay for your membership, and check out the History of Priddis on the History page under the Community tab. Did you know that Charles Priddis started the Priddis Post Office 127 years ago, on June 30, 1894?

Priddis Early Learning Program - PELP: PELP is holding Summer Camp at the Priddis Hall for community children

the week of July 12 – 15. The morning session will be for ages 4 to 6 and the afternoon session is for ages 6 to 8. The cost is \$150/child, with maximum of 10 children in each session. Most activities will take place outdoors, or inside if the weather does not cooperate. There will be lots of free play and structured activities, including crafts and science experiments. Email priddisdaycamps@gmail.com for more information or to reserve a spot.

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

There are still a few spots open for preschool classes starting in September. For more information on PELP, check out our website or email pelp@preschool.wixsite.com or pelp@registration

Stampede Breakfast: Yahoo! We may be having a Stampede Breakfast this year at the Priddis Hall. It will take place on Saturday, July 17. Check our website and Facebook for updates on the status of this event.

Tennis Courts: The tennis/pickleball courts are ready to use. Go online and book your date and time. Would you like to get together with other tennis players to start a ladder, set up a weekly tennis day, organize private or group lessons, or exchange contact information. Contact us at priddiscatennis@gmail.com. We would like to hear your ideas and get a group started. Please have a PCA membership to use the courts.

If you do not have a current membership, purchase one. Membership forms can be found on the PCA website under Memberships. For your convenience payment can now be made online by e-transfer to: priddisassociationpayments@gmail.com. When paying online, please email a completed copy of the membership form to priddisassociationpayments@gmail.com. If paying by cheque, submit the completed form and cheque by mail or drop them off at the Priddis Store.

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



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completed form and cheque by mail or drop them off at the Priddis Store. Go to www.priddisalberta.com.

Open PCA Board Positions: If you would like to get involved in our community, we still have a few board positions open for 2021: Communications Director, Membership Director and Priddis Young Families Director.

Communications Director looks after updating the website, Facebook, and our Instagram accounts. This individual will email notices or announcements of meetings to the membership, and answer website queries.

Membership Director keeps track of all memberships, regular and business, and assists the Treasurer in the payment process for current and past members.

The Priddis Young Families Director runs a free of charge monthly drop-in playgroup at the Hall for preschoolers and their caregivers. This individual will set up/take down toys and games inside or outside the Hall – weather permitting. For 1.5 hours, this is a fun social time for the kids to make new friends and get to know their neighbours.

If you can make a commitment of a few hours every month, please email priddissecretary@gmail.com. Make a difference in your community!

Priddis Library: The Priddis Library, located in the old schoolhouse, is open

Tuesday and Fridays from 3-5, and the 1st and 3rd Saturday of the month from 10am to noon. We are part of the Marigold Library System. Incoming books are quarantined for 72 hrs. Social distancing is being practiced between visitors. Your donations are greatly appreciated but we will not accept encyclopedias, textbooks, cookbooks, readers digest condensed books, or any books more than 20 years old. Running the library are Arlene, Carole, Sonya, and Barb. Thanks for volunteering your time to keep the library operational for the community.

Recycling Bins at the Hall: Note: It is recommended that boxes with donations be sealed and smaller bags be used so they fit easily into the roller chutes.

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

Booking the Hall: We are taking bookings for the Hall for the remainder of 2021 and into 2022. If we are unable to honour your contract due to COVID-19,

your deposit will be returned. For your convenience, we are now able to take deposits and make payments by e-transfer to: priddisassociationpayments@gmail.com

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

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

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

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


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TURNER VALLEY & BLACK DIAMOND News

Hello, Diamond Valley. **Canada Day is July 1st**, which is a federal statutory holiday celebrating the anniversary of Canadian Confederation, which was July 1, 1867. With the passing of the Constitution Act, 1867, the three separate colonies of Canada, Nova Scotia, and New Brunswick were united into a single Dominion within the British Empire called Canada. **The name Canada likely comes from the Huron-Iroquois word "Kanata" meaning village or settlement.** According to Canada.ca, back in 1535, two aboriginal youths told French explorer Jacques Cartier about the route to Kanata, actually referring to the village of Stadacona. For lack of another name, Cartier used the word Canada to describe the entire area which was controlled by its chief, Donnacona. Explorers and fur traders opened up territory to the west and south, and the area known as Canada grew. In the early 1700s, the name referred to all French lands in what is now the American Midwest and as far south as present day Louisiana. The first official use of Canada as a name was in 1791, when the province of Quebec was divided

into the colonies of Upper and Lower Canada. In 1841, the two colonies were united under one name, the province of Canada.

Unfortunately, our own Canada Day celebrations are cancelled for this year, due to COVID-19, and the uncertainty of planning such a big celebration with the Music Festival and fireworks. I'm sure curious to know how the Calgary Stampede will go. It seems strange to go from all the restrictions and closures to an event as large as the Stampede. It's too crowded for me normally anyhow, so I will stay away as usual and watch it on the telly. **The Turner Valley Gas Plant is closed also for the season**, and at the time of writing the Town had not been contacted yet regarding the annual Diamond Valley Car Show usually held at the end of July, as most events are being decided more last minute due to COVID-19. This seems to be the case with a lot of events we usually look forward to, and I certainly sympathize with organizers. But we can certainly find other things to keep us occupied this month anyway.

The kids are out of school and there is lots for them to do, **including the Turner Valley Pool**. The Pool will run basically the same as last year, with no drop-ins allowed. Okotoks has taken over the contract for the next three years to manage the Pool, so if you would like to book your swim, go to activeokotoks.ca, and look under "Aquatics Activities in Turner Valley". If you did not use

your pass from last year, they will still take them as a discount on new passes. They added extra hours of lane swim and have made other adjustments to compensate for the restrictions. The Pool is celebrating its 57th year!

Kids can also make use of the **Black Diamond Skate Park**, which includes a ¼ ramp rail/jump, a round grind rail, a straight flat grind rail, and an inverted jump. No idea what this means, I couldn't stay on a skateboard for more than .2 seconds if you paid me, but it is fun to watch these young ones swirling around on their skateboards. Residents have been donating towards the Park, with the entire cost being fundraised by Black Diamond Skate Park Fundraiser Committee, with no cost to taxpayers, which is awesome. The Skate Park is located behind the Oilfields Regional Arena, in the Erma Joy Brown Park, and wear your helmet.

Several summer day camps are in operation for July and August, hopefully there are some spots left if you wish to enroll your kids for a week or longer. The Ann and Sandy Cross Conservation Area offers virtual Nature Safari Day Camps as well as Leadership Camps in July and August. For ages 6-15, more information can be found at crossconservation.org. The Leighton Art Centre also offers Art and Nature Summer Day Camps they run July 5 – August 27 from 9:30-3:30 weekdays with themes of What's the Buzz (about bees), A Walk in the Woods, To the



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

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

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

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

Moon and Back, and Big Alberta Skies. Find out more at leightoncentre.org.

Our own Boys and Girls Club of Diamond Valley and District offer Summer Camps for 5-12 year olds during the week. Themes for 2021 include: Animal Planet, Survivor, Olympics, Water Adventures, Sports, and Inventors Workshop. Their 2021 season for camps runs from July 5 – August 20, and is very reasonable. The number for more info is 403-933-3066. And Foothills Academy offers Camp Annicus, which is designed specially for children and youth with learning disabilities and/or ADHD. They also host an online camp, an advanced day camp in Bragg Creek, and a horsemanship camp at the Academy. The Camp has its beginnings in 1982 and has a 3:1 ration of staff to campers. Go to foothillsacademy.org to find out more and happy camping!

The Highwood Business Development Corporation has a large youth department in which it supports youth in our community. If you are under 18 and are looking for a summer job, need a good resume, career direction, or even to start your own business, they can help! They have lots of different business programs, business loans, and services to both youth and employers looking for students to hire for the summer. Find out more at hbdc.net.

Why not take your kids out fishing on the Free Fishing Weekend, July 3rd and 4th. No fishing license is required this weekend, anywhere except national parks, and fishing regulations must be followed. We went camping in the middle of June and saw lots of minnows in the shallows of the Sheep River, so fishing should be good this year. To find out where you can fish, and what bodies of water are stocked and aerated, regulations, and more, go to mywildalberta.ca.

If you are into hiking and exploring nature, the Kananaskis offers splendid trails and sights. Some trails to check out include Indian Oils, Mist Creek, South Gorge Creek, Death Valley, Curley Sand, Sheep Trail, Ware Creek, Windy Point, Volcano Creek, Wildhorse, and Threepoint Mountain.

Trails range from about 3-15 kilometers with different grades of steepness. These trails are in the Sheep River Valley protected area. Please help minimize your impact on the environment while out hiking in our beautiful Kananaskis. For more information, visit Kananaskis-Country.ca.

Our annual Bloomin' Turner Valley contest's deadline is July 5th. Submit your garden flower photos to admin@turnervalley.ca to try for a chance to win \$100. There are five categories; Home Grown Favorite (residential flower display), Best Business or Non-residential Display, Community Spirit, Conservation and Environmental, and Creative Kids (flowers, vegetables, bee boxes, bat houses, and bird houses). Check out the winners and pictures on July 16. My flowerbeds have really come along in the past years so I just might enter. As Ralph Waldo Emerson once said, "flowers are the Earth's laughter". Good luck to all contestants!

The 32nd annual Ride for STARS takes place virtually from May 15th–August 15th. The popular event invites you to ride your horse on your favorite trail and collect pledges for STARS

Air Ambulance. You can sign up today. They also sell raffle tickets for great prizes. An online auction will take place from August 1-6. If you're interested in donating a prize, silent auction item, or register as a rider, email robnang@telus.net. To find out more, go to STARS.ca.

While in Turner Valley, please check out Jessica's Closet, a second hand and consignment store located at 406 Main Street. They have a Facebook page where you can find out all about this unique organization, and also see what goodies they have for very reasonable prices right here at home. Jessica's Closet is open Thursdays and Fridays from 1-5, and Saturdays from 9-5. Their phone number is 403-878-7756.

If you have any events or news regarding your not for profit organization or just some interesting tidbits about what's happening around town, feel free to drop me a line at elaine.w@telus.net. Our paper is distributed all over the Foothills and has a lot of good reading in it every month. **The deadline for the August issue is July 15th.** Whatever you decide to do this summer, have fun and be safe!

Elaine Wansleebe

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The library is open again, and we will resume our regular hours. They are Tuesday, Wednesday and Thursday from 10am to 5pm. Our phone number is 403-558-3927, should you have any questions. The use of masks is still required and they are available at the library should you forget yours. Physical distancing is still in effect.

June was National Indigenous History Month. We have a good selection of books of and by our Indigenous neighbours. This is a good time to introduce yourself to them. June was also Pride Month, celebrating our lesbian, gay, bi-sexual, transgender and queer friends. Two good young adult books about this subject are *Heartstopper* by Alice Oseman and *Some Girls Do* by Jennifer Dugan. *Heartstopper* is about friendship, first

love, and coming out. *Some Girls Do* is about the heartache and trauma felt when coming out, and how the heroine deals with it.

A fascinating read is *Remember* by Lisa Genova, author of *Still Alice* and *Love Antony*. Genova is a neuroscientist, and writes about her subject with clarity and ease. It is not a book about Alzheimers disease and dementia, but is, instead, a book about the two kinds of memory we humans have. Genova provides us with strategies and insights on how to improve our memories and to enhance our lives.

Another is *The Gilead* by Marilyn Robinson. It's an oldie (2004), but a goodie. It is in the form of a letter from a pastor to his son when he realizes his health is failing. It is a memoir told from a position of serenity and peace. The pastor explores the meaning and the practice of a spiritual life and expounds on the wisdom he has achieved over his lifetime.

Happy Reading!
Sylvia Binkley, sliv@telus.net

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We are open! If all goes according to plan, we will stay that way. We are not quite back to regular hours as yet. Until the end of August, the library will be open from 10am-5pm Monday, Tuesday, Thursday and Friday; 10am-8pm on Wednesdays and noon to 5pm on Saturdays. We are confident that we will be back to normal hours in September but please check our website for updates. The website (www.sheepriverlibrary.ca) is always more accurate than Google. However, we are ecstatic to have our patrons back. Our Reading Garden and front planters are joyously planted, so you can park yourself in the Reading Garden with a book and magazine and enjoy the sunshine and beautiful, fragrant flowers provided by Greenhouse Effects in Millarville. Further upgrades to this space: outdoor lighting and heaters are coming soon thanks to a New Horizons Grant received by the Friends of the Library.

Our Summer Reading Program will be running this year starting Wednesday July 7 (yay!) and Teagan is busy getting everything in place. There will be separate sessions for 4-6 year-olds, (10-11am) and 7-10 year-olds (11:10-12:30). Register by either dropping into the library or calling 403-933-3278. The program may have restrictions or

cancellations at any time depending on AHS/Government orders.

Other programs will return as both facilitators and participants feel comfortable. Qi-Gong (Mondays 1:30pm) and Poetry on the Patio (Last Thursday of the month at 10:30am) have returned to meeting in person. We hope by September to have a full slate of programs running, including the Out Loud Series. This year, the series will be held in November rather than October, which gives us a few extra weeks as a safety cushion for those performers travelling from afar. Doris is on the ball, organizing a fantastic line up. Other programs that you can look forward to in the Fall are Library 101 – all the basics about how the library works including the Dewey Decimal System, how the collection is organized, and using the catalogue. Library E-Resources will teach you how to access and use all

the free resources available through the library system such as e-books, audiobooks, newspaper, magazines and research materials. How to Solve Cryptic Crosswords will be back again in response to questions Jan received about the cryptic crossword that appeared in last month's High Country News. These puzzles may be appearing more frequently and one evening is all it takes to understand how they work. If you can't wait that long, there are tutorials on You Tube that can help you – think anagrams, hidden words and double meanings. A full list of our Fall programs will be available in next month's issue, on our website, and in brochure format in August.

For now, we are so happy to see the upper part of your masked faces. We assume you are smiling underneath them. *Please note: we will be closed July 1-4 for the Canada Day Weekend.*



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Square Butte Community

The Community Association has been busy with organizing the Wall Restoration Project which started on June 26th. Volunteers have willingly stepped forward to assist in preparation for the tear-down. Walls have been ripped out, and trash removed, along with the removal of landscape materials and the handicap ramp. Celtic Electric has seen to a temporary power source, ADS has cut asphalt, removed concrete and excavated walls. Diamond Heating has removed ducting and the furnace. Basement Technologies takes over with the actual wall restoration at the beginning of July. The project is moving along as planned, thanks to the diligent work of the construction crew. The Hall will be closed until the end of August.

With the exciting prospect of the COVID-19 restrictions being lifted, the SBCA have planned for a very welcome Free Breakfast in September. This will kick off the Fall 2022 membership drive and an appreciation event for all those who have donated volunteer hours, auction items, auction bidders and generous financial assistance. It has been a long wait and it makes us realize the importance of keeping connected with friends and neighbors.

Our next fundraiser will be a 50/50 online event. We must continue to raise funds to ensure all our costs for renovations are covered and we are able to replenish our operating accounts.

The backbone of our association has been the active participation of our board

members. At this time we are looking to recruit a Maintenance Chairman and Treasurer. If you have a generous heart and a belief in our community we would love to have you join the board. It is a fun, rewarding endeavour to help others and keep this little community vibrant.

Brief History of the Square Butte Ladies Group Part 1 (more to follow)

The Ladies of Square Butte are a hardy, determined group of women who go back to April 1941, when they gathered for a baby shower in honour of Peggy Nylund. They enjoyed it so much they decided to form a club and would meet monthly in the afternoon. The ladies went to great lengths to attend as roads were not graveled so inclement weather brought muddy, sometimes impassable roads. They would walk, fording streams in their bare feet, while others rode horseback or ground along muddy rutted roads. On one occasion Alex Lyall spent hours ferrying women along a difficult area of road until the car wheels where so clogged with gumbo they would not turn, and he was forced to take them off and clean out the gumbo. Originally the club's purpose was to supply knitted items for the war effort. After the war, and forward to today, fundraising for charity is entrenched in all that they partake in. They have celebrated their 25th, 40th, 50th & 75th anniversaries with some memorable skits presented by the members.

In the early days after the war effort their main charities were the Cancer Society, Red Cross,

Crippled Children and Heart Fund, plus an amazing 13 years (1965-1978) sponsoring a Greek girl through Cansave. Since that time they have donated to many local charities, in particular the Square Butte Hall. For several years they made sure the utilities were paid along with many capital projects that benefited the community. In 1973 the membership voted to make supporting the hall their first priority. The next year they raised \$1650 with their famous "John-a-thon," a 17 mile walk from Turner Valley to Square Butte Hall: 14 members took part with 3 members making the hike in 5 hours. With that money they installed plumbing in the hall! They were masters at raising money, through hard work and determination. They never turned down an opportunity to host an event. For further information, contact Jill Fry 403 931-3420. It is still \$1 to become a member.

Look for more Square Butte information at our website: Squarebuttehall.com

Facebook: Friends and Neighbors of 762

Contact: [Contact@squarebuttehall.com](mailto:sq.butte.comm.assoc@gmail.com)

Financial: sq.butte.comm.assoc@gmail.com

Submitted by Mary Ann Watson

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De Winton Digest

2021 A. Walter Turnbull Award Recipients

The A. Walter Turnbull Memorial Award was established in recognition of the exceptional volunteer community service provided by Mr. Walter Turnbull over the many years he lived in our community. The Award has been presented to outstanding volunteers 41 times previously, with the honourees appearing on a plaque proudly displayed at the De Winton Community Hall.

This year's nomination was made by a long-time member of the DCA and previous recipient of the Walter Turnbull Award and was unanimously supported by the DCA Board.

This year's worthy recipients are Edith and Larry Rabinovitch. Edith and Larry are long-time residents of De Winton and are passionate about doing more for the membership. Edith and Larry have volunteered for a variety of activities over the years and most recently have been key in many community initiatives including the "Welcome to De Winton" baskets for families that have recently moved to our community. However, the community member who nominated Edith and Larry specifically referenced the call outs that Edith did to all members, current and past, during the last year of the pandemic. Edith created and took on this initiative to make sure everyone was doing OK and did not require help or support during such an unprecedented time in our lives.

In addition to the nomination from the community another member also emailed the DCA saying: *"The first call I received from Edith was shortly after the preschool (and world) were forced to close their doors due to the pandemic. A sweet voice on the other end of the line was simply reaching out to see how all the families were holding up. It was a day where all the news and our current reality seemed overwhelming, unknown and scary. I've never met Edith, but her kindness and concern meant the world in that moment. It truly made me feel like, whether we are strangers or friends, we are all in this together – the true meaning of community."*

Other comments from members included "that is why we live in this community, no one has ever done anything like this before for us," and, "it is so nice that the community cares and called". Others also shared their circumstances and all were appreciative of the effort.

The De Winton Community Association is so proud and honoured to recognize Edith and Larry for their outstanding volunteer contributions to our community.

Dunbow Recreation Board Grant

In April the De Winton Community Association applied for, and have been granted, financial assistance from the Dunbow Recreation Board. Congratulations and thank you to our Facilities Director Cindy Poole and all else who were involved in putting together these applications. Well done!

The Dunbow Recreation Board grant will provide financial assistance at the De Winton Hall for:

- 1) preparing an area for and assembling an outdoor sports equipment shed,
- 2) digging a 4 foot deep post hole and cementing in a basketball post, assembling the basketball system, mapping and painting the 3 point and foul lines,
- 3) cleaning and prepping the area for, mapping and painting the large modern version of hopscotch
- 4) prepare the area, build and install horseshoe pits

Lawn Maintenance

Now this is a wonderful story; In an effort to save costs we had to cancel our contract with our lawn maintenance company, DeWinton Maintenance, for the spring and ask volunteers to step up and cut grass. And our volunteers stepped up to fill the void.

Big thanks to our own councilor and Board Member Alan Algar who has done an amazing job keeping our grass short.

Meanwhile, (and this is the other wonderful part) we received the following email from our Lawn Maintenance Company - DeWinton Maintenance:

Hi Greg,

Covid has been hard on our small business as well. We are thankful for the business that the Community Association has provided us with over the years.

We will continue to offer our services to Dewinton Hall, cutting the grass every 2 weeks. We will not have the ability to do trimming but will see what we can do if time allows. We will not be charging the Community Association for our services. We appreciate the opportunity to give back to our community when they need it the most and thank you for allowing us to move forward. We hope that when our economy has recovered and opens up again that the Community Association will once again select our services.

Tracy Sauve, Rob Atkinson, Dewinton Maintenance

What an amazing gift. Tracy and Rob of Dewinton Maintenance, we can't thank you enough! AND we have had a number of volunteers to step up and do the in-between weeks. Thank you volunteers. This is what makes Dewinton a special community.

De Winton Community Preschool

The De Winton Community Preschool is currently accepting Registrations for the 2021-22 school year. We still have a few openings for 3 and 4 year old children. Don't delay as our classes usually fill up quickly. Please visit dewintoncommunitypreschool.com for more information.



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Millarville Community Library

Summer already! And a summer we are all more than ready for! Our little library will operate its usual Summer hours (Wednesdays 10-7:30) when you can browse or pick up books you have ordered through the Marigold system. You will notice a pleasant change in the library with new shelving which allows for more books as well as appearing more spacious.

The good news is that our Summer program, which last year was awarded a Marigold "Making a Difference" award

will go ahead. As of now the Summer Program will start Wednesday July 7, 2:30pm, each Wednesday for 8 weeks. There will be a Bingo card reading program, an Alphabet in Nature scavenger hunt and much more. In case of inclement weather and indoor restrictions a craft kit will be available for pick-up. Any changes will be posted on the Millarville Library Facebook and Instagram pages. Contact Natasha at the library, 403.931.3919 or amclibrary@marigold.ab.ca for more information or to register.

Summer is a great time for reading for you and your little book worms. There are many new children's books in the library, including some great new craft books. If your kids are thinking of entering one of the many Millarville Fair competitions, check out *Duct Tape Creations*, *Rock Painting* and *Steam Punk Creations* or the "Vegetable" Creature Series.

TumbleBook Library for younger kids at tracpac.ab.ca

The book clubs of Millarville, Priddis and Bragg Creek participated in a "virtual" sharing of their favourite books instead of their annual wine and cheese meeting. Each club sent in their book picks for the past year which were then collected and the ensuing list was sent out to all the clubs. The book clubs met in a variety of ways in order to follow COVID-19 restrictions: zoom meetings, hikes and campfire discussions, a reading list that each member contributed to and then read at their leisure, weather permitting outdoor distanced meetings. The power of the story would not be defeated by restrictions it seemed.

If you are a Ken Follet fan, *The Evening and the Morning*, a prequel to *The Pillars of Earth* is available in our library. Set in England at the dawn of a new era, the Middle Ages, it takes us on an epic journey full of ambition and rivalry, death and birth, love and hate, corruption and generosity. Perhaps things have not changed that much in ten centuries! You won't be able to put it down, although you might need a pillow to prop it up as you read it in your hammock (it is 900 pages)!

Wishing you all a happy, safe summer. If we are lucky and careful we can look forward to a normal fall and winter!

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Payback on Home/Property Updates & Renovations

With a renewed and very strong acreage market over the last few months, sales have increased and values improved to very healthy levels compared to the last several years. In some cases sellers have been able to sell properties without too much resistance even if their homes and property had some areas requiring work or updating and not in ideal locations largely because of the recent strong demand.

If you have not decided to sell this year but are planning to do so in the near or distant future you might want to take stock of the condition & appeal of your home/acreage and plan for either minor renovations or some major projects to both enjoy until you do sell and generally improve your property's marketability when you do go to market.

Included below is a list of minor & major improvements/updates/renovations as well as a chart of corresponding average payback value ranges for various renos undertaken to help you choose areas to work on that may provide the greatest return.

Minor renovations to consider:

If you don't have the resources to undertake more major ones consider some of the following as they will still improve your home's appeal & presentation.

- Front entrance area – The impression coming into your home is critical and sets the attitude of buyers. Consider a new quality front door & hardware and paint it a bold color. Replace front steps if old and worn with an appealing composite material.
- Remove dated wallpapers
- Paint any odd color rooms to bring more neutrality & consistency if you cannot afford to paint the entire interior of the home.

- Replace any badly worn carpets and certainly replace carpet in any rooms with old out of date colors.
- Refinish hardwood flooring that is looking tired and badly worn.
- Paint kitchen cupboards if older, dark wood.
- Change out countertops and backsplash in older kitchens.
- Replace old faucets.
- Replace older light fixtures.
- Stain or paint decks and replace if wood has deteriorated.
- Clean out, de-clutter and organize storage areas and garages, utilizing effective shelving and storage systems.

More major renovations:

If you have the resources and want to enjoy an updated home, consider these key areas that bring strong returns.

- Paint throughout home in modern colors.
- Replace aging roof with a quality material.
- Update kitchen, appliances and bathrooms.
- Do a front entry redesign.
- Do a modern basement development if basement is old or undeveloped.
- Replace older furnaces and HWT's.
- Do a wood fireplace conversion to a modern style gas one.
- Upgrade windows if they are getting old and showing age with broken seals, leaking frames, and generally deteriorating.

The list below is quite enlightening and informative. Whether you are planning to sell your home soon, stay put for awhile, or are contemplating purchasing an investment property as a "fixer upper", you'd probably rather have any improvements you make

add as much value as possible to your home/property. Here are some projects for which the *Appraisal Institute of Canada's* members project what the average payback value ranges would be.

20 Most Frequent Reno Projects And Paybacks Were:

1. Bathroom renovation (75-100%)
2. Kitchen renovation (75-100%)
3. Interior Painting (50-100%)
4. Exterior Painting (50-100%)
5. Roof Shingle Replacement (50-80%)
6. Furnace/Heating system (50-80%)
7. Basement renovation (50-75%)
8. Recreation room addition (50-75%)
9. Installing/updating a fireplace (50-75%)
10. Flooring (50-75%)
11. Constructing a garage or adding a second garage (50-75%)
12. Window/door replacement (50-75%)
13. Building a deck (50-75%)
14. Central Air conditioning (25-75%)
15. Landscaping (25-50%)
16. Interlocking paving (25-50%)
17. Building or replacing fencing (25-50%)
18. Asphalt paving (20-50%)
19. Adding a swimming pool (10-40%)
20. Installing a skylight (0-25%)

My personal opinion after almost 30 years in Real Estate and having dealt with numerous sales, the condition of and quality of windows usually got the most scrutiny by buyers and home inspectors. I would recommend if you spend money on any one major item, particularly if your windows are aging and any are problematic, that it is on the installation of a quality window package.



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Meek as a Mouse

by Andrea Kidd



As meek as a mouse! Where did that saying come from? Mice are not meek!

A mouse will fight for its life! It might be small, but it is not weak. When cornered by a cat, a mouse rises on its back legs to make itself as large as possible and bares its teeth to look its fiercest. And those incisors, worked

by powerful jaw muscles, interlock on flesh and draw blood. A mouse has courage enough to stare into the face of an enemy, and patience enough to wait for an opportune time to make a dash for safety. When brought back from an unsuccessful attempt at escape, it patiently waits for another opportunity. Again, again and again, it does not give up. A mouse is defined by courage, patience and hope.

A mouse does not go out of its way to tease a cat. It does not flaunt its strength before a cat. It knows its limitations.

A bigger creature can throw its weight around and squeeze the life out of a

little mouse; a human can crush it with the back of a shovel or a shoe, but look at the difference in size, strength and sheer bulk!

Meekness is recognizing both my fragility and my strength, knowing God is mightier than I am, and that I have the ability to damage others.

This is the wisdom taught by Jesus when He sat down on a mountainside with those close followers who were learning from Him.

"The meek will inherit the land and enjoy great peace." (Psalm 37:11 NIV, also see Matthew 5:5)

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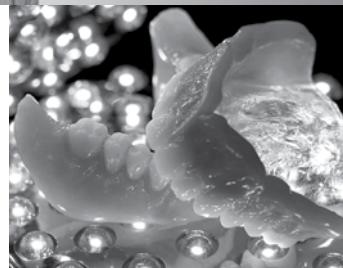


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Who Turned Out The Lights?

by Duane Harder



There is an old saying that goes, "If the light that is in you is darkness, how great is the darkness." In reality, darkness is simply the absence of light. The problem lies in the fact that darkness can be presented as light.

On Independence Day, Americans celebrate their liberty. That liberty is defined and preserved by law. That law was understood as "the law of nature and of nature's God." Liberty and license must never be treated as synonyms. Liberty without law produces anarchy, rebellion, revolution, and dehumanization.

Let me suggest some possible ways that darkness has been camouflaged as light.

Paul Goodman in his book, *Growing Up Absurd* states: "Man is what suits a particular type of society in a particular historical stage. Society is not created to suit man and his humanness, but man is socialized and educated to conform to society. In fact, it is not that man is educated to conform but that education itself is culture forming."

John Dewey said, "...the battle for mankind's future must be waged and won in the public school classroom by teachers who correctly perceive their role as the proselytizer of a new faith; a religion of humanity...utilizing a classroom instead of a pulpit to convey humanist values in whatever subject they teach..."

John Dewey was the main architect of *Humanist Manifesto One* (1933) Four of its main points were:

1. The universe is self-existent, not created
2. The universe as depicted by modern science makes unacceptable any supernatural or cosmic guarantees of human values
3. Religious humanism considers the complete realization of human personality to be the end of man's life and seeks its development in the here and now.
4. In place of the old attitudes involved in worship and prayer, the humanist finds his religious emotions expressed in a heightened sense of personal life and in co-operative effort to promote social well-being.

Among other things, *Manifesto Two* (1973) states:

1. Moral values derive source from human experience. Ethics is autonomous and

situational needing no ideological or theological sanction.

2. Religion curbs sexual freedom.

Herbert Schiller in *The Mind Managers*, states: "Wherever one looks in the social sphere, neutrality and objectivity are invoked to describe the functioning of value-laden and purposeful activities which lend support to the prevailing institutional systems. Essential to the everyday maintenance of the control system is the carefully nurtured myth that no special groups or views have a preponderate influence on the country's decision-making process."

Intellectual enlightenment has darkened the mind to the reality of absolute timeless standards. Our culture says that we are committing "moral imperialism" if we suggest that there are standards of conduct that are simply better than others. It is definitely wrong to be intolerant or to say anything that might make another uncomfortable or damage "self-esteem".

Our culture is obsessed with "victimization" and "empowerment" within an increasingly vapid framework of "values clarification." But where are the ethical standards that will establish the values? What is the value of empowerment if there is no ultimate reason for existence?

A genuine concern for the self-esteem of people within our society and in fact any social order, will cause us to lift up a standard that establishes a universally applicable ethic that gives dignity and honor to all people.

We have obscured the line between good and evil, noble and base. Man has become the evaluator. Society becomes the sum of individual preferences. Good is measured by outcomes not inherent value.

The enticement of radical individualism could be called "Collective Schizophrenia". It represents the tension in our society of the many and the individual. Personal pleasure is at the apex of personal pursuit. My freedom and my happiness take priority over the collective good. We have a society full of possessions but drained of ideals. The caring community has evolved into the community of convenience.

Dostoyevsky's *Diagnosis* (1821-1881): "Without God everything is permissible; crime is inevitable." Dostoyevsky recognized that if you remove God from the equation of life you have no basis for establishing value, purpose, destiny or law.

I'll see you at the top where there is a liberating light of life, love and loyalty.



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Out of the Rut *Chapter 131*



Yesterday I stepped into Death's slipstream. The gossamer thread of her passing ran through me and pulled me physically off my path. I turned to see a trail stretching out before me up the hill and into the woods. "Deer" ran through my thoughts and I ran after their tracks... or their story. My feet took me, suddenly bouncing with the levity of deer in flight. As I ran I marvelled at the sudden change in pace and sensation in my body. Just as suddenly, I was called to a halt at the top of a rise and stood, heart pounding, looking around me. The remnants of an old deer kill littered the ground, the sweep of hide and hair, dispersed fragments of a once fleet fawn, by now merely a memory of sustenance for a distant cougar. I retraced my steps considering the sudden impulse that pulled me at right-angles from my track to take this detour.

Moments later Death flew by again, captured in the beak of a Great Grey Owl,

she disappeared into the adjacent woods and held her breath until I passed.

Another day. I tramped the woods to step into the slots left by the routine passing of a familiar group. I know their habits... at least for a fraction of their day as they pass through my own life. I do not spend enough time out here now. There are ladies' slippers in my woods. I wonder where the ladies are at?

On another afternoon of blue and gold; a brief interlude of dramatic flashing lightning, thunder so brittle the edges sound to collide directly overhead. Ten minutes of hail and *siling down* rain and half-hail that brings leaf fragments and spruce pins clattering across the roof. I record the tinkle plink of ice and rain battering my tin chimney pipe. On further investigation I discover this hailstorm spanned less than a quarter mile, the epicentre, as it felt it, more or less over my house. Mere yards away, barely a passing sprinkle of rain, yet outside my place the hail piled up on the edges of the road.

The expression *siling it down* reminds me of a gentle walk through south Yorkshire with my Aunt Sue. We were rambling up a beautifully shaded avenue towards an ancient church when I was accosted by an elderly lady who proceeded to engage me in deep conversation, the only element of which still resident in my memory is her

description of a recent ant invasion of her kitchen – *we were snided out by ants* she told me. Ha!

For those of you interested, *siling it down*, like many other Yorkshire expressions, finds its origins in the Scandinavian languages transported to the northern shores of England with the Vikings. I believe *sil* is Swedish for sieve – ie. it's pouring down like water rushing through a sieve. *Snided* is another northern expression for crowded, commonly used in Yorkshire and Nottinghamshire, derived from *sny* which can be traced back to Middle English and Danish, although the origins of this one are more obscure.

These reminiscences remind me of my first school days in England after our return from Iran. I stuck out like an extremely sore thumb and I have vivid images of pouring energy into art – head-high fleur-de-lys which I painted, cut out and stuck around the walls of the school for some medieval project. I drew multicoloured viking ships on the blackboard with a plethora of chalk... I guess that doesn't happen these days, all smartboards and such. The viking ships fascinated me, as did the helmets, the clothing, the runes. The Norse Myths – which my mother read to us many years ago - spill over into English history as does so much else. There is such a smörgåsbord of influences in that tiny collection of islands called Britain

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-remnants of centuries of invasions, a veritable Mulligatawny stew of cultural histories and influences.

One of the joys of being in Canada is our own vast range of cultures. We are blessed to have the stories, colours, music and histories of so many people brought together, along with the intensely insightful histories and art of the people indigenous to this land. Talking to elders is a great joy – listening to them even more so. Something that sustained, and sustains me in my travels, is listening to the life stories of the people we meet. Each person has a unique story to tell, sometimes it requires a little teasing out, sometimes all it needs is a kind ear.

We are all guests, we are all family. We are all travellers, all at home, all on the road.

*With gratitude and love,
Kat Dancer*

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The Priddis Early Learning Program is pleased to be bringing back **summer camps** for community children.

Drop your child off for a half day filled with exploring, playing, creating, learning & fun alongside other community children. Camp will take place outdoors at the Priddis Community Hall or in the gym if the weather doesn't cooperate. Each day will have a theme to guide our crafts, science experiments, exploration and activities. Our time at camp will be split between free play and structured activities. Email priddisdavcamps@gmail.com with inquiries or to reserve a spot.

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1	2
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ADHD and Eating Disorders

by Roché Herbst, M. A. R. Psych.



What Is The Link?

This is an area where we have seen a lot of new data lately. The connection between ADHD and eating disorders is not difficult to understand. Just because you have ADHD does not guarantee that you will develop disturbed eating behaviours. However, it is easy to see how ADHD puts someone at a disadvantage given the difficulty with impulse control which is the central underlying attribute.

Eating Disorder Or Disordered Eating?

One study focused on overeating and eating disorders (Quinn & Nadeau, 2015). It found that women with ADHD tend to eat a lot of carbohydrates and they eat for stimulation. It seems that there is not a high incidence of anorexia nervosa or active bulimia

(overeating and purging), but they did report a high incidence of binge eating and compulsive overeating. Many women described a pattern of 'comfort food', sweets and starchy snacks in the evening not only as a means of reward, but also for self calming or self-medication.

Those with ADHD tend to overeat for many reasons i.e. when they are bored, overwhelmed, feeling that they are out of control or stressed. They also have lack of impulse control or impulsivity. Once they start eating, they can't stop. Many times they have a lack of awareness of how much or why they are eating. They seem to go on auto-pilot. Mindful eating won't make you thin, but it can be a self-regulating tool to help pay attention to your eating cues.

ADHD And Weight Issues

Weight management can be difficult and more so for those with ADHD. It is harder to lose weight and to sustain dietary and lifestyle changes for longer than a few weeks. It appears there is a sub-population of people with disordered eating who can't maintain weight loss because their ADHD behaviors do not allow them to stay

with a dietary plan for very long. The implication is for the ADHD to be successfully treated so their weight reduction program may be successful.

How Can It Be Overlooked?

ADHD and eating disorders share several key characteristics. These are impulsivity, low self-esteem and depression. In the past, most of the research focused on males and children, instead of young adults and all adults with ADHD. Another study found that adolescent girls with ADHD: Combined Presentation, showed more eating pathology. It is the symptom of impulsivity that seems to be related to ADHD and eating disorders. Other factors included peer rejection and strained parent-child relationships (Hinshaw et al. 2008). There is more variability in how it shows up in adults i.e. lifestyle choices, eating as a coping mechanism, using food in the context of addiction, etc.

What Treatment Helps?

There needs to be a multi-factorial approach to treat co-existing ADHD and eating disorders. The stimulants used to treat ADHD by themselves decrease the urge to binge. The symptom of binge eating may result from impulsivity, therefore decreasing the impulsivity in bulimia after the use of ADHD medication can potentially decrease bingeing and purging. Secondary, the appetite suppression is noted. Effectively treated individuals will more likely sustain healthy eating habits.

Sources:

Dukarm, C. (2015). *Pieces of the Puzzle: The Link Between Eating Disorders and ADD*. Washington DC: Advantage Books.

Hinshaw, S.P. et al (2008). *Eating pathology among adolescent girls with ADHD*. *Journal of Abnormal Psychology*, Feb; 117(1):225-235.

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Mortgage Matters

By Candace Perko, Mortgage Broker

The New Mortgage Stress-Test Is Here

Effective June 1, Canadian homebuyers are now facing a tougher mortgage stress test that will decrease the buying power for many borrowers.

The change in rules, announced in May by OSFI Canada's banking regulator, was in response to an ongoing overheated housing market.

What does this mean for me as a borrower?

The new mortgage stress tests affects all Canadian homebuyers purchasing a new home, refinancing an existing mortgage, switching lenders or transferring their mortgage*.

All prime mortgages applications, regardless of bank, broker, credit union, etc., must be qualified at the stress-test rate, and not the interest rate you will actually pay.

The new qualifying rate (stress-test) on mortgages – is now either two percentage points above the contract rate OR 5.25%, whichever is higher.

Before June 1, the qualifying rate was two percentage points above the contract rate OR 4.79%, whichever is higher.

**Note, if a Borrower is renewing an existing mortgage at the same lender with no*

material changes (to loan amount or amortization), then you should not have to be re-qualified. Lenders normally do not re-qualify existing clients at renewal,

but they do maintain the right to if they feel it is necessary.

Does this affect how much I qualify for?

This change from 4.79 to 5.25% represents an approximately 5% reduction in qualifying limits for all borrowers. For example, if a borrower was pre-qualified for a mortgage of \$500,000, after June 1 this became \$476,000.

If you intend to buy/refinance lower than your maximum qualification limit, then you won't notice any change.

Will this change help to lower home prices?

This change alone is not enough to cool the market, but it is a small step. The largest factor to subdue the market will likely be increased interest rates, when that time comes.

For example, when the stress-test increases to 6.25%, only 1% higher than today and a very conservative view of where the qualifying rate could be in the coming years, this will reduce a borrower's buying power by approximately 13%. So the same example above of qualifying for \$500,000 then becomes \$442,000.

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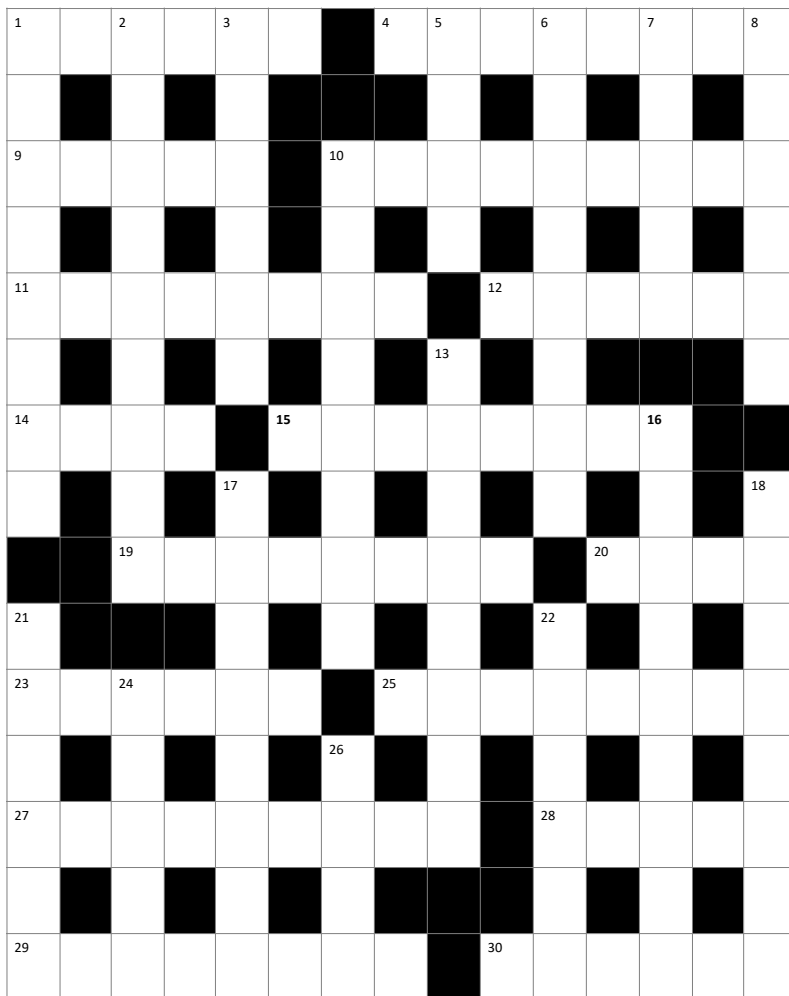
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Across

1. Night flier with half a title is in for a fight. (6)
4. For the beginning, heavenly body gets a bit of tea and a gin cocktail. (8)
9. One finds flooring in fertile soil. (5)
10. Told to depart and bled over eggs cooked this way. (8)
11. Registered a bun with a bit of egg in the end. (9)
12. One size for example for this baby garment. (6)
14. Firstly, each one now stays for ages. (4)
15. Ships in capital of Greece for a very short time. (8)
19. This animal may provide neat help if it packs its own trunks. (8)
20. Twist on conflict that is quiet? (4)
23. Reveal former spouse's stance. (6)
25. To sin by reusing tapers. (8)
27. One man sounds like he owned up to nothing in this public declaration. (9)
28. Domesticated animal lives with aluminum part of flower. (5)
29. Musings, despite beginning of time and seconds included. (8)
30. Annoys fishermen who lose fifty. (6)

Down

1. Rearrange the bed or feel concerned. (8)
2. Forbearance for Spanish exclamation found in half conscious state. (9)
3. Finally, take two fifties around as time ends with an unknown. (6)
5. Time to change in a circular direction (4)
6. Is man in topless erotic setting concerned about love? (8)
7. Ride broken sled and do nothing. (5)
8. Traipse about to get electronic device. (6)
10. To take something old fashioned of yours surreptitiously. (8)
13. Famous artist plays role and gets zero for it. (8)
16. Promise to endlessly watch over an aid for golfers. (9)
17. Spooner's fence dog makes it hard to see (5,3)
18. A social media announcement for the French missionaries. (8)
21. Tiller and French head protection. (6)
22. Tennis match we are forthright about. (2,4)
24. Potassium and oxygen follow phosphorus and a bit of Nitrogen to find breadcrumbs. (5)
26. Pass-out without vowel sounds to quietly get someone's attention. (4)

Cryptic Crossword #2 by Jan Burney

KIDS!

Have a great idea for a puzzle, brain teaser, colouring page or word search?

Have your parent or guardian submit your completed project (have an adult look it over first!) to submission@highcountrynews.ca and you may see your project in print!

We will include your first name and age if you include that information

Answers: 1. Battle 4. Starting 9. Tiles 10. Scrambled 11. Enrolled 12. One's 14. Fours 15. Fleeting 19. Elephant 20. Warp 23. Expose 25. Trespass 27. Manifesto 28. Petal 29. Musings 30. Angers
Down: 1. Bothered 2. Tolerance 3. Lastly 5. Turn 6. Romantic 7. Lilies 8. Gadget 10. Stealthy 13. Leonardo 16. Guarantee 17. Dense Fog 18. Apostles 21. Helmet 22. US Open 24. Panko 26. Post

Answers:

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